

Cost Benefit of Family-based Prevention and the SFP 7- 17 Years DVD to Reduce Costs

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Cost Benefits of Family-based Prevention

Background

EBP family interventions are the most effective adolescent prevention programs (Foxcroft, et.al., 2003, Miller & Hendrie, 2008).



Why Do Family Interventions?

**Because Positive Child Outcomes are
9 times Larger in Effect Sizes d**

(Tobler & Kumpfer, 2000)

- School-based Affective Programs -.05
- Knowledge plus Affective .05
- Life or Social Skills Training .28
 - **Average ES Youth-only Programs .10 ES**
- Parent Skills Training .31
- Family Therapy .38
- Family Skills Training .82
- In-home Family Support 1.62
 - **Average ES Family Interventions .96 ES**



Comparison of the Most Effective Family to Youth-only Prevention Program

(SAMHSA, Miller and Hendrie, 2008)



Percent of Youth Prevented from Using—

• SFP 10-14 vs Life Skills

- 18% vs. 1% alcohol
- 15% vs. 3% marijuana
- 10% vs. 3% other drugs
- 7 % vs 7% tobacco

Benefits – cost/student

- \$5,805 vs. \$717

Average Cost Benefit for Family Interventions

(Aos, et al., 2004)

- Parent Skills Training \$3.12
- Family Therapy \$8.92
- Family Skills Training \$9.44
- In-home Family Support \$2.36
- **Average of Family Interventions .96 ES**

- Life Skills Training \$25.61
- All Stars \$3.41
- Project STAR \$5.29
- **Average of Youth Interventions .10 ES**



Cost Benefits of Family-based Prevention

- Unfortunately, cost/benefit reviews (Miller & Hendrie, 2008; Aos, 2008; 2011) find youth-only school programs have 3 x higher cost/benefits.
- Why? Lower costs, but unfair comparison assumptions were used.
- Staffing costs were included only for family interventions and benefits to the whole family were not included.



Strong Families Protect Kids From Many Adverse Outcomes

“Strong families avoid *many* adverse outcomes: substance abuse, teen pregnancy, school failure, aggression, and delinquency”

(Hops, et al., 2001).



Family-Centered Intervention Outcomes Improve Over Time

- Whereas youth-only centered treatment or prevention have **reduced** outcomes in longitudinal studies, only family programs have **improved outcomes** over time.
- Improving parenting skills reduce relapse and recidivism in drugs, crime, and child maltreatment.
- Parent are less stressed and depressed and relapse less frequently



Cost Benefits of SFP Family Skills Training



SFP Comparative Costs

- SFP 3-17 in 14 weekly 2.5 hour sessions costs \$1,400/family
- SFP 10-14 in 7 weekly 2.5 hour sessions costs \$700/family
- SFP 7-17 DVD groups in 12 weekly sessions costs \$1,200/family.
- SFP 7-17 DVD costs \$4.00/family



SFP Prevention Program: Cost-Savings

- Spoth, Gyll & Day (2002) calculated **\$9.60** saving to schools for each **\$1.00** spent for SFP 10-14. Aos, et al, 2014 downgraded to **\$3.89** from **\$7.82**
- SFP has a **\$11** x 3 family members or **+\$33** saved (Miller & Hendrie, 2008)



Epigenetic 5 Year SAAF (African American SFP 10-14 Years) Follow-up Study (Brody, et al., 2009, 2010; 2012; 2013, 2014; Murry, et al., 2012).

650 African American families of 7th graders randomly got Strong African American Families (SAAF) or minimal comparison intervention in school.

At 18 years of age, researchers used saliva to genetically test students to identify risky genes (1 or 2 short alleles of the 5-HTTLPR and the 7-repeat dopamine transporter genes)

40% of Americans carry these risky genes and are more likely to be impulsive, substance abusers, depressed, anxious, thrill seekers and delinquent, but not if family stress is reduced.

**SFP reduced all diagnosed behavioral health risks by 50%
Reduced Health Care Costs should be a benefit too!**



The Strengthening Families Program (SFP)

SFP Development and History

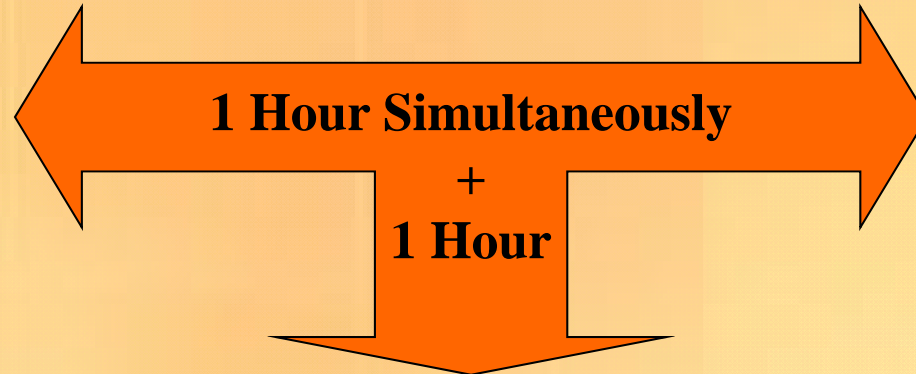
- 1st research-based family program for substance abusing parents and their children
- 1982 - Developed for higher-risk children (6-11)
- 1994 - Adapted for low-risk pre-teens (10-14)
- 2003 - SFP found most effective drug prevention program in the world (Foxcroft, et al., 2003)
- 2004 - Adapted for higher-risk teens (12-16)
- 2006 - Adapted for higher-risk children (3-5)
- 2007 - Tested on ACF grants for child abuse prevention by five states and tribes
- 2011 - SFP 7-17 Curriculum & Home-Use DVD

SFP Typical Class Session

FAMILY STYLE MEAL



**TEEN
GROUP**



**PARENT
GROUP**



**FAMILY
GROUP or GROUPS**

SFP Cultural Adaptations

- African-American, rural and urban
- Pacific Islander version
- Canadian version
- Australian version
- American Indian versions
- 35 countries (UNODC and PAWHO) including Swedish, Norwegian, Dutch, UK, Irish, Italian, Greek, Portuguese, French, Thai, Chinese, Burmese, Persian, German, Russian, Slovenian, Serbian, Croatian, Bosnian, Spanish for Central and South America, etc.



Culturally adapted versions got results similar to standard versions, but *much better recruitment, retention.* Key: recognition, respect for identity.

SFP course materials are culturally *sensitive*; delivery of SFP is always meant to be culturally *specific*.

Karol

Research on SFP



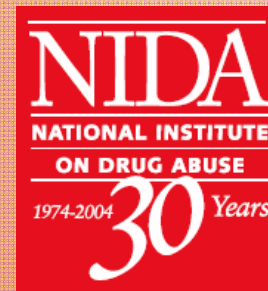
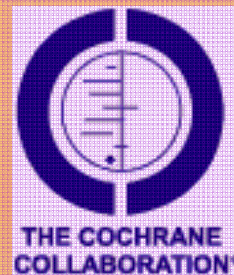
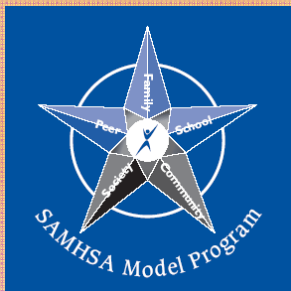
**STRENGTHENING
FAMILIES PROGRAM** by Dr. Karol Kumpfer
HOME-USE DVD VERSION, AGES 7-17

Strengthening Families Program Research Results

- NIDA (1982-1986) clinical trial research, 12 RCTs (8 independent RCTs by Spoth, Gottfredson, Brody, Murry, and Coatsworth), and 15 SFP CSAP-funded culturally adapted replications of found positive results in:
 - Improved parenting knowledge & skills
 - Improved family relationships
 - Improved children's social skills and behavior

SFP is an Evidence-based Model Program

- SFP listed as a best practice or effective program by:
 - NIDA Red Book (one of 10 programs)
 - OJJDP Strengthening America's Families (1 of 7 replicated programs)
 - SAMHSA Model Programs (2000)
 - DoED (one of 8 programs)
 - OJJDP BluePrints (one of 10 programs)
 - Cochrane Collaboration (Foxcroft, et al., 2003) as best substance abuse school-based program in world.





SFP Parent Outcomes

- Increased parental involvement
- Increased parenting efficacy
- Increased positive parenting
- Increased parenting skills
- Decreased depression
- Decreased alcohol & drug use

SFP Child Outcomes

- Decreased depression
- Decreased conduct disorders
- Decreased aggression
- Decreased tobacco, alcohol, drug use
- Increased cooperation
- Increased number of pro-social friends
- Increased social competencies
- Increased school grades



SFP Family Results

- Decreased family conflict
- Increased family bonding
- Increase positive communication
- Increased family organization—
family meetings, chores done
- Improved parent/child
relationship
- Increased family strengths and
resilience



10 Year Iowa SFP 10-14 Follow-up:

- 300% reduction in depression
 - 280% reduction in social anxiety
 - 260% reduction in phobias
 - 220% reduction in anti-social personality
- Not a single young adult (up to 23 years of age) had used meth compared to 3.2% in the control schools



SFP Reduced Child Maltreatment in Five Year SFP (3-12) Study

(Brook, et al., 2012)

- **Five Year SFP (3-12) Kansas study
found of children of substance abusers
in foster care had:**
- 103% reduction in days in foster care
- 258 days in foster care vs 125 days or
faster family reunification with SFP.

Outcomes Larger in New Jersey Local Agencies than SFP RCTs: Very Positive Child Outcomes (Kumpfer, Greene, Whiteside & Micalli, 2008)

75 agencies over 5 years, (n = 1,800 families) found effect
Sizes (d') large for Child Decreases in :

- Covert Aggression
(p.<.000, Effect Size = 1.56)
- Overt Aggression
(p.<.045, ES=.59)
- Shyness
(p. <.000, ES=1.55)
- Depression
(p. <.000, ES=1.17)
- Social Skills
(p. <.01, ES=.35)

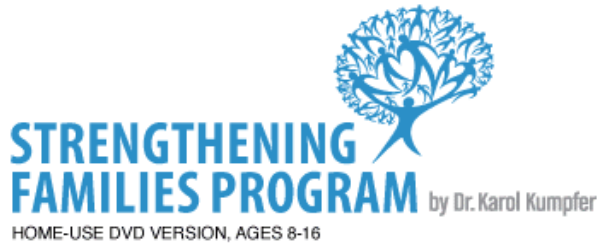


DVD can lower cost of SFP dissemination: greater public health impact

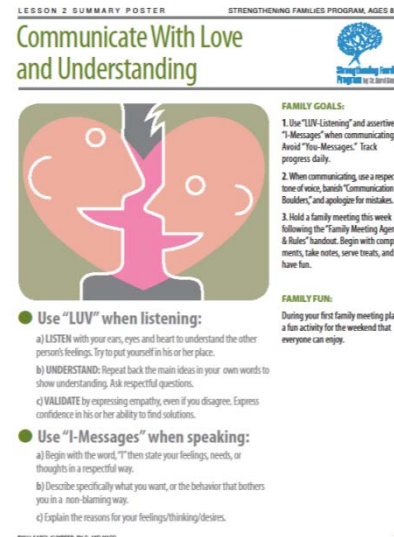


SFP Home-Use DVD provides same Strengthening Families Program skills

➤ **11 video lessons with downloadable handouts**



Parents and kids watch together at home; pause DVD & practice skills



Print handouts off the DVD disk itself

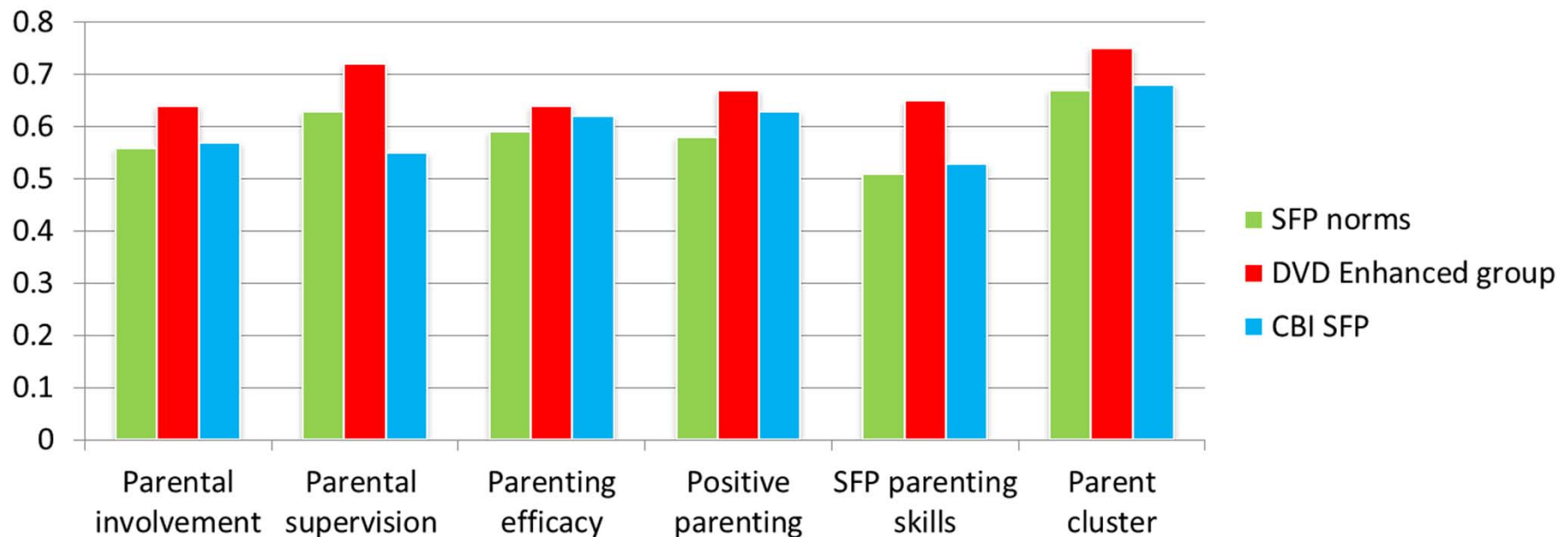
U. of Utah Funded SFP-DVD Evaluation = 80% positive outcomes

- 8 randomized matching inner city schools (6th & 8th grades/low and higher SES); half getting new SFP 8-16 Yrs Group Classes; half Home-Use DVD only
- 58% ethnic families
- 55 DVD parents took on-line survey using same SFP standardized test (21 Parenting, Family and Child outcomes) on June 10, 2011 (*first wave*), and May 8, 2012 (*second wave*)
- Preliminary results: Home-Use DVD produced nearly equivalent outcomes for much reduced cost : \$5 vs. \$1,000 per family in Group Class.

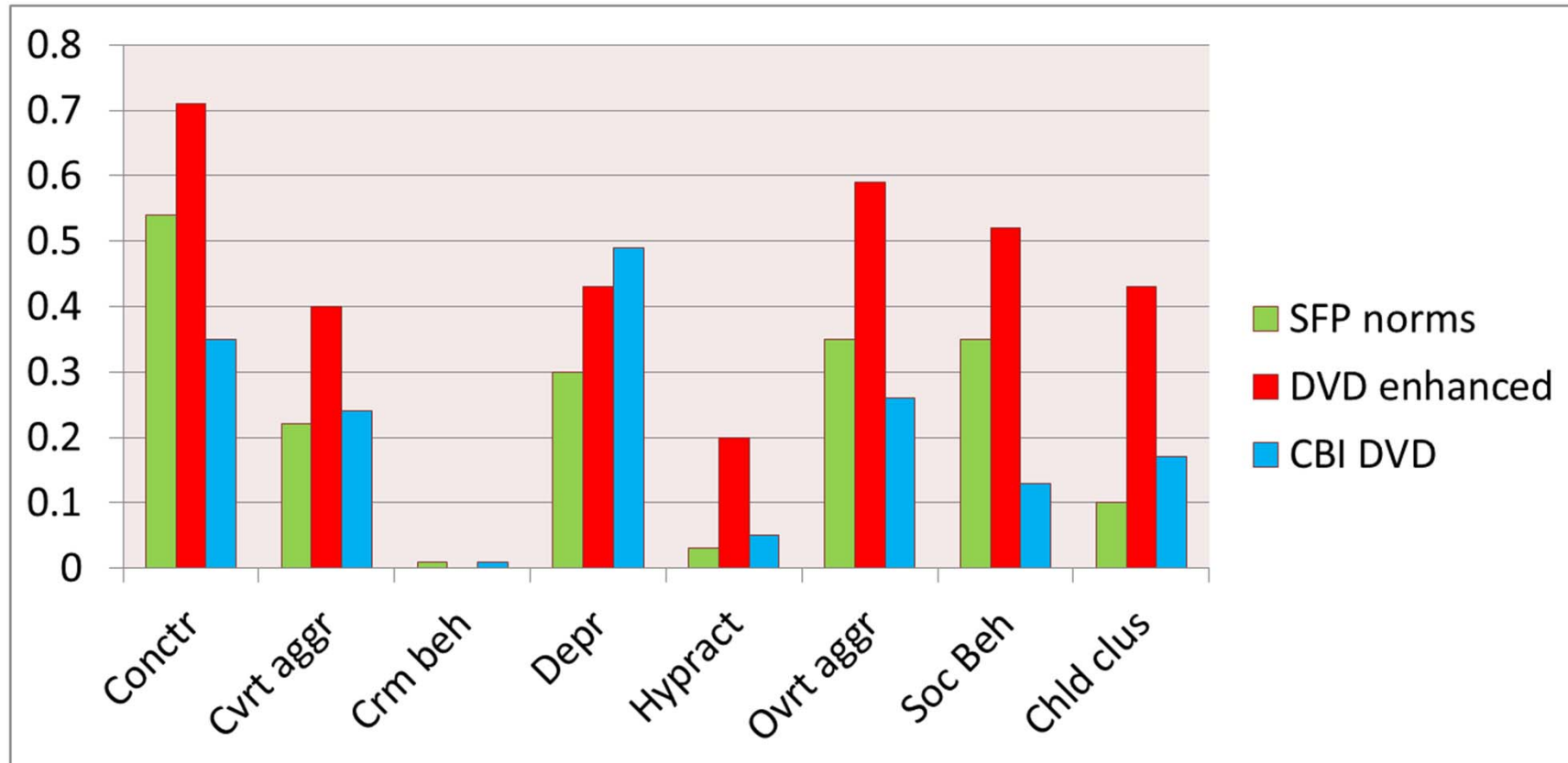
Parenting Outcomes of SFP 7-17 DVD

LEGEND:

- SFP norms = 5000-family data base collected by Dr. Kumpfer over multiple years
- DVD enhanced group = SFP 7-17 Group Classes with SFP-DVD clips
- CBI SFP =(computer-based instruction) SFP DVD viewed at Home



Youth Behavior Outcomes



*Children in study referred to SFP class by their schools for delinquent behavior; however, criminal behavior self-reported (erroneously ?) so low as to not show significant effect

Strengthening Families Program 7-17

Class Curriculum & Home-Use DVD

CONTENT



**STRENGTHENING
FAMILIES PROGRAM** by Dr. Karol Kumpfer

HOME-USE DVD VERSION, AGES 8-16



PROVEN
SKILLS TO
PROMOTE
HAPPY
FAMILIES,
HEALTHY
BRAINS,
AND
ALCOHOL-
AND DRUG-
FREE KIDS



**STRENGTHENING
FAMILIES PROGRAM** by Dr. Karol Kumpfer

INTRO Lesson

Healthy Family Skills = Healthy Brain



Skills Learned:

- Play one-on-one (*My Time*)
- Create a healthy brain
- Eat dinner together (*use Conversation Jar*)
- Squash A.N.T.s (*Automatic Negative Thoughts*)

Lesson 1

Notice & Compliment the Good Daily



Skills Taught:

- Notice the good in family
- Give “Reinforcing Compliments”
- Ignore Minor Annoying Behavior
- Cease to criticize

Lesson 2: Communication & Family Meetings



Skills Taught:

- L.U.V. Listen (*Listen, Understand, Validate*)
- Use “I-Messages”
- Be Assertive vs. Aggressive
- Banish Communication Boulders

Lesson 3:

5-R's Of Successful Families:

Rules, Rewards, Responsibilities, Routines, Rituals



Skills Taught:

- Make & Obey Family Rules
- Set up a Rewards Program
- Teach Responsibilities
- Set up Routines/Rituals (*DVD version*)

Lesson 4:

Set Limits & Consequences



Skills Taught:

- Use Positive Discipline
- Teach behaviors you want
- Give fair, predetermined Consequences
- Be Calm and Consistent w/Consequences
- Express Love Afterwards

Lesson 5: Problem Solving & Win-Win Negotiation



Skills Taught:

- Problem Solving
- Win-Win Negotiation
- Pre-problem Solving
(look ahead to avoid trouble)
- Practice “5-Cs” Refusal Skill

Lesson 6:

Stress & Anger Management Skills



Skills Taught:

- Reduce Stress; Trigger a Relaxation Response
- Track Anger Triggers & Cues
- Program brain with new pro-social responses

Lesson 7:

Goals & Contracts to Change Behavior



Skills Taught:

- Help children decide life's Goals, who they want to become
- Make Contracts to Change behavior
- Give & receive Positive Criticism
- Manage Time, complete school projects

Lesson 8:

ATOD Hijack the Brain's Pleasure Center



Skills Taught:

- Recognize brain-harm of A.T.O.D.
- Parents use Bonding, Boundaries, Monitoring
- Effective Refusal Skills

Lesson 9:

Choose Good Friends; Monitor Activities



Skills Taught:

- Identify, make good friends
- Be a good friend / example
- Use 5-Cs Refusal Skill
- Monitor all kids' activities
- Help provide healthy fun

Lesson 10:

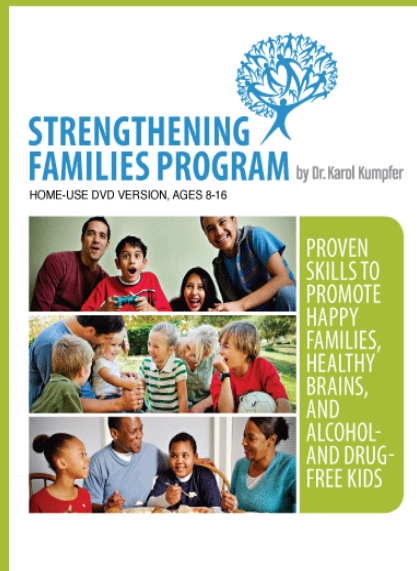
Values, Traditions & Service



Skills Taught:

- Establish fun Family Traditions
- Share Family Values
- Recognize blessings society provides and our obligation to give back
- Be a positive Agent of Change

5 Ways to Use SFP



1. Family viewing at home

Useful for:

- **Low risk high-functioning families**
 - **Court ordered families**
(with Home-Study Questions they need to answer on each lesson)





2. School Health Class

7th & 10th grades w/ homework assignments

**Intro Lesson - Brain development; Lessons 8 & 9 - alcohol /drug use*

-Teacher PPT lessons + in-home mandatory viewing with parents *(all available on request)*

RESULT: 8th grade binge drinking decreased in SLC schools from 12.5% in 2011 to 6.4% in 2012



Figure 4: Average Agreement on Family Outcomes for Students Assigned the DVDs Compared to Students Not Assigned the DVD

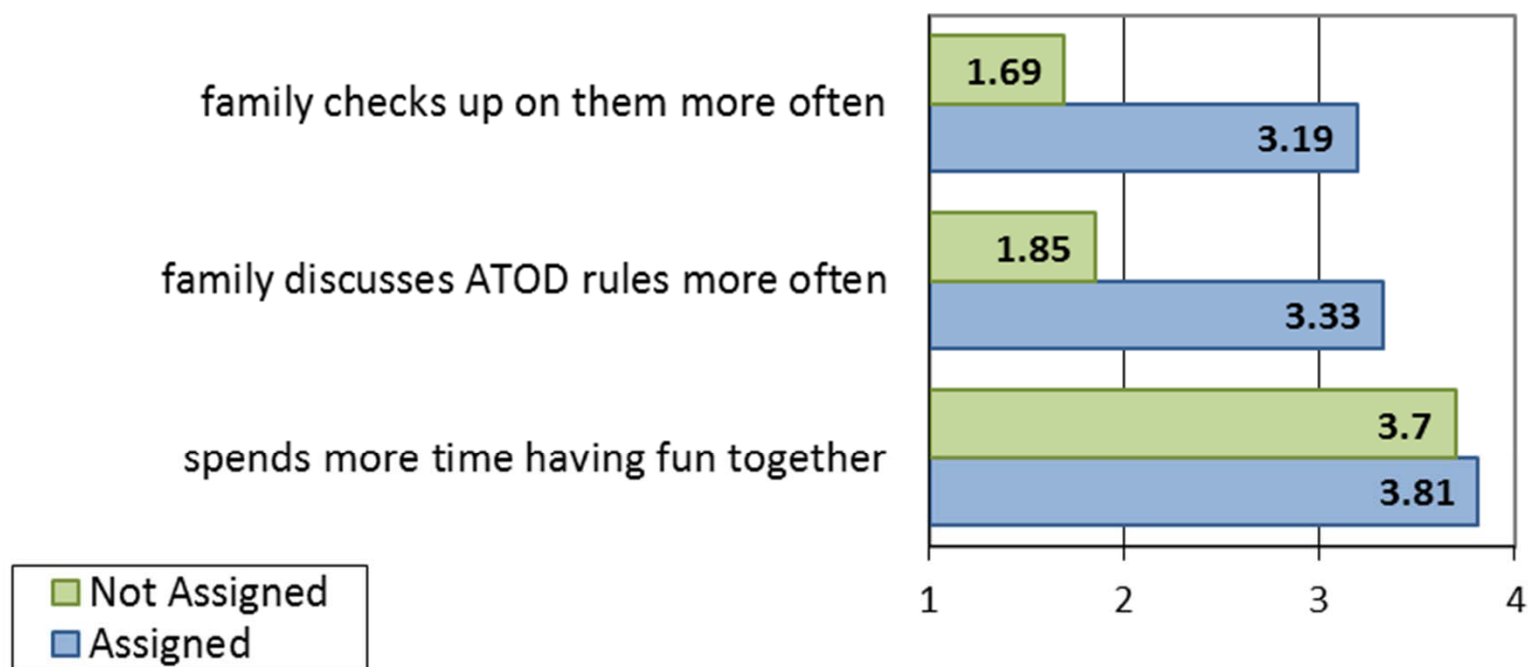
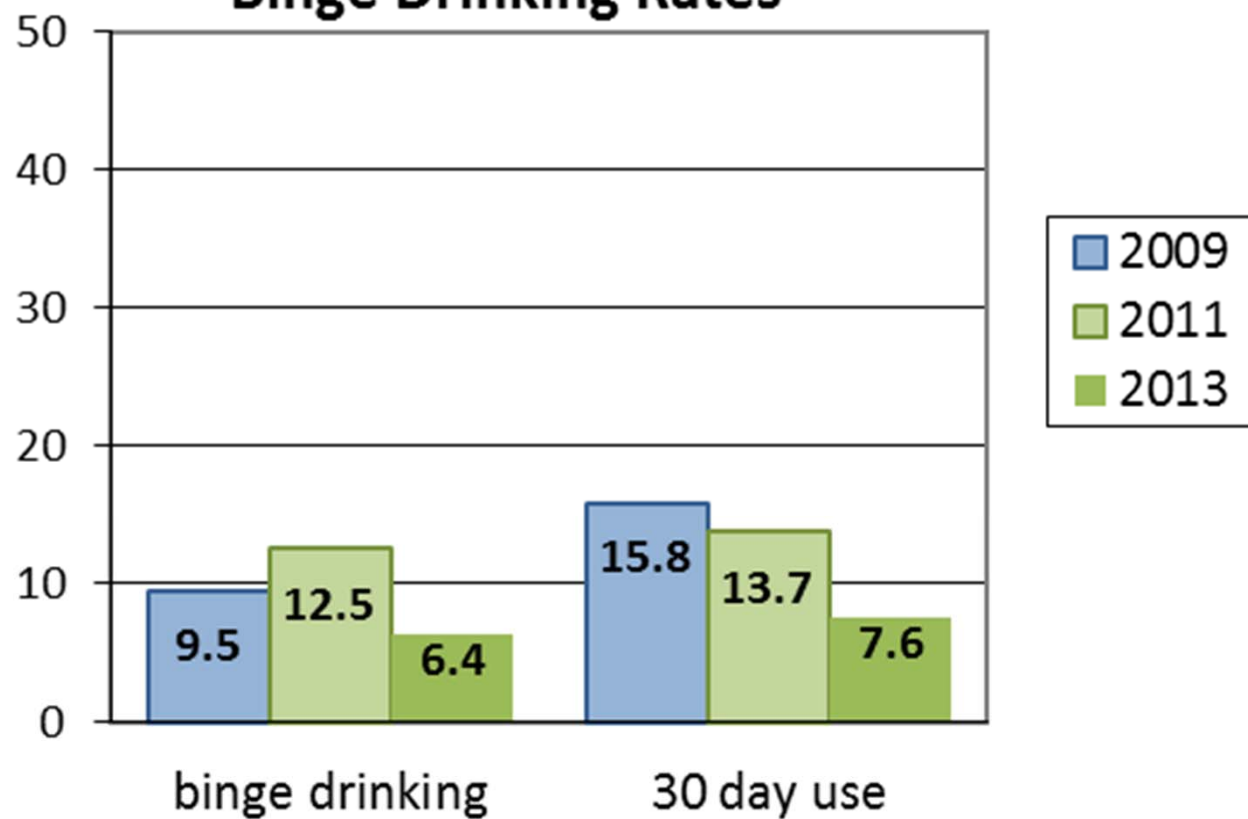


Figure 5: 8th Grade SHARP Alcohol 30-day Use and Binge Drinking Rates



3. In-home viewing with “Coach”

**Useful for:
At-Risk Families**

4. Discussion Groups

- Parents and kids meet together at a school or church and watch the DVD together
- Led by trained Discussion Leader(s)
- DVD paused and Discussion Questions asked at specific spots
- Families answer questions and role-play skills

5. SFP 7-17 Group Class Curriculum -

Show DVD clips during class lessons

How to contact us

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THANK YOU



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