

# Family-based Prevention Program

## Families and Peer Group Education in Navarre, Spain (2000-2013)



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### INTRODUCTION

There is a strong consensus that the prevention of drug abuse in teenagers and young people begins primarily within the family  
Peer Education is a teaching or co-teaching relationship between people who are in some way equals.  
In Spain Parents' Associations develop educational and social activities and are well placed to perform family prevention



### OBJECTIVE

To promote family-based prevention programs in the school setting led by volunteer parents (Mediators)

### TARGET GROUPS

- Families with children in Primary and Secondary School (compulsory education)
- Parents' Associations
- Schools

### STAGES OF THE PROJECT

- 1- Information motivation and selection of Mediators  
Two parents are chosen from each Parent's Association
  - 2- Training of Mediators  
Mentoring of Mediators is a key element of this project (the training lasts 9 hours)
  - 3- Implementation of the family training groups  
- The Mediators develop an intervention plan tailored to each school according to the methodological guidance provided. Each school runs a training group for parents of four sessions of two hours.
- The contents of the training groups for parents
- Multidimensional model of drug abuse
  - Family prevention, risk and protective factors
  - Enabling children to resolve conflicts
  - Communication and norms in the family
  - Importance of leisure time as a protective factor
  - Provide parents with tools to address first time drug use by teens
- Participants receive: pamphlets, Guide of family-based prevention, Guide of drug abuse, audio-visual materials, a Web-based support.
- Monitoring and Evaluation: two meeting and three questionnaires



### RESULTS

- This project has been implemented eleven times
- 208 Mediators have been trained
- 104 family groups were established and 1924 parents have participated in the training groups
- According to the Mediators, the main advantages of this methodology over other forms of family prevention are:
  - ☑ Greater parent involvement (63%)
  - ☑ Opportunity to learn from other parents (34%)
  - ☑ More adapted to the interests and needs of parents (26%)

The views of parents participating in the training groups are:  
"agree or strongly agree"

The training was dynamic and motivating	89%
The training helped them improve their parenting skills in family prevention	73%
The training had provided them with tools to address drug abuse within the family	70%

### CONCLUSIONS

- The project generates high satisfaction in all the stakeholders and has helped them improve their parenting skills regarding family prevention.
- According to the Mediators this methodology encourages a greater implication of the parents, as well as being especially adapted to the interests and needs of parents
- Its impact goes further than the intended objectives: Mediators spread the idea of prevention beyond the training groups in every day situations.
- The disparity of parental involvement was a negative aspect of this project with 88% participation by mothers and only 12% by fathers.
- Finally, considering the results, the impact of the project and its cost (about 25 Euros per participant parent), we consider the project to be both sustainable and transferable – both territorially and in terms of subject-matter