

Name of Program/Strategy: Strengthening Multi-Ethnic Families and Communities

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1. Overview and description

Four authors contributed to the development of the Strengthening Multi-Ethnic Families and Communities Program: A Violence Prevention Parent Training Program in 1994, with updates to the program appearing in 1996 and 2005. Now, in 2011, the program has been restructured, re-formatted, and specific topics enhanced. Given the many changes and our commitment to presenting information from a "strengthening perspective" as opposed to a "deficit model", the program has also been renamed: Strengthening Multi-Ethnic Families and Communities: A Parent Program Promoting Peace.

The Strengthening Multi-Ethnic Families and Communities Program is a strength-based prevention-intervention program for parents with children between 3 and 18 years of age. The curriculum is structured into an Orientation Session and twelve weekly 3-hour sessions and promotes parent and child self-esteem, self-discipline, and social competency skills. Facilitators are required to participate in an intensive Five-Day Facilitator Training Workshop (English Language or Spanish Language).

The program goal is to reduce drug/alcohol use, teen suicide, juvenile delinquency, gang involvement, child abuse and domestic violence. Short term objectives are to increase parent sense of competence, positive family/parent/child interactions, positive parent/child relationships, child self-esteem and self-

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discipline, child social competency skills and increased parental involvement in community activities. Parent training classes have been held at a variety of locations: churches, schools, community agencies and other locations. The program consists of twelve 3-hour sessions taught in consecutive weeks. The curriculum includes five major components: Cultural/Spiritual Focus; Rites of Passage; Positive Discipline; Enhancing Relationships; and Community Involvement. Parent materials are available in English, Spanish, Vietnamese, Korean, Chinese, English UK, Russian, and Somali. Facilitator manuals are available in English and Spanish.

A pre- post test design has been used to evaluate over 3000 parents. Results show significant improvements in parent sense of competence, family/parent/child interactions, and child competence and behavior. Participation in the program had a direct impact on increasing parent involvement in the areas of "Community Activities", "Political Issues" and "School Involvement". Reports indicate that the program helps with child rearing challenges, encourages family bonding, promotes pride in cultural heritage, supports community bonding and reduces life-threatening risks for children.

Information is presented within a "cultural framework" to promote parent and child self-esteem, self-discipline and social competence. The program utilizes a number of different teaching strategies, including a facilitative-discussion model to raise parent level of consciousness by encouraging parent discussion. Information is presented in five component topic areas: Cultural-Spiritual, Enhancing Relationships, Positive Discipline, Ten Rites of Passage, and Community Involvement.

2. Implementation considerations (if available)

Hundreds of classes have been successfully implemented with parents from many different ethnic-cultural backgrounds, in various settings, in a variety of formats, targeting different populations, including: court-mandated parents, church-based groups, general school populations, refugee families, teen parents, parents in drug recovery, foster parents, parents in prison, parents with children 0-5 years, and father groups

3. Descriptive Information

Areas of Interest	Mental Health Promotion Substance abuse prevention Violence prevention
Outcomes	
Outcome Categories	Alcohol Crime/delinquency Drugs Family/relationships Quality of life

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	Social functioning Suicide Violence
Ages	0-5 (Early childhood) (3-5 specifically) 6-12 (Childhood) 13-17 (Adolescent) (13-18 specifically)
Genders	Male Female
Races/Ethnicities	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified
Settings	Community Home
Geographic Locations	Urban Suburban Rural and/or frontier Tribal
Implementation History	As of 2010, more than 6,000 facilitators have been trained to implement the program in the United States, the United Kingdom, Ireland, and Australia. As a result of collaborative efforts in the United States and United Kingdom, parent materials are now available in 20 languages. Program effectiveness has been documented in project reports and published articles.
NIH Funding/CER Studies	
Adaptations	
Adverse Effects	
IOM Prevention Categories	Universal

4. Outcomes

5. Cost effectiveness report (Washington State Institute of Public Policy – if available)

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6. Washington State results (from Performance Based Prevention System (PBPS))

Scale	Result	Direction	N	Instruments used for this
Family Cohesion	significant	improvement	36	AM Family Cohesion [P1]
Communication Skills (Parent)	significant	improvement	126	Managing and Monitoring for Parents [APMF02], Managing and Monitoring for Parents (Spanish) [APMF02s], AM Communication Skills [P6]
Family Management Attitudes	significant	improvement	215	Managing and Monitoring for Parents [APMF02], Managing and Monitoring for Parents (Spanish) [APMF02s], Managing and Monitoring for Parents of Young Children [APMP05], AM Family Management - Attitudes [P3]
Family Management Skills	significant	improvement	612	Managing and Monitoring for Parents [APMF02], Managing and Monitoring for Parents (Spanish) [APMF02s], Managing and Monitoring for Parents of Young Children [APMP05], AM Family Management - Skills [P4]
Parental Attitudes about Youth Substance Use	significant	improvement	33	Perceived Parental Attitudes Toward Youth ATOD Use [F015]
Self Efficacy	significant **	improvement	11	Managing and Monitoring for Parents of Young Children [APMP05]

7. Where is this program/strategy being used (if available)?

Washington Counties	Oregon Counties
King, Pierce, Snohomish, Yakima	

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8. Study Populations

9. Quality of Research

The Strengthening Multi-Ethnic Families and Communities Parent Training Program requires facilitators to implement a 32-item Pre/Post Questionnaire as part of the Program's Evaluation Process. Because Program Developers were unable to conduct research using clinical trials and control groups, the SMEFC program was rated in 1997 and 1999 as "Promising" by CSAP, the Office of Juvenile Delinquency, and SAMHSA.

10. Readiness for Dissemination

11. Costs

The information below was provided by the developer and may have changed since the time of review. For detailed information on implementation costs (e.g., staffing, space, equipment, materials shipping and handling), contact the developer.

Item Description	Cost	Required by Program Developer
Parent manuals	\$17 each	Yes
Childcare, refreshments, graduation ceremony	Varies	Recommended
Five-day facilitator training workshop	\$535-\$625 a day + travel	Yes

Additional Information

One or two instructors trained in the program's "facilitation" style deliver this discussion-oriented program. Parent Manuals must be purchased for each parent (or family) at \$17 each from the program developer. It is also recommended that agencies provide childcare, refreshments and a graduation ceremony. A Child Activities Supplement to augment the parent program with corresponding session activities for children 3-18 is also available.

From 15-20 people are required to contract for an intensive Five-Day Facilitator Training Workshop. The cost of the training is from \$535 (National Trainer) to \$625 (Master Trainer)/person, plus travel expenses for one trainer. This cost includes a Workshop Manual, organized by topic, and a Session by Session Activities Manual. Overhead materials and parent worksheets are also provided. Instructors receive a workshop Certificate of Completion, and those who implement the program and complete the parent pre- and post-questionnaire process become certified as Official Facilitators in the program.

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12. Contacts

For information on research/implementation:

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