Strengthening Families 10-14 Curriculum Training
Offered in Durham!
March 9, 10, & 11 from 8:30-4:30 each day

✈ Sponsored by Durham County Cooperative Extension

✈ Certified Master Trainer from the program creators at Iowa State University

✈ Participants earn a Facilitator Certification to Deliver the Training in your own Community or Agency

Cost: $350 per person for 3 Full Days of Training

A team of three is requested to deliver the training by ISU. There is a $25 discount per person if you bring a team of three. However, individuals are welcome to take the training.

Cost covers all materials, Training Notebook, and lunch for each of the three days.

Contact Donna Rewalt, 560-0538 or drewalt@co.durham.nc.us for questions or to register.

For SFP 10-14 Information go to: http://www.extension.iastate.edu/sfp/
About Strengthening Families Program 10-14

The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is a parent, youth, and family skills-building curriculum designed to:

* prevent teen substance abuse and other behavior problems,
* strengthen parenting skills
* build family strengths

This evidence-based program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects. See the promotional video SFP 10-14 is also available in Spanish. See different audiences

SFP 10-14 has been proven effective in

* delaying the onset of adolescent substance use,
* lowering levels of aggression
* increasing the resistance to peer pressure in youth
* increasing the ability of parents/caregivers to set appropriate limits and show affection to and support of their children

Special features

* parents and youth learn together
* designed and used with ethnically diverse families in rural and urban settings
* scientifically evaluated and shown to be effective

For More information on research results and additional program details, go to:
http://www.extension.iastate.edu/sfp/

Certification is REQUIRED to implement a SFP 10-14 program in your community.

Training helps ensure program fidelity, making it more likely that there will be positive outcomes for youth and parents. Groups of at least three facilitators per program site must receive training. One facilitator teaches the parent group; two facilitators teach the youth group, and all three facilitators work with families during the family session. Group leaders for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth.

Facilitators learn about the background, evaluation, goals, and content of the program and to take part in session activities. Training also includes information on practical considerations for implementing the SFP 10-14, such as recruiting families and handling challenging parents and youth during program sessions.