

Preventing Substance Use in Youth by Strengthening Families



Barbara Beaulieu

Extension Specialist
Human Development

Amanda Galloway

Extension Educator
Tippecanoe County

EA/EO

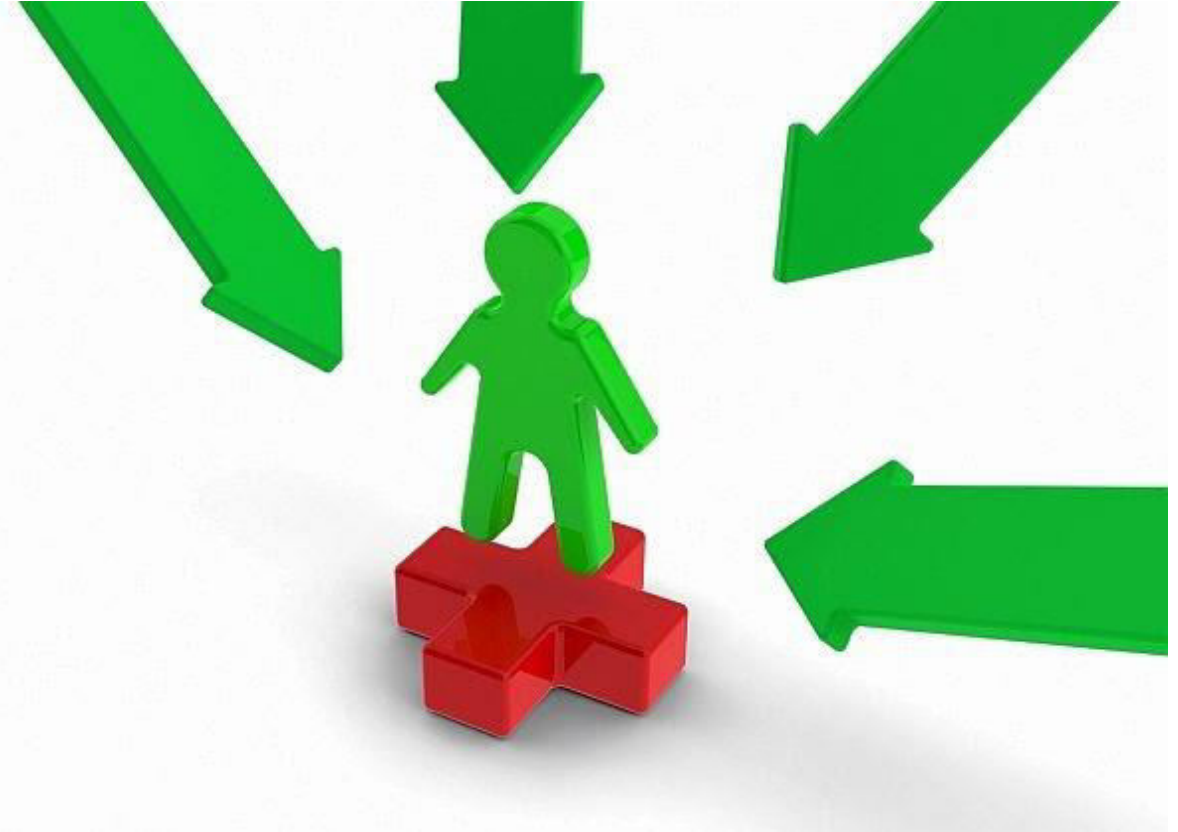
How have families changed over the last 20 / 50 years?



Family Structure



External Forces



Family Structure

- “Normal/nuclear” family has changed
- Less extended family involvement
- Dramatic rise in divorce
- More blended families
- Co-habitation rather than marriage
- More children born out of wedlock
- Fewer children
- Women more financially independent
- Dual-career households
- Adults putting needs for self-gratification before kids



External Forces

- Mobile society
- “Have it all” pressure
- Consumerism shrinks children’s imagination (commercial playthings)
- Media is the surrogate parent
- Media – a place to “zone out”; less relationships in the home



Indiana's Youth:

15th largest population of children

Indiana HOUSEHOLDS – 31.3% have children younger than 18

Indiana FAMILIES – 47.2% have children younger than 18

Ages 9 – 11 = 267,007

Ages 12 – 14 = 268,357



Families with high levels of stress - youth are:

- **2 x** likely to be disengaged in school
- **4 x** as likely to have behavioral and emotional problems



When parents are actively engaged, children are likely to have better:

- Academic performance
- Graduation rates
- Positive behaviors
- Social well-being



2016 = 1,518 deaths from drug overdoses. An increase from 2011 by

A. 34%

B. 47%

C. 59%

D. 62%



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True or False?

Drug overdoses now kill more Hoosiers than car crashes and gun homicide combined?



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Number of Indiana counties experiencing drug overdose deaths from heroin or prescription opioids in last 5 years.

A. 46

B. 75

C. 89

D. 92



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% of children removed from homes due to parental drug and/or alcohol abuse by DCS (2016)

- A. 12.5%
- B. 29.2%
- C. 41.7%
- D. 52.2%



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Hoosier children who live with someone who had a problem with alcohol or drugs.

- A. 1 / 10
- B. 1 / 20
- C. 1 / 30
- D. 1 / 40



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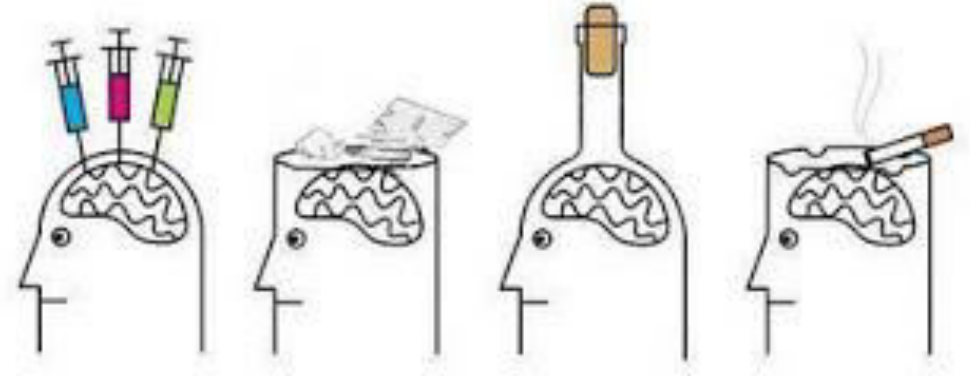
B. 1 / 20

C. 1 / 30

D. 1 / 40



Substance Use in Youth:



- Disrupts brain function in areas critical to motivation, memory judgement, and behavior control
- Drugs and alcohol can interfere with learning as well as contribute to behavioral problems and family conflicts
- Early use is a risk factor for developing more serious drug abuse and addiction

Substance use by youth in Indiana:



- Most commonly used by IN teens: alcohol, electronic vapor products like e-cigarettes, marijuana, and regular cigarettes
- IN high school seniors who drank alcohol report beginning use at age 14.8

Substance Use by Indiana Youth:



1/6 used a drug other than alcohol or tobacco

1/14 used a drug other than alcohol, tobacco, or marijuana

1/10 say their family does NOT have clear rules about alcohol and drug use

Purdue HHS Extension's response:

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

A parent, youth, and family skills-building curriculum designed to:

- Strengthen parenting skills
- Build family strengths
- Prevent teen substance abuse and other behavior problems



Recognized by the following agencies:

- Office of Juvenile Justice and Delinquency Prevention
- Substance Abuse in Mental Health Services Administration
- Center for Substance Abuse Prevention
- 4-H Program of Distinction
- National Institute on Drug Abuse
- US Department of Education



Blueprints Certified:
Meeting the highest standards of
evidence through independent review
by the nation's top scientists.

Awards:

- Annie E. Casey Foundation Family Strengthening Award

Features of the Program

- Prepares families for the transition to the teen years
- Parents and youth learn together
- Videos portray parent-child interactions
- Fun, interactive projects and activities
- Used cross-culturally
- Rigorously evaluated

STRENGTHENING
Families **PROGRAM**

FOR PARENTS AND YOUTH 10-14

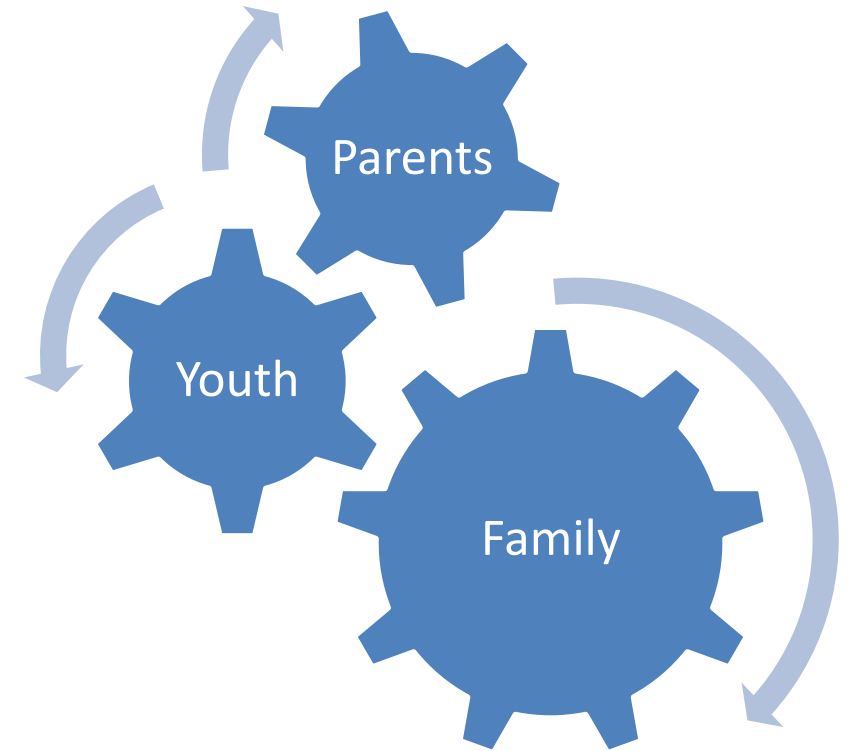
Program Format

- Developed for parents and youth ages 10 – 14 years
- Designed for 7-10 families
- Seven two-hour sessions



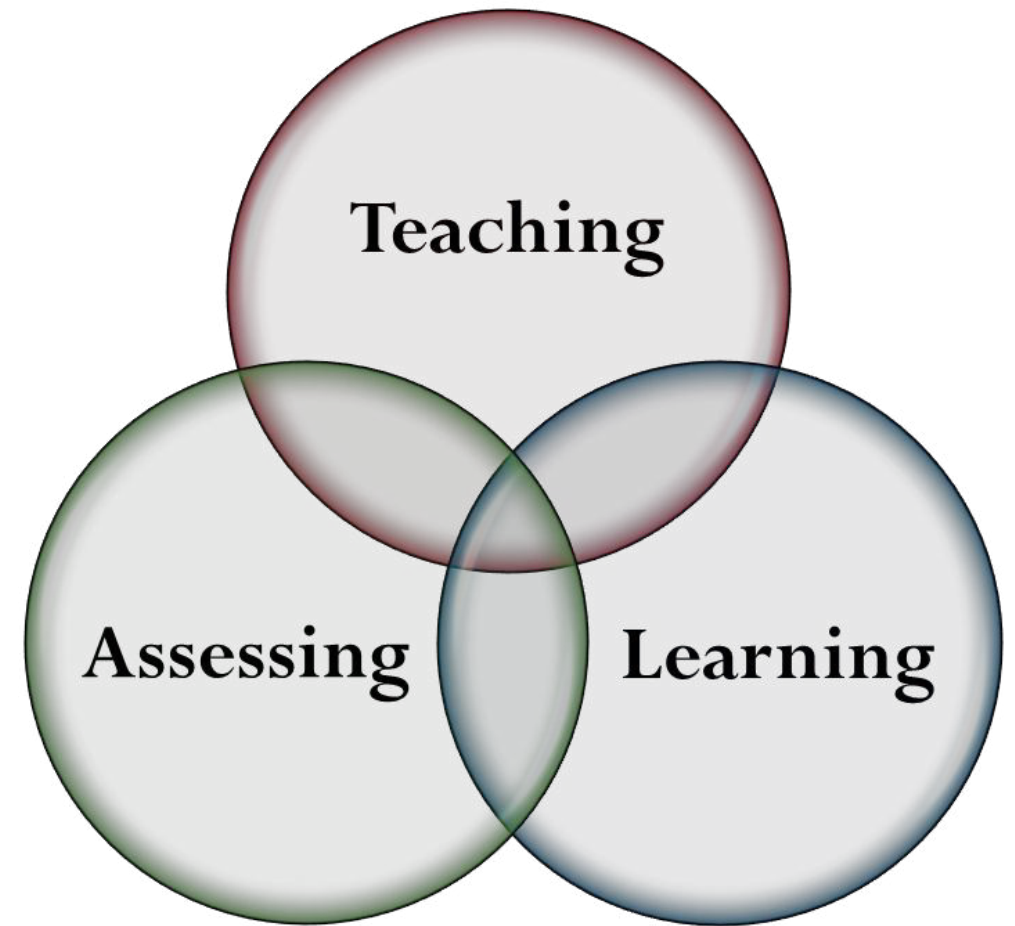
Session Format

- **First Hour**
 - Parent Group
 - Youth Group
- **Second Hour**
 - Parents and youth together in family session
- **Facilitators**
 - 1 for parent sessions
 - 2 for youth sessions
 - 3 in family session



Program Activities

- Short lessons
- Videos
- Discussions
- Skills practice
- Learning games
- Family projects



Topics of Parent Sessions

- Love and limits
- Supporting youth's dreams and goals
- Need for house rules
- Using "I" statements
- Point charts to encourage good behavior
- Building a positive relationship
- Making consequences fit the behavior
- Listening to youth
- Meeting basic needs – belonging, enjoyment, power, independence
- Protecting against alcohol, tobacco and other drugs in youth
- Monitoring youth – Who, What, When, Where
- Getting help and finding resources



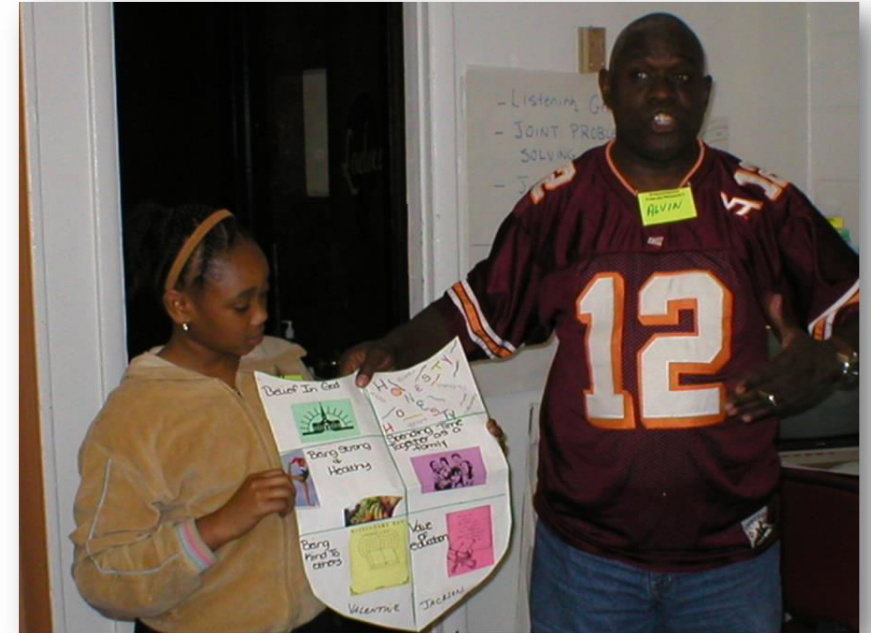
Topics of Youth Sessions



- Round of compliments
- Goals and dreams – Treasure Map
- What's easy and hard about being a youth/parent
- Why parents are stressed
- Understanding stress
- Rules and consequences for breaking rules
- How drugs and alcohol can get you in trouble
- Good and bad qualities of friends
- Peer pressure resistance skills

Topics of Family Sessions

- Learning more about family members
- Family tree / family strengths
- Family meetings
- Family values / family shield
- Joint problem solving
- Reaching goals game
- Parents share dreams & expectations with youth
- Graduation celebration



PUBLISHED RESULTS FROM LONGITUDINAL SCIENTIFIC EVALUATION



Alcohol

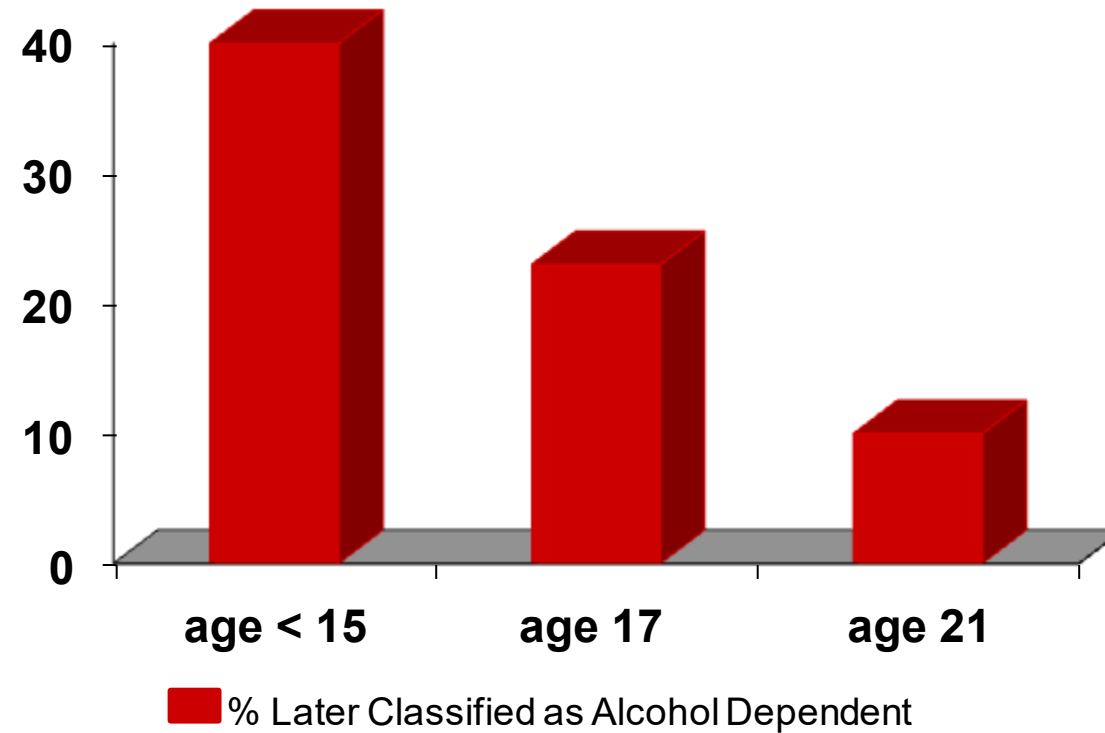
- Over 2 ½ years later onset of usage
- 20% less students using in 10th grade

Meth

Smoking

Behavior

Age of First Use Predicts Alcoholism



National Institutes of Health, News Release, January 1998. www.niaaa.nih.gov

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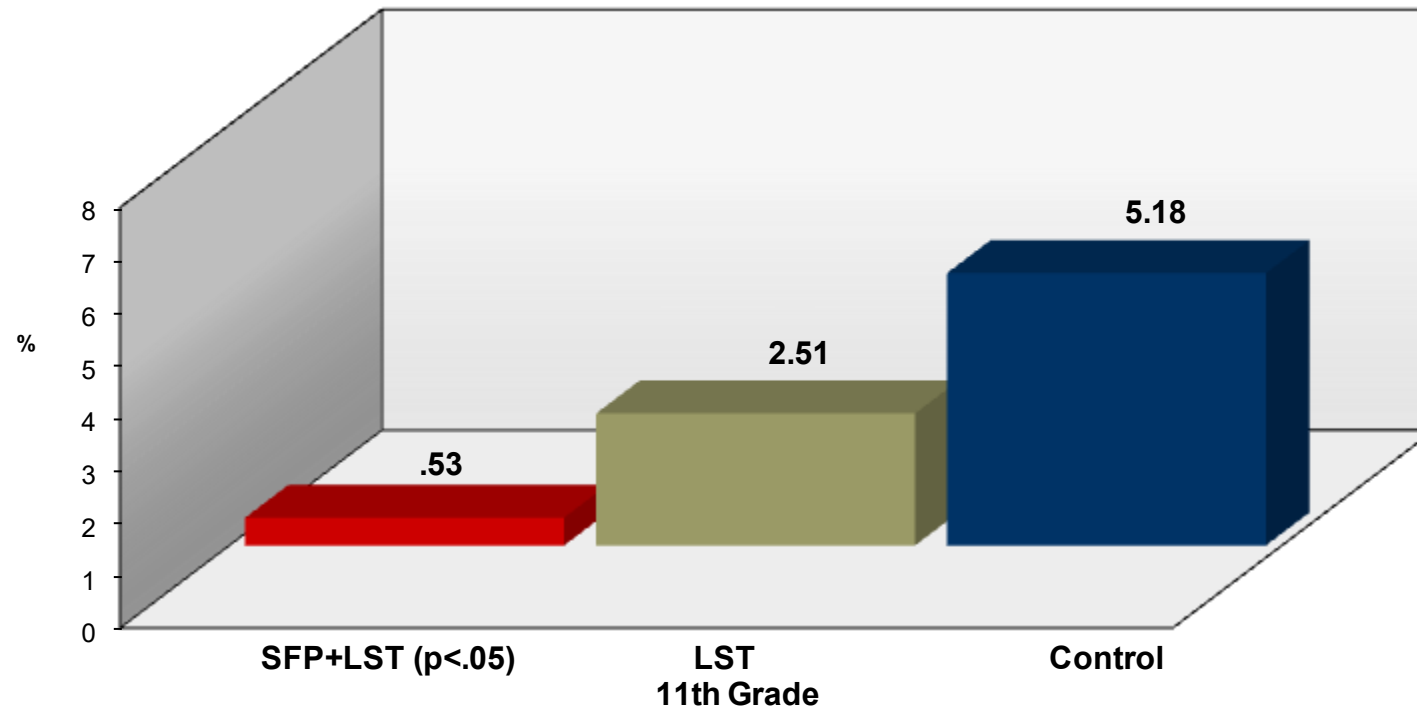
Meth

- Large decrease in use of meth

Smoking

Behavior

Meth Initiation Results at 4½ Years Past Baseline



Source: Spoth, R., Clair, S., Shin, C., & Redmond, C. (2006). Long-term effects of universal preventive interventions on methamphetamine use among adolescents. *Archives of Pediatrics and Adolescent Medicine*, 160, 876-882.

Alcohol

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Meth

- 0.5% with SFP
- 5% Control group

Smoking

- Control usage at age 15
- SFP usage at age 17

Behavior

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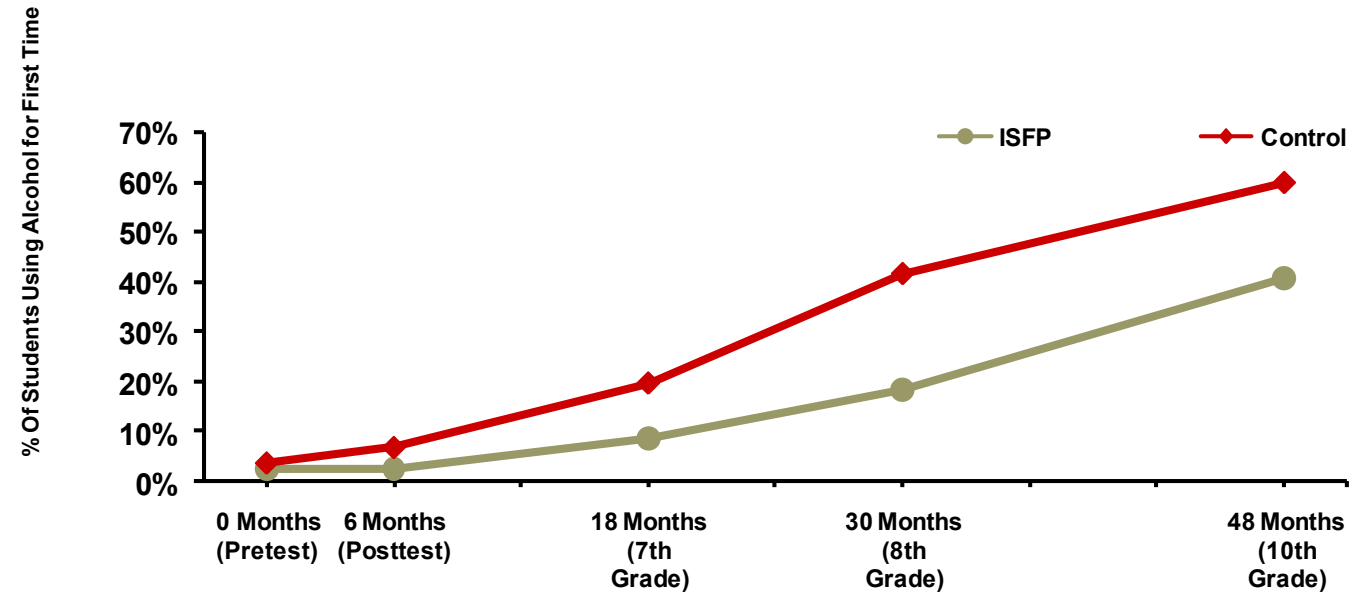
- Control usage at age 15
- SFP usage at age 17

Behavior

- Half of aggressive – destructive nature
- Twice the amount of positive discipline by parents

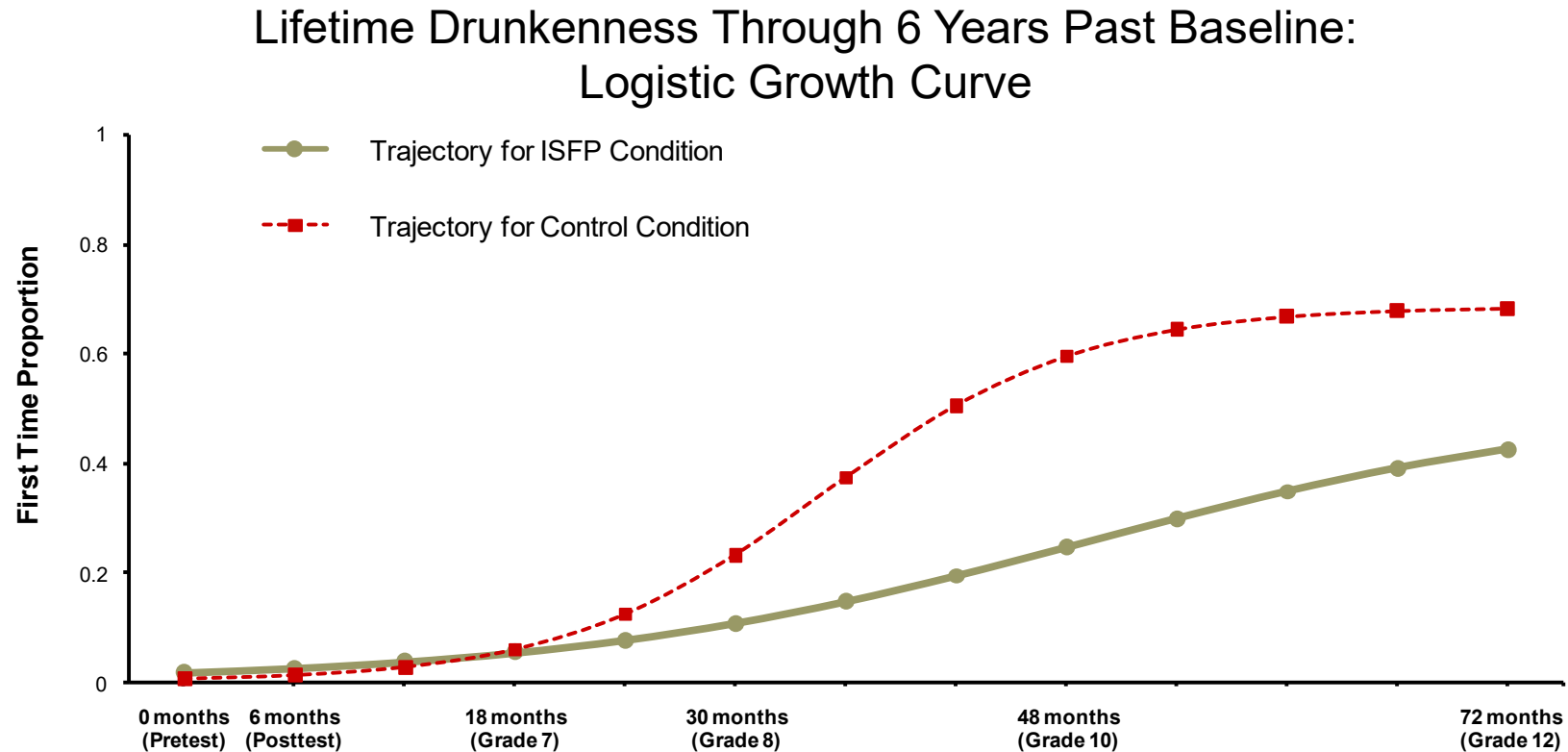
Lifetime Alcohol Use without Parental Permission

Lifetime alcohol use without parental permission, 6th grade baseline through 10th grade follow-up of students receiving SFP 10-14 and control group students



At the 10th grade, SFP 10-14 students exhibited a 32% relative reduction in alcohol use compared to control group students ($p < .01$).

Lifetime Drunkenness by Condition



Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

Program Effects on Other Substances

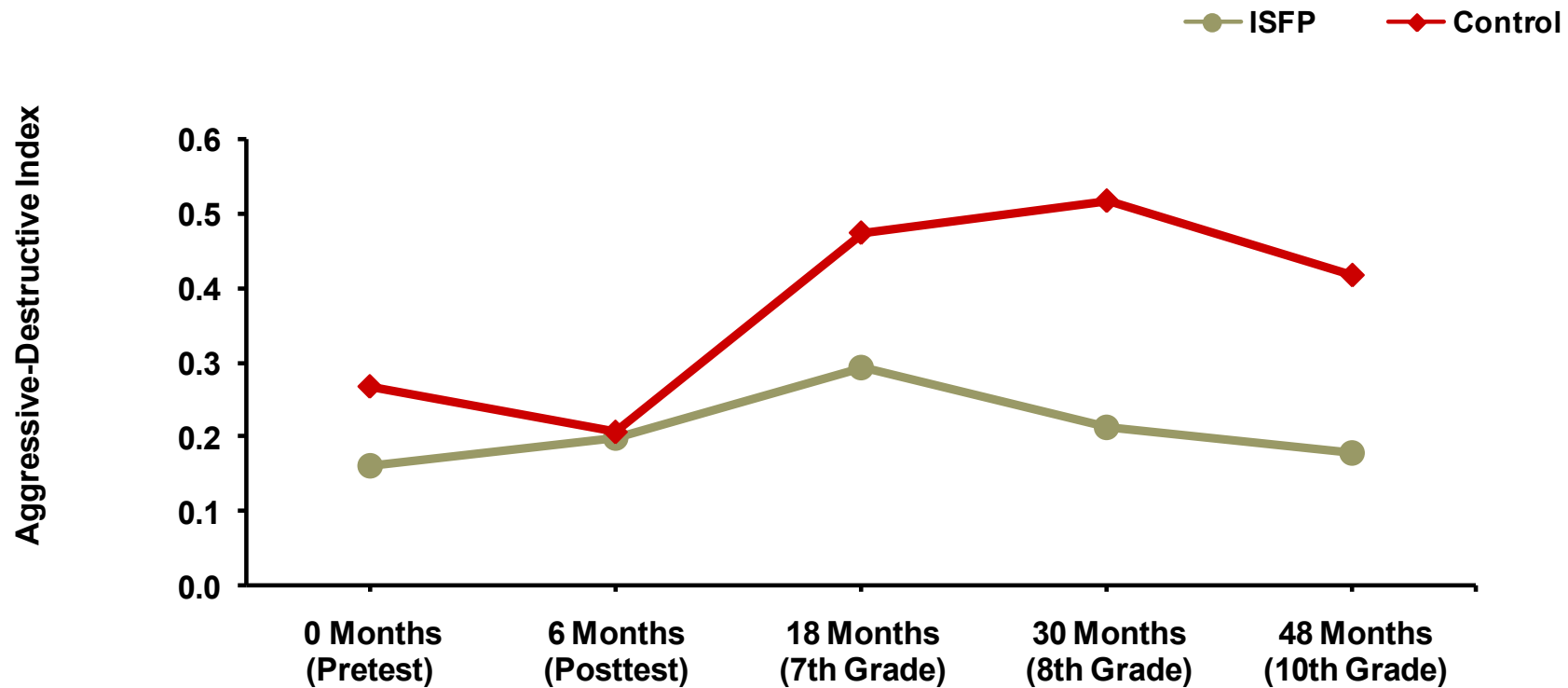
Average age at given prevalence levels

	Prevalence Rate	Age	
		Control	ISFP
Lifetime Alcohol Use w/o Parent Permission	40%	14.4	17.0*
Lifetime Drunkenness	35%	15.3	17.5*
Lifetime Cigarette Use	30%	15.7	17.9*
Lifetime Marijuana Use	10%	15.5	17.8

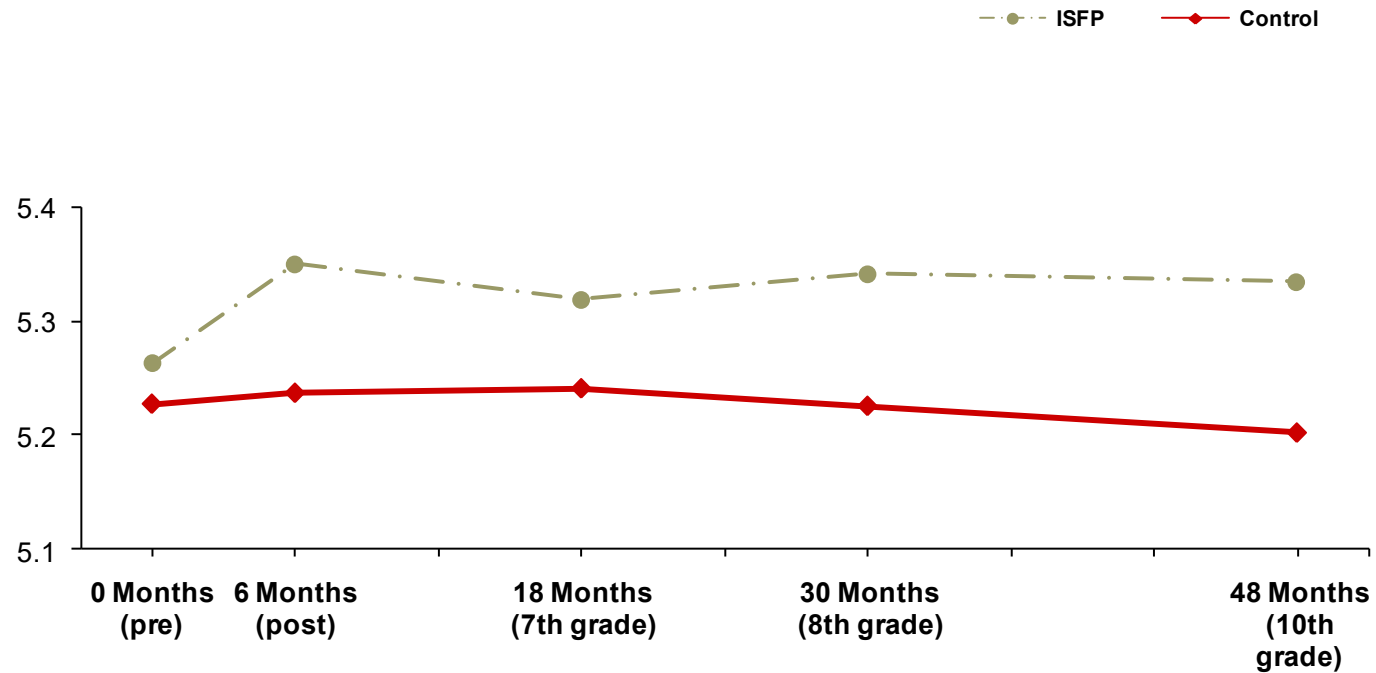
*p < .05 for test of group difference in time from baseline to point at which initiation levels reach the stated levels - approximately half of 12th grade levels - in control group.

Source: Spoth, Redmond, Shin, & Azevedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth curve analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

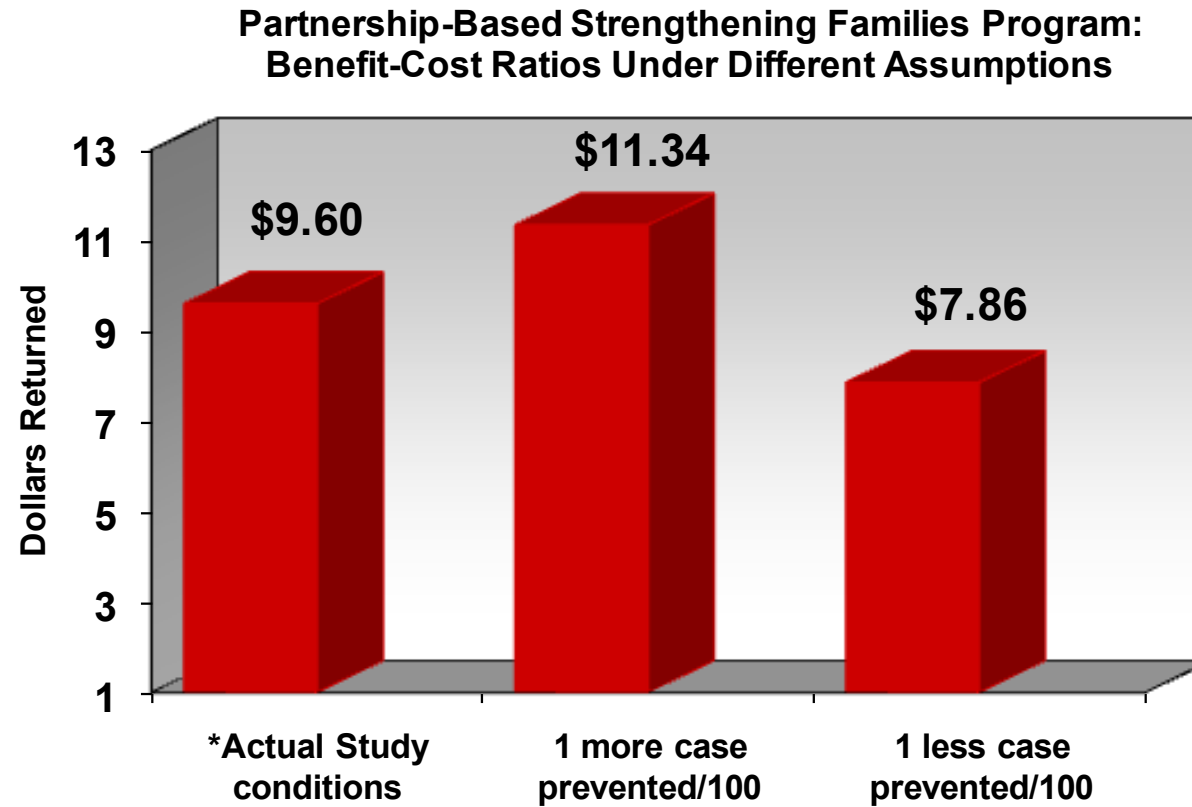
Changes in Aggressive Behavior



Positive Discipline by Parents



Benefit-Cost Analysis



Source: Spoth, Guyll, & Day (2002). Universal family-focused interventions in alcohol-use disorder prevention: Cost-effectiveness and cost-benefit analyses of two interventions. *Journal of Studies on Alcohol*, 63, 219-228.



Conclusion from World Health Organization Sponsored Review

“Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the US Strengthening Families Programme: 10-14, an approach now being tried in Britain.”

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David Foxcroft, Oxford Brookes University
(Cochrane Collaboration Systematic Review, 2002)
Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

Youth say...

“The most valuable thing I learned...”

- “to deal with peer pressure”
- “that my parents have stress too”
- “how to talk to mom and dad”
- “how to solve problems”
- “to do things together more”
- “consequences when I get in trouble”
- “my parents love me”



Parents say...

“The most valuable thing I learned”

- “to listen to my child and their feelings”
- “not criticize my child personally when I’m angry”
- “to set rules and consequences and still show love”
- “reminded to show love and listen with respect to my child”





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For more information:

www.purdue.edu/hhs/extension

Barbara Beaulieu

barbb@purdue.edu