Preventing Substance Use in Youth by Strengthening Families

Barbara Beaulieu
Extension Specialist
Human Development
Tippecanoe County

Amanda Galloway
Extension Educator
Tippecanoe County
How have families changed over the last 20 / 50 years?
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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A. 1 / 10
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 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

Awards:

- Annie E. Casey Foundation Family Strengthening Award

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

STRENGTHENING Families PROGRAM
FOR PARENTS AND YOUTH 10-14
Over 2 ½ years later onset of usage
20% less students using in 10th grade

Alcohol

Meth

Smoking

Behavior
Age of First Use Predicts Alcoholism

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

Meth
- Large decrease in use of meth

Smoking

Behavior
Meth Initiation Results at 4½ Years Past Baseline

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

Meth
- 0.5% with SFP
- 5% Control group

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

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

Meth
- 0.5% with SFP
- 5% Control group

Smoking
- 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, 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

Lifetime Drunkenness Through 6 Years Past Baseline:
Logistic Growth Curve

- Trajectory for ISFP Condition
- Trajectory for Control Condition

## Program Effects on Other Substances

### Average age at given prevalence levels

<table>
<thead>
<tr>
<th>Prevalence Rate</th>
<th>Control</th>
<th>ISFP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime Alcohol Use w/o Parent Permission</td>
<td>40%</td>
<td>14.4</td>
</tr>
<tr>
<td>Lifetime Drunkenness</td>
<td>35%</td>
<td>15.3</td>
</tr>
<tr>
<td>Lifetime Cigarette Use</td>
<td>30%</td>
<td>15.7</td>
</tr>
<tr>
<td>Lifetime Marijuana Use</td>
<td>10%</td>
<td>15.5</td>
</tr>
</tbody>
</table>

* 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.

Changes in Aggressive Behavior

Aggressive-Destructive Index

- ISFP
- Control

0 Months (Pretest)
6 Months (Posttest)
18 Months (7th Grade)
30 Months (8th Grade)
48 Months (10th Grade)
Positive Discipline by Parents

ISFP Control
Benefit-Cost Analysis

**Partnership-Based Strengthening Families Program:**
Benefit-Cost Ratios Under Different Assumptions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Dollars Returned</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Actual Study conditions</td>
<td>$9.60</td>
</tr>
<tr>
<td>1 more case prevented/100</td>
<td>$11.34</td>
</tr>
<tr>
<td>1 less case prevented/100</td>
<td>$7.86</td>
</tr>
</tbody>
</table>

“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.”

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”
For more information:
www.purdue.edu/hhs/extension

Barbara Beaulieu
barbb@purdue.edu