



STRENGTHENING FAMILIES PROGRAM

SFP 7-17 “Family Coach” Training

Strengthening Families Program, LLC
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AGENDA

DAY 1

- 9:00 Introductions + Training overview
- 9:30 SFP History; how a site runs; good outcomes
- 10:00 How Risk & Protective Factors Affect Kids
- 10:15 The Brain’s Role in Changing Behavior
(PRACTICE: Teach the concept to kids)
- 10:30 SFP Skills of “Bonding, Boundaries & Monitoring” protect kids
(PRACTICE: Explain need for all three components to keep kids alcohol/ drug free)
- 10:45 BREAK**
- 11:00 Review SFP 7-17 Curriculum & Handouts
(PRACTICE: Play “My Time” with “child” sitting next to you; make positive comments)
(PRACTICE: Give partner next to you a “reinforcing compliment” for coming today)
(PRACTICE: Explain 7 Steps of Positive Discipline to “parent” sitting next to you)
- 12:30 LUNCH – 30 minutes –**
- 1:00 What people need to know to change behavior
- 1:15 12-Step SFP Teaching Model ensures success
- 2:00 Demonstration: Trainers teach Lesson 1 using the 12-Step Teaching Model
Lesson 1 – Look for, Compliment the Good Daily
- 3:00 BREAK** *(Chose a partner & lesson to teach)*
(Need mix of Parent, Teen, Child lessons)
- 3:15 How to “team teach” a 20 min. mini-lesson
- 3:30 Teams PREPARE to teach SFP mini-lesson
 - Fill out Lesson Planning Sheet with 12-Step Teaching Model *(Family Session differs a bit)*
- 4:45 Review: What was useful in today’s training?
- 5:00 End of Training - Day 1**

DAY 2

- 9:00 REVIEW of Day 1
- 9:30 15 Essential Skills to be a SFP Family Coach
(Handout + “Process Fidelity Checklist”)
- 10:00 Practice Teaching SFP Lessons**
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 2 – Positive Communication
Lesson 3 – Rules, Rewards & Responsibilities
- 11:00 BREAK**
- 11:15 Practice Teaching SFP Lessons**
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 4 – Positive Discipline
Lesson 5– Problem Solving/ Pre-Problem solving
- 12:15 LUNCH – 30 minute lunch**
- 12:45 Practice Teaching SFP Lessons**
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 6 – Stress & Anger Management
Lesson 7– Goals & Contracts Change Behavior
- 1:45 Practice Teaching SFP Lessons**
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 8 – Alcohol & Drugs harm dev. brain
Lesson 9 – Choose Good Friends & Monitor Kids
- 2:45 BREAK**
- 3:00 Practice Teaching SFP Lesson**
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 10 – Values, Traditions, & Service
- 3:30 What did we learn from teaching?
- 3:45 **Mindfulness:** Brain training to improve emotional regulation & focus attention
- 4:00 How to Recruit & Retain Families including effective “Family Coach” phone call tips
- 4:45 **REVIEW:** What did you learn about _____?
- 4:55** Fill out Training Evaluation
- 5:00 Training Day 2 Ends – THANK YOU !**