

Strengthening Families™: Facilitator Training

**FREE training for professionals
working with parents of
children ages 7-17.**

January 30-31 | 9am - 5pm

Health and Human Services Building

140 S. Holly Street

Medford, OR

*class size limited



**Strengthening Families
Program** by Dr. Karol Kumpfer



Strengthening Families Program™ sessions include all the critical core components of effective evidence-based parenting programs (CDC, 2008) including: parent and child practice time in the family sessions learning positive interactions, communication, and effective discipline. The parenting sessions review appropriate developmental expectations, teach parents to interact positively with children, increasing attention and praise for positive children's behaviors, and reducing criticism; positive family communication including active listening, validating, respectful "I Messages", eliminating screaming, swearing, sarcasm, and implementing family meetings to improve order and organization.. Parents also learn stress reduction, problem solving and anger management skills, and how to set clear, firm rules on no underage drinking or drug use.



THE COLLINS FOUNDATION
THE FORD FAMILY FOUNDATION
MEYER MEMORIAL TRUST
THE OREGON COMMUNITY FOUNDATION
OREGON STATE UNIVERSITY

- Learn to teach a 12 session evidence-based parenting education series to parents of children ages 7-17.
- Partner with your local Parenting Hub.

RSVP: www.tinyurl.com/TFCscholarship
dbennington@socfc.org | 541-734-5150



STRENGTHENING FAMILIES PROGRAM

Parenting Education Facilitator Training

Strengthening Families Foundation
817 – 17th Avenue, Salt Lake City, UT 84103; 385-226-3396
Jaynie Brown - jayniebrown@gmail.com

1-d

AGENDA

DAY 1

- 9:00 Introductions
- 9:30 SFP History, Outcomes, How a Site Runs
- 9:45 Risk / Protective Factors Affect Kids longterm
- 10:00 SFP Skills work: “Bonding, Boundaries & Monitoring” (***SKILL-BUILD**: Explain need for all three components to keep kids safe*)
- 10:15 SFP Content & Why It Works – Part 1
*(**SKILL-BUILD**: Practice “My Time” & Explain “My Time” to “parent” next to you)*
- 10:45 **BREAK**
- 11:00 SFP Content & Why It Works – Part 2
*(**SKILL-BUILD**: Explain Positive Discipline to “parent” sitting next to you)*
- 12:00 **LUNCH – 30 minute working lunch**
- 12:30 The Brain’s Role in Changing Behavior
- 1:00 **Mindfulness**: Brain training to improve emotional regulation & focus attention
- 1:30 12-Step SFP Teaching Model = **SUCCESS**
*(**SKILL BUILD**: Explain 12 Steps to partner)*
- 2:00 How to Motivate & Retain Families: *Stories+ families feel loved +see skills as worthwhile + fun & easy to do + reminder phone calls*
- 2:30 Demonstration: Trainers teach Lesson 1
Lesson 1 – Notice & Compliment the Good
- 3:00 **BREAK** (*Chose partner & Lesson to teach*)
- 3:15 Explain content of SFP Lesson file folders
- 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 What was useful?
- 5:00 **End of Training - Day 1**

DAY 2

- 8:30 *Come early if need help preparing your lesson*
- 9:00 **REVIEW** of Day 1
- 9:30 Essential Skills to be a SFP Family Coach
(Handout + “Process Fidelity Checklist”)
- 10:00 **Practice Teaching SFP Lessons**
Practice teach w/ DVD clips, 20 min. +5 min. critique
Lesson 2 - Communication
Lesson 3 – Rules, Rewards & Responsibilities
- 11:00 **BREAK**
- 11:15 **Practice Teaching SFP Lessons**
Practice teach w/ DVD 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/ DVD clips, 20 min. +5 min. critique
Lesson 6 – Stress-Anger Manage.
Lesson 7– Goals & Contracts - change behavior
- 1:45 **Practice Teaching SFP Lessons**
Practice teach w/ DVD 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 Lessons**
Practice teach w/ DVD clips, 20 min. +5 min. critique
Lesson 10 – Values, Traditions, & Service
- 3:30 Effective “Family Coach” phone call tips
- 3:45 How to Recruit & Retain Families so They Continue Coming
- 4:15 **REVIEW**: What did you learn about _____?
- 4:28 Fill out Evaluation
- 4:30 **Training Ends – THANK YOU !**