



STRENGTHENING FAMILIES PROGRAM

SFP 7-17 Family Coach Training

Strengthening Families Foundation
 817 – 17th Avenue, Salt Lake City, UT 84103; 385-226-3396
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AGENDA

DAY 1

DAY 2

8:00 Introductions & Class Objectives

8:30 What is SFP? History & Positive Outcomes

9:00 How an SFP Site runs

9:15 Why SFP works: Risk & Protective Factors with “Bonding, Boundaries & Monitoring”

9:45 The Brain’s Role in Changing Behavior

10:15 BREAK – 15 minutes

10:30 SFP Content & Why It Works

12:30 LUNCH – 30-minute lunch

1:00 12-Step SFP Teaching Model: Teaching method to help people want to change behavior

1:30 How to motivate families to change

2:00 Demonstration: Trainer teach Lesson 1
Lesson 1 – Notice & Compliment the Good

3:00 BREAK (Chose Teaching partner)

3:15 Explain contents SFP Curriculum flash drive

3:30 How to teach SFP in a 20 min. practice lesson

4:00 Teams PREPARE to teach SFP mini-lesson - Follow 12-Step Teaching Model

5:00 End of Training - Day 1

8:00 REVIEW of Day 1

8:30 **Mindfulness:** Brain training to improve emotional regulation & focus attention

9:00 Essential Skills to be a SFP Family Coach

9:30 Final Prepare to Teach time – *Use 12 Steps*

10:00 Practice Teaching SFP Lessons
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 2 - Communication - Teen
Lesson 3 - Rules, Rewards, Responsibility - Child

11:00 BREAK – 15 minutes

11:15 Practice Teaching SFP Lessons
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 4 – Positive Discipline - Parent
Lesson 5– Problem Solving- Parent

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 Manage.- Teen
Lesson 7– Goals & Contracts - Parent

1:45 Practice Teaching SFP Lessons
Practice teach w/ video clips, 20 min. +5 min. critique
Lesson 8 – Alcohol & Drugs harm brain - Family
Lesson 9 – Monitoring Skills to Keep Kids Safe

3:00 BREAK

3:15 Practice Teaching SFP Lessons
Practice teach w/ DVD clips, 20 min. +5 min. critique
Lesson 10 – Values, Traditions, Service - Family

4:00 How to set up your SFP Site

4:15 How to Retain Families so they keep coming

4:30 Effective “Family Coach” phone call tips

4:45 REVIEW: What did you learn about _____?

4:55 Fill out Training Evaluation

5:00 Training Ends – THANK YOU !