## Information for Referrers

# **Key features of the Strengthening Families Programme**

* The SFP is a seven-session programme (two and a half hours per week) with the first half hour spent eating dinner together.

Parents/carers and young people then meet separately for the next hour and spend the final hour together in family activities.

* It is focused on building upon strengths within the family and reducing family related risk factors for adolescent problem behaviours & substance misuse.

# **Referral Criteria**

1. SFP is for families with young people aged 10 – 12 years.
2. For families that are currently in or at high risk of being involved with the Criminal Justice System.
3. The parent/carer and young person must be aware of and agree to the referral

(please have parent and young person sign in the space provided).

1. Families must be committed to attending all seven sessions and be aware that groups will run after school hours, in the evening.

# **Weekly Topics covered in the Programme**

***Parent Group***

1. Showing Love and Setting Limits
2. Making House Rules
3. Encouraging Good Behaviour
4. Understanding Consequences
5. Building Bridges
6. Protecting Against Substance Misuse
7. Getting Help for Special family needs

***Youth Group***

1. Reaching Goals
2. Appreciating Parents
3. Dealing with Stress
4. Following Rules
5. Dealing with Peer Pressure
6. Peer Pressure and Good Friends
7. Reaching Out to Others

#### Family Group

1. Supporting Goals and Dreams
2. Appreciating Family Members
3. Using Family Meetings
4. Understanding Family Values
5. Building Family Communication
6. Families and Peer Pressure
7. Putting it all Together

## Referrer agency Responsibility

1. Referrals will only be accepted on SFP referral forms returnable to CNP.
2. The **families must agree to the referral** being made and **parents and young person should sign the form** in the space provided to confirm this.
3. Information will be held confidentially in line with the data protection act.
4. It is preferable for the referrer to maintain contact with the referred family for the duration of the programme.
5. Please indicate on the referral form any specific difficulties you know of within the family which may affect the smooth running of the sessions, e.g.:
	* current alcohol or drug problems
	* learning difficulties
	* literacy difficulties
	* child protection issues
6. All families will receive a home visit from a member of the programme team to assess their suitability for the programme, to explain in detail what’s involved, and to complete baseline questionnaires.
7. If transport or childcare are barriers to a family attending, transport and childcare for younger children at the programme venue will be provided
8. In the case of parents attending the group under parenting orders, it is the duty of the referrer/responsible officer to monitor their attendance at the group.
9. Where requested, the coordinator will make post-group feedback to the referrer with brief details of attendance and main outcomes.