



Abstract Title: Strengthening families program: Canadian data from our first two years

Shannon Wagner
School of Health Sciences
University of Northern British Columbia

Alex Fraess-Phillips
School of Health Sciences
University of Northern British Columbia

Introduction

The Strengthening Families Program is a commercially available family intervention program available out of the United States. To our knowledge there has been no peer-reviewed studies evaluating the value of this program for use in a Canadian context.

Objective

This presentation will review the quantitative findings from the first two years of an intervention study employing the Strengthening Families Program (SFP) in a small-urban community located in British Columbia, Canada.

Methods

The SFP was provided to community referred families (N = 160 family members) between Fall 2014 and Spring 2016. Parent/Guardian participants completed a demographic questionnaire as well as the Home and Community Social Behavior Scale (HCSBS; both Years 1 and 2) and the Behavior Rating Inventory of Executive Functioning (BRIEF; Year 2 only) as a reflection of child-related outcomes. These questionnaires were completed prior to participation in the program and also upon completion of the program.

Results

Our first year indicated no significant findings for any sub- or composite scale of the Home and Community Social Behaviour Scale. However, when analysed using self-identified ethnicity, trends were evident with more desirable outcomes for Caucasian participants than those of self-identified Aboriginal background. Given these findings, the SFP was revised to reflect cultural competency and local values, and the revised version was employed in the second year of intervention. Upon completion of our second year, trends related to ethnicity were no longer evident for the HCSBS; however, our year one finding of no significant results was continued, with findings generally in the positive direction. During our second year, we also included the BRIEF as an additional measure and as a reflection of child behaviour beyond social competency; similar to the HCSBS, no significant findings were revealed for this measure but trends were generally positive.

Conclusion

Our initial data suggests that the Strengthening Families Program may be useful in a Canadian context when revised to ensure cultural competency and custom.

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