

Strategies for Strengthening Families

A strong and healthy family is perhaps the most important determinant of healthy growth in children and adolescents.

This workshop focuses on building protective factors to build positive outcomes for all youth and families and recognizing parents as decision-makers and leaders.

In Families, risk factors include child abuse and maltreatment, _____ supervision, and parents who use drugs and alcohol or who suffer from mental illness; a protective factor would be parental _____.

One central risk factor within families is the role that social _____ processes play in terms of the modeling of behaviors and attitudes regarding substance use.

Family history of substance abuse is a _____ factor for: lifetime alcohol use; current alcohol use; current binge drinking; lifetime marijuana use; current marijuana use; increased alcohol and drug use between 7th and 9th grades; early onset of drinking and persistence of alcohol use disorders; substance abuse. Co-occurring disorders; non-comorbid major depressive episode; noncomorbid substance use disorder; comorbid PTSD + substance use disorder; comorbid PTSD + major depressive episode; alcohol, cocaine, or opioid dependence; mood and anxiety disorders.

Examples of protective parenting practices include firm and _____ limit-setting, careful monitoring, nurturing and open communication patterns with children.

Family is considered as the _____ environmental factor for developmental changes, especially the affective emotional, and social development of children.

The process of socialization of children by their _____ is a major source the protection and prevention of substance abuse during adolescence.

Nevertheless, despite their high self-esteem, behavioral problems frequencies of substances abuse are higher among children who have been raised using _____ parenting style.

Today, it has been proven that parenting is not only a science, but also a skill that must be learned and converted into _____.

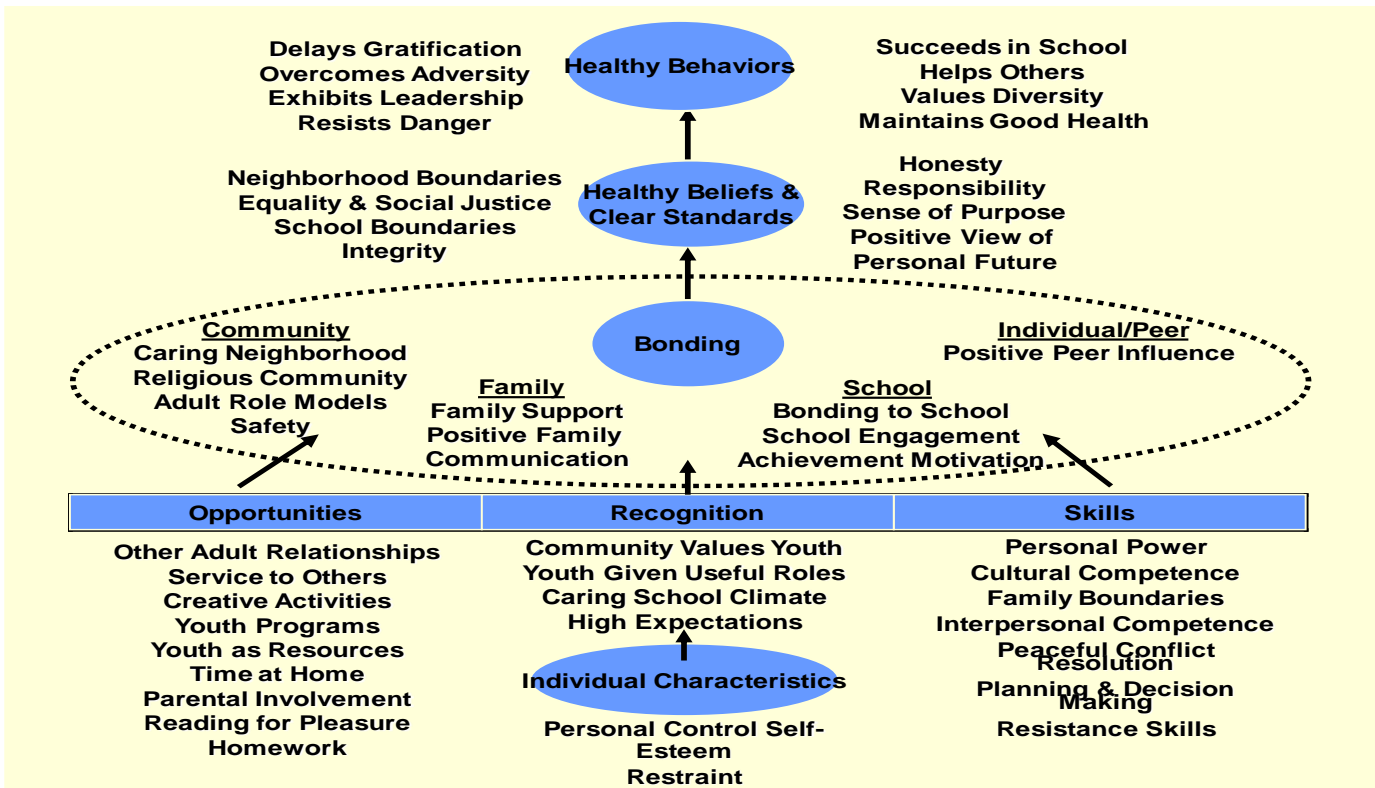
Young people are more likely to grow up successfully when they _____ developmental relationships with important people in their lives.

The first four categories are "_____ assets"--relationships, experiences, and opportunities provided by nuclear and extended families, caring adults and peers, neighborhoods, and institutions within communities.

The other four categories are "_____ assets," which focus on the commitments, values, skills, and outlook on life that guide young people's choices.

By building developmental assets--positive relationships, experiences, and inner strengths that all young people need to grow up healthy, caring, and _____.





Interventions that focus on _____ parenting skills and family bonding appear to be the most effective in preventing substance use.



Parental resilience: Managing stress and functioning well when faced with challenges, adversity and trauma.

What it looks like:

Everyday actions:

Social connections: Positive relationships that provide emotional, informational, instrumental and spiritual support.

What it looks like:

Everyday actions:

Knowledge of parenting & child development: Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

What it looks like:

Everyday actions:

Concrete support in times of need: Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

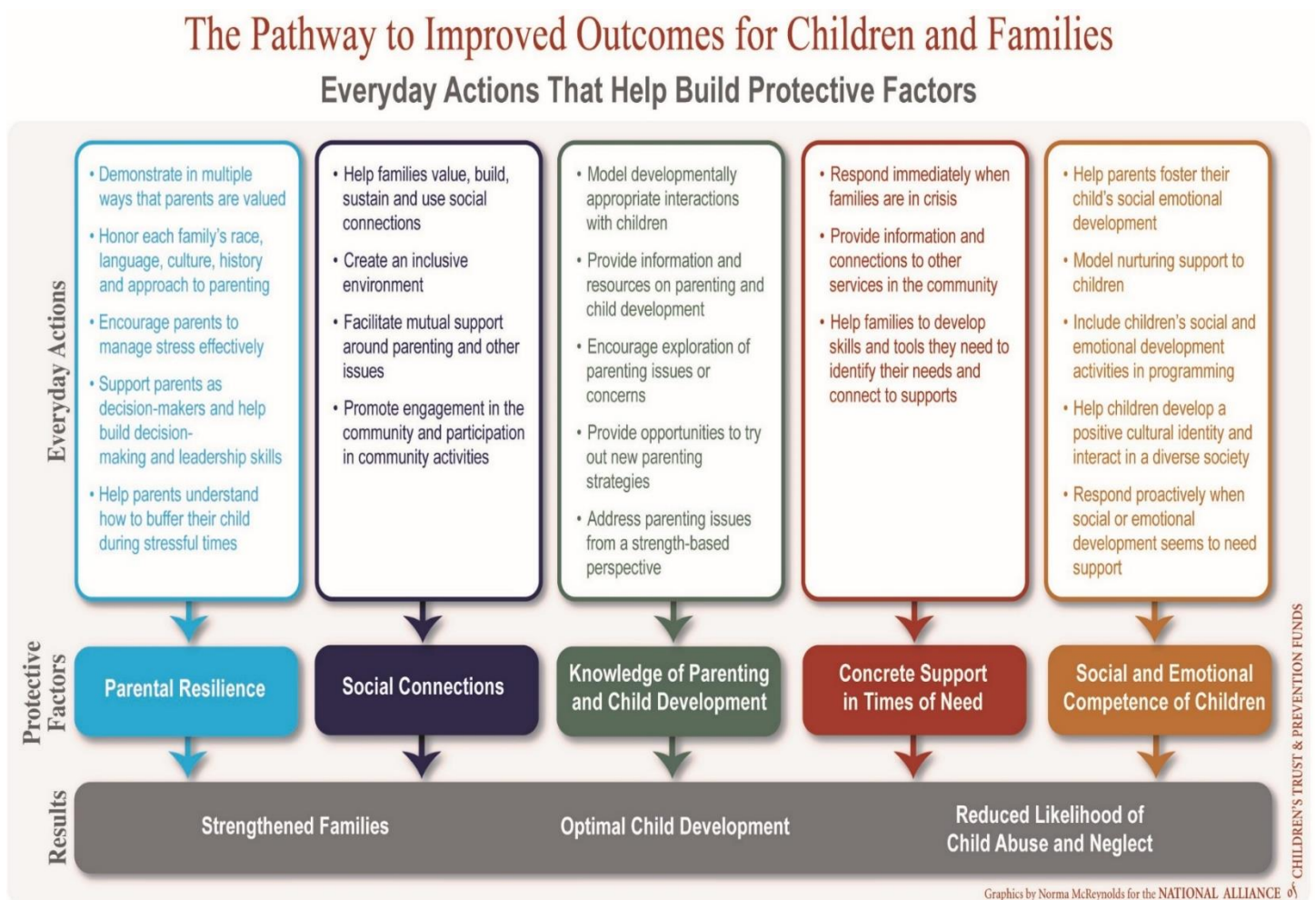
What it looks like:

Everyday actions:

Social & emotional competence of children: Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

What it looks like:

Everyday actions:



*As a result of this training;
What have you learned?*

What will you do to improve your program?

Resources:

<https://preventiontrainingservices.com/wp/resources/>

References:

- National Research Council and Institute of Medicine. (2009). Preventing Mental, Emotional, and Behavioral Disorders among Young People: Progress and Possibilities. Washington, DC: The National Academies Press.
- Search Institute (2020). Developmental Assets Framework. Retrieved from <https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>
- Communities That Care (2020). Social Development Strategy. Retrieved from <https://www.communitiesthatcare.net/how-ctc-works/social-development-strategy/>
- The Center for the Study of Social Policy (2020). Strengthening Families: Increasing positive outcomes for children and families. Retrieved from <https://cssp.org/our-work/project/strengthening-families/>.
- The Center for the Study of Social Policy (2020). Strengthening Families: Increasing positive outcomes for children and families. Retrieved from <https://cssp.org/our-work/projects/protective-factors-framework/>
- Positive Parenting Tips- retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html> September 2020
- The Role of Parenting Skills Training in the Prevention of Addiction of Children- retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5554807/> September 2020



A Charitable 501(c) 3 Training Organization