

3 Year Summary Report on the Strengthening Families Programme in Ballymun

SFP 12-16 YEARS

(March 2008-December 2010)



Prepared for Ballymun Local Drugs Task Force

by

John Burrows

of

WRC Social and Economic Consultants

18th March 2011



3 Year Summary Report on the Strengthening Families Programme in Ballymun¹

SFP 12-16 YEARS

Introduction

This report is a descriptive overview of the quantitative data collected as part of the Strengthening Families Programme (12-16 years) prepared for the Ballymun Local Drugs Taskforce. This report is not intended to replace or replicate the programme evaluation work carried out by the Lutragroup, rather this is to supplement their work by providing a summarised thematic review of data collected from programme commencement in March 2008 to December 2010. Some information may be re-presented from Lutragroup in order to situate questions within their relevant scales or discuss the purpose of certain questions from the survey. Information concerning the creation of scales or question formats can be found in the Lutragroup report².

Data Collection

Information was collected from 40 families who engaged with the programme between March 2008 and December 2010. Comprehensive data exists on 38 of these families with two forms which were not fully completed. Therefore parent feedback on the SFP programme largely refers to 38 families with valid percentages conveyed which accounts for any missing data. Comprehensive feedback from 38 families does not account for all families who participated within this time period. A total of 56 families graduated from

¹ Contextual information around SFP Ballymun implementation and evaluation has been inserted to supplement this analysis undertaken by J. Burrows.

² Lutragroup is SFP Programme Developer and is responsible for overall management of SFP training and programme development in the United States, Canada and Europe.

the programme within this period (SFP 1- SFP 8 inclusive), representing an evaluation completion rate of 67.8%. Referral agents have the designated role within the SFP programme in Ballymun to administer the evaluation questions to their family (i.e referred parent).³ This is undertaken in the form of a retrospective pre and post test questionnaire whereby the referral agent and the parent/primary carer following graduation (week 14) report on skills and behaviour (at a parent, teen and family level) prior to the beginning of the programme and at completion of the programme.⁴ The Lutragroup survey consists of a range of scales measuring different parent, teen and family change variables such as; Moos FES cohesion, family conflict, family organization and communication scales, Kumpfer and Dunst Family Strengths and Resilience Scale, Alabama Parenting Scale, and SFP Parenting Scales. This is undertaken during a locally held facilitative evaluation session (parent and referral agent can choose morning or afternoon session) organised by the Ballymun Programme Manager and the Policy and Research Officer whereby the context to the evaluation and method of answering questions is explained and support is available.⁵ According to Lutragroup, family graduates participate in the evaluation once they have attended at least 8 programme sessions. They also recommend that the evaluation takes place within one month of the programme completion, ideally week 13 or 14.

³ The referral process is open to all agencies and schools in Ballymun and those who work with Ballymun residents. Between 2008 and 2010 the local secondary school and social work department of the HSE have referred the most number of individual referrals, while others came from a range of sources like the local youth centre, community drugs services, and the local employment service.

⁴ Feedback from teens is obtained and reported by facilitators of the session and also recorded at the 6 month follow-up booster session. Lutragroup teen questionnaire was used for the Ballymun pilot programme but was not employed thereafter. It is hoped to introduce and use an existing standardized and well documented questionnaire for teens to contribute to the qualitative data received.

⁵ This was developed and built into the programme in early 2010 based on feedback from referral agents. This designated session for parent and referral agent contributes towards a higher completion rate and also allows for referral support and follow up on any issues arising.

Factors that have influenced the ability to undertake the evaluation on all families to date have included: non retention in programme, non eligibility for evaluation, movement of family away from the area making follow-up difficult, family bereavements, personal issues arising for families meaning referral intervention more client led rather than evaluation focussed and non availability of parent within time period. In the event of any of the above, the referral agent is asked for their observations on the contribution of the Strengthening Families Programme to the family environment.

Therefore, this summary report undertaken by WRC presents findings in relation to responses across a range of different themes rather than on the measurement of scales as employed in the Lutragroup report.

Presentation of Data & Statistics from the Survey within this Report

As mentioned above, information was collected from 38 families who engaged with the programme between March 2008 and December 2010. A short section will introduce the families and teens and this will be followed by a discussion of parents attitudes before and after the programme with reference to different themes;

- satisfaction with the programme
- parenting skills
- family strength or resilience
- drug & alcohol use
- observations of their child's activities

- attitudes towards themselves

In an attempt to simplify the presentation of percentages (and most appropriately percentage change) in attitudes and perceptions of parents from within the program, the responses have been collapsed from 5 item likert scales to 3 item likert scales.

Demographic Information - Profile of Respondents⁶

As previously mentioned, the survey used to gather information from adults (parents/carers) involved in the programme consists of a number of smaller surveys, each with their own topic or special area of interest.

Table 1 – Profile of Respondents

Gender of adult completing form	%
Male	5.0
Female	95.0
Gender of identified teen	
	%
Male	44.7
Female	55.3
How old are you (Age Category)	
	%
28 – 34	23.7%
35 - 39	36.8%
40 - 44	31.6%
50+	7.9%
How old is your teen,	
	%
12 years of age	7.5
13 years of age	20.0
14 years of age	20.0
15 years of age	37.5
16 years of age	15.0

⁶ Appendix 1 contains an overview of the relevant demographic information of respondents and their families.

What is the highest grade in school you finished⁷	%
Primary	38.4
Secondary - Inter/Junior/Group	48.7
Secondary - Leaving Certificate	10.3
PLC/Technical Course	2.6
Current Parenting Status	
	%
Single parent	47.5
Two Parents at Home	35
Joint or Shared Custody	10
Children with Relatives	5
Other	2.5
Children under 18 years of age living at home	
	%
1	15
2	35
3	30
4	10
5	5
6	5

Table 1 shows the demographic characteristics of individuals who completed the evaluation part of the Strengthening Families Programme from March 2008 to December 2010. Almost of the all parents who responded to the survey were female (95.0%). There were only two male respondents, a grandparent and the father of one of the children. All of the other respondents were mothers of the children involved in the program. The majority of these mothers were found in the 35 – 44 age group (68.4%). It is also interesting to note that in the highest level of education only a minority reached Leaving Certificate level (10.3%), with the remaining largely divided between Inter/Junior/Group Certificate and Primary School as their highest level of education reached.

⁷ This question is presented in the original Lutragroup survey as “What is the highest grade in school you finished regardless of getting a degree?” This may have caused confusion and may be differences in how this question is interpreted by respondents.

Participant Interaction & Satisfaction with the Programme

As can be seen from Table 2, the majority of parents and teens attended between 12 and 15 of the sessions held across the programme.

Table 2 - No. of Sessions Attended

No. Of Sessions	How many sessions did	
	You Attend (%)	Your Teen Attend (%)
8*	0.0	2.8
9	0.0	2.8
10	8.3	8.3
11	11.1	8.3
12	22.2	19.4
13	19.5	30.6
14	36.1	25.0
15**	2.8	2.8

* It is required that families attend at least 8 sessions of the programme in order to graduate.

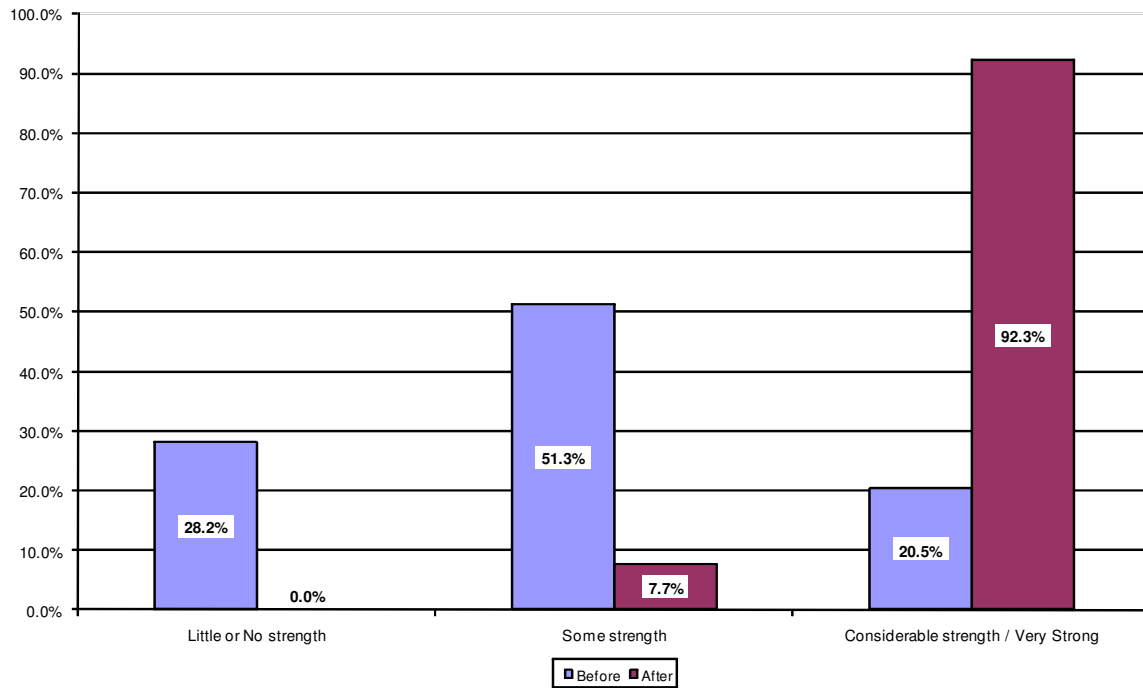
** The additional session to the programme was introduced in February 2010. This session is an induction session whereby families are introduced to and become familiar with the venue, facilitators, format of the evening etc.

As conveyed in Appendix 1, all parents reported being satisfied with the programme (Table 18) and very satisfied with group leaders (Table 22). They would all also recommend the course to other parents (Table 20). When asked about refresher courses, most would opt for a monthly (48.7%) or weekly (40.5%) refresher course. The vast majority of participants (84.2%) felt that the course helped their families a lot (Table 21).

Overview of Findings⁸

1. Family Supportiveness, Love, Care & Unity

Figure 1 - Perception of Supportiveness, Love and Care within the Family



Parents were asked how much strength they would say their families have in relation to their supportiveness, love and care for each other. Their responses have been graphed in Figure 1. Prior to their engagement in the programme one fifth (20.5%) of families felt that they were considerably or very strong in this area, just over half (51.3%) felt they had some strength and almost one-third (28.2%) felt they had little or no strength. Conversely, after engaging in the programme, almost all of the families (92.3%) felt that

⁸ Appendix 2 contains an overview of the tables in relation to the findings

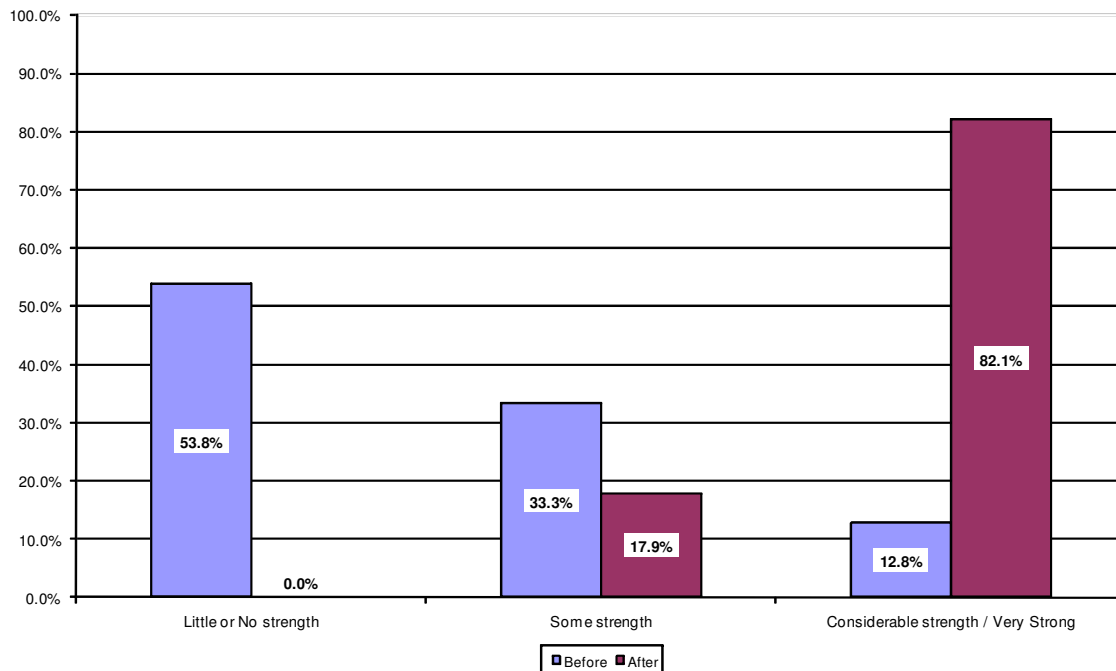
they were now considerably or very strong in the areas of family supportiveness, love & care.

When asked about family unity in the same section, two fifths (41%) of families reported little or no unity, over a quarter (28.2%) reported some unity and almost one-third (30.8%) felt they had considerable or strong unity within the family. Again after their engagement in the programme, the majority (89.7%) of families reported that they now felt they had a considerably stronger sense of unity within the family (Appendix 2).

This increased feeling of supportiveness, love, care & unity is reinforced by parents' responses to other questions within the survey. Parents were asked (within the Parenting scale) whether they felt their families talked about issues or problems (or whether they hold family meetings). After engaging in the programme, there was an increase of almost 70% with 76.9% of families now discussing their family issues or problems, or holding regular family meetings (Table A1.2). This change, although not as dramatic, is also present in the frequency of family arguments, with a decrease of 33.4% reported for those families who would have fought a lot prior to their engagement in the programme (Table A1.3). There was also a marked decrease of 35.9% in the severity of arguments held within families (Table A1.4) and a reduction of 17.9% in the "frequently or always" use of verbal insults and shouting within families (Table A1.5).

2. Positive Family Communication (clear directions, rules, praise)

Figure 2 - Reporting of Positive Communication within the Family

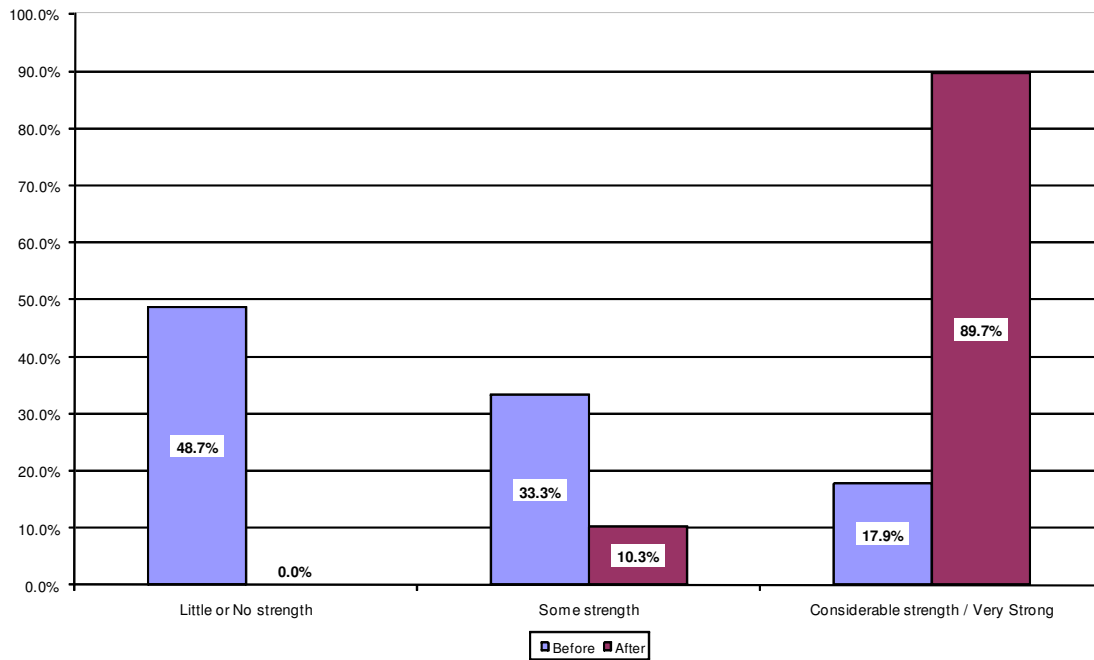


There was a marked increase (69.3%) in reported positive communication within families after engaging with the Strengthening Families Programme. This increase in positive communication has increased the focus on positive reinforcement of teen’s good behaviour with all parents now praising good behaviour with 97.4% reporting this practice “frequently or always” (Table A2.1). There is also now a strong focus on talking to teens about their feelings after engagement with the programme (Table A2.2). This increase in positive communication has helped increase conversations with teens concerning their time plans (Table A2.3), friends (Table A2.4) and an increased awareness of teen’s whereabouts and who they spend their time with (Table A2.5). Finally, over twice as many parents (89.7%) report a higher satisfaction with their role as

parents than prior to their engagement with the Strengthening Families Project (Table A2.6).

3. Effective Parenting Skills & Family Organisation

Figure 3 - Reporting of Effective Parenting Skills within the Family

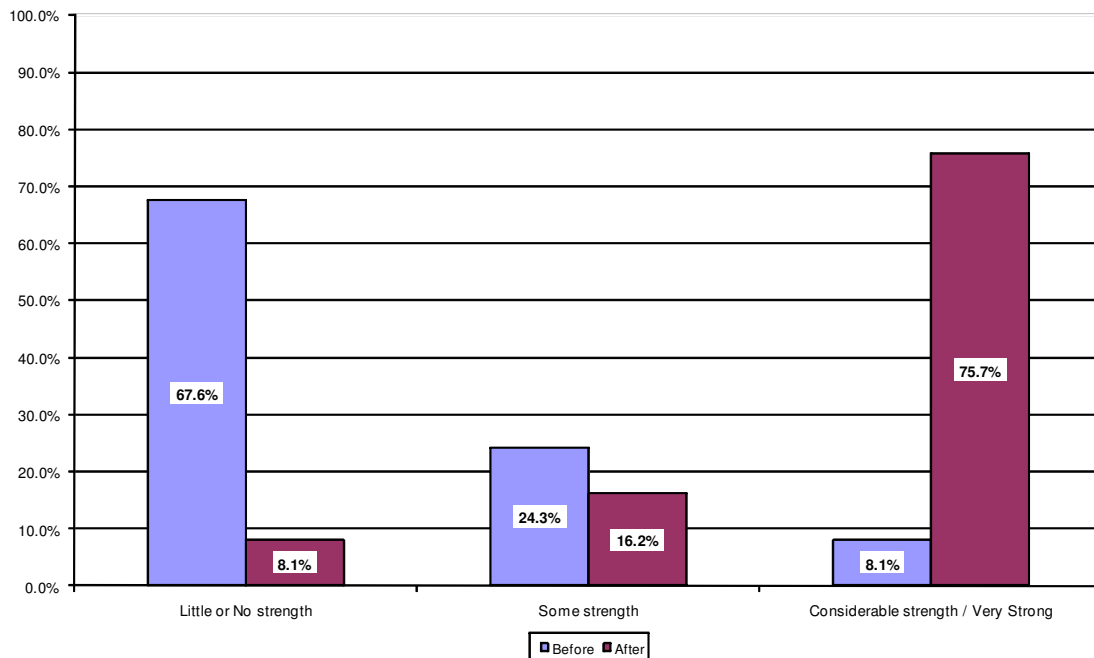


Adult participants surveyed felt that their parenting skills were more effective after the programme as shown in Figure 3. This increase was also noted in Family Organisation with an increase of two thirds (66.6%) of parents reporting increased strength in organisation (Table A3.1). This increase in parenting and organisational skills has impacted positively, as over half of teens (53.8%) now frequently or always help with chores in contrast to three fifths (61.5%) of teens who seldom or never engaged in any work in the house prior to the programme (See Table A3.2). Parents were also asked whether, in the month prior to being surveyed, teens completed the work or chores

assigned to them. There was a marked increase in this behaviour after the programme with only 23% reporting that chores were often or always completed prior to the SFP with 92.3% of parents now reporting the same (Table A 3.3). This increase is notable due to the increased number of parents who now go over schedules, chores and rules to better organise the house. Prior to the programme, 71.8% of parents rarely or never engaged in this with their teens, whereas now 87.2% sometimes or frequently/always do and only 12.8% now rarely or never do this with their teens (Table A3.4). This focus on clear direction with teens is now frequently or almost always employed by nearly all of the parents (92.1%, Table A3.5). In addition, all parents surveyed now reward their children with positive reinforcement in the forms of praise or access to allowances and privileges (Table A3.6).

4. Effective Discipline Style

Figure 4 - Reporting of Effective Discipline Style within the Family

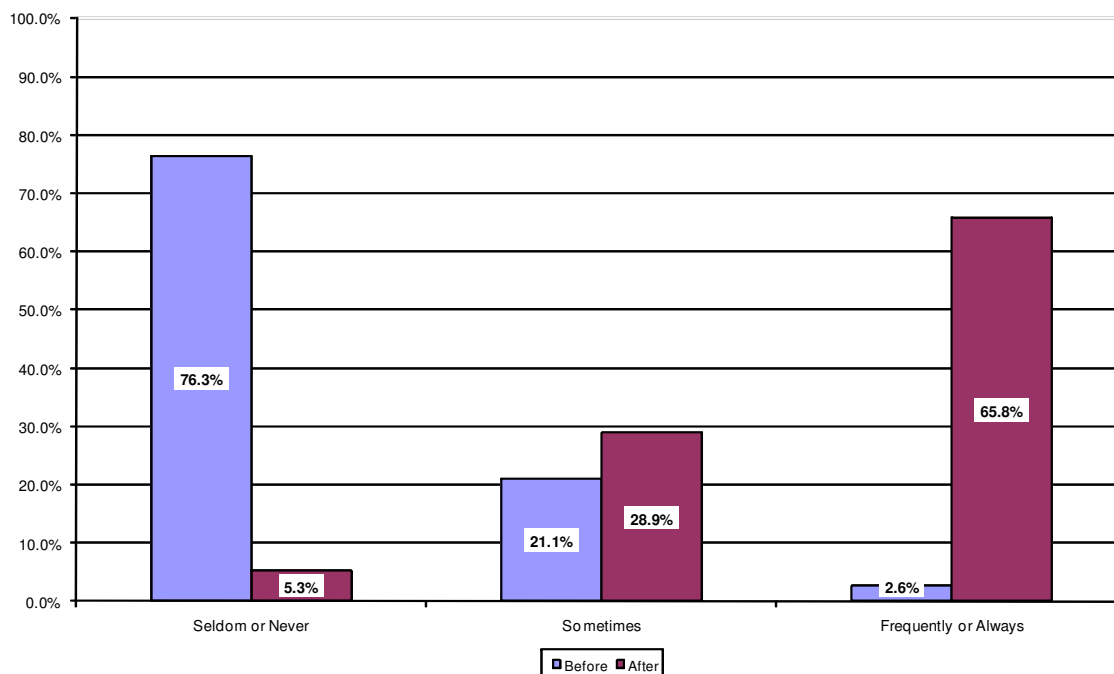


The effective disciplining of children is something that was addressed within the Strengthening Families Programme. Although the majority (92.3%) of parents did not use any form of physical punishment (Table A4.1), there was a marked improvement in “frequently or always” following through with reasonable (Table A4.2) or appropriate consequences (Table A4.3) when children break rules or do not do what they are asked. There is now a stronger focus on effectively disciplining children (75.7%, Figure 4), and a reduction (30.9%, See Table A4.4) has occurred in yelling or shouting at children when they misbehave. There is, in addition, a marked decrease in children breaking rules prior to the programme (53.8% almost always or always break rules) compared to after the SFP (12.8% now almost always or always break rules) (Table A4.5).

5. Parents Perceptions of their Teens

This section deals with parent’s perception of their teen’s behaviour both before and after the programme. Questions used here are drawn from across the survey. For the purpose of structuring this section, we will look at parents’ general perception of the mood & temperament of their teens and whether involvement in the programme has increased their ability to concentrate or achieve in their own lives.

Figure 5 - How often does your teen control his or her anger



In discussing the confrontational aspects of their teen’s behaviour, there was a marked increase in the proportion of teens who were able to control their anger. Prior to engaging in the programme, only 2.6% of parents reported that their children were able to frequently or always control their anger. Following the programme, 65.8% of parents reported that their teen could control their anger and only 5.3% feel they are seldom or never able to do this (See Figure 5). Parents also reported an increase in their teen’s ability to resolve conflicts without getting into fights (71.1% now “almost always or always” do this in contrast to 55.3% before the program, Table A5.1). This is also noted in the fact that 79.5% of teens know how to avoid trouble, in contrast to only 43.6% before interacting with the programme (Table A5.2). This reduction in hostile or aggressive behaviour is also noted in that teens are less likely to lose their temper (Table A5.3) and have been less irritable in nature (Table A5.4). Conversely, parents are

reporting higher levels of friendly behaviour from their teens with an increase of 38.5% of parents saying their teens are now almost always or always friendly (Table A5.5).

Since completing the course, parents have reported higher teen concentration levels (Table A5.6), an increased ability for teens to work alone (Table A5.7), an increased eagerness to learn (Table A5.8) along with the feeling that teens are learning to their full ability. This is all supported by an increase of 37.1% in parents reporting teens frequently or always achieving good grades in school.

5.1 – Tobacco, Alcohol & Drug Use among Teens⁹

From the questions asked of a parent, it is possible to gauge the parent's perceptions of their teen's use of alcohol, tobacco, marijuana/hashish & other illegal drugs. When questioned under the Parenting scale, 32.4% of teens were identified by parents as sometimes/frequently or always using tobacco and this fell to 22.2% after the programme (Table A5.9). The percentages were even smaller for alcohol with only 15.8% identified as sometime users and this fell to 5.3% (Table A5.10). When asked about the use of illegal drugs, only 5.3% of teens (2 teens) were identified by parents as using some form of illegal drugs prior to the programme and one parent identified their teen in this category after the programme (Table A5.11)

⁹ This section refers only to parent's perception of and reporting of teen's use of alcohol and drugs etc both before and after the programme.

Table 3 - Average Number of Days for Alcohol and Drug Use (in the last month)

Average Number of Days that.....	Before	After
Teen Used Alcohol	3.59	1.82
Teen Used Alcohol to Intoxication	3.36	1.5
Teen Used Tobacco	11.13	9.0
Teen Used Marijuana	4.33	1.69
Teen Used Other Illegal Drugs	1.33	1.33
Teen Used Prescription Drugs (not prescribed by your doctor)	3.54	3.54

Note: The data in this table refers to parent’s perception of and reporting of teen’s use of alcohol and drugs etc both before and after the programme. This may not reflect the teen’s actual use or changes in actual use. Furthermore, the categorisation of teen drug/alcohol use as reported by parents into coding categories “seldom or never, sometimes, frequently or always” did not necessarily correspond with frequency of use in last 30 days. There is room for interpretation and subjectivity in all categories. These figures are therefore rough indicators and as such are to be treated with caution.

Table 3 shows the average number of days that teens used drugs in the past month. As can be seen from the figures, tobacco would have the highest usage while all other drugs have quite low numbers before the program. It is notable that there is a drop in the average number of days when drugs were used across all categories after the programme apart from non-prescribed, prescription drugs.

6. Parents Perceptions of their Lives

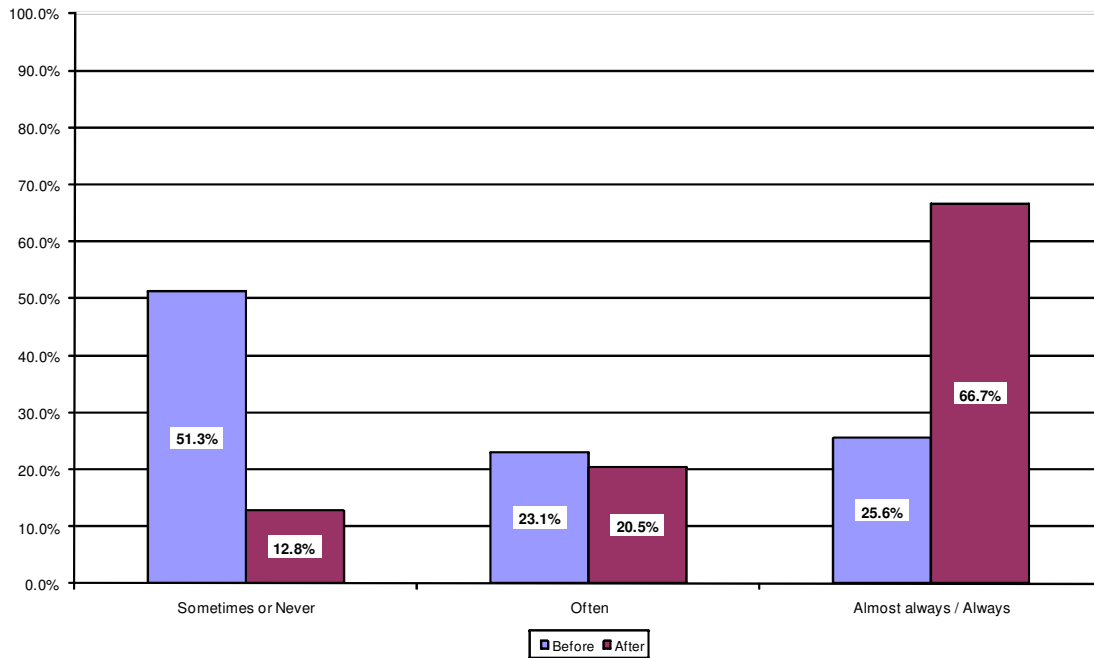
Parents’ attitudes towards their family, parenting skills and teens have been explored earlier in this report. In this final section, parent’s attitudes towards their lives and themselves and the extent to which their engagement with the programme may have influenced this will be presented.

When questioned about their attitudes towards life, the majority of parents reported rarely feeling hopeful about the future but after engagement with the programme, 84.6% reported that they “often or almost always/always” felt hopeful about the future (Table

A6.1a). They also reported a marked increase in their ability to handle stress (Table A6.1b). Prior to engagement in the programme, over half of parents (56.4%) reported that they seldom or never handled stress well. Conversely, after engagement in the programme, 69.2% of parents felt that they could now handle their stress levels on a continuous basis. This change is also noted in feelings of depression and irritation among parents. When asked about their feelings of depression, almost two thirds (64.1%) of parents reported they often or always had feelings of depression. This figure was greatly reduced; after the programme 20.5% of parents reported often or always having feelings of depression (Table A6.2). This is also found in parents levels of irritation, with smaller things not bothering parents as much (Table A6.3) and an increased sense of concentration (Table A6.4).

With parents feeling that life now takes less effort (Table A6.5), it is of little surprise that parents' sense of happiness has changed after the programme. As can be seen in Figure 6, parents reported that they felt happy more often after engaging with the programme.

Figure 6 – How often would you say you feel happy



6.1 – Tobacco, Alcohol & Drug Use amongst Parents

When questioned within the parent’s scale about their consumption of alcohol or use of illegal drugs, it is clear that the majority of parents do not drink excessively (Table A6.6) or use any form of illegal drugs (Table A6.7).

Table 4 - Average Number of Days for Alcohol and Drug Use Among Parents

Average Number of Days that.....	Before	After
Parents Used Alcohol	5.24	4.34
Parents Used Alcohol to Intoxication	3.49	3.38
Parents Used Tobacco	21.58	20.12
Parents Used Marijuana	4.00	3.47
Parents Used Other Illegal Drugs	1.86	1.80
Parents Used Prescription Drugs (not prescribed by your doctor)	3.93	3.80

Note: The categorisation of drug/alcohol use as reported by parents into coding categories “seldom or never, sometimes, frequently or always” did not necessarily correspond with frequency of use in last 30 days. There is room for interpretation and subjectivity in all categories. These figures are therefore rough indicators and as such are to be treated with caution.

Looking through the average number of days parents report using any form of drugs (Table 4), it is clear that Tobacco and Alcohol have the highest usage levels although marijuana and prescription drugs are quite close to alcohol use. Very few parents report using alcohol to the point of intoxication and there is no real prevalence of other illegal drugs use reported.

7. Conclusion

The retrospective pre and post test information collected from parents over the period March 2008 to December 2010 provides evidence of the benefits of the Strengthening Families Programme on parents, teens and family life. Strengthening Families Programme is a skills based programme and the results clearly highlight the extent to which the parents and teens have acquired new skills in areas such as communication, effective parenting, family organisation and reinforcement of positive behaviours over the course of the programme. However, it must be stated that this is information as reported by parents only. Ballymun SFP hopes to introduce and use a standardized and well documented questionnaire for teens also to contribute to the qualitative data received to date from teens during the programme and at 6 month follow-up booster session. Further investigation into all graduate families of Strengthening Families Programme would also explore the extent to which the skills used are being applied in both family and community settings.

ACCOMPANYING TABLES

The information in the following tables presents findings from various questions that are asked within the LutraGroup SFP Evaluation, Retrospective Pre and Post Test for 12-16 years and which are conveyed in the report under a range of a different themes. Some figures may not have been referred to in the main body of the report and are therefore presented in this section for further information.

Appendix 1 – Demographic Tables

Demographic Table 1 - Gender of Adult Completing This Form

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	2	5.0	5.0	5.0
Female	38	95.0	95.0	100
Total	40	100	100	

Demographic Table 2 - Gender of identified Teen

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	17	42.5	44.7	44.7
Female	21	52.5	55.3	100
Total	38	95.0	100	
Missing	2	5.0		
	40	100		

Demographic Table 3 - What is your ethnicity?

	Frequency	Percent	Valid Percent	Cumulative Percent
White	40	100	100	100

Demographic Table 4 - What is the language you use most often at home?

	Frequency	Percent	Valid Percent	Cumulative Percent
English	40	100	100	100

Demographic Table 5 - How old are you?

	Frequency	Percent	Valid Percent	Cumulative Percent
28 - 34	9	22.5	23.7	23.7
35 - 39	14	35.0	36.8	60.5
40 - 44	12	30.0	31.6	92.1
50+	3	7.5	7.9	100
Total	38	95.0	100	
Missing	2	5.0		
	40	100		

Demographic Table 6 - How old is your identified teen?

	Frequency	Percent	Valid Percent	Cumulative Percent
12 years of age	3	7.5	7.5	7.5
13 years of age	8	20.0	20.0	27.5
14 years of age	8	20.0	20.0	47.5
15 years of age	15	37.5	37.5	85.0
16 years of age	6	15.0	15.0	100
Total	40	100	100	

Demographic Table 7 - What is this teen's grade in school?

	Frequency	Percent	Valid Percent	Cumulative Percent
1st Year	9	22.5	23.7	23.7
2nd Year	9	22.5	23.7	47.4
3rd Year	12	30.0	31.5	78.9
4th Year	2	5.0	5.3	84.2
5th Year	3	7.5	7.9	92.1
Youthreach	2	5.0	5.3	97.4
Fetac 3	1	2.5	2.6	100
Total	38	95.0	100	
Missing	2	5.0		
	40	100		

Demographic Table 8 - How many children under 18 years of age live in your home?

	Frequency	Percent	Valid Percent	Cumulative Percent
1	6	15.0	15.0	15.0
2	14	35.0	35.0	50.0
3	12	30.0	30.0	80.0
4	4	10.0	10.0	90.0
5	2	5.0	5.0	95.0
6	2	5.0	5.0	100
Total	40	100	100	

Demographic Table 9 - Has the identified teen taken medications for behavioural or emotional problems in the last year?

	Frequency	Percent	Valid Percent	Cumulative Percent
No	39	97.5	97.5	97.5
Yes, Prozac	1	2.5	2.5	100
Total	40	100	100	

Demographic Table 10 - What is your current parenting status?

	Frequency	Percent	Valid Percent	Cumulative Percent
Single Parent	19	47.5	47.5	47.5
Two Parents at Home	14	35.0	35.0	82.5
Joint or Shared Custody	4	10.0	10.0	92.5
Children with relatives	2	5.0	5.0	97.5
Other	1	2.5	2.5	100
Total	40	100	100	

Demographic Table 11 - How long has the identified teen lived with you?

	Frequency	Percent	Valid Percent	Cumulative Percent
1	2	5.0	5.1	5.1
6	1	2.5	2.6	7.7
9	1	2.5	2.6	10.3
12	1	2.5	2.6	12.9
13	8	20.0	20.5	33.4
14	8	20.0	20.5	53.9
15	12	30.0	30.7	84.6
16	6	15.0	15.4	100
Total	39	97.5	100	
Missing	1	2.5		
	40	100		

Demographic Table 12 - Where are you living now?

	Frequency	Percent	Valid Percent	Cumulative Percent
Home or Apartment	8	20.0	23.5	23.5
Rented home or Apartment	22	55.0	64.7	88.2
Group Home	1	2.5	3	91.2
Other	3	7.5	8.8	100
Total	34	85.0	100	
Missing	6	15.0		
	40	100		

Demographic Table 13 - What is the highest grade in school you finished regardless of getting a degree?¹⁰

	Frequency	Percent	Valid Percent	Cumulative Percent
Primary	15	37.5	38.4	38.4
Secondary - Inter/Junior/Group	19	47.5	48.7	87.1
Secondary - Leaving Certificate	4	10.0	10.3	97.4
PLC / Technical Course	1	2.5	2.6	100.0
Total	39	97.5	100	
Missing	1	2.5		
	40	100		

Demographic Table 14 - Where were your children living prior to your participation in class?

	Frequency	Percent	Valid Percent	Cumulative Percent
With You	29	72.5	93.6	93.6
With a Relative	1	2.5	3.2	96.8
Other	1	2.5	3.2	100
Total	31	77.5	100	
Missing	9	22.5		
	40	100		

Demographic Table 15 - Where are your children living now?

	Frequency	Percent	Valid Percent	Cumulative Percent
With You	29	72.5	93.6	93.6
With a Relative	1	2.5	3.2	96.8
Other	1	2.5	3.2	100
Total	31	77.5	100	
Missing	9	22.5		
	40	100		

¹⁰ This question is presented as such in the Lutragroup questionnaire. This has caused confusion there may be differences in how this question is interpreted by respondents.

Demographic Table 16 - How many sessions did you attend of this program?

	Frequency	Percent	Valid Percent	Cumulative Percent
10	3	7.5	8.3	8.3
11	4	10.0	11.1	19.4
12	8	20.0	22.2	41.6
13	7	15.0	19.5	61.1
14	13	32.5	36.1	97.2
15	1	2.5	2.8	100.0
Total	36	90.0	100.0	
Missing	4	10.0		
	40	100		

Demographic Table 17 - How many sessions did your teen attend?

	Frequency	Percent	Valid Percent	Cumulative Percent
8	1	2.5	2.8	2.8
9	1	2.5	2.8	5.6
10	3	7.5	8.3	13.9
11	3	7.5	8.3	22.2
12	7	17.5	19.4	41.6
13	11	27.5	30.6	72.2
14	9	22.5	25.0	97.2
15	1	2.5	2.8	100.0
Total	36	90.0	100.0	
Missing	4			
Total	40			

Demographic Table 18 - How satisfied were you with this program?

	Frequency	Percent	Valid Percent	Cumulative Percent
Well	5	12.5	13.2	13.2
Very Well	33	82.5	86.8	100
Total	38	95.0	100	
Missing	2	5.0		
	40	100		

Demographic Table 19 - Would you like to come back for refresher classes or family reunions?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes, weekly	15	37.5	40.5	40.5
Once a month	18	45.0	48.7	89.2
Every six months	3	7.5	8.1	97.3
Never	1	2.5	2.7	100.0
Total	37	92.5	100.0	
Missing	3	7.5		
	40	100		

Demographic Table 20 - Would you recommend this course to other families?

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes, definitely	36	90.0	94.7	94.7
Yes	2	5.0	5.3	100.0
Total	38	95.0	100.0	
Missing	2	5.0		
	40	100.0		

Demographic Table 21 - How much has this class helped your family?

	Frequency	Percent	Valid Percent	Cumulative Percent
Somewhat	6	15.0	15.8	15.8
A lot	32	80.0	84.2	100.0
Total	38	95.0	100.0	
Missing	2	5.0		
	40	100.0		

Demographic Table 22 - Overall how would you rate your satisfaction with your group leaders?

	Frequency	Percent	Valid Percent	Cumulative Percent
Well	3	7.5	7.9	7.9
Very Well	35	87.5	92.1	100.0
Total	38	95.0	100.0	
Missing	2	5.0		
	40	100.0		

Appendix 2 – Supplementary Tables

Table A1.1 – Perception of Unity within the Family, before and after the program

Perception of Unity within the Family, before and after the program	Before	After
Little or No strength	41.0%	0.0%
Some strength	28.2%	10.3%
Considerable strength / Very Strong	30.8%	89.7%

Table A1.2 – We talk as a family about issues/problems, or we hold family meetings

We talk as a family about issues/problems, or we hold family meetings.	Before	After
Seldom or Never	76.9%	10.3%
Sometimes	15.4%	12.8%
Frequently or Always	7.7%	76.9%

Table A1.3 – We fight a lot in our family

We fight a lot in our family	Before	After
Seldom or Never	38.5%	74.4%
Sometimes	25.6%	23.1%
Frequently or Always	35.9%	2.5%

Table A1.4 – People in my family have serious arguments

People in my family have serious arguments	Before	After
Seldom or Never	30.8%	61.6%
Sometimes	20.5%	25.6%
Frequently or Always	48.7%	12.8%

Table A1.5 – People in my family often insult or yell at each other

People in my family often insult or yell at each other	Before	After
Seldom or Never	15.4%	46.1%
Sometimes	28.2%	15.4%
Frequently or Always	56.4%	38.5%

Table A2.1 – I praise my teen when he/she has behaved well

I praise my child when he/she has behaved well.	Before	After
Seldom or Never	33.3%	0.0%
Sometimes	38.5%	2.6%
Frequently or Always	28.2%	97.4%

Table A2.2 – I talk to my teen about his/her feelings

I talk to my child about his/her feelings	Before	After
Seldom or Never	17.9%	0.0%
Sometimes	48.8%	5.1%
Frequently or Always	33.3%	94.9%

Table A2.3 – I talk to my teen about his or her plans for the next day or week

I talk to my child about his or her plans for the next day or week.	Before	After
Seldom or Never	46.2%	5.3%
Sometimes	28.2%	21.1%
Frequently or Always	25.6%	73.6%

Table A2.4 – I talk to my teen about his or her friends

I talk to my child about his or her friends.	Before	After
Seldom or Never	33.4%	2.6%
Sometimes	25.6%	2.6%
Frequently or Always	41.0%	94.8%

Table A2.5 – I know where my teen is and who he/she is with

I know where my child is and who he/she is with.	Before	After
Seldom or Never	20.5%	0.0%
Sometimes	15.4%	5.1%
Frequently or Always	64.1%	94.9%

Table A2.6 – I feel that I am doing a good job as a parent

I feel that I am doing a good job as a parent	Before	After
Seldom or Never	20.5%	0.0%
Sometimes	38.5%	10.3%
Frequently or Always	41.0%	89.7%

Table A3.1 – Reporting of Effective Family Organisation within the Family

Reporting of Effective Family Organisation within the Family	Before	After
Little or No strength	56.4%	2.6%
Some strength	33.3%	20.5%
Considerable strength / Very Strong	10.3%	76.9%

Table A3.2 – My teen helps with chores, errands, and other work

My child helps with chores, errands, and other work	Before	After
Seldom or Never	61.5%	5.2%
Sometimes	33.3%	41.0%
Frequently or Always	5.2%	53.8%

Table A3.3 – My teen completes his/her chores, errands, and other work

Reporting of Children who complete work and chores	Before	After
Sometimes or Never	76.9%	7.7%
Often	17.9%	25.6%
Almost always / Always	5.2%	66.7%

Table A3.4 – We go over schedules, chores, and rules to get better organized

We go over schedules, chores, and rules to get better organized	Before	After
Seldom or Never	71.8%	12.8%
Sometimes	12.8%	28.2%
Frequently or Always	15.4%	59.0%

Table A3.5 – I use clear directions with my teen

I use clear directions with my child	Before	After
Seldom or Never	64.1%	2.6%
Sometimes	25.6%	5.3%
Frequently or Always	10.3%	92.1%

Table A3.6 – I reward completed chores with affirmations/praise, allowances or privileges

I reward completed chores with affirmations/praise, allowances or privileges.	Before	After
Seldom or Never	28.2%	0.0%
Sometimes	41.0%	0.0%
Frequently or Always	30.8%	100.0%

Table A4.1 – I use physical punishment when my teen will not do what I ask

I use physical punishment when my child will not do what I ask	Before	After
Seldom or Never	92.3%	92.3%
Sometimes	0.0%	2.6%
Frequently or Always	7.7%	5.1%

Table A4.2 – I follow through with reasonable consequences when rules are broken

I follow through with reasonable consequences when rules are broken	Before	After
Seldom or Never	53.8%	2.6%
Sometimes	30.8%	20.5%
Frequently or Always	15.4%	76.9%

Table A4.3 – I use appropriate consequences when my teen will not do what I ask

I use appropriate consequences when my child will not do what I ask	Before	After
Seldom or Never	48.8%	0.0%
Sometimes	33.3%	28.2%
Frequently or Always	17.9%	71.8%

Table A4.4 – I yell or shout when my teen misbehaves

I yell or shout when my child misbehaves	Before	After
Seldom or Never	17.9%	43.6%
Sometimes	33.3%	38.5%
Frequently or Always	48.8%	17.9%

Table A4.5 – In the last month, how often did your teen break rules

Reporting of Children who Break Rules	Before	After
Sometimes or Never	30.8%	71.8%
Often	15.4%	15.4%
Almost always / Always	53.8%	12.8%

Table A5.1 – Can your teen resolve conflicts without fights

Can resolve conflicts without fights	Before	After
Sometimes or Never	31.5%	13.2%
Often	13.2%	15.7%
Almost always / Always	55.3%	71.1%

Table A5.2 – Knows how to stay out of trouble

Knows how to stay out of trouble	Before	After
Sometimes or Never	35.9%	7.7%
Often	20.5%	12.8%
Almost always / Always	43.6%	79.5%

Table A5.3 – How often does your teen lose his/her temper

How often does you child lose his/her temper	Before	After
Sometimes or Never	20.5%	61.5%
Often	46.2%	17.9%
Almost always / Always	33.3%	20.6%

Table A5.4 – How irritable has your teen been in the past month

How irritable has your child been in the past month	Before	After
Sometimes or Never	33.3%	69.3%
Often	28.2%	25.6%
Almost always / Always	38.5%	5.1%

Table A5.5 – How friendly has your teen been in the past month

How friendly has your child been in the past month	Before	After
Sometimes or Never	28.2%	0.0%
Often	23.1%	12.8%
Almost always / Always	48.7%	87.2%

Table A5.6 – How has your teen’s ability to concentrate been in the past month

How has your child’s ability to concentrate been in the past month	Before	After
Seldom or Never	61.5%	10.3%
Sometimes	20.6%	33.3%
Frequently or Always	17.9%	56.4%

Table A5.7 – How has your teen’s ability to work alone been in the past month

How has your child’s ability to work alone been in the past month	Before	After
Seldom or Never	25.6%	17.9%
Sometimes	28.2%	5.2%
Frequently or Always	46.2%	76.9%

Table A5.8 –Has your teen been eager to learn in the past month

Has your child been eager to learn in the past month	Before	After
Seldom or Never	28.2%	17.9%
Sometimes	33.3%	20.6%
Frequently or Always	38.5%	61.5%

Table A5.9 – My teen uses tobacco

My child uses tobacco	Before	After
Seldom or Never	67.6%	77.8%
Sometimes	13.5%	5.5%
Frequently or Always	18.9%	16.7%

Table A5.10 – My teen drinks alcohol

My child drinks alcohol	Before	After
Seldom or Never	84.2%	94.7%
Sometimes	15.8%	5.3%
Frequently or Always	0.0%	0.0%

Table A5.11 – My teen uses illegal drugs

My child uses illegal drugs	Before	After
Seldom or Never	94.7%	97.4%
Sometimes	5.3%	2.6%
Frequently or Always	0.0%	0.0%

Table A6.1 (a) – I felt hopefully about the future

I felt hopefully about the future	Before	After
Sometimes or Never	71.8%	15.4%
Often	2.6%	15.4%
Almost always / Always	25.6%	69.2%

Table A6.1 (b) – I handle stress well

I handle stress well	Before	After
Seldom or Never	56.4%	7.7%
Sometimes	35.9%	23.1%
Frequently or Always	7.7%	69.2%

Table A6.2 – I felt depressed

I felt depressed	Before	After
Sometimes (1-2 days)	35.9%	79.5%
Often (3-4 days)	12.8%	2.6%
Almost always (5-6 days)	51.3%	17.9%

Table A6.3 – I was bothered by things that usually don't bother me

I was bothered by things that usually don't bother me.	Before	After
Sometimes or Never	33.3%	76.9%
Often	25.6%	15.4%
Almost always / Always	41.1%	7.7%

Table A6.4 – I had trouble keeping my mind on what I was doing

I had trouble keeping my mind on what I was doing.	Before	After
Sometimes (1-2 days)	38.5%	69.3%
Often (3-4 days)	28.2%	17.9%
Almost always (5-6 days)	33.3%	12.8%

Table A6.5 – I felt that everything I did was an effort

I felt that everything I did was an effort	Before	After
Sometimes (1-2 days)	41.0%	69.3%
Often (3-4 days)	23.1%	17.9%
Almost always (5-6 days)	35.9%	12.8%

Table A6.6 – I have 5 or more drinks of alcohol in a day

I have 5 or more drinks of alcohol in a day	Before	After
Seldom or Never	87.1%	89.7%
Sometimes	10.3%	7.7%
Frequently or Always	2.6%	2.6%

Table A6.7 – I use illegal drugs

I use illegal drugs (marijuana, etc.)	Before	After
Seldom or Never	89.7%	92.1%
Sometimes	2.6%	2.6%
Frequently or Always	7.7%	5.3%