Strengthening Families Program (SFP)

SFP is a national model program. It is the first research-based parenting program specifically designed for substance abusing parents and their children.

**education**

- SFP is a multicomponent, family-focused program that targets families at risk.
- SFP provides prevention services for children of parents who are actively involved in substance abuse treatment.
- SFP is conducted several times throughout the year.
- Sessions are typically three hours and are conducted on weekday evenings from 4:30 – 7:30 pm.

**prevention**

ECCPASA has implemented the Strengthening Families Program for over 15 years throughout Erie County.

The program has been proven effective in a variety of settings and with diverse racial and ethnic groups. Positive outcomes include:

- Improved parenting knowledge and skills
- Improved parent/child relationships
- Decreased depression in parents
- Reduced parental abuse of alcohol/drugs
- Reduced family conflict
- Increased family organization/cohesion
- Decreased depression among children
- Improved school success/grades
- Reduced use of alcohol/tobacco in children

**intervention**

www.eccpasa.org