



**DEPARTMENT OF HEALTH**

ADAP Strategy/Activity Planning Tool

<b>STRATEGY</b>	<b>STRENGTHENING FAMILIES PROGRAM FOR YOUTH 10-14 (SFP 10-14)</b>
Goal	Reduce underage and binge drinking among persons aged 12 to 20, Reduce cannabis use among persons aged 12 to 25
Evidence based?	Yes
IOM Category	Universal
CSAP Strategy type	Education

<b>KEY ACTIVITIES:</b>	
<i>Description of key activities (fidelity steps) that will be completed to fully implement the strategy</i>	
1. Identify the target audience.	
2. Develop a strategy for publicizing the program before the program begins.	
3. At least 3 months before the program begins, identify 3 program facilitators (one parent session leader/facilitator and two youth session leaders/facilitators). Ideally at least one has experience delivering program. Also identify an observer to evaluate a lesson for each program. This observer must also be trained in Strengthening Families 10-14, and is preferably from outside your organization.	
4. Before the program begins, choose dates, site and time for program sessions.	
5. Before the program begins, distribute publicity to recruit participants.	
6. At least 1 month before the program begins, ensure that facilitators are trained in SFP 10-14 curriculum.	
7. At least 1 month before the program begins, register families.	
8. At least 1 month before the program begins, secure childcare, transportation, incentives and/or scholarships as needed to reduce barriers to participation. Note: Incentives cannot exceed a value of \$30 per participant.	
9. Before the program begins, arrange for equipment and begin gathering supplies, including magazine clippings.	
10. At least 1 week before the program begins, confirm location and equipment. Remind families about the program.	
11. Before each of the 7 sessions, copy handouts from Leader Guide and make posters.	
12. Conduct pre-test at first session.	
13. Conduct all 7 sessions as specified by Leader's Guide. Following the 6 <sup>th</sup> session, prepare certificates and a presentation showing previous weeks' activities for the 7 <sup>th</sup> session.	
14. Conduct post-test at last session. Analyze pre and post results and develop summary report to share with stakeholders. Email summary to the Regional Prevention Partnerships Program Manager.	
15. One month after the program, mail letters written by participants in session 7 to youth and parents	
Additional indicators to be reported to ADAP:	



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a. Please indicate the total number of **new** individuals reached by this intervention during the past quarter. If no **new** individuals were reached by this intervention during the past quarter, please enter 0.

Strengthening Families Program 10-14 Leader Guide <http://www.episcenter.psu.edu/ebp/strengthening/im>