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The Strengthening Families Program for Parents and Youth 10–14: Research to Establish an Evidence Base and Support Dissemination Through the PROSPER Partnership-based Delivery Model

Presentation Abstract

The Strengthening Families Program: For Parents and Youth 10–14 (SFP 10–14) is a universal family-focused intervention designed to promote youth and family skills and prevent teen substance misuse and related problem behaviors. Extensive research supporting the efficacy of the SFP 10–14 has helped lead to its widespread adoption nationally and beyond. Over two decades of community-based research yielding much of the evidence-base for the SFP 10–14 has been conducted by scientists at Iowa State University’s Partnerships in Prevention Science Institute (PPSI) in collaboration with researchers at other universities. Over the course of this program of research, SFP 10–14 evaluation has progressed from the study of program efficacy under conditions of comparatively high researcher control over program delivery, to the study of program effectiveness when program delivery is managed by community teams within the context of a program delivery system called PROSPER. Within the PROSPER delivery system, community teams managing the delivery of family- and school-based preventive interventions receive ongoing training and technical assistance through a partnership involving university researchers and the land-grant university Extension system. I will present an overview and key findings from the SFP 10–14 and PROSPER programs of research, and conclude with a discussion of future research needed to maintain and develop our understanding of SFP 10–14 effectiveness and dissemination as part of a broader substance misuse prevention strategy.