


## An Introduction to The Strong African American Families Programs




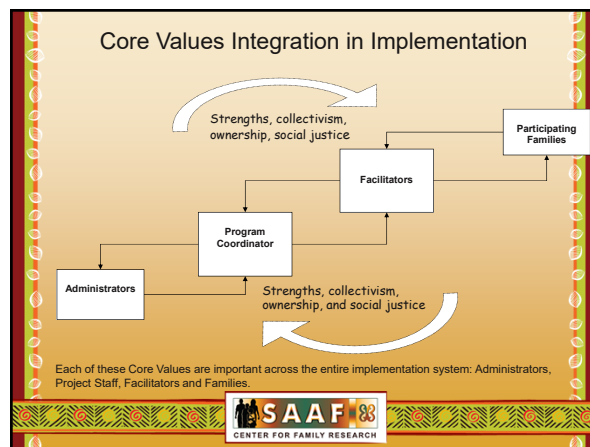
## Core Values: SAAF Programs

- Strengths Orientation
  - *Families already possess many of the skills needed for promoting success.*
- Collectivism
  - *Unity in purpose and helping one another fosters healthy communities.*
- Ownership
  - *The lived experiences of African American families are relevant and valuable.*
- Social Justice
  - *Safe spaces must be created for historically marginalized communities.*



## This presentation will include:


- An introduction to the SAAF Programs
- An overview of curriculum development and content
- A brief overview of the research
- Current Dissemination Efforts
- Training Overview


## Introduction: SAAF Programming

*The SAAF Programs were developed as a result of CFR's central focus of conducting research that makes a difference in the lives of African Americans.*

- SAAF: The Strong African American Families Program
- SAAF-T: The Strong African American Families-Teen Program



## CURRICULUM DEVELOPMENT & CONTENT





SAAF Program – Youth Session	SAAF-T Program – Teen Session
<b>Session 1</b> Youth think about and visualize their dreams and goals for the future.	<b>Session 1</b> Teens identify their likes and skills and learn how likes and skills relate to possible careers.
<b>Session 2</b> Youth identify their own positive qualities and compare to characteristics of users.	<b>Session 2</b> Teens learn what it costs to live on their own and how much various jobs pay.
<b>Session 3</b> Youth identify reasons young people get involved in sex and learn ways of dealing with temptation.	<b>Session 3</b> Teens think about options for education after high school and how that choice will affect job futures.
<b>Session 4</b> Youth discuss the various temptations that young people face and practice resisting temptation.	<b>Session 4</b> Teens discuss the health-related and personal consequences of sexual involvement.
<b>Session 5</b> Youth focus on peer pressure and learn specific steps for resisting peer pressure.	<b>Session 4b</b> Teens learn how to communicate effectively with a partner about condoms and how to use condoms properly.
<b>Session 6</b> Youth understand the difference between passive, aggressive, and assertive behavior.	<b>Session 5</b> Teens consider their future goals play a game about decisions and consequences.
<b>Session 7</b> Youth identify qualities of good friends.	

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SAAF Program – Caregiver	SAAF-T Program - Caregiver
<b>Session 1</b> Caregivers identify desired goals and qualities for their children as well as their fears as caregivers.	<b>Session 1</b> Caregivers understand changes in teens as they grow older and learn effective ways to be strict and caring.
<b>Session 2</b> Caregivers discuss family rules and punishment for everyday and serious misbehaviors.	<b>Session 2</b> Caregivers learn ways of encouraging appropriate independence.
<b>Session 3</b> Caregivers discuss everyday routines, encouraging independence and good behavior.	<b>Session 3</b> Caregivers will understand the changes in teens' school experiences.
<b>Session 4</b> Caregivers discuss helping their youth succeed in school.	<b>Session 4</b> Caregivers will learn how to support teens' resistance to peer pressure and temptation.
<b>Session 5</b> Caregivers discuss ways to protect their youth from dangerous behaviors.	<b>Session 4b</b> Parents are introduced to the 4b content that their teens are learning.
<b>Session 6</b> Caregivers discuss ways of handling racism and encouraging racial pride in their youth.	<b>Session 5</b> Caregivers will discuss school visits and learn ways to stay connected to teens.
<b>Session 7</b> Caregivers discuss ways to stay connected to youth as they continue to mature.	

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### Common Themes of SAAF & SAAF-T

Caregiver Sessions	Youth/Teen Sessions	Family Sessions
Parental Monitoring	Peer Pressure Resistance	Building/Encouraging Racial Pride
Being "Askable" Parents/Caregivers	Envisioning Future Life	Understanding each other's stress
Setting Expectations	Building empathy for parents	Dealing with Racial Discrimination
Building empathy with youth/teens	Choices-consequences Games	Parents supporting peer pressure resistance
Supporting Youth/Teen Goals	Resisting personal temptation	Expressing Appreciation/Identifying Strengths
Balancing Showing Love with Being Strict	Recognizing potential roadblocks/obstacles	Encouraging Healthy Communication

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SAAF Program – Family Session	SAAF-T Program – Family Session
<b>Session 1</b> Families discuss goals and play a game to determine how well they know each other.	<b>Session 1</b> Families discuss teens' likes and skills and play The Strong African American Families Game.
<b>Session 2</b> Families discuss their family values and create a Family Values Shield to depict their values.	<b>Session 2</b> Families discuss living expenses and discuss ways of dealing with discrimination.
<b>Session 3</b> Families have a discussion about sex and play a game to understand each other's stress.	<b>Session 3</b> Families discuss teens' experiences in school and practice solving problems together.
<b>Session 4</b> Families discuss stress and play a game about working together to reach their goals.	<b>Session 4</b> Families identify common peer pressure situations and practice resistance skills.
<b>Session 5</b> Families discuss peer pressure and caregivers help youth practice their resistance skills.	<b>Session 5</b> Families discuss goals and barriers to teen's reaching goals and play a compliment game.
<b>Session 6</b> Families discuss handling hard situations and play the Strong African American Families game.	
<b>Session 7</b> Families discuss their individual and family strengths and create a Family Strengths Tree.	

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## A Brief Overview of the Research




## Program Dissemination



### Summary

SAAF: Strong African American Families Project	SAAF-T: Rural African American Families Health Project (RAAFPH)
Target Population: Youth (age 11) and their primary caregiver	Target Population: Teens (age 15/16) and their primary caregiver
Recruitment via school lists	Recruitment via school lists
Inter-county randomization: - 5 "intervention" counties - 4 "control" counties	Intra-county randomization with an attention control group in 6 counties.
N=667 • IV Condition: N=369 • Control: N=298 • Received literature via mail about stress and health	N=502 • IV Condition: N=252 • Control: N=250 • FUEL for Families: Obesity prevention program




- ### Current Dissemination: SAAF
- Listed on the following registries:
    - Title IV-E Prevention Services Clearinghouse
    - Blueprints for Healthy Youth Development
    - Office of Juvenile Justice and Delinquency Prevention (OJJDP) Model Program Guide
    - Clearinghouse for Military Family Readiness
    - California Evidence-Based Clearinghouse for Child Welfare
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### Outcomes

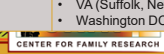
Compared to youth/teens who did not participate in the intervention program, those who participated in SAAF or SAAF-T:

SAAF	SAAF-T
<ul style="list-style-type: none"> <li>Demonstrated fewer conduct problems</li> <li>Were less likely to start using drugs</li> <li>Delayed onset of sexual behavior</li> </ul> <p><b>Other outcomes:</b></p> <ul style="list-style-type: none"> <li>Decreased levels of maternal depression</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrated fewer conduct problems</li> <li>Had fewer substance use problems</li> <li>Decreased frequency of unprotected intercourse</li> <li>Increased condom efficacy</li> </ul>



### SAAF Dissemination

Types of Organizations	Locations
<ul style="list-style-type: none"> <li>Behavioral Health</li> <li>Schools</li> <li>Juvenile Justice Programs</li> <li>Faith-based</li> <li>Local community agencies</li> <li>Universities</li> <li>Public Health</li> <li>Domestic violence agencies</li> <li>Drug and alcohol programs</li> </ul>	<ul style="list-style-type: none"> <li>AL (Mobile, Montgomery)</li> <li>CA (Oroville)</li> <li>CO (Aurora, Denver)</li> <li>DE (Wilmington)</li> <li>FL (Miami)</li> <li>GA (Atlanta, Dublin, Athens, Hartwell)</li> <li>IA (Waterloo, Iowa City, Des Moines, Cedar Rapids, Davenport)</li> <li>IL (Chicago)</li> <li>KY (Owensboro)</li> <li>MA (Boston, Lynn)</li> <li>NJ (Somerville/Bridgewater)</li> <li>NY (Buffalo, Harlem)</li> <li>OH (Canton)</li> <li>PA (Pittsburgh, Media, Mercer, Lancaster, Broomhall, Harrisburg, Uniontown, Aliquippa, Allentown, Philadelphia)</li> <li>RI (Providence)</li> <li>TN (Memphis)</li> <li>VA (Suffolk, Newport News)</li> <li>Washington DC</li> </ul>



### Current Dissemination: SAAF-T

- Listed on the following registries:
  - Blueprints for Healthy Youth Development
  - Featured on the Rural Health Information Hub (formerly the Rural Assistance Center)
  - Included in the CDC Compendium of Evidence-Based Interventions and Best Practices for HIV Prevention




### Initial Inquiry → Training

- Initial Inquiry
  - SAAF Programs Information Packet
  - Agency Readiness Assessment
- Exploration Meeting
- Planning Process (6-8 weeks)
  - Training Request Form
  - Training of Facilitators (TOF) Agreement/Invoice
  - Training Information Form
  - Pre-training check-in to finalize logistics




### SAAF-Teen Dissemination

Types of Organizations	Locations
<ul style="list-style-type: none"> <li>Schools</li> <li>Faith-based</li> <li>Local community agencies</li> <li>Universities</li> <li>Sexual Assault Center</li> <li>Drug and alcohol programs</li> <li>Juvenile Justice Programs</li> <li>Behavioral Health</li> </ul>	<ul style="list-style-type: none"> <li>AL (Selma, Auburn)</li> <li>GA (Waynesboro, Wrens, Kennesaw)</li> <li>IL (Decatur)</li> <li>LA (Shreveport)</li> <li>NY (Harlem)</li> <li>PA (Allentown, Braddock, Morrisville)</li> <li>VA (Richmond)</li> <li>WA (Bremerton, Lakewood)</li> </ul>



### Training Costs

- \$12,000 – Training and Program Package
  - 3-day training for up to 20 participants
  - A printed/collated set of curriculum materials and electronic access to materials
  - 2 sets of program videos + streaming site
  - Access to the Impact Implementation Platform
  - Coaching
  - Ongoing technical assistance
  - Resource materials
- Travel expenses for 2 trainers, ~\$4000 total



### SAAF Programs Training



### Training Format

- Day 1: Introductory presentation to provide context and background for trainees
- Days 1-3: Review of all program activities – trainees wearing 2 hats
  - Future facilitator
  - Participant
- Day 3: Trainee Practice
- Day 3: Facilitator certification\*



## Post-Training Support

- Orientation to the Impact Implementation Platform
- Check-in with sites as they prepare for their first implementation
- Structured coaching during first or second delivery of program
- Quarterly TA and SAAF/SAAF-T Site Collaboration
- Check-in with sites to debrief after completion of first implementation



## Q & A

