

Grantee Profile

San Luis Obispo County

SLO Strengthening Families

San Luis Obispo County (SLO) will implement an evidence-based selected prevention program targeting children whose parents or guardians/caregivers are in need of substance abuse treatment. SLO County Drug and Alcohol Services will address the needs of youth at the critical pre age-of-onset stage, as well as address familial factors present when a parent or guardian is in treatment or recovery. The three goals of SLO Strengthening Families are to 1) Reduce risk factors for AOD use in children of substance abusing parent or guardians; 2) Increase protective factors to build resiliency among children of substance abusing parents or guardians, and 3) Delay age of onset for substance use among children of substance abusing parents or guardians.

PROGRAM COMPONENT 1. *Provide a family-based prevention program which targets children, 6-11 years old with a parent or guardian in need of treatment for substance abuse or addiction that will:*

- A. Reduce risk factors for AOD
- B. Increase protective factors to build resiliency
- C. Delay age of onset for substance use

Population(s) Served

- Children, 6-11 whose parents/guardians/caregivers are in substance abuse treatment or in need of services
- 48 families will be engaged annually
- 192 participants served in partnership between Drug and Alcohol services and two county school districts

Program Settings

- School-based, during school
- Community-based

Science-Based Criteria

Strengthening Families Program – SAMHSA model program, English and Spanish versions

Program Strategies

- Recruit families of students in targeted school districts via district and family resource center referral
- Provide 14 week sessions including incentives, meals and childcare
- Sessions will be based on the following CSAP Prevention Strategies:
 - Education
 - Problem Identification
 - Referral
- Includes the provision for all services to be delivered in Spanish and English

Risk Characteristics of Target Population

- Lack of education and skills for parents/guardians with substance abuse/addiction
- Decreased family communication because of addiction
- Lack of family trust, stability and structure

Planning and Collaboration

Drug and Alcohol Services (DAS) will partner with Lucia Mar Unified School District and Paso Robles Public School District and the local SAFE system of care. Agencies that support SAFE systems of care (DAS, Social Services, Public Health and Mental Health) meet weekly in an integrated case management model.

Evaluation

Wayne Hansen (Administrative Services Officer) coordinates the monitoring of project goals and objectives and oversees implementation of data gathering and analysis. The evaluation plan uses instruments from the Strengthening Family program and includes pre and post testing for parents and children.

Sample Performance Indicators

The following measures will be assessed:

- Family relationships, including family conflict, communication, cohesions and organization
- Parenting, including parenting style, discipline, monitoring, parenting self-efficacy
- Children's social skills
- Documentation of school achievement

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