



Family programs

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Double role of parents and families

- **Enhance family bonding and relationships and include parenting skills**
- **Role of the parents and of the family organisations in the society**

European Family Empowerment project

Main Objective



The proposed study is a capacity-building European Family prevention project aimed to increase family organizational capacity and family synergies working together with other organizations towards prevention.

Its main objective is to explore and develop the preventive possibilities of current European families on their children alcohol and drug use and abuse and to find the conditions through which these skills could be enhanced, by identifying the conditions that will facilitate parents' empowerment when managing their children risk behaviours.



drunk in the last month?:









To the best of your knowledge, has your child been drunk in the last month?

	Parents	Children
SP	1.7	13.9
UK	11.8	17.9
PT	1.6	9.5
CZ	4.9	24.1
SW	4.6	42.7
SL	6.2	31.0

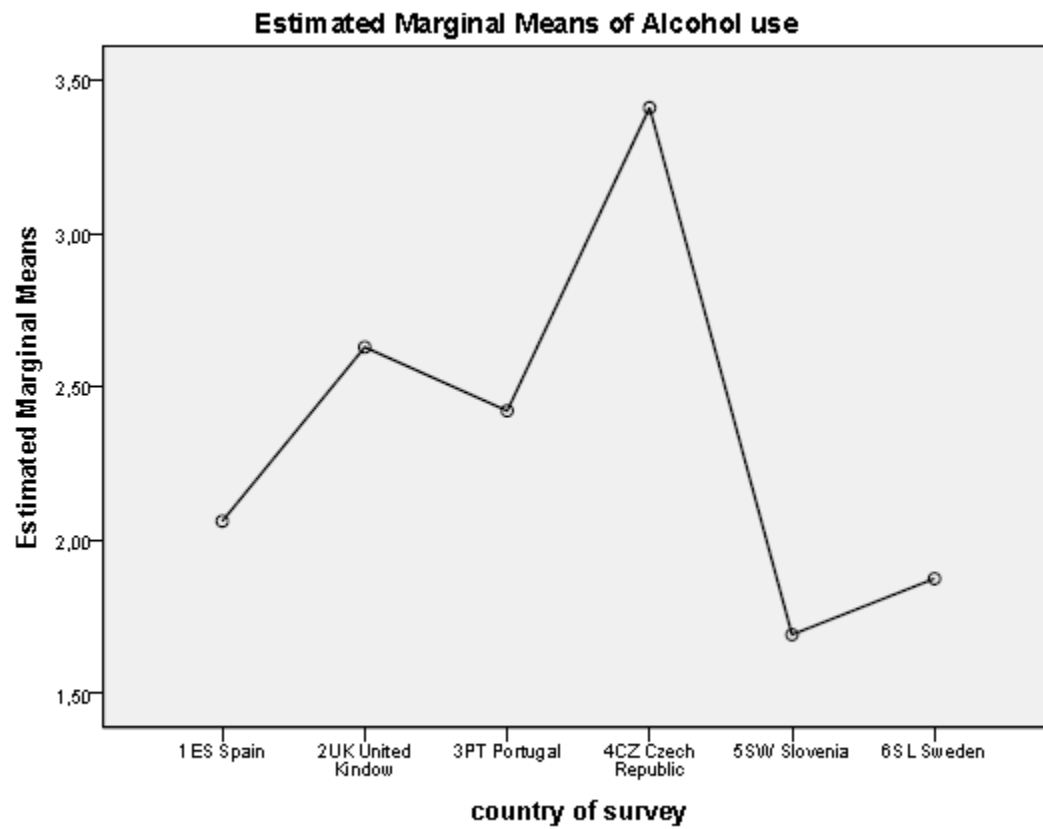
Discrepancies on other drugs use

	Parents who know	Children who use		
		lifetime	Yes, last year	last month
Tobacco	3,8	46,0		16,2
Cannabis	3,3	15,9	10,3	5.6
Cocaine		1,8	1.2	0,5

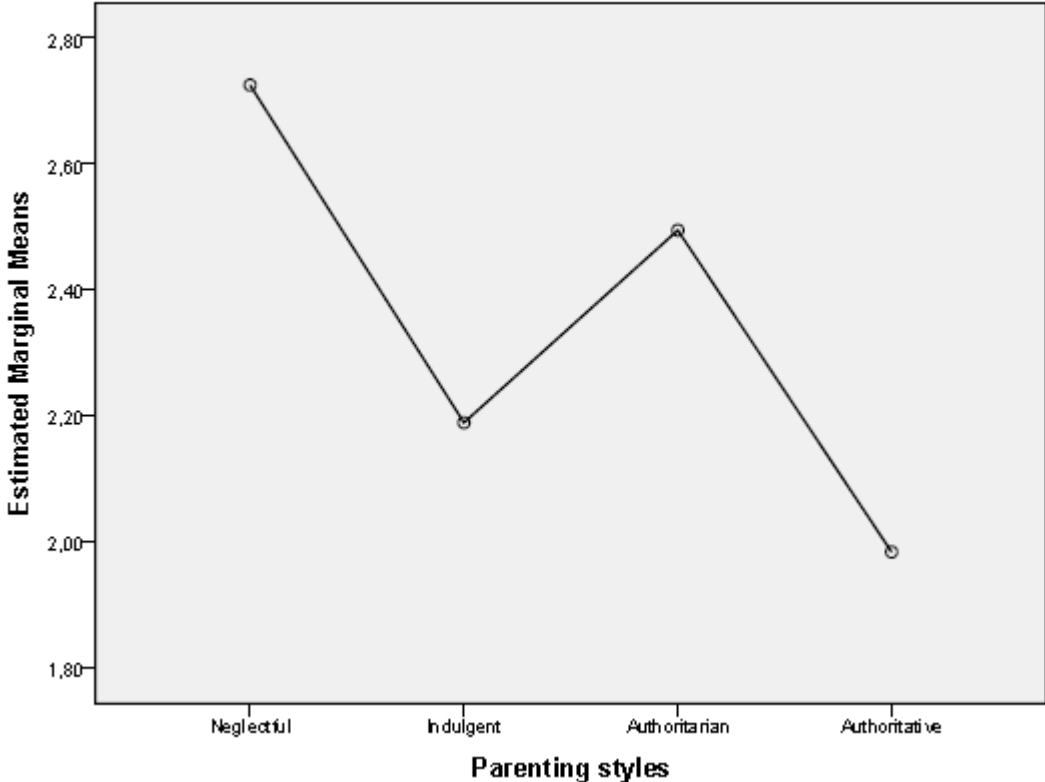
Types of Parental styles*

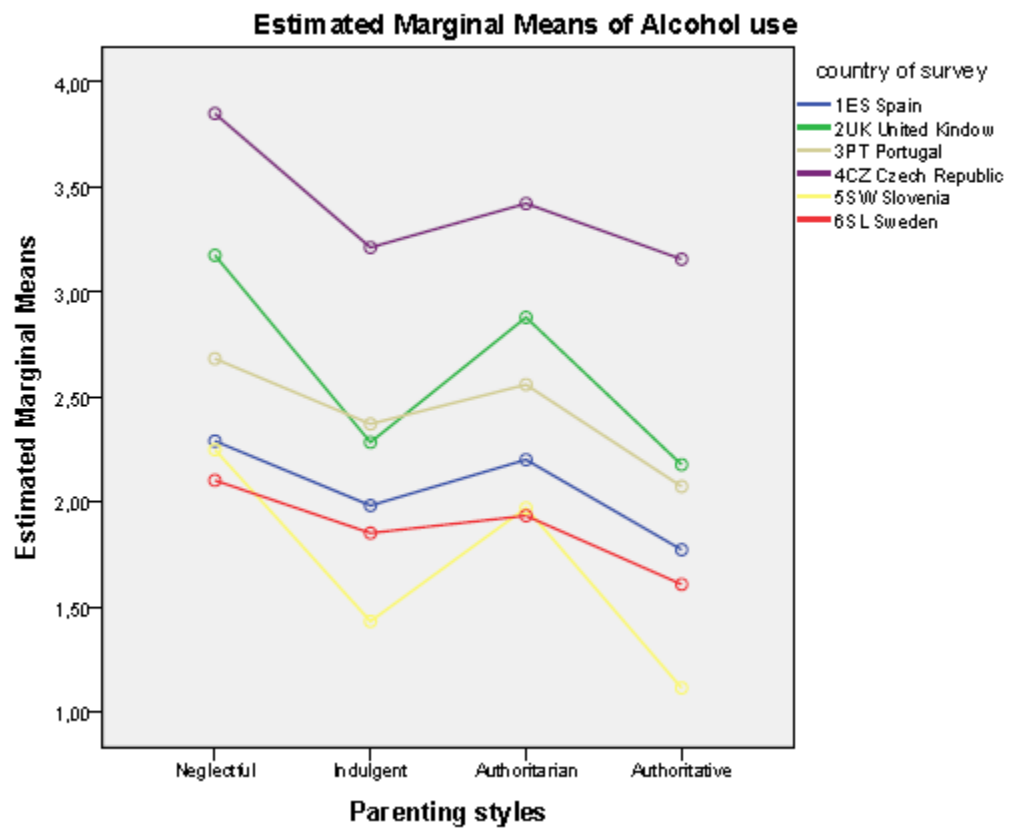
Type of Style	Strictness	Warmth
Authoritative		
Authoritarian		
Indulgent /Caring		
Neglectful		

* Self defined by the children

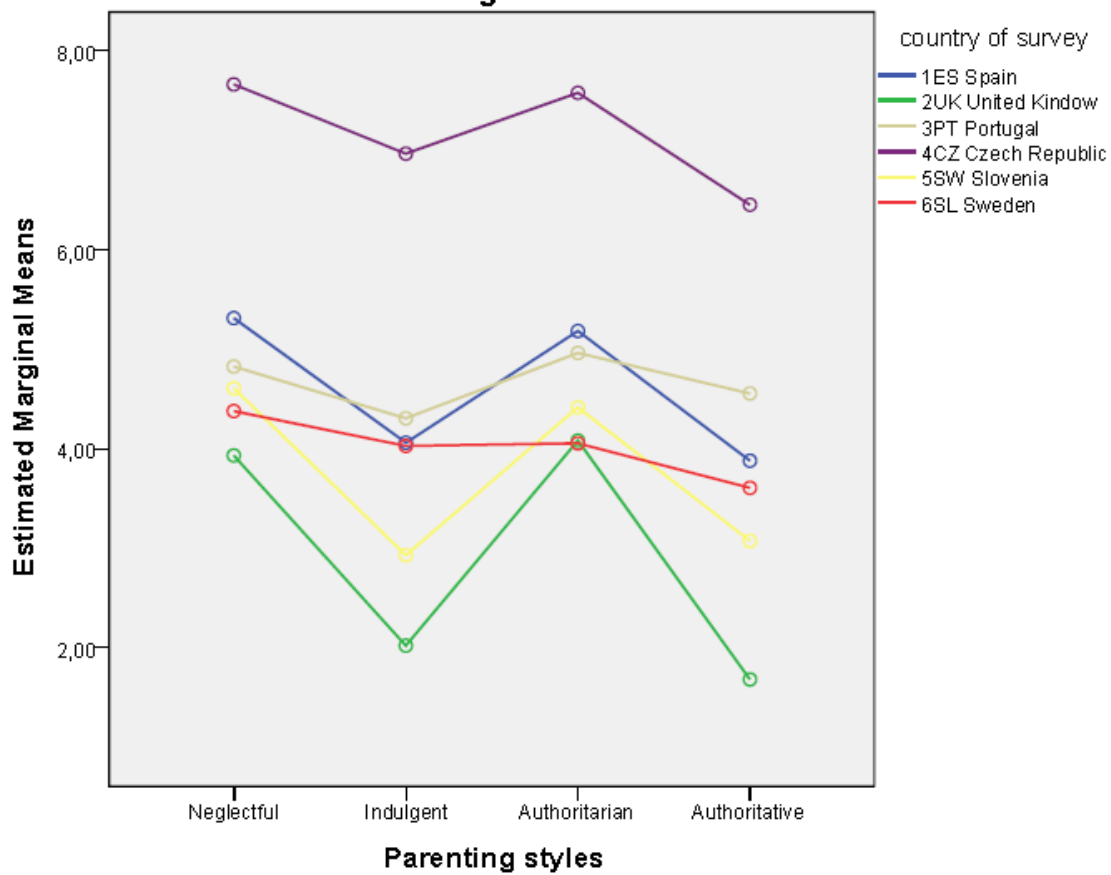


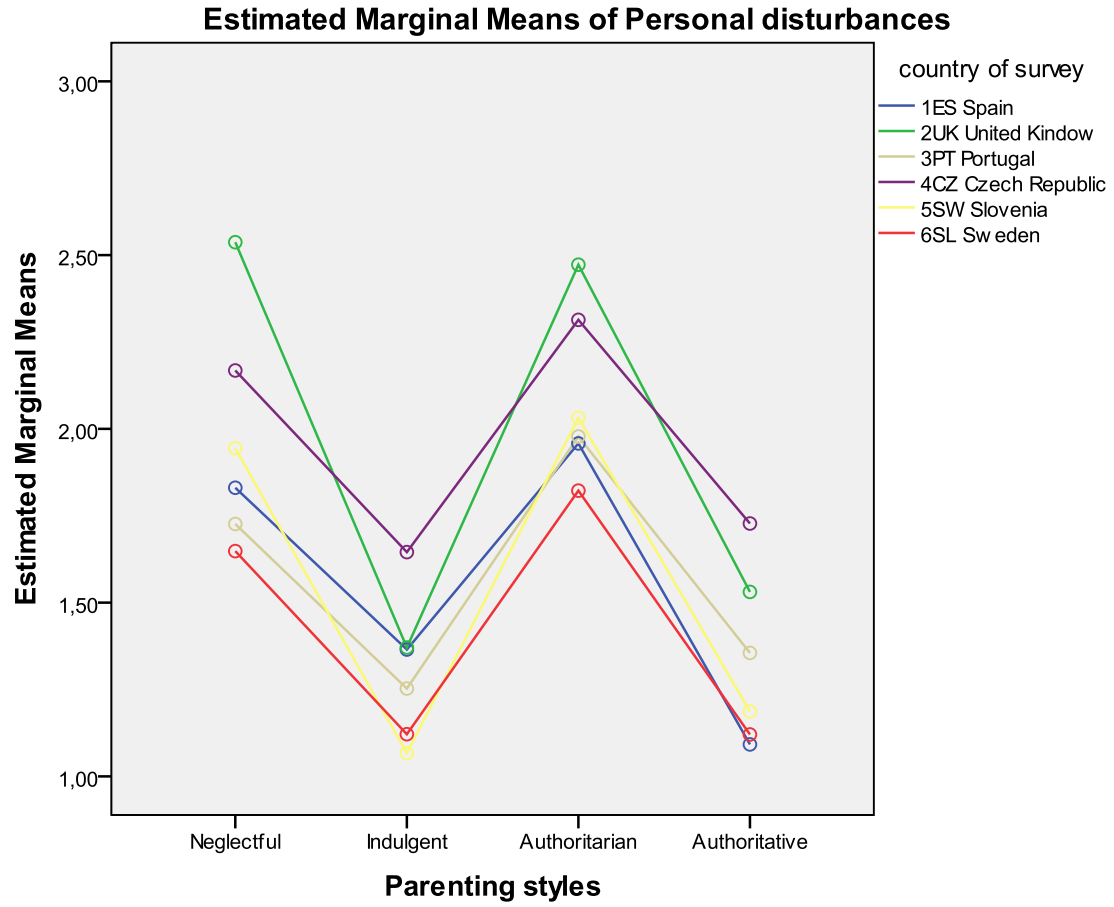
Estimated Marginal Means of Alcohol use



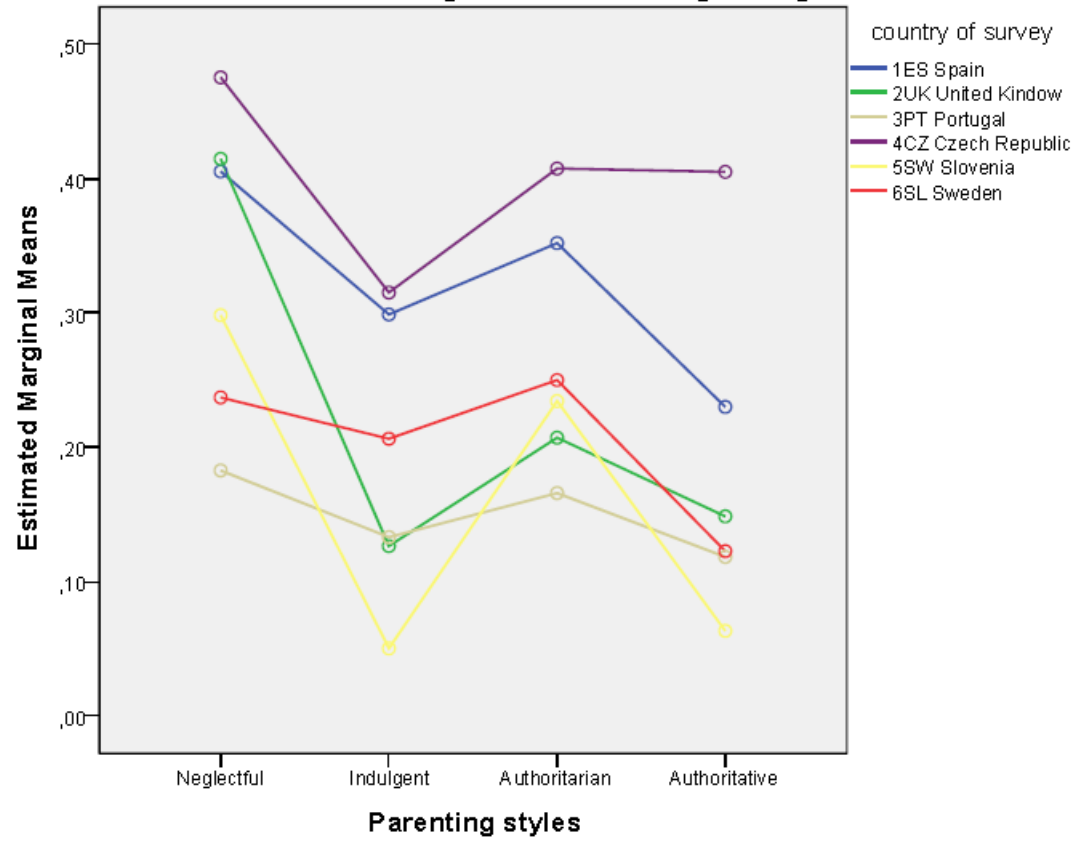


Estimated Marginal Means of Tobacco use





Estimated Marginal Means of Illegal drugs use



- **Parenting Programs in Sweden.**
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- **Evaluation using a RCT Effectiveness Design**

Background

- Increased youth drinking in the 1990s in combination with increasing population drinking and future liberalization Swedish alcohol policy paved the way for new approaches for prevention of alcohol and drugs
- More focus on prevention strategies that engage parents/other adults by means of family/parental programs from 2000-

A National strategy for parent training

- **Government decision in 2009:** A general program aiming to reach all parents and to “prevent illhealth and social problems among children”
- **Definition parent training:** “Activity that teaches parents about the health of children , emotional, cognitive and social development and strengthens the social network of parents”
- **Specific aim:** All parents with children up to 17 years should be offered support

Sub-goals of the strategy

- Increase cooperation at the local level between organizations having activities directed towards parents (e.g. municipalities, county councils, NGOs).
- Increase the number of health promoting arenas and meeting places for parents: (physical and web)
- Increase the access of parent programs , in particular evidence based programs (focus on evaluations of programs)

The most common programs

- **COPE** (Cunningham, Bremner, & Boyle, 1995; Cunningham, Knight, Harrison, & Bohaychuk, 2005)
- **Incredible Years** (Webster-Stratton, 1984; Webster-Stratton, Hammond, & Reid, 2004)
- **Komet** (Kling, Sundell, Melin, & Forster, 2006; Kling, Forster, Melin, & Sundell, 2010)
 - A Swedish program similar to Gerald Patterson's Parent Management Training-Oregon Model
- **Connect** (Moretti, Holland, Braber, Cross, & Obsuth, 2006; Moretti, Holland, Moore, & McKay, 2004)

Sample

Communities

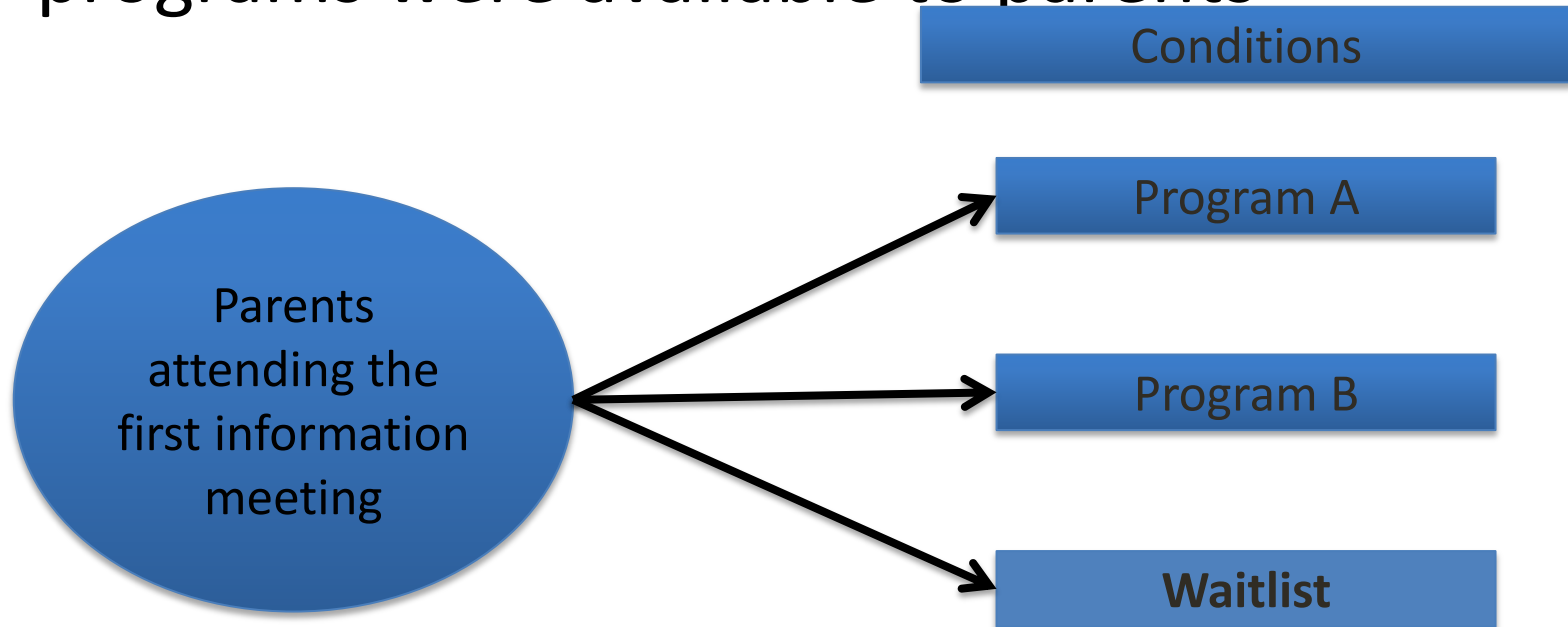
- Family groups in 30 different communities
- Totally 104 parent groups

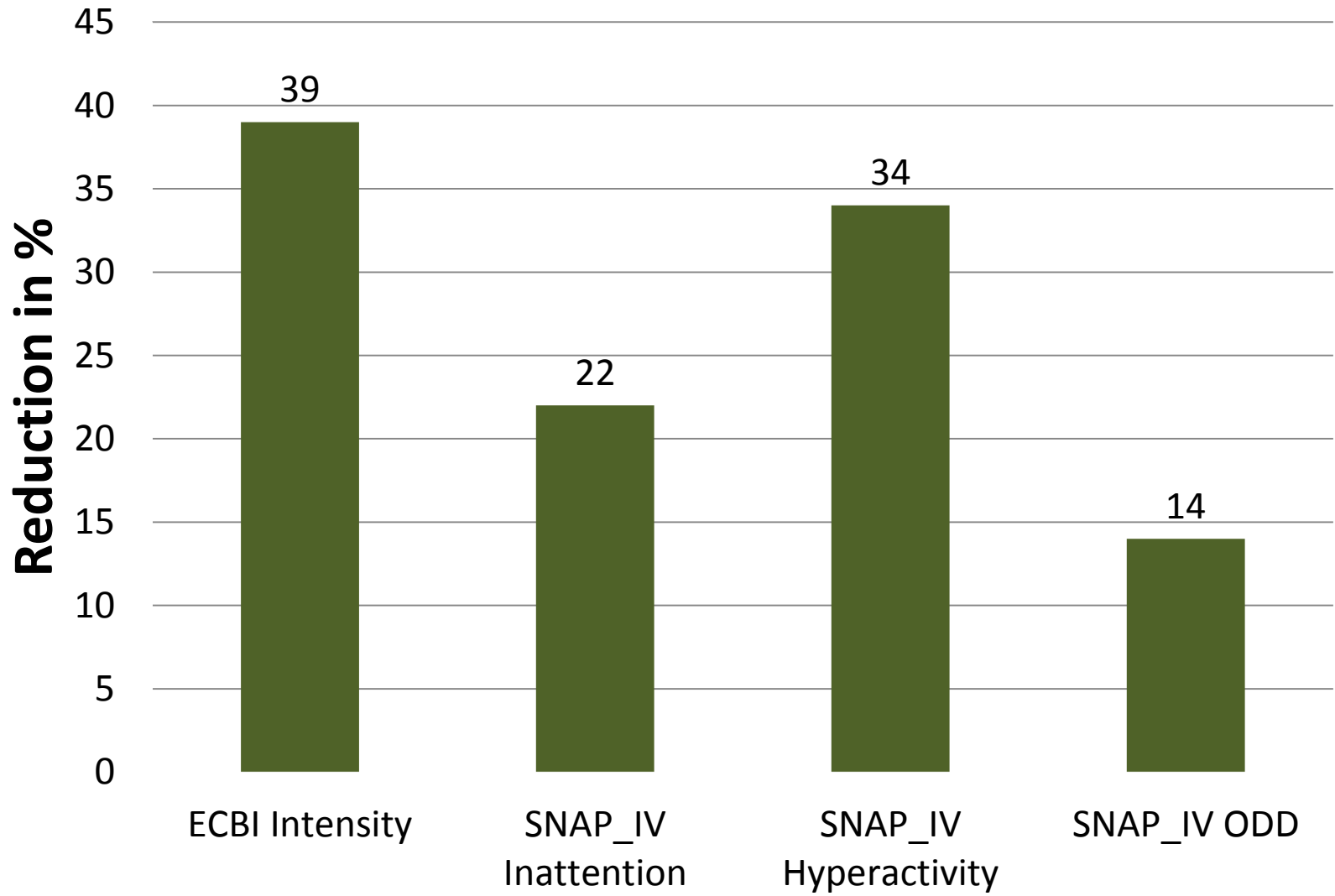
Participants

- About 1,500 parents and 1,100 children
- Age of children: 3 and 12 years

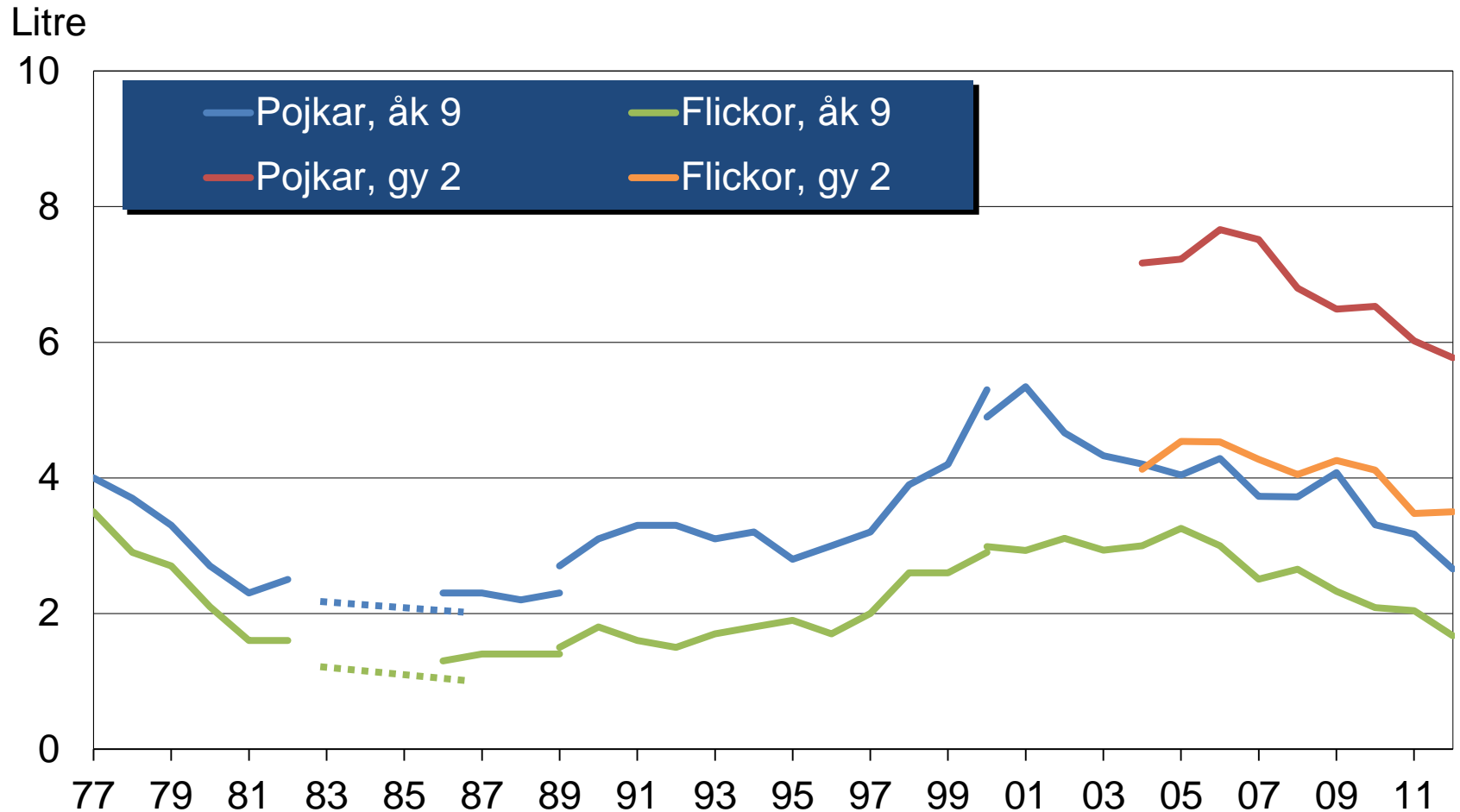
Design

- Randomized controlled trial
- In each community, at least 2 of the 4 programs were available to parents





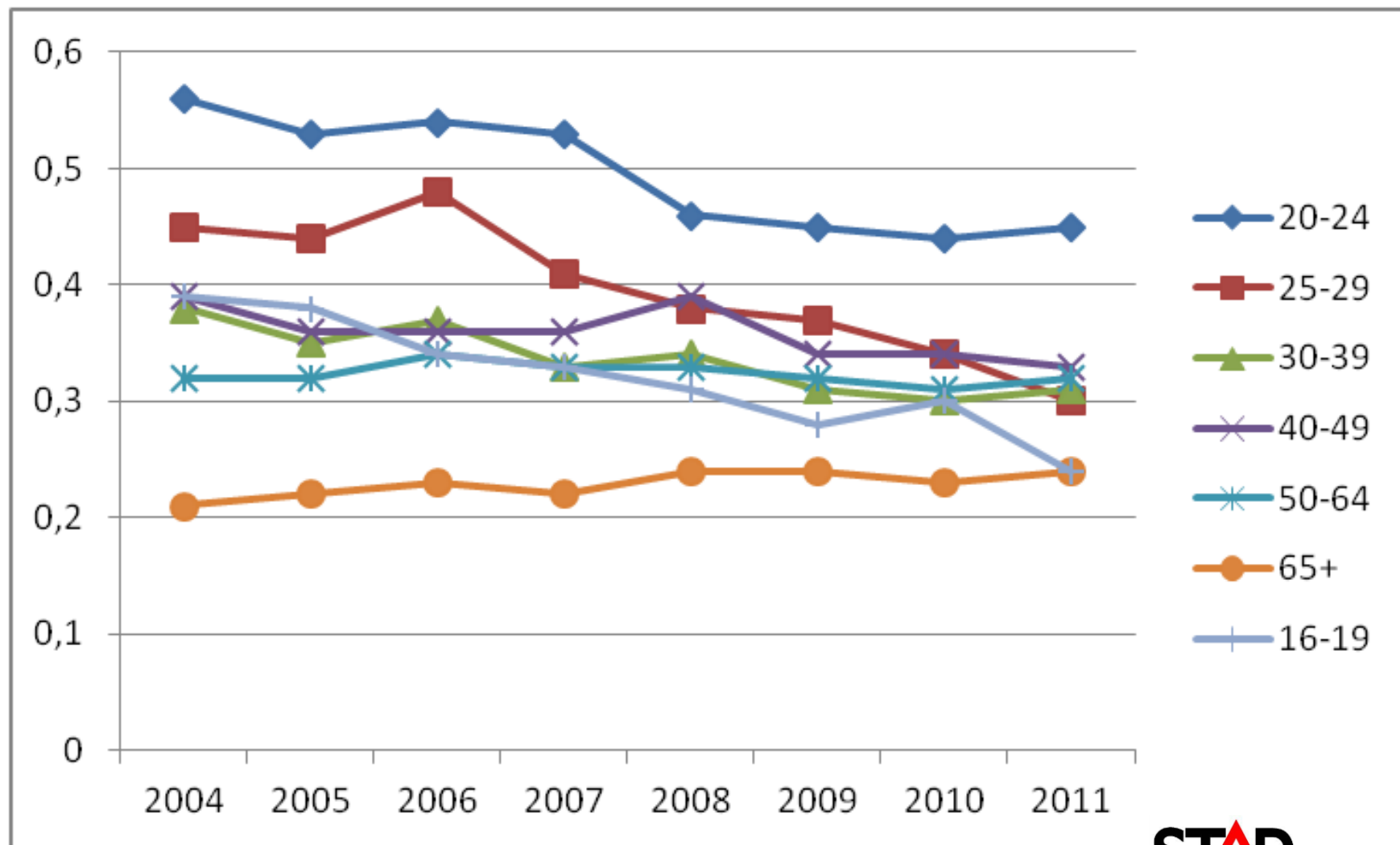
Alcohol consumption has declined in Sweden among young people after 2000.



Parents have become more restrictive - self-reports from 15 years olds of whether they are allowed to drink at home

Year	Boys	Girls
2006	50 % (24 %)	58 % (19 %)
2007	46 % (21 %)	53 % (17 %)
2008	45 % (20 %)	53 % (17 %)
2009	42 % (18 %)	48 % (15 %)
2010	37 % (16 %)	45 % (14 %)
2011	34 % (13 %)	38 % (11 %)
2012	30 % (13 %)	36 % (10 %)

Alcohol consumption has declined in Sweden in recent years – in particular among younger groups but also and parents



Summary

- Parent and family programs are given high priority in Sweden
- Many organizations are involved and many programs are offered
- Parents more restrictive
- Declining drinking among youth (and parents)