

SCHEDULE

Typical commitment for Group participation is one 2 hour meeting per week for 10 weeks.

These classes can also be taught in the home upon the family's request.



ENROLL TODAY

Contact: Damon, Amanda
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CHANGE IS:
BUILDING A BETTER
PROGRAM, ONE
YOUTH, ONE FAMILY,
AT A TIME.

Strengthening Families Program



YOU'RE OUR REASON TO STRIVE FOR SUCCESS.

We receive referrals from the community, courts, and local Utah government agencies.

We look forward to serving you and your family through our evidence-based services.

WHO DO WE SERVE?

- Youth ages 12 to 18

WHAT IS THE COST OF THE GROUPS?

- None/Complimentary



STRENGTHENING FAMILIES PROGRAM by Dr. Karol Kumpfer

The Strengthening Families Program (SFP) is an evidence-based, family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children ages 12 to 18 years of age. It is taught in all 50 states and over 30 foreign countries worldwide.

SFP comprises three life-skills courses: Teen, Parents, and Family groups. These are delivered in 12 weekly two-hour sessions.

Each session begins with a complimentary meal lasting for 30 minutes to model positive family dinners and conversation.

12 Weeks **LEARNING TRACK**

1. Warm Welcome & Introduction
2. Notice & Compliment the Good Daily
3. Communication & Family Meetings
4. Rules, Rewards, & Responsibilities
5. Limits & Consequences
6. Problem Solving & Fair Negotiation
7. Stress & Anger Management
8. Goals & Contracts to Change Behavior
9. Alcohol, Tobacco, & Other Drugs
10. Choosing Good Friends & Monitoring
11. Values, Traditions, and Service
12. Graduation

