

Strengthening Families Program

Cycle 9 Graduation

FBHS Celebrates Families

Fairfield Behavioral Health Services (FBHS) recently celebrated 5 families for completing the ninth cycle of the Strengthening Families Program. The drive-thru graduation took place on April 26th in the FBHS parking lot and was attended by FBHS staff, board member, and Strengthening Families Program (SFP) staff. Veronica D. Edmonds, Strengthening Families Program Site Coordinator, thanked the families for their dedication to the program. She acknowledged the families for learning new skills and being able to implement them in their everyday lives. The SFP staff were then recognized while several gave remarks about their experience facilitating the weekly sessions. Parent facilitator, Jennifer Johnson said "Always feel free to go to your parents and tell them what's on your mind. They want you to share with them." Parent facilitator, Queen Robinson said "Refer somebody, continue to do what works for you." Child facilitator, Dwayne Robinson,

Sr. commented "remember the lessons that you've learned and apply those as you go forward". Staff wished the families well, told them to continue using the skills they learned, and asked the families to engage other families to join the program for future cycles. Watching and hearing the families express their transformation has been rewarding and validating to the staff to continue serving more families with SFP. The families were cheered on by each other, FBHS staff, and the SFP child and parent facilitators. The families received a family portrait, certificate of completion, dinner, dessert, monetary incentive, and a basket filled with family games and other activities to continue the SFP skills. The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally. SFP is unique and the

most effective family skills training program because it involves the whole family in three classes run on the same night once a week. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth the first hour, followed by a joint family practice session the second hour. BIG THANKS to all 5 families who participated and graduated from the program. To date, 73 families have graduated from the SFP. The Strengthening Families Program continues to help families in Fairfield County with 3 cycles a year to build skills for both the children and their parents. A tenth cycle is scheduled to begin on June 6th, 2022. If your family or a family you know may be interested in participating in future cycles, please give us a call at (803) 635-2335.



The Beaver Family



The Bell-Davis Family



The Bell Family



The Haire Family



The Collins Family

3 Things SFP Helped Me With

- "Gave me tools to help change behavior patterns"
- "Helped me see things from my child's point of view"
- "How to handle behavior problems"

3 Things I Learned

- "Family meeting to give your child time to be expressive"
- "I have to be clear and specific when giving directions"
- "Positive practices when disciplining my child"

Fairfield Behavioral
Health Services

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