

Children's Trust of South Carolina
STRENGTHENING FAMILIES PROGRAM
INITIATIVE

FAIRFIELD BEHAVIORAL HEALTH SERVICES

YEAR 08 EVALUATION REPORT



Reporting Period:
January 1, 2021 – December 31, 2021

Submitted by:
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Fairfield Behavioral Health Services

Year 08 Evaluation Report (January 1, 2021 – December 31, 2021)

I. INTRODUCTION AND OVERVIEW

This report is the *CTSC SFP6-11 Fairfield Behavioral Health Services Year 08 Evaluation Report*. The Children's Trust of South Carolina (CTSC) has implemented an evidence-based parenting program as part of a statewide strategy for the prevention of child abuse and neglect. Based on assessed community needs and risk factors, CTSC chose to implement the *Strengthening Families Program 6-11 (SFP6-11)*. The *Strengthening Families Program (SFP)* is designed to reduce environmental risk factors and to increase personal resilience and improve protective factors to drug use in high-risk youth. Research confirms that *SFP* is also effective in reducing risk precursors for child abuse and neglect, school behavioral problems, mental disorders, and juvenile delinquency. This program has been adapted, translated, and implemented in a variety of cultures and communities including those identified special populations CTSC seeks to serve, making it a particularly appropriate choice for this project. This initiative is collaboratively funded by the Duke Endowment, the State of South Carolina Department of Social Services (DSS) and the State of South Carolina Department of Alcohol and Other Drug Abuse Services (DAODAS).

This *CTSC SFP6-11 Fairfield Behavioral Health Services Year 08 Evaluation Report* includes summary findings for all *SFP6-11* cycles implemented by Fairfield Behavioral Health Services (FBHS) that were funded by CTSC between January 1, 2021 and December 31, 2021. This 12-month time period comprises the eighth year of annual evaluation reporting for this initiative, since *CTSC SFP* started in 2013. This *CTSC SFP6-11 Fairfield Behavioral Health Services Year 08 Evaluation Report* is derived from the *CTSC SFP Year 08 Evaluation Report* that includes aggregate evaluation findings for all *SFP6-11* cycles implemented by 28 CTSC funded agencies and includes a total of 95 cycles completed between January 1, 2021 and December 31, 2021.

To contextually evaluate the 28 Year 08 agencies based on their implementation experience and expertise due to prior cycles that they have provided, agencies are categorically classified as "New" agencies and "Veteran" agencies. A "New" agency is an agency that prior to Year 08 had completed one or less cycles and therefore is considered in a context of reduced or relaxed fidelity expectations (e.g., site physical quality, referrals, enrollment, staff quality, completion rates). A "Veteran" agency is an agency that had completed at least two cycles prior to Year 08 and therefore is held to the higher fidelity standards or benchmarks and expectations for *SFP* implementation because these agencies have experience and have had time to adjust to

initial challenges and issues in implementing *SFP*. Table 1 provides an overview of the FBHS Year 08 geographic locations by county, and the numbers of cycles completed and level of experience for the CTSC *SFP* Year 08 funded agencies.

Table 1. CTSC *SFP* 2021 Year 08 Implementation Overview: Agency by Location by Number of Cycles

| Agency ID | Providing Agency | Geographic Location(s) by County | # Cycles | New (N) or Veteran (V) Agency |
|----------------|---|----------------------------------|-----------|-------------------------------|
| AXIS | AXIS 1 | Barnwell | 1 | N |
| CASA | CASA Family Services | Orangeburg/Bamberg | 5 | V |
| CP | Children's Place | Aiken/Barnwell | 4 | V |
| CYDC | Carolina Youth Development Center | Berkley | 3 | V |
| DADC | Dorchester Alcohol & Drug Comm. | Dorchester | 2 | V |
| DCFS | Darlington County First Steps | Darlington | 2 | V |
| FBHS | Fairfield Behavioral Health Services | Fairfield | 3 | V |
| GH-C | Growing Home Southeast- Chester | Chester | 1 | N |
| GH-H | Growing Home Southeast - Horry | Horry | 2 | V |
| GH-M | Growing Home Southeast - Midlands | Richland/Lexington | 6 | V |
| GH-Y | Growing Home Southeast - York | York | 3 | V |
| HH | Hopeful Horizons | Beaufort/Jasper | 4 | V |
| HUBS | Healthy U Behavioral Health Services | Union | 2 | N |
| JSS | Just Say Something | Spartanburg/Greenville | 5 | V |
| KCSD | Kershaw County School District | Kershaw | 1 | N |
| LCFS | Lee County First Steps | Lee/Florence/Sumter/Williamsburg | 11 | V |
| LHM | Lighthouse Ministries | Florence | 4 | V |
| LSC | Lutheran Services of Carolina | Charleston/Horry/Colleton | 5 | V |
| NYAP | National Youth Advocate Program | Charleston | 2 | V |
| PDCAP | Pee Dee CAP | Dillon/Marion | 4 | V |
| PFY | Partners For Youth | Lancaster | 2 | V |
| RBES | Red Bank Elementary School | Lexington | 2 | V |
| SAFY | Specialized Alternatives for Families & Youth | Greenville/Pickens | 5 | V |
| SCDC | South Carolina Department of Corrections | Greenwood | 1 | N |
| TH | Thornwell | Laurens | 2 | V |
| UWOC | United Way of Oconee County (Heath's Haven) | Oconee | 5 | V |
| WBHS | Westview Behavioral Health Services | Newberry/Greenwood | 5 | V |
| YMCA | YMCA | Lexington | 3 | V |
| CTSC Y8 | Children's Trust of South Carolina | South Carolina | 95 | 23-Veteran 5- New |

The evaluation of this project is an independent evaluation that is being conducted by Ahearn Greene Associates, LLC. AGA is a purveyor for the *SFP* evidence-based model and recognized by the *SFP* Program Developer, Lutragroup, Inc. The evaluation includes a process evaluation to assess fidelity and assure quality of the implementation, a participant satisfaction survey, and an outcome evaluation to measure effectiveness of the program. The report is organized with an introduction, methodology of the evaluation, assessment of fidelity, measured outcome findings, and a conclusion with summary and recommendations for future directions for the initiative.

SFP Program Description. *SFP* is designed to reduce environmental risk factors, to improve protective factors, and to increase personal resilience in order to prevent or delay onset of substance use by high-risk youth. Research confirms that *SFP* is also effective in reducing risk precursors for mental disorders and juvenile delinquency. This program has been adapted, translated, and implemented in a variety of cultures and communities including the type of families served by this project. This project specifically is testing *SFP*'s effectiveness in reducing risk factors, increasing protective factors, and preventing child abuse and neglect for families who may be at risk.

The *Strengthening Families Program* (Kumpfer & DeMarsh, 1983; 1985; Kumpfer, DeMarsh, & Child, 1989) is an evidence-based 14-week family skills training program designed for children with substance abusing parents. There are three age versions of *SFP*— 3-5 Years, 6-11 Years, and 12-16 Years that are developmentally specific. Each is designed to build skills for both the children and their parents that will increase protective factors and reduce risk factors known to lead to substance abuse. *SFP* is one of only four parenting programs developed and tested specifically for children of substance abusers. Additionally, *SFP* is the only one with independent replications in randomized control trials that also demonstrates significant improvements in the outcomes for the children rather than just improved parenting skills and reductions in child maltreatment (Kumpfer & Johnson, 2007).

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. The parents and/or foster or kinship caretakers of children attend the *SFP* Parent Training Program in the first hour. At the same time, their children attend the *SFP* Children's Skills Training Program. Children's groups are offered in developmentally appropriate classes for children ages 3-5, children ages 6-11, and/or youth ages 12-16. In the second hour, the families participate together in an *SFP* Family Skills Training Program to practice the skills they have learned in their separate sessions. The skills are then reinforced through weekly home practice assignments. The program utilizes two group leaders for the parent session, two group leaders for each of the children's sessions that are offered, and a site coordinator to run the program.

Multiple replications of *SFP* in randomized control trials with different ethnic groups by independent evaluators have found *SFP* to be an effective program in reducing multiple risk factors for later drug abuse, mental health problems, and delinquency, by increasing family strengths, children's social competencies, and improving parents' parenting skills (Kumpfer, Alvarado, Smith, & Bellamy, 2002).

II. SCOPE AND METHOD OF THE EVALUATION

The major goal of this evaluation is to determine if the program is still working and effective when implemented for the identified population of families. The effectiveness of the program is evaluated as provided by CTSC to families in South Carolina, in relation to the reported levels of fidelity and program outcomes based on *SFP* identified best practices. This evaluation includes a process evaluation (Section III), participant satisfaction (Section IV) and an outcome evaluation (Section V) conducted by an outside contractor to assure the fidelity and effectiveness of *SFP*. The process evaluation includes a fidelity survey of all funded cycles

completed during the reporting period. The outcome evaluation involves quasi-experimental design with a repeated measures retrospective pre- and post-test design with standardized instruments being administered to parents attending the program. The outcome evaluation assesses program effectiveness for identified and targeted family, parent, and child risk and protective factors for substance abuse and delinquency prevention as established in the evidence-based practice research study, with comparison to established *SFP* National Norms.

III. FIDELITY PROCESS EVALUATION

Process Evaluation Methods. *SFP* Fidelity to the evidence-based model is evaluated through combined methods of program tracking data, site visits, training and technical assistance observations, and staff interviews. For this current Year 08 Evaluation Report, fidelity was evaluated through all of the above-mentioned methods. Program tracking data included implementation data from a site survey, facilitator fidelity checklists, and parent satisfaction surveys.

Fidelity is assessed in five primary domains with the following aligned *Strengthening Families Program* Fidelity Benchmarks. The five primary fidelity domains and aligned benchmarks are:

- *Community/Environmental Fidelity:* funding, community context (e.g., density, diversity), safe and welcoming environment, site facilities, transportation, community calendar congruity
- *Target Population:* intervention level, age of children, family composition, level of risk, special populations, cultural competence, recruitment
- *Program Fidelity:* program length/dosage, meal provision, retention, incentives, childcare, follow-up/booster session, program evaluation, availability of program materials, graduation activities
- *Staffing Fidelity:* group leaders, site coordinator, training, additional staff (e.g., childcare, adolescent mentor, food preparation, aides), cultural competence of staff
- *Curriculum Fidelity:* three skills training curriculums, developmental appropriateness, modeling of program skills, cultural and local adaptations, creative and interactive content delivery

Implementation is rated in each of the five fidelity domains based on a five-point measurement scale:

- 5 - Exemplary Implementation (Range 4.75-5.00)
- 4 - Exceeds Program Standards (Range 3.75-4.74)
- 3 - Meets Program Standards (Range 2.75-3.74)
- 2 - Below Program Standards (Range 1.75-2.74)
- 1 - Does Not Meet Program Standards (Range 0.00-1.74)

Data collected from the fidelity instruments are analyzed and rated based on comparison to the *SFP* Fidelity Benchmarks using the above domains and scale. Additionally, key sub-measures are analyzed and reported to expand the findings of the study and for comparison to

prior evaluation findings. These measures are program capacity achievement, participant demographics, and retention/completion rates. The results of the data analysis are presented and recommendations for increased fidelity and program enhancement are generated.

CTSC *SFP* Year 08 Fidelity Evaluation Findings

As the “CTSC *SFP* 2021 Year 08 Fidelity Rating by Agency by Domain” table (Table 4) shows, CTSC *SFP* exceeded the standards (3.75-4.74) for *SFP* fidelity with an overall CTSC *SFP* mean fidelity score of 3.87. The overall CTSC Year 08 fidelity score of 3.87 is notable and strong for a program that has continued to aggressively expand its capacity to 28 Year 08 agencies, an increase from 23 implementing agencies in Year 07. Further distinguishing CTSC *SFP* Year 08 is that 23 of 28 agencies were considered "Veteran" agencies having implemented at least two cycles prior to Year 08, and five of the agencies are "New" agencies with less than two cycles prior experience implementing *SFP*. Additionally, and perhaps most defining and notable for Year 08 is that all CTSC *SFP* cycles continued to adapt and respond to the COVID-19 pandemic that meant adapting the standard *SFP* model, while maintaining fidelity and program effect. The ability for CTSC *SFP* to adapt to the pandemic is deemed to be largely due to the prior experience and high historic fidelity of the CTSC *SFP* initiative and its Veteran agencies.

In context for Year 08, CTSC funded 28 agencies that implemented a total of 95 *SFP* cycles. Table 2 provides detail of the fidelity ratings for CTSC as an initiative and for FBHS for the Year 08 reporting period based on the fidelity indicators for the cycles that were funded by CTSC and operated between January 1, 2021 and December 31, 2021.

Table 2. FBHS *SFP* 2021 Year 08 Fidelity Rating by Agency by Domain

| Agency ID | # Cycles | Environment / Context | Population | Program | Staffing | Curriculum | Agency Mean |
|--------------------------|----------|-----------------------|------------|---------|----------|------------|-------------|
| CTSC Year 07 Mean (N=23) | 77 | 4.00 | 3.95 | 3.98 | 3.96 | 4.13 | 4.00 |
| FBHS | 3 | 4.00 | 3.75 | 2.75 | 3.75 | 4.00 | 3.65 |
| CTSC Year 08 Mean (N=28) | 95 | 3.96 | 3.99 | 3.71 | 3.68 | 4.00 | 3.87 |

For the five fidelity domains, the CTSC cross-site scores were 3.96 for Environment and Context, 3.99 for Population Characteristics and Capacity Achievement, 3.71 for Program Implementation, 3.68 for Staffing Quality, and 4.00 for Curriculum Adherence. Regarding Environment and Context, in Year 08, all agencies returned to their pre-pandemic level of number of cycles implemented, assured connectivity of the participants and were able to operate, respond and implement the *SFP* model in the evolving limitations imposed by the pandemic. In Population Fidelity, all agencies achieved capacity with all cycles meeting the enrollment benchmark of 8-12 families enrolled per cycle. In Program Fidelity CTSC, as an aggregate, met the benchmarks for completion rates and numbers of families completing. In Staffing Fidelity, all cycles were fully staffed and met the benchmark for staff training. For Curriculum Fidelity, all cycles provided the curriculum in its entirety with quality, adherence, dosage, and participant responsiveness measured to have met or surpassed expectations.

The overall Year 08 fidelity score for FBHS was 3.65, "meets program standards." For the five fidelity domains, FBHS scores were 4.00 for Environment and Context, 3.75 for Population Characteristics and Capacity Achievement, 2.75 for Program Implementation, 3.75 for Staffing Quality, and 4.00 for Curriculum Adherence.

In evaluating fidelity to the established evidence-based model of *SFP*, fidelity is assumed to be a relationship between availability of adequate funding and providing the program with fidelity based on the funding. The funding availability and the scope of the funding requirements and restrictions, in part, frame the Environment and Community Context Fidelity. The CTSC *SFP* funding was sufficient to provide for fidelity in all domains, thus making it a reasonable expectation that fidelity would be achieved in all domains and across all cycles.

When the COVID-19 pandemic forced the reorganization and reallocation of resources in order to sustain the program, the CTSC and its funded agencies were able to respond to the "virtual" adapted *SFP* model and shift money to new needs in place of no longer needed expenses. For example, the need for transportation for families to the program was no longer necessary but families needed devices and internet connectivity in order to attend the program. This budgetary oversight and advisement provided by CTSC assures that the monetary expenditures were in keeping with and allowed for full fidelity of the implementation. This was then supported in real-time by the CTSC *SFP* Coaches assigned to the individual agencies as they provided technical assistance to the sites throughout the implementation process. Therefore, this fidelity evaluation and assessment was based on full provision of *SFP* and meeting all *SFP* established fidelity benchmarks and standards by all funded agencies for all cycles conducted.

The following narrative provides detail as to the program delivery in terms of the fidelity benchmarks for each domain, interpretation of the findings, and recommendations for future program delivery.

Discussion of Results Linked to Process Data

Environment and Community Context Fidelity

The overall CTSC *SFP* 2021 Year 08 Environment and Community Context fidelity rating for the CTSC *SFP* initiative sites was 3.96, with 27 of the 28 agencies receiving a rating of 4.00 or above. The Environment and Community Context Fidelity score for FBHS was, 4.00, "above program standards." This CTSC *SFP* mean score for Environment and Community Context is a notably strong score of 3.96 for such an expansive and multi-site initiative in its eighth year of implementation that included 95 *SFP* cycles that were completed during the reporting period. This is in part because CTSC has only funded strong and established community-based agencies, including FBHS, that work directly with families that are eligible for *SFP* and are likely to benefit from participating in *SFP*. Further noted is the consistency among the agencies in providing a program that is responsive to the community they serve and able to provide all the necessary *SFP* fidelity components in a way that is culturally congruent with the local community.

Of note is that for Year 08, all CTSC funded agencies, including FBHS, in 2020 were able to transition from in-person *SFP* implementation to virtual and sustain their programs in the evolving COVID-19 pandemic that continued to impact implementation throughout Year 08.

This required shifting to a virtual platform, arranging the program so that there was connectivity, meals and supplies delivered to homes, and maintain partnerships in the community to sustain the program. For this reason, FBHS did sustain their *SFP* program while responding to the limitations imposed by the COVID-19 pandemic.

Some key fidelity benchmarks for in-person implementations are arranging transportation, identifying and working with partners, and selecting sites with rooms that accommodate all the program activities while providing for the safety of the attending families. In the virtual environment and context, these benchmarks are redefined. FBHS implemented in the context of the COVID-19 pandemic, while adapting the fidelity of the *SFP* model.

Table s3 & 4 provide an overview of geopolitical and community context for FBHS Year 08 *SFP* cycles.

Table 3. FBHS *SFP* 2021 Year 08 Community and Geographic Context Fidelity Indicators by Agency by Cycle

| Agency ID | Cycle # | County | Geographic Description | <i>SFP</i> Modality | Site/Platform |
|-----------|---------|-----------|------------------------|---------------------|---------------|
| FBHS | 6 | Fairfield | Rural | Virtual | Zoom |
| FBHS | 7 | Fairfield | Rural | Virtual | Zoom |
| FBHS | 8 | Fairfield | Rural | Virtual | Zoom |

Table 4. FBHS *SFP* 2021 Year 08 Program Delivery Schedule Environment & Context Fidelity Indicators by Agency by Cycle

| Agency ID | Cycle # | Start Date | End Date | Frequency | Duration | Day of Week | Start Time | End Time |
|-----------|---------|------------|----------|-----------|----------|-------------|------------|----------|
| FBHS | 6 | 2/8/21 | 5/11/21 | 1 X Week | 2 hr | M | 6:00 PM | 8:00 PM |
| FBHS | 7 | 6/28/21 | 9/13/21 | 1 X Week | 2 hr | M | 6:00 PM | 8:00 PM |
| FBHS | 8 | 10/18/21 | 12/16/21 | 2 X Week | 2 hr | M/Th | 6:30 PM | 8:30 PM |

To further describe the environment and context of the cycles, implementation community context indicators are reported.

- CTSC provided adequate funding to the 28 agencies to allow for full implementation and provision of all of the fidelity benchmark recommendations for effective implementation of the *SFP6-11* evidence-based model.
- The CTSC funded 23 "Veteran" agencies had implemented two or more cycles prior to Year 08 and five "New" agencies that had implemented less than two cycles prior to Year 08.
- CTSC *SFP* completed a total of 95 cycles in 2021, with a range of 1-11 cycles/agency.
- All 28 agencies (100%) provided *SFP* at sites and for families in the catchment community for their target populations as specified in their funding.
- The communities where the 95 cycles were conducted included 35 counties with a combination of rural, suburban, and urban cycles.

- CTSC *SFP* 2021 included five cycle that were held "in-person"; one cycle was held as a "hybrid" of in-person and virtual sessions; and, 89 cycles were held "virtual" using a virtual platform with families at home.
- Transportation was provided and assured for the families of in-person sessions and connectivity and delivery of supplies for home participation in all curriculum activities was assured for virtual sessions.
- Forty-five cycles were conducted once a week for 14 weeks and 50 cycles were held twice a week for seven weeks, with twice-weekly being the preferred frequency for virtual *SFP* cycles.
- For the 45 cycles that were held weekly, 15 were held on Monday, 15 on Tuesday, five on Wednesday, and 10 on Thursday.
- For the 50 cycles that met twice a week, 16 were held on Monday and Thursday, 10 were held on Monday and Wednesday, and 24 were held on Tuesday and Thursday. Twenty-four cycles started between 5:00 - 5:30 p.m., 62 cycles started between 5:45 - 6:00 p.m., and nine started between 6:15 - 6:30 p.m.

Population Fidelity

The CTSC *SFP* mean fidelity score for Population Fidelity was 3.99, "above program standards," for the Year 08 reporting period. The Population Fidelity score for FBHS was 3.75, "above program standards." The target population for this program was families at-risk for child abuse and neglect. Population Fidelity is measured by the level of risk as indicated by characteristics of the families and the enrollment capacity achieved. The score of 3.99 in the eighth year of implementation is a strong score, since all 28 agencies had different catchment areas and referral sources. For some agencies, their key referral sources were inaccessible or reduced in access due to the COVID-19 pandemic. For example, some of the agencies were schools and school districts that were diverted to put time, energy, and resources into providing education for their children. Some were meeting at churches that were closed due to the pandemic. And overall, families, agencies, and communities were occupied providing for the basic needs of families. So, to be able to recruit and enroll families meeting *SFP* benchmarks for capacity went "beyond program standards" and expectations.

The first measures of Population Fidelity are the indicators of capacity achieved as related to the number of referrals that were received and the number of those referrals that were converted to enrolled families. Table 5a - 6 summarizes Year 08 program capacity for the FBHS.

Table 5a. FBHS *SFP* 2021 Year 08 Recruitment and Referral Indicators by Agency

| Agency ID | # Cycles Conducted | # Families Referred | Mean # Referrals/ Cycle | # Families Enrolled | % Families Enrolled | Mean # Families/ Cycle |
|---------------------------|--------------------|---------------------|-------------------------|---------------------|---------------------|------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 1,238 | 16.08 | 807 | 65.19% | 10.48 |
| FBHS | 3 | 55 | 18.33 | 30 | 54.55% | 10.00 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,836 | 19.33 | 1,044 | 56.86% | 10.99 |

Table 5b. FBHS SFP 2021 Year 08 Capacity Achievement Indicators by Agency

| Agency ID | # Cycles | # Families Enrolled* | Mean # Families / Cycle | # Parents Enrolled | Mean # Parents/ Cycle | # Children Enrolled ** | Mean # Youth / Cycle | Total # Participants | Mean Number Participants/ Cycle |
|----------------------------------|----------|----------------------|-------------------------|--------------------|-----------------------|------------------------|----------------------|----------------------|---------------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 807 | 10.48 | 1,031 | 13.39 | 1,127 | 14.64 | 2,158 | 28.03 |
| FBHS | 3 | 30 | 10.00 | 32 | 10.67 | 40 | 13.33 | 72 | 24.00 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,044 | 10.99 | 1,269 | 13.36 | 1,464 | 15.41 | 2,733 | 28.77 |

* Enrolled refers to the number of families or individuals that started the program by attending at least one session.

** # Children Enrolled includes youth ages 6-11 that received skills training.

Table 6. FBHS SFP 2021 Year 08 Size of Family Indicators by Agency

| Agency ID | # Cycles | # Families Enrolled * | # Parents Enrolled | Mean # Parents/ Family | # Children Enrolled ** | Mean # Youth/ Family | Total # Participants Enrolled | Mean # Participant s/ Family |
|----------------------------------|----------|-----------------------|--------------------|------------------------|------------------------|----------------------|-------------------------------|------------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 807 | 1,031 | 1.28 | 1,127 | 1.40 | 2,158 | 2.67 |
| FBHS | 3 | 30 | 32 | 1.07 | 40 | 1.33 | 72 | 2.40 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,044 | 1,269 | 1.22 | 1,464 | 1.40 | 2,733 | 2.62 |

* Enrolled refers to the number of families or individuals that started the program by attending at least one session.

** # Children Enrolled includes youth ages 6-11 that received skills training.

Further describing the families and their relative risk are the parent demographics of parent sex, race, and number of adult caregivers as displayed in Tables 7a, 7b, 7c and 7d. Tables 8a, 8b, and 8c provide children age 6-11 demographics of sex, age, and number of children per family.

Table 7a. FBHS SFP 2022 Year 08 Demographic Overview of Enrolled Parents by Agency: Sex of Parent

| Agency ID | # Cycles | Female | | Male | | TOTAL PARENTS |
|----------------------------------|----------|--------|--------|------|--------|---------------|
| | | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 830 | 80.50% | 201 | 19.50% | 1,031 |
| CTSC Year 07 Mean/Cycle | 77 | 10.78 | 80.50% | 2.61 | 19.50% | 13.39 |
| FBHS | 3 | 30 | 93.75% | 2 | 6.25% | 32 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,066 | 84.00% | 203 | 16.00% | 1,269 |
| CTSC Year 08 Mean/Cycle | 95 | 11.22 | 84.00% | 2.14 | 16.00% | 13.36 |

Table 7b. FBHS SFP 2021 Year 08 Demographic Overview of Enrolled Parents by Agency: Race of Parent

| Agency ID | # Cycles | Asian | | Black/ Afr Am | | Hispanic/ Latino | | White/ Caucasian | | Other Identified | | TOTAL PARENTS |
|---------------------------|----------|-------|-------|---------------|--------|------------------|-------|------------------|--------|------------------|-------|---------------|
| | | N | % | N | % | N | % | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 5 | 0.48% | 612 | 59.36% | 94 | 9.12% | 309 | 29.97% | 11 | 1.07% | 1,031 |
| CTSC Y 07 Mean/Cycle | 77 | 0.06 | 0.48% | 7.95 | 59.36% | 1.22 | 9.12% | 4.01 | 29.97% | 0.14 | 1.07% | 13.39 |
| FBHS | 3 | 0 | 0.00% | 31 | 96.88% | 0 | 0.00% | 1 | 3.13% | 0 | 0.00% | 32 |
| CTSC Year 08 TOTAL (N=28) | 95 | 11 | 0.87% | 716 | 56.42% | 106 | 8.35% | 419 | 33.02% | 17 | 1.34% | 1,269 |
| CTSC Y 08 Mean/Cycle | 95 | 0.12 | 0.87% | 7.54 | 56.42% | 1.12 | 8.35% | 4.41 | 33.02% | 0.18 | 1.34% | 13.36 |

Table 7c. FBHS SFP 2021 Year 08 Demographic Overview of Enrolled Parents by Agency: Parents/Family

| Agency ID | # Cycles | One Parent Enrolled | | Two Parents Enrolled | | Three or More Parents Enrolled | | Total Families |
|---------------------------|----------|---------------------|--------|----------------------|--------|--------------------------------|-------|----------------|
| | | N | % | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 593 | 73.48% | 204 | 25.28% | 10 | 1.24% | 807 |
| CTSC Year 07 Mean/Cycle | 77 | 7.70 | 73.48% | 2.65 | 25.28% | 0.13 | 1.24% | 10.48 |
| FBHS | 3 | 28 | 93.33% | 2 | 6.67% | 0 | 0.00% | 30 |
| CTSC Year 08 TOTAL (N=28) | 95 | 849 | 81.32% | 185 | 17.72% | 10 | 0.96% | 1,044 |
| CTSC Year 08 Mean/Cycle | 95 | 8.94 | 81.32% | 1.95 | 17.72% | 0.11 | 0.96% | 10.99 |

Table 7d. FBHS SFP 2021 Year 08 Demographic Overview of Enrolled Parents by Agency: Parent Report of Annual Family Income

| Agency ID | Total # Parent Sample | # Parents Reporting Income | Mean Family Income | Standard Deviation | Median Family Income |
|---------------------------|-----------------------|----------------------------|--------------------|--------------------|----------------------|
| CTSC Year 07 TOTAL (N=23) | 702 | 520 | \$33,126.19 | 33.190 | \$28,000.00 |
| FBHS | 20 | 8 | \$50,125.00 | \$37,566.85 | \$45,000.00 |
| CTSC Year 08 TOTAL (N=28) | 849 | 588 | \$47,830.61 | \$57,057.11 | \$30,000.00 |

*SCDC was a correctional facility; therefore, income was not reported by parents.

Table 8a. FBHS SFP 2021 Year 08 Demographic Overview of Enrolled Children Age 6-11 by Agency: Sex of Child

| Agency ID | # Cycles | Female | | Male | | Total Children |
|---------------------------|----------|--------|--------|------|--------|----------------|
| | | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 557 | 49.42% | 570 | 50.58% | 1,127 |
| CTSC Year 07 Mean/Cycle | 77 | 0.49 | 49.42% | 0.51 | 50.58% | 14.64 |
| FBHS | 3 | 20 | 50.00% | 20 | 50.00% | 40 |
| CTSC Year 08 TOTAL (N=28) | 95 | 730 | 49.86% | 734 | 50.14% | 1,464 |
| CTSC Year 08 Mean/Cycle | 95 | 7.68 | 49.86% | 7.73 | 50.14% | 15.41 |

Table 8b. FBHS SFP 2021 Year 08 Demographic Overview of Enrolled Children Age 6-11 by Agency: Age of Child

| Agency ID | # Cyc | 6 Years | | 7 Years | | 8 Years | | 9 Years | | 10 Years | | 11 Years | | Total Children |
|---------------------------|-------|---------|--------|---------|--------|---------|--------|---------|--------|----------|--------|----------|--------|----------------|
| | | N | % | N | % | N | % | N | % | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 223 | 19.79% | 193 | 17.13% | 180 | 15.97% | 179 | 15.88% | 191 | 16.95% | 161 | 14.29% | 1,127 |
| CTSC Year 07 Mean/Cycle | 77 | 2.90 | 19.79% | 2.51 | 17.13% | 2.34 | 15.97% | 2.32 | 15.88% | 2.48 | 16.95% | 2.09 | 14.29% | 14.64 |
| FBHS | 3 | 9 | 22.50% | 2 | 5.00% | 7 | 17.50% | 11 | 27.50% | 7 | 17.50% | 4 | 10.00% | 40 |
| CTSC Year 08 TOTAL (N=28) | 95 | 308 | 21.04% | 244 | 16.67% | 255 | 17.42% | 231 | 15.78% | 210 | 14.34% | 216 | 14.75% | 1,464 |
| CTSC Year 08 Mean/Cycle | 95 | 3.24 | 21.04% | 2.57 | 16.67% | 2.68 | 17.42% | 2.43 | 15.78% | 2.21 | 14.34% | 2.27 | 14.75% | 15.41 |

Table 8c. FBHS *SFP* 2021 Year 08 Demographic Overview of Enrolled Children by Agency: Number of Children Age 6-11/Family

| Agency ID | # Cycles | One Child | | 2 Children | | 3 Children | | 4 or More Children | | Total Families |
|---------------------------|----------|-----------|--------|------------|--------|------------|-------|--------------------|-------|----------------|
| | | N | % | N | % | N | % | N | % | N |
| CTSC Year 07 TOTAL (N=23) | 77 | 545 | 67.53% | 211 | 29.41% | 44 | 5.45% | 7 | 0.87% | 807 |
| CTSC Year 07 Mean/Cycle | 77 | 7.08 | 67.54% | 2.74 | 26.15% | 0.57 | 5.45% | 0.09 | 0.87% | 10.48 |
| FBHS | 3 | 25 | 83.33% | 4 | 13.33% | 0 | 0.00% | 1 | 3.33% | 30 |
| CTSC Year 08 TOTAL (N=28) | 95 | 724 | 69.35% | 253 | 24.23% | 59 | 5.65% | 8 | 0.77% | 1,044 |
| CTSC Year 08 Mean/Cycle | 95 | 7.62 | 69.35% | 2.66 | 24.23% | 0.62 | 5.65% | 0.08 | 0.77% | 10.99 |

The following findings frame the CTSC *SFP* Year 08 initiative with regards to Population Fidelity:

- 1,836 families were referred for 95 Year 08 cycles; of these 1,044 (56.86%) enrolled.
- 1,269 parents and 1,464 children ages 6-11 enrolled in the 95 cycles, resulting in a total of 2,733 participants.
- Twenty-six of the 28 agencies had a mean referrals/cycle of more than 12 and two agencies had a mean number of referrals of 10.00 and 10.55, making it possible for all cycles to achieve capacity of 8-12 families enrolled per cycle based on the mean number of referrals received per cycle.
- The mean number of families per cycle was 10.99, an increase from the Year 07 mean of 10.48. There was a mean of 13.36 parents and a mean of 15.41 children age 6-11 per cycle in Year 08, resulting in a mean of 28.77 participants per cycle.
- The Year 08 mean number of parents per family was 1.22, a reduction from the Year 07 rate of 1.28 parents/family and the Year 06 parent/family mean of 1.35.
- The Year 08 mean number of children/family was 1.40, the same as the Year 07 rate of 1.40 children/family and a slight reduction from the Year 06 mean of 1.47 children/family.
- The Year 08 parents were 84.00% female, as compared to the Year 07 rate of 80.50% female parents, and to the Year 06 aggregate of 79.18% female parents.
- The aggregate of male participants for CTSC *SFP* for Year 08 was 16.00%, as compared to the Year 07 rate of 19.50% and as compared to the Year 06 male participant rate of 20.82%.
- 0.87% of the parents identified as Asian; 56.42% identified as Black/African American; 8.35% identified as Hispanic/Latino; 33.02% identified as White/Caucasian; and 1.34% otherwise identified.
- Parents identifying as Hispanic/Latino in Year 08 measured at rate of 8.35%, a continuing decline from the Year 07 Hispanic participation rate of 9.12%, the Year 06 Hispanic participation rate of 11.50%, continuing the decline in Year 05 (17.88%), Year 04 (12.36%), and Year 03 (14.69%).

- 849 (81.32%) of the families had one adult enrolled, 185 (17.72%) had two adults enrolled, and 10 (0.96%) had three or more adults enrolled, a substantial decrease in multiple caregiver families in comparison to Year 07 when 26.52% of the families had two or more adults enrolled.
- For Year 08, the CTSC *SFP* mean reported annual income was \$47,830.61, with a standard deviation of \$57,057.11. The agency range by agency of mean income was \$22,534.67 - \$129,408.33. The median reported annual income was \$30,000.00, with an agency median income range of \$18,150 - \$105,000/year.
- The children ages 6-11 years were 49.86% female and 50.14% male.
- The children ages 6-11 years were 21.04% age six, 16.67% age seven, 17.42% age eight, 15.78% age nine, 14.34% age 10, and 14.75% age 11.
- In consideration of the developmental groups of children ages 6-8 and children ages 9-11, 55.12% of the children were age 6-8 and 44.88% were age 9-11
- The family composition with regards to number of children ages 6-11 enrolled in *SFP* was that 69.35% of the families had one child, 24.23% had two children, 5.65% had three children, and 0.77% had four or more children enrolled.

Program Fidelity

CTSC *SFP* Program Fidelity achieved an overall mean rating of 3.71 for the aggregate of 28 agencies and 95 cycles conducted during the reporting period. The Program Fidelity score for FBHS was, 2.75, "meets program standards." Program fidelity assessment includes the delivery of the program with all its component parts, providing a meal, offering incentives, providing childcare and activities for children who are not attending the *SFP6-11* skills groups, overall organization, and attendance and completion rates.

Program Fidelity includes benchmarks for fidelity to the program components such as organization and preparedness for the session events' logistics, preparedness of site and staff for the session, provision of a "working skills training" family style meal, availability of handouts and supplies for activities, childcare and activities for all children not attending the *SFP6-11* skills groups, incentives to support and reinforce participation and skill development, the attention to removing families' barriers to attendance, engagement, participation, program evaluation, and technical assistance.

A major indicator of program fidelity is the program's ability to retain families and have them complete the program. *SFP* best practices recommend that "*SFP* program completion" be defined as "at least one parent and one child from a family having attended at least 10 of the 14 sessions provided in the curriculum." Fidelity benchmark standards for completion are that cycles achieve rates of 50% in first cycles for a provider agency's site, with a retention rate of 75% or greater anticipated in subsequent cycles and years as agencies become more adept at delivery and better able to elicit and enroll appropriate referrals. Further, the expectation in terms of number of families is that each cycle will have at least six families per cycle complete the program, again with a caveat that in first cycles the number of completing families may be as low as four. Tables 9a, 9b, and 9c report the retention/completion rates for the families, and also the retention/completion rates for the parents and children that comprised those families.

Table 9a. FBHS SFP 2021 Year 08 Family Retention Rate by Agency

| Agency ID | # Cycles | # Families Enrolled | # Families Completed | Family Retention Rate | Mean Number Families Completed/ Cycle |
|----------------------------------|-----------|---------------------|----------------------|-----------------------|---------------------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 807 | 670 | 83.02% | 8.70 |
| FBHS | 3 | 30 | 21 | 70.00% | 7.00 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,044 | 865 | 82.85% | 9.11 |

Table 9b. FBHS SFP 2021 Year 08 Parent Retention Rate by Agency

| Agency ID | # Cycles | # Parents Enrolled | # Parents Complete | Parent Retention Rate | Mean Number Parents Completed/ Cycle |
|----------------------------------|-----------|--------------------|--------------------|-----------------------|--------------------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 1,031 | 855 | 82.93% | 11.10 |
| FBHS | 3 | 32 | 23 | 71.88% | 7.67 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,269 | 1,062 | 83.69% | 11.18 |

Table 9c. FBHS SFP 2021 Year 08 Child Retention Rate by Agency

| Agency ID | # Cycles | # Youth Enrolled | # Youth Complete | Youth Retention Rate | Mean Number Youth Completed/ Cycle |
|----------------------------------|-----------|------------------|------------------|----------------------|------------------------------------|
| CTSC Year 07 TOTAL (N=23) | 77 | 1,127 | 923 | 81.90% | 11.99 |
| FBHS | 3 | 40 | 24 | 60.00% | 8.00 |
| CTSC Year 08 TOTAL (N=28) | 95 | 1,464 | 1,199 | 81.90% | 12.62 |

For CTSC SFP Year 08, CTSC had an overall family completion rate of 82.85% with a range of 63.64% - 96.95% for the 28 agencies that provided 95 cycles. FBHS had a family completion rate of 70.00%.

With regards to the number of families that completed CTSC SFP, a total of 865 families completed the program in Year 08. For Year 08 this included a total of 1,062 parents and 1,199 children, for a total of 2,261 participants that actively participated in skills training and completed SFP. FBHS had a total of 21 families completed the program in Year 08.

The following findings frame the CTSC SFP Year 08 initiative with regards to Program Fidelity:

- There was high program quality with all the Program Fidelity benchmarks met, which was maintained for both in-person and virtual sessions.
- Dinner was provided for all family members in both in-person and virtual sessions.
- Incentives were provided for all cycles that were culturally congruent, rewarded program participation, and reinforced skill development.
- A graduation celebration and completion incentives were provided for all cycles.
- The *Family Skills Parent Retrospective Questionnaire* pretest/posttest was administered to a 79.66% sample of completing parents.

- The evaluation included a fidelity evaluation and parent satisfaction survey to verify that the outcome results are reflective of implementation of the *SFP* evidence-based practice as prescribed.
- The CTSC Year 08 aggregate family completion was 82.85%, with a rate that exceeds the *SFP* benchmark of a family completion rate of 75.00%.
- The range of family completion rates for the CTSC agencies for Year 08 was 56.52% - 96.95% for the 28 agencies, with 21 of the 28 agencies meeting or exceeding program standards based on a 75% completion rate for Veteran Agencies and 50% for New Agencies.
- In Year 08, a total of 865 families completed the program, which included 1,062 parents and 1,199 children, for a total of 2,261 participants that actively participated in skills training and completed *SFP*.
- The CTSC *SFP* mean families completing per cycle was 9.11, a noted increase from the Year 07 mean of 8.70 families/cycle completing
- In order to compare virtual CTSC *SFP* cycles to in-person cycles, a comparison is made of three years of family completion rates, the Year 08 cycles that were 87.4% virtual had a family completion rate of 82.85%, as compared to the Year 07 rate of 83.20% when over 90% of cycles were hybrid or virtual, as compared to the 80.23% for the in-person Year 06 cycles. Indicating that *SFP* retention is similar both in-person and virtual implementations.

Staffing Fidelity

The three primary measures of Staffing Fidelity are number of staff, training of staff, and cultural competence/quality of staff. The CTSC *SFP* Year 08 Staffing Fidelity mean score was 3.68, scoring "meets program standards." The Staffing Fidelity score for FBHS was 3.75, "above program standards." Fidelity requires a full staff of two group leaders for each parent and child group and a separate site coordinator, which is essential for *SFP*. Additionally, all staff must be trained and if there is a shortage of trained staff, a skills group may be staffed by one trained group leader and one group leader that is wait-listed for training.

Best practices include the benchmark that each skills group is staffed by one male and one female group leader and the prior experience in delivering *SFP* of the individual staff. What lowered the CTSC *SFP* Staffing Fidelity scores were two key factors: 1) the limited number of male staff and 2) the relative inexperience of the staff at the newer sites. Having male staff is a Staffing Fidelity "benchmark" that can elevate the fidelity score to "above program standards."

Table 10a, 10b & 11 provide an overview of the staffing levels, staff training and staff sex/gender for the FBHS, with a comparison to the CTSC Year 08 aggregate of the 95 cycles conducted by the 28 funded agencies.

Table 10a. FBHS SFP 2021 Year 08 Staffing Level Fidelity Indicators by Cycle

| Agency ID | Cycle # | # Child 6-11 Groups | # Parent Groups | # Child Grp Ldr | # Parent Grp Ldr | Mean # Child Grp Ldr/Group | Mean # Parent Grp Ldr/Group | # Site Coord | Total Staff |
|--------------------------------|-----------|---------------------|-----------------|-----------------|------------------|----------------------------|-----------------------------|--------------|-------------|
| FBHS | 6 | 1 | 1 | 4 | 3 | 4 | 3 | 1 | 8 |
| FBHS | 7 | 1 | 1 | 3 | 3 | 3 | 3 | 1 | 7 |
| FBHS | 8 | 1 | 1 | 4 | 3 | 4 | 3 | 1 | 8 |
| CTSC Year 08 TOTAL | 95 | 121 | 96 | 268 | 203 | 2.21 | 2.11 | 95 | 566 |
| CTSC Year 08 Mean/Cycle | 95 | 1.27 | 1.01 | 2.82 | 2.14 | 2.21 | 2.11 | 1.00 | 5.96 |

Table 10b. FBHS SFP 2021 Year 08 Staff Training Fidelity Indicators by Cycle

| Agency ID | Cycle # | # Child Grp Ldr | # Parent Grp Ldr | # Grp Ldr Trained | % Grp Ldr Trained | # Site Coord | # Site Coord Trained | Total Staff | % Staff Trained |
|--------------------------------|-----------|-----------------|------------------|-------------------|-------------------|--------------|----------------------|-------------|-----------------|
| FBHS | 6 | 4 | 3 | 7 | 100.00% | 1 | 1 | 8 | 100.00% |
| FBHS | 7 | 3 | 3 | 6 | 100.00% | 1 | 1 | 7 | 100.00% |
| FBHS | 8 | 4 | 3 | 7 | 100.00% | 1 | 1 | 8 | 100.00% |
| CTSC Year 08 TOTAL | 95 | 268 | 203 | 461 | 97.88% | 95 | 95 | 566 | 98.23% |
| CTSC Year 08 Mean/Cycle | 95 | 2.82 | 2.14 | 4.85 | 97.88% | 1.00 | 1.00 | 5.96 | 98.23% |

Table 11. FBHS SFP 2021 Year 08 Staffing Diversity Indicators by Cycle by Sex

| Agency ID | Cycle # | Female Staff | | Male Staff | | Total # Staff |
|----------------------------------|-----------|--------------|---------------|-------------|---------------|---------------|
| | | # | % | # | % | |
| CTSC Year 07 TOTAL (N=77) | | 389 | 83.30% | 78 | 16.70% | 467 |
| FBHS | 6 | 6 | 75.00% | 2 | 25.00% | 8 |
| FBHS | 7 | 6 | 85.71% | 1 | 14.29% | 7 |
| FBHS | 8 | 6 | 85.71% | 1 | 14.29% | 7 |
| CTSC Year 08 TOTAL | 95 | 478 | 83.86% | 92 | 16.14% | 570 |
| CTSC Year 08 Mean/Cycle | 95 | 5.03 | 83.86% | 0.97 | 16.14% | 6.00 |

Tables 12a & 12b provides FBHS agency comparison of staff by sex with the enrolled parents and children age 6-11 by sex, as well as an aggregate for the CTSC SFP 2021.

Table 12a. FBHS *SFP* 2021 Year 08 Staff, Parent, and Child Ratio Comparison by Sex

| Agency | # Cyc | # Staff | # Parent | # Child | Female | | | Male | | |
|---------------------------|-------|---------|----------|---------|---------|-----------|---------|---------|-----------|---------|
| | | | | | % Staff | % Parents | % Child | % Staff | % Parents | % Child |
| CTSC Year 07 TOTAL | 77 | 467 | 1031 | 1296 | 83.30% | 80.50% | 50.46% | 16.70% | 19.50% | 49.54% |
| FBHS | 3 | 22 | 32 | 40 | 81.82% | 93.75% | 50.00% | 18.18% | 6.25% | 50.00% |
| CTSC Year 08 TOTAL | 95 | 568 | 1,269 | 1,486 | 83.86% | 84.00% | 49.86% | 16.14% | 16.00% | 50.14% |

Table 12b. FBHS *SFP* 2021 Year 08 Staff and Parent Ratio Comparison by Race/Ethnicity: Black/African American, Hispanic/Latino, White/Caucasian

| AGENCY | # Cyc | # Staff | # Parent | Black / Afr Am | | Hispanic / Latino | | White / Caucasian | |
|---------------------------|-------|---------|----------|----------------|-----------|-------------------|-----------|-------------------|-----------|
| | | | | % Staff | % Parents | % Staff | % Parents | % Staff | % Parents |
| CTSC Year 07 TOTAL | 77 | 467 | 1,031 | 62.37% | 59.36% | 9.25% | 9.12% | 28.39% | 29.97% |
| FBHS | 3 | 22 | 32 | 86.36% | 96.88% | 0.00% | 0.00% | 13.64% | 3.13% |
| CTSC Year 08 TOTAL | 95 | 565 | 1,269 | 68.14% | 56.46% | 8.32% | 8.28% | 23.54% | 33.10% |

The CTSC *SFP* Year 08 Staffing Fidelity summary overview is as follows:

- CTSC provided *SFP* Group Leader Training as certified by the program developer as part of this initiative.
- There was a total of 121 Child Skills Groups with 268 Child Group Leader positions. This resulted in a mean of 2.82 Child Group Leaders/cycle, surpassing the *SFP* Staff Fidelity Benchmark of two Group Leaders/Skills Group.
- There was a total of 96 Parent Skills Groups with 203 Parent Group Leader positions which resulted in a mean of 2.14 Parent Group Leaders/cycle, surpassing the *SFP* Staff Fidelity Benchmark of two Group Leaders/Skills Group.
- One hundred percent of the Parent Skills Groups and Child Skills Groups had at least two group leaders in attendance.
- One hundred percent of the 95 CTSC *SFP* Year 08 cycles had Parent Skills Groups and Child Skills Groups with at least one group leader that had completed the *SFP* Group Leader Training, meeting program fidelity standards.
- 461 (97.88%) of the Group Leader positions had completed the recognized *SFP* Group Leader Training at the time they were delivering the program.
- One hundred percent of the 95 Site Coordinator positions had completed the *SFP* Group Leader Training at the time they were delivering the program.
- The site coordinators were on-site for sessions, were familiar with fidelity benchmarks and recommendations, were highly organized, and assured fidelity to the *SFP* model.
- The staff was both diverse and culturally competent in working with the families; with 70.53% of the Year 08 cycles had both male and female staff, a slight decrease from Year 07 with a rate of 74.39%, and a substantial decrease from the Year 05

(83.33%) rate of cycles that had both male and female staff, but still a noted increase in cycles with male staff when compared to Year 04 when only 34 (57.63%) of the 59 cycles had male staff.

- For Year 08, overall, the staff was 83.86% female and 16.14% male, noting a continued decrease in the percent of male staff from Year 07 with 16.70% to Year 06 with 17.82% male staff and the Year 05 rate of 17.85% male staff.
- With regards to female representation, the staff identified as 83.86% female and 16.14% male. The parents identified as 84.00% female and 16.00% male. However, when considering the children, there was a great disparity with the staff being 83.98% female and the children being 49.86% female and 50.14% male.
- Regarding individual cycles' male/female staffing ratios, 28 (29.47%) of the cycles had no male staff.
- For Year 08, the staff was 68.14% black/African American, 8.32% Hispanic/Latino and 23.54% white/Caucasian. In comparison, the parents were 56.46% black/African American, 8.28% Hispanic/Latino and 33.10% white /Caucasian, noting that 2.16% of parents identified as "other".
- An additional staffing component provided by CTSC is the “*SFP Coach*” that provides fidelity assurance, program monitoring, and solution-focused problem solving.

Curriculum Fidelity

Curriculum Fidelity is assessed by direct observation site visits, interview and focus group site visits, *SFP* Session Group Leader checklists, *SFP* Group Leader Training responsiveness and feedback, Advanced Group Leader Training, staff interviews at site visits after the session, and interviews with families during the site visit, particularly the meal. By the end of Year 08, the cumulative Years 01-08 fidelity observation site visits resulted in site visits being conducted at all 28 agencies and their host sites. Many of the agencies had been visited multiple times. To report Year 08 Curriculum Fidelity, three primary data points were triangulated. These were the site visit observations and staff interviews, the *SFP* Group Leader Session Checklists, and the *SFP* Site Information Survey. In particular, the *SFP* Group Leader Session Checklists were reviewed, particularly with regards to adherence, dosage, participant engagement, group leader preparedness, and quality of delivery. These data sources comprehensively report Curriculum Fidelity.

The Curriculum Fidelity score for CTSC *SFP* for Year 08 was 4.00, a noted decrease from the Year 07 Curriculum Fidelity Score of 4.13. The Curriculum Fidelity score for FBHS for Year 08 was 4.00, “above program standards”.

Regarding language accommodation, both Spanish and English curriculum and evaluation materials were available for all cycles. Ninety cycles' skills groups were delivered in English-only and five cycles were Spanish-only. Of note is that there was an increase in Year 08 in Spanish-only cycles with five Spanish-only cycles conducted, as compared to only one Spanish-only cycle in Year 07. Providing more Spanish cycles and expanding to other languages that might make *SFP* more inclusive for different communities is encouraged for Year 09 and in the future for South Carolina.

To In order to assess ongoing fidelity and quality, the parent and child group leaders submitted *SFP Group Leader Fidelity Checklists* at the end of each session. The total sample of submitted checklists was 4,035 for the 95 CTSC *SFP* Year 08 cycles conducted by the 28 funded agencies. The following are the results for the Group Leader Checklists for FBHS with a comparison to the aggregate of the 95 cycles conducted by the 28 funded agencies.

Table 13a. FBHS *SFP* 2021 Year 08 Curriculum Fidelity Measures Mean Score by Agency: Quality of Delivery, Participant Responsiveness, Suitability of Curriculum Content, and Group Leader Preparedness

| Agency ID | Total # Checklists | Quality of Delivery | Participant Responsiveness | Suitability of Curriculum | Group Leader Preparedness |
|--|--------------------|---------------------|----------------------------|---------------------------|---------------------------|
| Scale: 1- Strongly Disagree to 5- Strongly Agree | | | | | |
| CTSC Y 07 TOTAL (N=23) | 3,744 | 4.76 | 4.68 | 4.84 | 4.87 |
| FBHS | 170 | 4.47 | 4.07 | 4.50 | 4.66 |
| CTSC Year 08 TOTAL (N=27) | 4,035 | 4.80 | 4.73 | 4.84 | 4.86 |

Table 13b. FBHS *SFP* 2021 Year 08 Curriculum Fidelity Measures by Agency: Adherence to Curriculum

| Agency ID | Total # Checklists | Prescribed Session Content Covered (Percent) | Amount of Additions (Scale 1- Low to 5- High) | Amount of Deletions (Scale 1- Low to 5- High) | Amount of Adaptations/ Modifications (Scale 1- Low to 5- High) |
|------------------------------|--------------------|--|---|---|--|
| CTSC Y 07 TOTAL (N=23) | 3,744 | 98.56% | 1.16 | 1.13 | 1.16 |
| FBHS | 170 | 99.41% | 1.03 | 1.02 | 1.02 |
| CTSC Year 08 TOTAL (N=27) | 4,035 | 98.95% | 1.14 | 1.12 | 1.14 |

The CTSC *SFP* Year 08 Curriculum Fidelity summary overview is as follows:

- In all cycles, the prescribed curriculums of *SFP6-11* were used with the parents and children and family skills groups.
- In all cycles both parent and child skills training sessions were conducted for approximately one hour.
- In in-person and virtual sessions, the family skills training group was provided for 30 minutes. During that time all families were in a room (virtual or in-person) with at least one group leader that supported the family activity and coached the family as they used the activity to build the skills.
- A CTSC *SFP* mean of 98.95% of the curriculum activities were reported to have been delivered, indicating extremely high adherence to the evidence-based model, consistent with a Year 07 rate of 98.56% and the Year 06 rate of 98.06%.
- Ninety cycles were delivered in English-only, five cycles were Spanish-only.
- There was an increase in Spanish-only cycles, with five Spanish-only in Year 08 as compared to only one in Year 07.
- Program Quality of Delivery, with a mean of 4.80, had a range of 4.33-5.00, on a 5-point scale, with five being high.

- Participant Responsiveness had a mean of 4.73 with a range of 4.01-5.00 on a 5-point scale, as they were able to respond to and engage the participants.
- On a 5-point scale with five being high score, Suitability of the Curriculum had a mean of 4.84 with a range of 4.43-5.00 for the CTSC *SFP* initiative. The group leaders indicated that the lessons and materials were suitable and appropriate for the participants, indicating the curriculum is culturally congruent across the state of South Carolina and among the varied races and ethnicities.
- On a 5-point scale with five being high score, the group leaders' self-rating mean score was 4.86 with a range of 4.42-5.00, indicating that the group leaders assessed that they were prepared and that they were able to answer questions from the participants.
- There were negligible curriculum adaptations to the skills curriculum with a mean score of 1.14, with "1" being no changes to "5" being completely changed.
- There were negligible curriculum additions ($m = 1.14$) and deletions ($m = 1.12$), with "1" being no changes to "5" being completely changed, noting that 90 of the 95 cycles involved sessions on a virtual platform to which the *SFP* was highly adaptable.
- Regarding "Suitability" of the curriculum for adaptation to "virtual" delivery, is the rating of the curriculum as "highly suitable" in both the in-person and virtual venues. This is further supported by the rating of additions and deletions since minimal changes were made when shifting to a virtual format.

IV. CTSC *SFP* YEAR 08 PARTICIPANT SATISFACTION FINDINGS

The Parent Satisfaction Survey is a nine question Participant Satisfaction section included in the *AGA Family Skills Parent Retrospection Questionnaire* that is administered to all parents attending Session 13. A total of 859 parents responded across the 28 agencies and 95 CTSC *SFP* 2021 Year 08 cycles. This included 20 respondents from FBHS. The findings are reported for the aggregate responses for CTSC *SFP* Year 08. The following Tables 14a - 14i report the findings for participant satisfaction with regards to the three categories of 1) program quality, 2) effectiveness, and 3) satisfaction.

Table 14a. FBHS *SFP* 2021 Year 08 Parent Satisfaction Rating: Parent Class Participation

| Q 1. My opinions were respected and I participated in class discussions. | | | | | | | |
|--|-----|-----------------|------------------|---------------|------------|-----------------|------|
| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Completely | Mean |
| # CTSC Y7 TOTAL | 689 | 0 | 1 | 8 | 81 | 599 | 4.85 |
| % CTSC Y7 TOTAL | 689 | 0.00% | 0.15% | 1.16% | 11.76% | 86.94% | 4.85 |
| FBHS | 20 | 0 | 0 | 0 | 1 | 19 | 4.95 |
| # CTSC Y8 TOTAL | 859 | 6 | 2 | 18 | 105 | 728 | 4.80 |
| % CTSC Y8 TOTAL | 859 | 0.70% | 0.23% | 2.10% | 12.22% | 84.75% | 4.80 |

Table 14a provides an indication of the cultural congruence of the program, both with the staff's delivery of the program, the curriculum content, and its function as a method for family skills building. With regards to the parents reporting on the quality of the program and cultural congruence of the skills class and the staff's delivery of the content, 99.07% reported that their

opinions were respected and that they participated in class, with 84.75% reporting that they were “completely respected and participated in the classes.”

Table 14b. FBHS *SFP* 2021 Year 08 Parent Rating: Attempted to Use Skills

Q 2. I have tried to use the skills taught in this class.

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Completely | Mean |
|-----------------|-----|-----------------|------------------|---------------|------------|-----------------|------|
| # CTSC Y7 TOTAL | 688 | 1 | 0 | 31 | 276 | 380 | 4.50 |
| % CTSC Y7 TOTAL | 688 | 0.15% | 0.00% | 4.51% | 40.12% | 55.23% | 4.50 |
| FBHS | 20 | 0 | 0 | 0 | 7 | 13 | 4.65 |
| # CTSC Y8 TOTAL | 859 | 2 | 5 | 43 | 369 | 440 | 4.44 |
| % CTSC Y8 TOTAL | 859 | 0.23% | 0.58% | 5.01% | 42.96% | 51.22% | 4.44 |

Table 14c. FBHS *SFP* 2021 Year 08 Parent Rating: Successful Used Skills

Q 3. I have been successful in implementing skills taught in this class.

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Completely | Mean |
|-----------------|-----|-----------------|------------------|---------------|------------|-----------------|------|
| # CTSC Y7 TOTAL | 689 | 3 | 5 | 93 | 317 | 271 | 4.23 |
| % CTSC Y7 TOTAL | 689 | 0.44% | 0.73% | 13.50% | 46.01% | 39.33% | 4.23 |
| FBHS | 20 | 0 | 0 | 3 | 11 | 6 | 4.15 |
| # CTSC Y8 TOTAL | 859 | 3 | 6 | 136 | 384 | 330 | 4.20 |
| % CTSC Y8 TOTAL | 859 | 0.35% | 0.70% | 15.83% | 44.70% | 38.42% | 4.20 |

Tables 13b and 13c provide an indication as to the parents’ assessment of whether the staff’s delivery of the program, the curriculum content, and its function as a method for family skills building enabled them to learn the new parenting skills. These questions "were they able to learn the skills" and "were they useful" reflect the parents’ assessment of the suitability of the curriculum and of the "program's effectiveness". 99.77% reported that they tried the skills taught in class, with 94.18% reporting that they had tried the skills taught in *SFP* "a lot/completely." 99.65% reported that they had success in implementing skills that were taught by the end of the program, with 83.12% reporting that they had been successful in implementing the skills at either the level of "a lot" or "completely." This is particularly notable since this level of program quality and skill development was consistent across all 28 agencies and reflective of the fidelity and outcome evaluation findings.

Table 14d. FBHS *SFP* 2021 Year 08 Parent Rating: Program Improved Family Functioning

Q 6. How much has this class helped your family?

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Extremely Helpful | Mean |
|-----------------|-----|-----------------|------------------|---------------|------------|---------------------------|------|
| # CTSC Y7 TOTAL | 688 | 1 | 5 | 32 | 211 | 439 | 4.57 |
| % CTSC Y7 TOTAL | 688 | 0.15% | 0.73% | 4.65% | 30.67% | 63.81% | 4.57 |
| FBHS | 20 | 0 | 0 | 0 | 9 | 11 | 4.55 |
| # CTSC Y8 TOTAL | 859 | 2 | 5 | 59 | 266 | 527 | 4.53 |
| % CTSC Y8 TOTAL | 859 | 0.23% | 0.58% | 6.87% | 30.97% | 61.35% | 4.53 |

Table 14e. FBHS *SFP* 2021 Year 08 Parent Rating: Program Improved Parenting

Q 7. How much has this class helped you as a parent?

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Extremely Helpful | Mean |
|-----------------|-----|-----------------|------------------|---------------|------------|---------------------------|------|
| # CTSC Y7 TOTAL | 689 | 0 | 3 | 33 | 185 | 468 | 4.62 |
| % CTSC Y7 TOTAL | 689 | 0.00% | 0.44% | 4.79% | 26.85% | 67.92% | 4.70 |
| FBHS | 20 | 0 | 0 | 0 | 9 | 11 | 4.55 |
| # CTSC Y8 TOTAL | 859 | 2 | 7 | 44 | 266 | 540 | 4.55 |
| % CTSC Y8 TOTAL | 859 | 0.23% | 0.81% | 5.12% | 30.97% | 62.86% | 4.55 |

Table 14f. FBHS *SFP* 2021 Year 08 Parent Rating: Program Improved Child Functioning

Q 8. How much has this class helped your child?

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 A lot | 5 Extremely Helpful | Mean |
|-----------------|-----|-----------------|------------------|---------------|------------|---------------------------|------|
| # CTSC Y7 TOTAL | 689 | 1 | 5 | 66 | 271 | 346 | 4.39 |
| % CTSC Y7 TOTAL | 689 | 0.15% | 0.73% | 9.58% | 39.33% | 50.22% | 4.39 |
| FBHS | 20 | 0 | 0 | 3 | 10 | 7 | 4.20 |
| # CTSC Y8 TOTAL | 859 | 3 | 11 | 115 | 355 | 375 | 4.27 |
| % CTSC Y8 TOTAL | 859 | 0.35% | 1.28% | 13.39% | 41.33% | 43.66% | 4.27 |

With regards to satisfaction in terms of how "helpful" or effective *SFP* had been in three hypothesized domains of family, parenting, and child immediate changes, 99.77% of participants indicated that the program had helped their family with 61.35% indicating that the class had been "extremely helpful," the highest level of satisfaction for this measure. Further distinguishing how the program had helped their family, 98.95% of respondents indicated that the program had helped them as a parent, with 62.86% of the respondents indicating it was "extremely helpful." Regarding how much it had helped their child, 98.37% indicated it helped their child, with 43.66% indicating it was "extremely helpful" for their child. These parent ratings of how helpful the program was and how much they have noticed positive changes in functioning are consistent with the pretest/posttest outcomes that found overall large program effect in the family and parent measures and medium program effect in the child measures.

Table 14g. FBHS *SFP* 2021 Year 08 Parent Rating: Interest in Continued Skills Classes

Q 4. Would you like to come back for refresher classes or family reunions?

| Agency ID | N | 1 Yes, Weekly | 2 Once a Month | 3 Every 6 Months | 4 Once a Year | 5 Never | Mean |
|-----------------|-----|---------------------|----------------------|------------------------|---------------------|------------|------|
| # CTSC Y7 TOTAL | 685 | 171 | 142 | 134 | 157 | 81 | 2.76 |
| % CTSC Y7 TOTAL | 685 | 24.96% | 20.73% | 19.56% | 22.92% | 11.82% | 2.76 |
| FBHS | 20 | 2 | 9 | 3 | 5 | 1 | 2.70 |
| # CTSC Y8 TOTAL | 857 | 174 | 202 | 167 | 229 | 85 | 2.82 |
| % CTSC Y8 TOTAL | 857 | 20.30% | 23.57% | 19.49% | 26.72% | 9.92% | 2.82 |

Table 14h. FBHS SFP 2021 Year 08 Parent Rating: Recommend Program to Others

Q 5. Would you recommend this course to other families?

| Agency ID | N | 1 Definitely Not | 2 No | 3 Maybe | 4 Yes | 5 Yes, Definitely | Mean |
|-----------------|-----|---------------------|---------|------------|----------|----------------------|------|
| # CTSC Y7 TOTAL | 688 | 37 | 1 | 9 | 40 | 602 | 4.70 |
| % CTSC Y7 TOTAL | 688 | 0.15% | 0.73% | 4.65% | 30.67% | 63.81% | 4.70 |
| FBHS | 20 | 0 | 0 | 0 | 2 | 18 | 4.90 |
| # CTSC Y8 TOTAL | 859 | 37 | 1 | 13 | 108 | 700 | 4.67 |
| % CTSC Y8 TOTAL | 859 | 4.31% | 0.12% | 1.51% | 12.57% | 81.49% | 4.67 |

Table 14i. FBHS SFP 2021 Year 08 Parent Rating: Overall Program Satisfaction

Q 9. Overall, how satisfied were you with this program?

| Agency ID | N | 1 Not at All | 2 Very Little | 3 Somewhat | 4 Well | 5 Very Well | Mean |
|-----------------|-----|-----------------|------------------|---------------|-----------|----------------|------|
| # CTSC Y7 TOTAL | 689 | 0 | 1 | 3 | 62 | 623 | 4.90 |
| % CTSC Y7 TOTAL | 689 | 0.00% | 0.15% | 0.44% | 9.00% | 90.42% | 4.90 |
| FBHS | 20 | 0 | 0 | 0 | 4 | 16 | 4.80 |
| # CTSC Y8 TOTAL | 859 | 1 | 3 | 12 | 112 | 731 | 4.83 |
| % CTSC Y8 TOTAL | 859 | 0.12% | 0.35% | 1.40% | 13.04% | 85.10% | 4.83 |

Based on the responses to the nine questions by 859 reporting program participants, CTSC *SFP* Year 08 participants are very satisfied with the program with a mean score of 4.83, consistent with previous years' scores of 4.90 in Year 07, 4.84 in Year 06, and the Year 05 mean of 4.77. With regards to Year 08 overall satisfaction, 98.14% of participants reported being well/very well satisfied. Further indications of overall program satisfaction are if the parents would recommend the program to other families and if they would come back for a reunion/refresher. For CTSC *SFP* Year 08, 94.06% said they would "Yes/Yes, Definitely" recommend the program to other families. Additionally, 90.08% percent of the parents wanted to participate in boosters/ refreshers/reunions, with 20.30% wanting to continue to come weekly and an additional 23.57% wanting to continue to come monthly. The satisfaction surveys also provide for indicated strategies for program implementation. Since 94% indicated that they would recommend the program, this is a resource for referrals for future cycles that sites should develop. Since 43% said they want to continue to participate in *SFP* on a monthly basis, these participants are a resource for volunteer support for future cycles. The enthusiasm for continued connection, involvement, and skills development opens the door for "refreshers and reunions" in 30-90 days. It also suggests a "second step" for families to get together for community service or special education and family skills building sessions.

Based on the responses to these questions from 859 Year 08 CTSC *SFP* parents who attended *SFP* as provided by 28 agencies, parent satisfaction is consistently extremely high with regards to the program and the skills developed because of attending the program, for CTSC and for FBHS. Also of note is that these findings triangulate and provide confirmation that the Fidelity Checklist high scores for participant engagement, program quality, and suitability of the curriculum are high and recommend little adaptations or changes. It also provides confirmation that the outcomes are reflective of the families having participated in the *SFP* "classes," having tried the skills, and having had some success in using them, thus the outcomes that find "statistical significance" or "confidence" that the changes that were measured in the families are a result of skills learned in CTSC *SFP* are deemed reliable from participant feedback, as well as a statistical analysis. And perhaps most notable is that these findings are an indication of

Parenting Efficacy and the likelihood that they will continue to use and support *SFP* skills in their family after the program is over and into the future.

V. OUTCOME EVALUATION RESULTS

Outcome Evaluation Methods. The experimental outcome evaluation design consists of a quasi-experimental repeated measures, pre- and post-test design with post-hoc subgroup comparisons as recommended by Campbell & Stanley (1967) to control for most threats to internal and external sources of validity. A multi-measure retrospective parent report data collection strategy is used to improve triangulation of the data to approximate real changes being measured. The risk and protective factor precursors of substance abuse include negative and positive child behaviors, parenting stress and depression or substance use, lack of effective discipline methods, and family dysfunction. The children’s change outcomes are measured by the *Child Behavior Checklist* (Achenbach & Edelbrock, 1988), the children’s social and life skills are measured by selected items from the *Gresham and Elliot Social Skills Scale* (1990). The parents’ parenting efficacy and skills are measured by the 10-item *Kumpfer Parenting Skills*. The family conflict, organization, communication, and cohesion are measured by *Family Environment Scales* (Moos, 1974). Table 15 provides a list of outcome measures by domain.

Table 15. *Strengthening Families Program* Hypothesized Outcomes Matched to Measures: Family, Parent, and Child

| PREVENTION INTERVENTION APPROACH | MEASUREMENT SCALE |
|---|-----------------------------|
| Family Immediate Change Measures | |
| Increased family cohesion | Moos FES |
| Reduced family conflict | Moos FES |
| Increased family organization | Moos FES |
| Increased family communication skills | Moos FES |
| Parent Immediate Change Measures | |
| Increased positive parenting | <i>SFP</i> Parenting Skills |
| Increased parenting skills | <i>SFP</i> Parenting Skills |
| Increased parental supervision | <i>SFP</i> Parenting Skills |
| Increased parent efficacy | Alabama Parenting Scale |
| Increased parental involvement | Alabama Parenting Scale |
| Child Immediate Change Measures | |
| Increased child social skills and improved child social behavior (cooperation, assertion, responsibility, self-control) | Social Skills Rating Scale |
| Reduced overt aggression | POCA |
| Reduced covert aggression | POCA |
| Increased concentration | POCA |
| Reduced depression | POCA |

Data Collection & Analysis. All outcome data is collected on the *SFP* Parent Retrospective Questionnaire. Parents complete paper copies of the questionnaire at Session 13. A total change score is calculated as well as summed scores for the family, parent, and child outcomes. The effect sizes of the outcomes are calculated using both an eta squared or Cohen’s (*d*) and the *d*’ statistics for the cluster variables and 14 individual outcome variables related to family, parent, and child risk factor improvements and improved protective factors for substance abuse. Additionally, three cluster variables, one for each of the family, parent, and child domains are reported in order to measure the overall effectiveness of the three skills curriculums. Analyses of Variance

(ANOVAs) and the effect sizes for the pre- to post-test changes are conducted and reported in outcome tables categorically by family, parent, and child variables.

Meaning of Statistical Significance and Effect Sizes. Reported in the tables in the evaluation report is the significant value or *p*. value for pre- to posttest changes. This is the standard way to determine if a result is a real result and not due to chance. A *p*. value of < .05 means that this result is likely to not be due to chance since it would have happened only five times out of 100 times. However, a more important statistical outcome is the clinical effectiveness or how much the participants changed from pre- to posttest. This is called “effect size.” Similar to percent change, effect size is a more scientific way that researchers today report how much participants in an intervention have changed. The effect sizes reported are calculated in SPSS software by eta squared or Cohen’s *d* as well as *d*'. Effect size is categorized as a small effect (*d*< .2), medium effect (*d*'= .20 - .50) and large effect (*d*'>.50).

Family Sample. For the Year 08 reporting period, the outcome analysis includes all cycles that started during the reporting period spanning from January 1, 2021 - December 31, 2021. A total of 95 cycles were completed during this time period. *The Family Skills Parent Retrospective Questionnaire Pretest/Posttest* was submitted for the 28 agencies that conducted 95 cycles completed during the reporting period. The sample includes all parents who completed and submitted the *Family Skills Parent Retrospective Questionnaire Pretest/Posttest* at Session 13 of an *SFP* cycle that was conducted under funding provided by CTSC. The final CTSC Year 08 sample included 846 respondents that completed CTSC *SFP6-11* implementations as listed in Table 16.

Table 16. FBHS SFP 2021 Year 08 Admissible Pretest/Posttest Sample by Number and Percent Participants by Agency

| Agency ID | # Admissible Pre/posttests | # Parents Completed | % Sample Size of Completed |
|---------------------------|----------------------------|---------------------|----------------------------|
| FBHS | 20 | 23 | 86.96% |
| CTSC Year 08 TOTAL | 846 | 1,062 | 79.66% |

Therefore, the CTSC Year 08 sample for this outcome analysis is 79.66% of completing parents, with a range of 7-139 respondents per agency. FBHS had a total of 20 admissible pretest/posttests included in the analysis for this report. A minimum of 12 admissible pretest/posttests are needed to provide sufficient statistical power for an analysis. It was deemed that the FBHS sample size of 20 respondents was determined to be sufficient to attain statistical power for the analysis.

CTSC SFP 2021 Year 08 Pretest to Posttest Outcome Results

The CTSC *SFP* 2021 Year 08 results find that 14 of the 14 outcomes (100%) had statistically significant positive change results. This included significant positive improvements in four of the four family measures, five of the five parent measures, and five of the five child measures. Of the 14 family, parent, and child outcomes with significant pretest to posttest change, seven had large effect sizes, six had medium effect sizes, and one had a small effect size. Additionally, the three cluster variables’ outcomes (100%) had statistically significant positive

change results with large effect sizes for the family and parent cluster variable and a medium effect size for the child cluster variable. These are robust outcomes and overall, as indicated by the three cluster variables, are consistent with the Year 07 outcomes and the *SFP* Norms. Indications are that all three *SFP* program components are having a strong effect on the families in general and also for the specific skills and behaviors *SFP* teaches that are found to prevent child maltreatment and to develop resilient youth. It is also an indication that the program is effective in both an in-person delivery and in a virtual delivery with similar effect, since Year 06 was all in-person cycles and Year 07 and Year 08 are over 95% virtual. Further, in Year 08 CTSC *SFP* continued to operate under the restrictions, hardships and in the context of the COVID-19 pandemic.

The CTSC *SFP* Year 08 results are considered strong positive results for an initiative with 28 agencies implementing at multiple sites with varied agency types, referral sources, communities, population characteristics, and levels of experience in implementing *SFP*. This includes 23 agencies implementing considered to be "veteran," having delivered two or more cycles previously, and five "new" agencies that had previously implemented less than two *SFP* cycles. Further demonstrating the strength of the CTSC *SFP*, the achievements of significance of program effect are consistent with the national norms derived from *Strengthening Families Program 6-11* outcomes at sites nationwide. The CTSC family cluster and parent cluster variables' program effect measured within .01 of the effect size of the National norm. The Child Cluster Variable measured within .03 of the effect size of the *SFP* Norm, with both the CTSC *SFP* Year 08 and *SFP* Norm measuring medium program effect.

Table 17 provides FBHS 2021 Year 08 outcomes for the 14 immediate change outcome measures and the three cluster variables, with comparison to CTSC *SFP* Year 08 & the *SFP* Norm. Note that agency Year 08 results include all cycles conducted by the agency as an aggregate.

Table 17. FBHS Strengthening Families Program Year 08 Family, Parent and Child Outcomes: Means, SDs, Changes, F and P values and *d* Compared to CTSC Year 08 Outcomes and SFP 6-11 National Norms

| OUTCOME MEASURE | Sample | Pre-Test | SD | Post-Test | SD | Change | F | sig | Effect Size <i>d</i> |
|--------------------------------|--------|----------|------|-----------|------|--------|---------|-------|----------------------|
| PARENT OUTCOMES | | | | | | | | | |
| Parental Involvement | | | | | | | 44.91 | 0.00 | 0.02 |
| <i>SFP6-11</i> Norms | 1,967 | 3.49 | 0.91 | 4.38 | 0.58 | 0.89 | 2491.73 | 0.00 | 0.56 |
| CTSC <i>SFP</i> Y8 | 822 | 3.81 | 0.79 | 4.49 | 0.50 | 0.68 | 898.01 | 0.00 | 0.52 |
| FBHS <i>SFP</i> Y8 | 20 | 4.18 | 0.58 | 4.74 | 0.21 | 0.56 | 22.43 | 0.000 | 0.541 |
| Parental Supervision | | | | | | | 10.33 | 0.00 | 0.00 |
| <i>SFP6-11</i> Norms | 1,996 | 3.25 | 0.70 | 4.24 | 0.52 | 0.99 | 4085.11 | 0.00 | 0.67 |
| CTSC <i>SFP</i> Y8 | 818 | 3.45 | 0.60 | 4.35 | 0.40 | 0.90 | 1886.15 | 0.00 | 0.70 |
| FBHS <i>SFP</i> Y8 | 20 | 3.52 | 0.44 | 4.39 | 0.36 | 0.87 | 76.05 | 0.000 | 0.80 |
| Parenting Efficacy | | | | | | | 60.92 | 0.00 | 0.02 |
| <i>SFP6-11</i> Norms | 2,014 | 3.27 | 0.83 | 4.19 | 0.62 | 0.92 | 2922.99 | 0.00 | 0.59 |
| CTSC <i>SFP</i> Y8 | 825 | 3.55 | 0.78 | 4.23 | 0.57 | 0.68 | 1028.55 | 0.00 | 0.56 |
| FBHS <i>SFP</i> Y8 | 19 | 3.72 | 0.70 | 4.32 | 0.44 | 0.60 | 40.33 | 0.000 | 0.69 |
| Positive Parenting | | | | | | | 42.09 | 0.00 | 0.02 |
| <i>SFP6-11</i> Norms | 2,019 | 3.77 | 0.86 | 4.64 | 0.47 | 0.87 | 2866.05 | 0.00 | 0.59 |
| CTSC <i>SFP</i> Y8 | 825 | 4.02 | 0.73 | 4.71 | 0.38 | 0.69 | 1054.12 | 0.00 | 0.56 |
| FBHS <i>SFP</i> Y8 | 20 | 4.02 | 0.70 | 4.62 | 0.39 | 0.60 | 25.02 | 0.000 | 0.57 |
| Parenting Skills | | | | | | | 0.60 | 0.44 | 0.00 |
| <i>SFP6-11</i> Norms | 1,926 | 3.43 | 0.69 | 4.00 | 0.61 | 0.58 | 2176.12 | 0.00 | 0.53 |
| CTSC <i>SFP</i> Y8 | 813 | 3.59 | 0.66 | 4.15 | 0.53 | 0.56 | 764.25 | 0.00 | 0.49 |
| FBHS <i>SFP</i> Y8 | 19 | 3.74 | 0.56 | 4.18 | 0.57 | 0.44 | 22.68 | 0.000 | 0.56 |
| Parent Cluster Variable | | | | | | | 25.50 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,960 | 3.42 | 0.60 | 4.26 | 0.41 | 0.84 | 4337.63 | 0.00 | 0.69 |
| CTSC <i>SFP</i> Y8 | 830 | 3.66 | 0.54 | 4.39 | 0.33 | 0.72 | 1915.86 | 0.00 | 0.70 |
| FBHS <i>SFP</i> Y8 | 20 | 3.82 | 0.43 | 4.46 | 0.27 | 0.64 | 60.35 | 0.000 | 0.76 |
| FAMILY OUTCOMES | | | | | | | | | |
| Family Cohesion | | | | | | | 62.99 | 0.00 | 0.02 |
| <i>SFP6-11</i> Norms | 2,018 | 3.76 | 0.90 | 4.57 | 0.53 | 0.81 | 2097.25 | 0.00 | 0.51 |
| CTSC <i>SFP</i> Y8 | 831 | 4.10 | 0.79 | 4.66 | 0.44 | 0.56 | 602.32 | 0.00 | 0.42 |
| FBHS <i>SFP</i> Y8 | 20 | 4.30 | 0.57 | 4.70 | 0.38 | 0.40 | 10.48 | 0.004 | 0.36 |
| Family Communication | | | | | | | 16.78 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,943 | 3.18 | 0.75 | 4.23 | 0.56 | 1.05 | 4323.10 | 0.00 | 0.69 |
| CTSC <i>SFP</i> Y8 | 831 | 3.52 | 0.73 | 4.45 | 0.45 | 0.94 | 1744.69 | 0.00 | 0.68 |
| FBHS <i>SFP</i> Y8 | 20 | 3.58 | 0.57 | 4.52 | 0.38 | 0.93 | 85.86 | 0.000 | 0.82 |
| Family Conflict | | | | | | | 9.18 | 0.00 | 0.00 |
| <i>SFP6-11</i> Norms | 2,003 | 2.31 | 1.03 | 1.87 | 0.84 | (0.44) | 575.58 | 0.00 | 0.22 |
| CTSC <i>SFP</i> Y8 | 823 | 2.17 | 0.95 | 1.83 | 0.81 | (0.34) | 186.36 | 0.00 | 0.19 |
| FBHS <i>SFP</i> Y8 | 20 | 1.71 | 0.66 | 1.51 | 0.43 | (0.20) | 6.20 | 0.022 | 0.25 |

| OUTCOME MEASURE | Sample | Pre-Test | SD | Post-Test | SD | Change | F | sig | Effect Size <i>d</i> |
|---|--------|----------|------|-----------|------|--------|---------|-------|----------------------|
| Family Organization | | | | | | | 14.81 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,994 | 2.60 | 0.92 | 4.00 | 0.71 | 1.40 | 4869.51 | 0.00 | 0.71 |
| CTSC <i>SFP</i> Y8 | 828 | 2.97 | 0.88 | 4.23 | 0.57 | 1.26 | 2076.34 | 0.00 | 0.72 |
| FBHS <i>SFP</i> Y8 | 20 | 2.95 | 0.66 | 4.35 | 0.44 | 1.40 | 57.20 | 0.000 | 0.75 |
| Family Cluster Scale | | | | | | | 22.68 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,972 | 3.28 | 0.65 | 4.20 | 0.48 | 0.92 | 4376.38 | 0.00 | 0.69 |
| CTSC <i>SFP</i> Y8 | 825 | 3.56 | 0.64 | 4.36 | 0.41 | 0.81 | 1746.95 | 0.00 | 0.68 |
| FBHS <i>SFP</i> Y8 | 20 | 3.73 | 0.42 | 4.50 | 0.29 | 0.77 | 97.80 | 0.000 | 0.84 |
| CHILD OUTCOMES | | | | | | | | | |
| Child Concentration | | | | | | | 23.12 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,883 | 3.08 | 0.74 | 3.72 | 0.69 | 0.64 | 2416.85 | 0.00 | 0.56 |
| CTSC <i>SFP</i> Y8 | 783 | 3.31 | 0.64 | 3.84 | 0.58 | 0.53 | 990.76 | 0.00 | 0.56 |
| FBHS <i>SFP</i> Y8 | 19 | 3.42 | 0.61 | 3.87 | 0.68 | 0.45 | 40.56 | 0.000 | 0.69 |
| Child Covert Aggression | | | | | | | 1.37 | 0.24 | 0.00 |
| <i>SFP6-11</i> Norms | 1,937 | 2.25 | 0.71 | 1.94 | 0.65 | (0.31) | 438.99 | 0.00 | 0.19 |
| CTSC <i>SFP</i> Y8 | 824 | 2.31 | 0.69 | 2.03 | 0.65 | (0.28) | 235.15 | 0.00 | 0.22 |
| FBHS <i>SFP</i> Y8 | 20 | 1.98 | 0.46 | 1.84 | 0.44 | (0.14) | 5.14 | 0.035 | 0.21 |
| Child Depression | | | | | | | 13.69 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,925 | 2.10 | 1.03 | 1.75 | 0.97 | (0.35) | 835.84 | 0.00 | 0.30 |
| CTSC <i>SFP</i> Y8 | 807 | 2.09 | 0.71 | 1.82 | 0.60 | (0.27) | 225.97 | 0.00 | 0.22 |
| FBHS <i>SFP</i> Y8 | 20 | 1.84 | 0.51 | 1.74 | 0.48 | (0.10) | 3.23 | 0.088 | 0.15 |
| Child Overt Aggression | | | | | | | 9.16 | 0.00 | 0.00 |
| <i>SFP6-11</i> Norms | 1,913 | 2.15 | 0.73 | 1.76 | 0.61 | (0.39) | 972.95 | 0.00 | 0.34 |
| CTSC <i>SFP</i> Y8 | 789 | 2.04 | 0.72 | 1.72 | 0.61 | (0.32) | 387.97 | 0.00 | 0.33 |
| FBHS <i>SFP</i> Y8 | 19 | 1.82 | 0.63 | 1.58 | 0.52 | (0.24) | 12.59 | 0.002 | 0.41 |
| Child Social Skills & Behavior | | | | | | | 66.18 | 0.00 | 0.02 |
| <i>SFP6-11</i> Norms | 1,885 | 3.63 | 0.74 | 4.02 | 0.65 | 0.39 | 1178.54 | 0.00 | 0.39 |
| CTSC <i>SFP</i> Y8 | 798 | 3.90 | 0.68 | 4.13 | 0.60 | 0.23 | 279.11 | 0.00 | 0.26 |
| FBHS <i>SFP</i> Y8 | 20 | 3.98 | 0.45 | 4.13 | 0.45 | 0.15 | 8.94 | 0.008 | 0.32 |
| Child Cluster Variable | | | | | | | 26.91 | 0.00 | 0.01 |
| <i>SFP6-11</i> Norms | 1,935 | 3.56 | 0.51 | 3.93 | 0.47 | 0.37 | 1708.31 | 0.00 | 0.47 |
| CTSC <i>SFP</i> Y8 | 836 | 3.68 | 0.47 | 3.97 | 0.44 | 0.29 | 655.01 | 0.00 | 0.44 |
| FBHS <i>SFP</i> Y8 | 20 | 3.85 | 0.36 | 4.06 | 0.38 | 0.21 | 27.54 | 0.000 | 0.59 |

Parenting Skills and Behavior Change. The largest changes for the CTSC *SFP* were in the Parent Skills and Behaviors, as compared to family and child outcomes. Five of the five (100%) parent outcomes had statistically significant *p* values. With regards to program effectiveness resulting in changes in the parenting skills and parenting behaviors, four of the five measures had large effect sizes. These include large program effect for Parental Involvement (*d* = .52), Parental Supervision (*d* = .70), Parenting Efficacy (*d* = .56), and Positive Parenting (*d* = .56). One measure, Parenting Skills (*d* = .49), had a medium program effect. These

measures report that the parents have learned and used the core skills of *SFP* and are able to implement them and see the intended results. These results are even stronger when considered in the context of the reported pretest skills that the parents had before they entered *SFP*, when they reported a higher pretest mean of 3.51 on a five-point scale, as compared to the norm of 3.40.

Parental Supervision ($d = .70$) indicates that the parents increased their supervision and monitoring of their children, a key skill taught in weeks nine through 12 of the program. This skill draws on the earlier skills of parent/child bonding and family communication. To have such a large program effect for Parental Supervision not only reflects parents having learned and implemented supervision skills, but also that they had established foundations in the earlier *SFP* skills that support successful supervision.

Positive Parenting marks a shift from a punishment/aversion-based parenting style to a reward based and nurturing style of parenting in order to achieve the relationships and behaviors most likely to reduce child maltreatment. Positive Parenting indicates that the parents were using rewards, problem solving, and limit setting for discipline instead of punishment or adverse consequences to get their children to change their behaviors. This measure is a key protective factor for reducing child maltreatment as parents replace physical and harsh punishment with positive behavior change strategies and techniques in order to get the behaviors they want from their children.

Parental Involvement reflects strong implementation of the skills taught the initial four weeks of the program, and also indicates that the parents continued to be involved with and bond with their children throughout the program as they moved on to learn additional skills of communication and supervision. In the first weeks of the program, parents focus on attending their child, spending time with their child engaged in an activity of the child's choosing and begin to praise the good things they see their child doing and resist criticizing, questioning, and instructing the child (skills that are later implemented as part of parent supervision). This is done through a skills activity called Child's Game. This is designed to improve parent/child attachment and bonding and positive interactions so that the child is more likely to want to "please" their parent and follow their directions when the later skills of parent supervision are introduced. The strong program effect for CTSC *SFP* in Parental Involvement is likely one reason that the Parental Supervision and Positive Parenting outcomes are so strong.

Parenting Skills ($d = .49$) measured a very strong medium effect size. This measure reports that the parents have learned and used the core skills of *SFP* and are able to implement them and see the intended results. These results are even stronger when considered in the context of the reported pretest skills that the parents had before they entered *SFP*, when they reported a higher pretest mean of 3.59 on a five-point scale, as compared to the norm of 3.43. Parenting Skills measures the change in parents' knowledge of the parenting skills taught throughout the 14 lessons and their implementation of those skills. Noting that the parents reported very high parenting skills at the beginning of the program, to have a medium increase in parenting skills after only 14 weeks is a strong improvement. This is a very strong finding, particularly since the CTSC *SFP* parents had a higher pretest mean than the *SFP6-11* Norm and therefore had less room for change.

Family Functioning Change. The second largest parent skills changes were in Parental Efficacy ($d. = .56$) and Positive Parenting ($d. = .56$). The Parental Efficacy measurement shows that the parents gained more confidence in their overall ability to parent in the short time period of 14 weeks from the beginning of the program until the end. Confidence in parenting makes it more likely that they will be consistent and able to follow-through with their directions, rules, and expectations. It also means that they will be more resilient when they are challenged in parenting and with their children's behaviors and interactions. This improvement in Parenting Efficacy also indicates that they were likely benefiting from the support of the staff and other parents and that they had been able to use the skills they were learning to improve their relationship with their children. It is an indication of increased confidence in their ability to parent and that they can continue to use these skills to parent into the future. This measure is a key indicator in the prospects that the skills and program effect will be sustained as they move forward after the program.

Child Social Skills and Behavior Change. Five (100%) of the five child/youth outcomes were found to have statistically significant positive results with a large program effect in one measure and a medium program effect in four measures. Child Concentration ($d. = .56$) achieved a large program effect. Child Covert Aggression ($d. = .22$), Child Overt Aggression ($d. = .33$), Child Depression ($d. = .22$) and Child Social Skills and Behavior ($d. = .26$) achieved medium program effect sizes. The Child Cluster Scale measured a medium program effect of $d. = .44$. Table 23 provides the level of significance and strength of the program effect for the five child measures and the Child Cluster Variable for Year 08, with a comparison to the effect size for the *SFP* normative sample of families that completed *SFP6-11* within the last five years at agencies across the United States.

Notable is that the Child Cluster Variable for CTSC's 28 agencies aggregate achieved a medium program effect size ($d. = .44$), although slightly smaller than the *SFP6-11* Norm with the effect size ($d. = .47$). The cluster variable, since it includes an aggregate of changes in the children for all the behavior change measures (i.e., concentration, aggression, depression, and social skills and behaviors) found that there was a noted significant change with a strong medium program effect of $d. = .44$. The CTSC *SFP* child change measures that provide a measure of immediate changes in the children are all strong immediate changes as they indicate that the protective factors of future substance abuse and other associated negative social behavior have changed to the point that parents have noticed and are able to report the change.

Child Concentration reports the children's change in concentration which indicates that the children were better able to listen, follow directions, and complete tasks. This is particularly reflective of successful implementation of the key skills of "Parent's Game" and parental supervision. This change in the children's ability to concentrate, as reported by the parents, is a strong positive. Inability to concentrate causes children to have school academic problems, which is a major risk factor for later association with antisocial peers and drug use.

Child Covert is understood as verbal and non-verbal and often invisible aggression. It often takes more time for parents to notice a change in it because of its "covert" nature. Covert aggression involves stealing, lying, gossiping, whispering, eye rolling, and character assassination. It also includes other "deceptive" behaviors, and by its definition is often difficult to discern and to trust that it has decreased. These behaviors are often difficult for parents to identify,

especially in the early stages of improved parent/child relations. As parents and children build trust and children become better able to advocate for themselves and problem solve, it is likely that covert aggression will diminish even further and that parents will be more aware of the change and better able to report it, making the significant medium program effect for CTSC *SFP* more notable. During the program, child and parent skills training focuses on parents' noticing behavior change in their children and also building on the family communication skills that support reduced covert aggression. A future follow-up posttest and a gender analysis are recommended to determine if there is a further decrease in Covert Aggression.

Child Overt Aggression measures overt physical and verbal outbursts and aggression. It is notable that these behaviors were reported to have a medium program effect, or behavior change. This is particularly important in reducing bullying and improving interpersonal relations for children. It can be directly reflective of skills taught in the Child Social Skills Training and Family Communication components of the program that include conversation skills, anger management, giving and taking criticism, and problem solving. It is likely an indication that the children have learned social and communication skills taught in *SFP* and see them as an alternative to Overt Aggression.

Child Depression ($d = .22$) indicates that the parents have reported that the children are more hopeful and happier, and not a clinical interpretation of "depression." This change is particularly positive as the children in all 2020 and the 2021 *SFP* cycles were dealing with being cut off from routines, social relationships, and dealing with stress and uncertainty in their daily lives. To have a strong improvement in hopefulness and happiness points to an amazing resiliency in these children. This change is indicative of growing resilience in the children as they use their learned skills and get support from their parents. It is also an indication of increased self-efficacy and confidence.

Child Social Skills & Behavior measures the children's increased skills that will serve as protective factors that they can use when faced with adverse situations. This measure includes peer relations, communication, and skills such as ignoring and problem solving. In interpreting the data analysis results, it is likely that the smaller change in social skills development is in part because at pretest they were quite high functioning, according to the parent report with a mean of 3.90 on a 5-point scale. However, due to the continued reduced program effect, in comparison to the *SFP* Norm, it is recommended that Group Leaders, particularly Child Group Leaders, attend advanced training in adherence to the Child Skills and Family Skills Curriculum and in engaging and group process in child skills groups.

In summary, the combined family, parent, and child Year 08 outcomes are very strong and profound positive results, particularly in the context of an aggregate analysis of 95 cycles with a total of 28 agencies, that span geographic areas and communities across the state of South Carolina and vary in *SFP* implementation experience spanning from less than one year to eight years of implementation experience, and family risk levels and factors. Additionally, all these cycles required initial and ongoing adaptation to a new virtual platform and for in-home sessions due to COVID-19, starting in 2020 and continuing throughout 2021.

Overall, the Year 08 family, parent, and child outcomes are commendable based on the large program effects and higher pretest functioning when compared to the *SFP* Norm. They

point to the strong levels of improved family functioning and family management, parenting skills, and child social skills and behaviors. It indicates adherence to the curriculum, a high level of staff experience and attention to teaching the skills at the multiple CTSC sites, and it indicates that the *SFP* is "suitable" and culturally congruent for the CTSC families. This is a particularly strong finding since all Year 08 required continued virtual adaptations in response to the COVID-19 pandemic. Since the family, parent, and child skills continue to improve over time and often do not realize the strength of the program effect until the individual parent skills and child skills are in place and are practiced, a second posttest given to the families to measure program effect after six months to a year after completion would extend the findings of the current evaluation. Such a three-point repeated measures design would provide further understanding of the effect of the program; it is difficult and expensive to conduct such a study and would require some revision to the current evaluation procedures. In the absence of a longer-term evaluation, this evaluation does include data points of the Group Leader Checklists and the Participant Satisfaction Survey, both of which corroborate the effectiveness and suitability of *SFP* in improving family skills that lead to improved family functioning.

VI. YEAR 09 RECOMMENDATIONS FOR CONTINUED IMPLEMENTATION

It is recommended that the CTSC *SFP* initiative continue as it is being delivered presently with the following minimal recommendations for maintaining and improving program fidelity, effectiveness, and evaluation as it continues into Year 09:

- *Evaluation Design.* It is recommended that the Year 08 evaluation design be continued for Year 09. This will include the fidelity assessment, parent satisfaction survey and outcome evaluation. It will allow for continued comparisons to the evidence-based model, comparison of the CTSC funded agencies, for change over time for the CTSC *SFP* initiative and to the SFP6-11 National Norms.
- *Site Visits.* It is recommended that the bi-annual site visits be continued for all agencies at their multiple sites, both new and veteran, as it provides opportunity to measure fidelity, assure quality, and provide technical assistance for the staff.
- *Capacity Achievement and Enrollment.* Based on the referrals and enrollment for the 95 Year 08 cycles, when possible and available, agencies with excessive eligible referrals should be given additional funds for additional cycles. CTSC is already doing this, and the purpose of this recommendation is to note AGA's support of the ongoing expansion of the initiative.
- *Male and Multiple Caregiver Enrollment.* Strategies and goals should be set to increase the enrollment of male caregivers AND multiple caregivers in a family. This should be a priority. Coaches should be in constant contact with the site coordinators to track families at risk for not completing and offer suggestions as to how to retain the families, noting that TA is constantly available from AGA as there are often missed opportunities, through the appeal process to mitigate individual circumstances that fall outside the usual fidelity guidelines. In working towards a higher male caregiver enrollment and participation rate in Year 08, technical assistance to the agencies should focus on the rate and number of families with male caregivers, initially returning to the prior year levels and then moving towards higher rates of upwards of 35%.

- *Advanced SFP Group Leader Training.* It is recommended that CTSC have AGA provide *Advanced SFP Group Leader Training* to all sites and staff that have completed at least one cycle of *SFP* to particularly focus on the child curriculum and delivery of *SFP* virtually on the Zoom platform, the Parent Skills Group curriculum and the Child Skills Groups curriculum, in both the virtual and in-person platforms. At the time of this report CTSC is not providing *Advanced SFP Group Leader Training* as authorized by the Program Developer.
- *Staffing Diversity by Gender and Race.* While CTSC *SFP* site staff was found to be culturally proficient in working with the families, there is a need for more male staff. Best practices is that all skills groups have one male and one female group leader. In Year 08, the number and ratio of male group leaders was reduced. The goal is to have 50% of staff be male. This includes one male group leader in each child skills group and one male group leader in each parent group.
- *Expand CTSC SFP to Include Additional SFP Age Variants.* To date CTSC *SFP* has exclusively use the SFP6-11 curriculum for all cycles. Based on the highly successful capacity building and community buy-in for *SFP* by the agencies, many agencies have capacity to deliver *SFP* to a broader age range and serve at-risk families with children older and younger than ages 6-11. It is recommended that CTSC *SFP* expand from requiring all cycles to deliver SFP6-11, to allowing them to select on of the three *SFP* age variants based on community need, demand and capacity. However, this recommendation is for each cycle to only deliver one of three age variants and not to combine age variants. Children outside of the age range of the selected *SFP* age variant would continue to attend age appropriate activity groups, which may or may not be *SFP* skills training. There has been inquiry and interest particularly in serving teens by agencies involved with substance abuse prevention and for children age 3-5 for agencies involved with Head Start and childcare centers. This model has been very successfully implemented, and was published in a New Jersey study (Kumpfer et al, 2010. Effectiveness Outcomes of Four Age Versions of Strengthening Families Program in Statewide Field Studies. *Group Dynamics: Theory Research, and Practice*, 14(3), 211-229. AGA invites the opportunity to work CTSC to affect this expansion if possible. If additional age groups are added, AGA should provide *Advanced SFP Group Leader Training* for coaches and agency staff delivering the program that are already trained in *SFP* to learn the nuances of the age variants. This is a one-day advanced training and is not required but it valuable and usually welcomed by staff transitioning to a new age variant.

FINAL COMMENT

CTSC has implemented an exceptional community-based *Strengthening Families Program* with high fidelity and exceptional enrollment and completion rates for the Year 08 evaluation period from January 1, 2021 through December 31, 2021. During Year 08, 28 agencies fully implemented 95 cycles, a resounding number of cycles in a 12-month period. The 28 agencies included 23 "veteran" agencies that had been implementing *SFP* for at least one year prior to 2021 and four "new" agencies. Of note is that some of the 28 veteran agencies expanded in 2020 to serve new communities and/or new identified special populations in their catchment areas, further exemplifying the strength of the overall breadth

and scope of the CTSC *SFP* initiative. These agencies fully implemented the 95 cycles with high fidelity and consistency to the evidence-based model with no noted breaches of fidelity or modifications to the program requiring that the *SFP* model be adapted to a virtual platform in order to assure the health and safety of the families in response to the COVID-19 pandemic. They all provided all recommended program components, logistics, and standards stated in the fidelity benchmarks. Even for veteran agencies, CTSC has surpassed capacity achievement and completion rate benchmarks in Year 08. In Year 07, CTSC enrolled 1,044 families, including a total of 1,269 parents and 1,464 children, for a total of 2,733 participants. This represents over a 20% increase in families served in 2022, as compared to 2021. Of those 1,044 families, 865 completed *SFP*, including 1,062 parents and 1,199 children for a total of 2,261 participants completing. This resulted in a notable family completion rate of 82.85% and a mean of 9.11 family/cycle completing, a substantial increase from the Year 07 mean of 8.61 families/cycle completing. For every Fidelity Benchmark and Fidelity Standard, CTSC has exceeded expectations.

While CTSC has proven to be an exceptional program in and of itself, but particularly since in this eighth year of the implementation, CTSC has exceeded any expectations by continuing to implement virtually and by adapting the program to respond to the COVID-19 pandemic, delivering 89 cycles using a virtual platform, with virtual adaptation being accomplished in 88 of the virtual cycles with fidelity to the established *SFP* evidence-based model. Further, Parent Satisfaction for Year 08 remained high and comparable to the Year 07, with a Year 08 mean score of 4.83, consistent with previous years' scores of 4.90 in Year 07, 4.84 in Year 06, and the Year 05 mean of 4.77. With regards to Year 08 overall satisfaction, 98.14% of participants reported being well/very well satisfied.

This evaluation finds that CTSC continues to operate with high fidelity, integrity, and quality assurance meeting or exceeding all Fidelity Benchmarks and with all measured outcomes showing strong statistically significant program effect. These efforts and attention to ongoing quality of implementation are likely to continue to effect strong and robust results, particularly in enrollment, completion and outcomes for the attending families that exceed findings from previous research studies recognized in establishing *SFP* as an internationally recognized evidence-based practice. Based on the findings, our principal recommendation is that CTSC continue doing what they are doing and continue to expand their program as the demand increases in their current catchment areas and as they aggressively fund new agencies expanding their geographic reach across the state of South Carolina. Year 08 continues to provide the opportunity to develop, operationalize and deliver a model that can be delivered in multiple platforms for a variety of families and varied community contexts. It is recommended that in Year 09 the multi-platform delivery of *SFP* continue and that the evaluation be continued to further measure and test the efficacy of the adaptations. Opportunities for expansion to high-risk groups (e.g., child welfare involved, special needs, ethnic/racial groups, gender specific groups and at-risk populations, such as opioid and substance affected, domestic violence and incarceration) should continue with funding allocated for special populations and expansion. While this is a process and likely to take more than one year, the past seven years' experience serve to frame the model and provide evaluation findings that will make it possible for the resulting Coaching Model and impact of family skills training for high-risk families to be evidence-based and replicable. AGA is

honored to partner with CTSC and it is our intention to wholly support your initiative and disseminate your innovative best practices and findings.