

Strengthening Families Program

Cycle 13 Graduation

FBHS Celebrates the 13th Cycle of the Strengthening Families

Alana Rabb, Lead SFP Child Facilitator and Community Health Specialist at FBHS

Fairfield Behavioral Health Services (FBHS) congratulates 9 families during Cycle 13 graduation from the Strengthening Families Program (SFP) on Thursday, December 14th, 2023. Mrs. Veronica Edmonds, the SFP Site Coordinator, hosted our in-person graduation at Fairfield Middle School, which was attended by the families' guests, previous cycle participants, FBHS Executive Director Vernon Kennedy Sr., Mandina Kennedy, FBHS board member Mr. Brian Bonds, and Mrs. Karen Dukes-Smith who is the Senior SFP Program Coordinator and Coach for the Midlands Region for the Children's Trust of South Carolina (funding organization).

The graduation started with a traditional opening ritual of "He's got the whole world in his hand" with an SFP twist, everyone clapped and sang along as each family stated their names. Mrs. Edmonds started graduation with a welcome to the families and their guests. With deep sympathy, Mrs. Edmonds stated, "SFP was a well-needed program in Fairfield County, but unfortunately, we will be pausing for a while". The theme for the night was "Being Better Together". Mrs. Edmonds continued to thank the families for all their hard work, time, and perseverance in the program over the past 14 weeks. Cycle 13 helped us to reach our organizational goal of graduating 100 families with a total of 101 families graduating over 4 years. Mrs. Edmonds proceeded to talk about how she uses some of the skills taught such as "noticing and ignoring" teaching us to ignore some of the unwanted behaviors of the child and ignore them. She emphasized how some of the skills learned may be a new style of parenting, but families now have some "new tools" in their toolbox.

Special thanks were given to all SFP staff who served as facilitators, daycare workers,

recruiters, administrative assistants, food servers, as well as to sponsors. Especially to Fairfield Middle School Principal Brandon Dixon for allowing us to use their school, and those who sponsored a family meal during this cycle to include Richard Winn Academy, Winnsboro Lions Club, Fairfield Forward, Mr. Victor Young and Mrs. Libby Lever.

Mrs. Thomas, Mrs. Owens, and Mrs. Barnette gave heartfelt reflections about how the Strengthening Families Program has helped their family grow in so many ways and how much of a difference this program has made within themselves, their children, and the entire family.

"This program has taught me to make more time for my son and being able to listen and hear what is on his mind. We can't always use the same generational ways that we were brought up on and this program has helped me to use a different approach". --Mrs. Kimmie Thomas

"This program has taught me to ignore the small things that would get on my nerves and sometimes as parents, we have to realize that we need a time out as well if we want better for the child, we need to change ourselves too." -- Mrs. Sharon Owens

"I didn't expect to learn as much as she did and appreciate all the knowledge poured upon them. I've learned to make time for my son, be there for him, and value his opinions. This has made our relationship even stronger". -- Mrs. Tiffany Barnette

The graduation ceremony continued recognizing all families for the completion of the Strengthening Family Program. The crowd applauded with excitement as each family received a family portrait, certificate of completion, monetary gift card incentive, and a gift bag filled with family games and activities to help continue implementing the SFP skills they learned.

The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general-population families that is recognized both nationally and internationally. SFP is unique and the most effective family skills training program because it involves the whole family with children ages 6-11 participating in their classes run on the same night once a week. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth in the first hour, followed by a joint family practice session in the second hour. Evidence shows that SFP can teach families how to...

- Build stronger relationships in the family
- Listen more and yell less
- Prevent behavior problems
- Better manage stress
- Enhance Parenting Skills
- Improve youth's social and life skills
- Reduce the likelihood of child abuse & neglect

Special thanks to all 9 families who graduated from the program joining the other 92 families. SFP collective impact in Fairfield County over the last four years includes 101 families graduating with 111 parents, 134 children ages 6-11, 19 children under 6, and 78 teens ages 12-17 for a total of 342. According to outcome evaluation reports from the last 12 SFP Cycles, high success rates with parents being satisfied with the program, attempted to use the skills, successfully using the skills, program improved family functioning, program improved parent functioning, program improved child functioning, overall program satisfaction. (*Children's Trust of South Carolina Year 08 Evaluation Report- Ahearn Greene Associates, LLC*).



Veronica Dadzie-Edmonds, the Rutherford Family and Mr. Vernon Kennedy, Sr.



The Thomas Family



The Featherstone Family



The Barnett Family



The Strong Family



The Jones Family



The Mack Family
Perfect Attendance Award



The Owens Family



Veronica Dadzie-Edmonds & Karen Dukes-Smith

3 Things SFP Helped Me With

- "Build a better relationship with my kids"
- "Be more patient"
- "Set limits"

3 Things I Learned

- "Ignore small unwanted behaviors"
- "How to be clearer when speaking / giving instructions"
- "Praise children often for things they do"

Thank you SFP Staff for 4 Outstanding Years! **Veronica Dadzie-Edmonds**, Site Coordinator; **Ashley McLaughlin, Jennifer Johnson**, Lead Parent Facilitator; Parent Facilitator (former graduate); **Alana Rabb**, Lead Child Facilitator; **Erica Mack**, Child Facilitator (recent graduate); **Dwayne Robinson**, Child Facilitator (former graduate); **Queen Robinson**, Parent Facilitator (former graduate); **Keegan Johnson**, Childcare Leader; **Karla Pickett**, Student Childcare Worker **Douglas Johnson**, Administrative Support; **Vernon Kennedy, Sr.**, Program Manager and other helpers of the years.

Celebrating 4 Years of Success!

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See the amazing impact SFP has made for Fairfield County families!

Most Recent Full Year Outcomes

Three (3) cycles completed by 26 families

between 1/1/20-12/31/20

100% Parent Satisfaction

100% Attempted to Use Skills

85% Successfully Used Skills

100% said Program Improved Family Functioning

100% said Program Improved Parent Functioning

96% said Program Improved Child Functioning

97% said they would Recommend Program to Others

100% reported Overall Program Satisfaction

Children's Trust of South Carolina Year 07 Evaluation Report

- Ahearn Greene Associates, LLC

Most Recent Full Year Outcomes

Three (3) cycles completed by 21 families

between 1/1/21-12/31/21

100% Parent Satisfaction

100% Attempted to Use Skills

85% Successfully Used Skills

100% said Program Improved Family Functioning

100% said Program Improved Parent Functioning

85% said Program Improved Child Functioning

100% said they would Recommend Program to Others

100% reported Overall Program Satisfaction

Children's Trust of South Carolina Year 08 Evaluation Report

- Ahearn Greene Associates, LLC

Most Recent Full Year Outcomes

Three (3) cycles completed by 17 families

between 1/1/22-12/31/22

100% Parent Satisfaction

95% Attempted to Use Skills

89% Successfully Used Skills

100% said Program Improved Family Functioning

95% said Program Improved Parent Functioning

95% said Program Improved Child Functioning

95% said they would Recommend Program to Others

100% reported Overall Program Satisfaction

Children's Trust of South Carolina Year 09 Evaluation Report

- Ahearn Greene Associates, LLC

How SFP Helped Me

"Have better patience"

"Learn how to communicate effectively with my child/household"

"Provide praise to my child and learn just as important and should be done often"

What I Learned

"Always reward good / positive behavior"

"Ignore certain situations without having stress if no harm is being done"

"Listen to my child"

101 families graduated in Cycles 1-13 • 75% graduation rate in Cycles 1-13 • 111 parents • 134 children 6-11
19 children under 6 • 78 children 12 and older who participated in Life Skills Training for a total of 342 impacted