

**Parents In Anne Arundel
County Are Talking About
Strengthening Families**

“The Strengthening Families Program has encouraged and inspired me to be a mother to my children. It has helped me to deal with underlying issues so that I can become a more responsible adult and a productive member of society. Thank you endlessly.”

– Dawn, Parent

“I learned how to discipline my children and reward them also. Strengthening Families taught me patience...how to use time-outs....how to do things as a whole family.”

– Phillip, Parent



DEPARTMENT OF HEALTH

The services and facilities of the Anne Arundel County Department of Health are available to all regardless of race, color, religion, political affiliation, national origin, age, sex, sexual orientation or disability.

STRENGTHENING FAMILIES PROGRAM

**Anne Arundel County
Department of Health
Alcohol and Drug Abuse
Prevention Services**

410-222-6724

www.aahealth.org



The Strengthening Families Program is a 14-session program for Anne Arundel County parents and their children ages 6-17. The program provides training in parenting; children's social and life skills; and family relationship skills. Strengthening Families features structured family activities, family meetings, children's games and activity planning. The program provides family meals and assists with transportation and childcare.



STRENGTHENING FAMILIES: A PROGRAM FOR PARENTS AND CHILDREN

Strengthening Families in Anne Arundel County and Worldwide

Strengthening Families was developed in Utah in the 1980s as a substance abuse prevention program for parents and children. The Anne Arundel County Department of Health began its Strengthening Families Program in 2003. Today Strengthening Families is used worldwide for families representing many different ethnic groups in various urban and rural settings, including schools, churches and community centers. Parent participants have been high-risk substance abusers as well as non-substance users.

The science-based program has helped to improve children's behavior, mental outlook and grades, and it has helped to reduce their aggressive and violent actions. Follow-up studies found reductions in the participants' alcohol, tobacco and drug use up to five years after they graduated from the Strengthening Families Program.

What can parents gain through Strengthening Families?

The Strengthening Families Program helps parents

- Improve family communication,
- Provide effective discipline,
- Set constructive limitations,
- Use attention and rewards to improve their children's behavior, and
- Understand the negative impact of substance abuse on family relationships.

What can children gain through Strengthening Families?

The Strengthening Families Program helps children

- Develop better communication and social skills,
- Understand their feelings,
- Solve problems,
- Resist peer pressure,
- Learn the consequences of substance abuse, and
- Comply with family rules.

For more information about the Strengthening Families Program, call Alcohol and Drug Abuse Prevention Services, 410-222-6724.

