



Outcomes Evaluation and Program Effectiveness

Families in Recovery Program 2003 - 2009

BACKGROUND

What is the Families in Recovery Program? The Families in Recovery Program is a statewide network of parent education and support groups specifically for families in which one or more of its members are in recovery from drugs and/or alcohol.

Focus of the Program: The Families in Recovery Program provides parent/caregiver support groups during and after chemical dependency treatment for families overcoming substance abuse. Families in Recovery groups give members essential tools to build healthy family relationships and become part of a supportive, drug-free community.

Why the Families in Recovery Program? With over 70% of CPS cases involving alcohol and/or other drugs, the risks to families affected by substance abuse are devastating. Children of chemically dependent parents are more likely to have problems such as drug use, school dropout, teen pregnancy, violence, gang involvement and future health problems. FIR groups help families gain critical social and life management skills as well as provide connection to an encouraging and drug free community. A Parent Trust for Washington Children group for drug-affected families helps protect against substance abuse relapse and decreases the risk of child abuse and neglect.

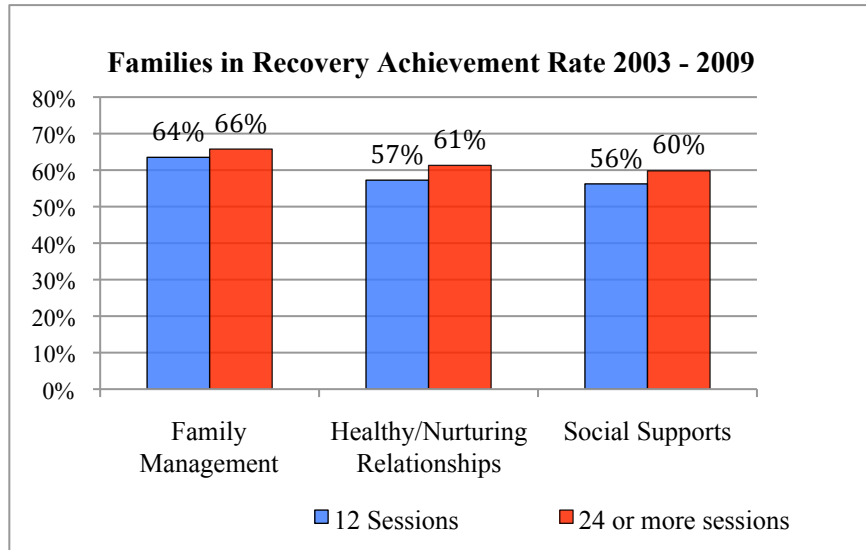
Who does the Families in Recovery Program serve? The groups serve clients from the treatment center that hosts the group. These clients consist of a broad range of parents and caregivers. More than half of the members in our groups are actively involved with CPS and/or the criminal justice system. Many of them have had their children removed temporarily or permanently from their custody and placed with relatives or foster parents. To regain custody, cases depend largely on the parent's success in completing treatment.

Families In Recovery Program Increases Protective Factors: Our surveys are based on the child abuse prevention literature, and measure the following outcomes: Increase applied family management skills and knowledge of normal child development. The research of Hawkins and Catalano (1991) relate the increase of "protective factors" such as an increase in family management skills with the decrease of child abuse and related destructive parenting. Increase the social support network of each family. Bensley and Meengs (1996) discovered that adequate parenting and decreased child maltreatment are consistently associated with the presence of supportive social relationships for the parent. The research of Daro et al. (1993) indicates that parents who have other parents to talk to are better able to learn positive parenting skills and reinforce behavior change.

RESULTS

Achievement Rate Goal & Benchmark: 60% of participants will increase their knowledge and skills a minimum of 10%.

Achievement Rate Results, N=545:



- **64%** of participants in this program met the minimum benchmark increase of 10% or more in their family management skills at 12 sessions and **66%** at 24 or more sessions.
- **57%** of participants in this program met the minimum benchmark increase of 10% or more in nurturing/healthy relationships at 12 sessions and **61%** at 24 or more sessions.
- **56%** of participants in this program met the minimum benchmark increase of 10% or more in their social support network at 12 sessions and **60%** at 24 or more sessions.

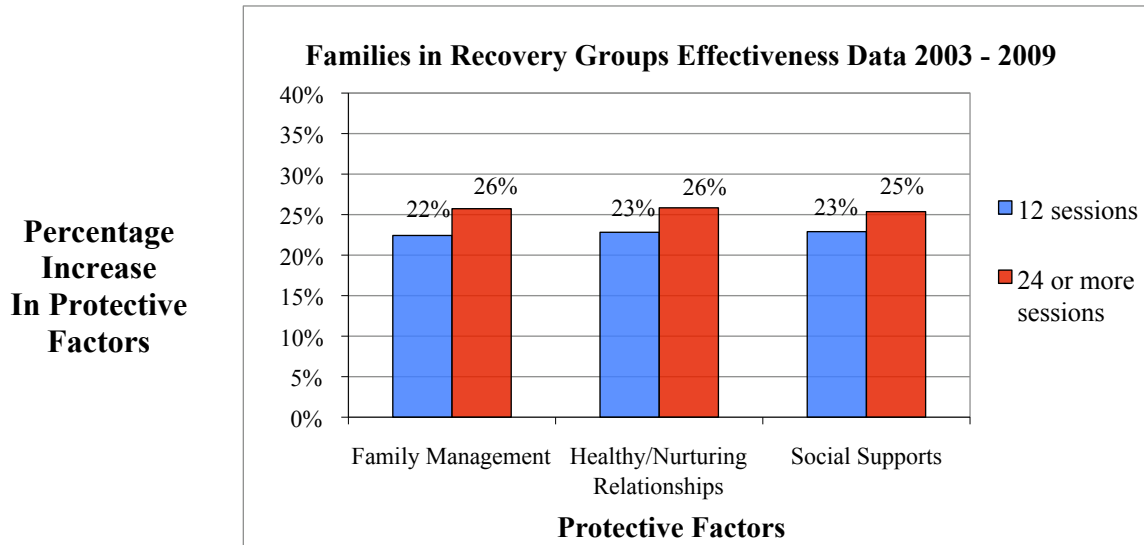


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Outcome Goal: Increase social support and family management skills by 10%.

Outcome Results N=545:



12 sessions -- Our outcome evaluations indicate that the parent/caregivers attending up to 12 group sessions report a minimum:

- **22%* increase in family management skills**
- **23%* increase in nurturing/healthy relationships**
- **23%* increase in social supports.**

24 or more sessions:

- **26%* increase in family management.**
- **26%* increase in nurturing/healthy relationships**
- **25%* increase in social supports.**

*= Statistical significance at $P < 0.001$ → (very strong evidence that results are statistically significant)