
Empowering Families: The Power of Prevention Programs



Bay-Arenac ISD

SUPPORT • FACILITATE • COLLABORATE

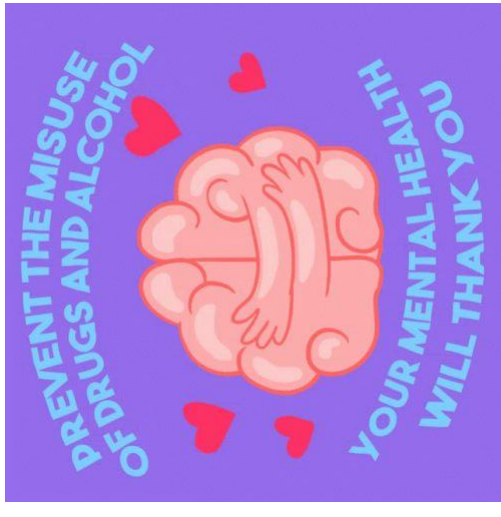
Outcomes

- **Explain** why prevention programming that includes or supports parents/caregivers is essential.
- **Identify** key characteristics of evidence-based parenting/caregiver programs.
- **Evaluate** programs and curricula for quality, cultural relevance, and family engagement.
- **Explore** real-world examples of evidence-based programs that involve or support parents/caregivers.
- **Apply** tools to select or recommend appropriate family-based prevention strategies for their community or setting.

Reflection Question



“What role do
parents/caregivers
play in your
prevention efforts?”



Why Families Matter in Prevention

- Parental influence = Major protective factor.
- Engagement reduces risk behaviors (pg 35)
- Youth outcomes improve when parents are supported

Reflection Question

Think of a time when a parent or caregiver made a real difference in yours or another young person's life. What was their role?"

Evidence-Based vs. Evidence-Informed

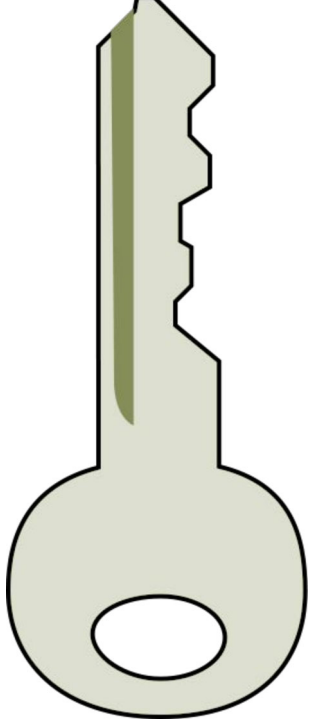
What: Be able to identify the difference in an evidenced based or evidenced informed parent program

Why: We need to understand the difference so we can choose, adapt, and implement parenting prevention programs that are both **proven effective** and **responsive to the unique needs** of the families and communities we serve.

How:

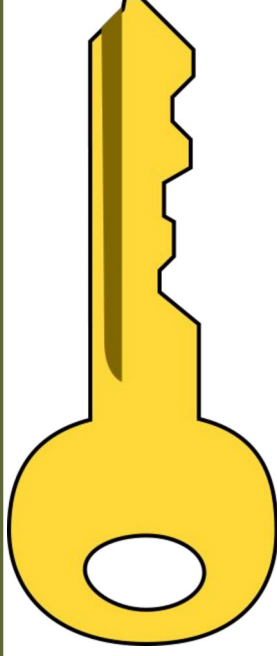
- Discussion on keys of evidenced based/evidenced informed
- Matching activity

Keys to Evidenced Informed



- **Grounded in Research**
- **Guided by Professional Expertise**
- **Culturally and Contextually Responsive**
- **Data-Driven Decision-Making**
- **Flexible and Innovative**
- **Stepping Stone Toward Evidence-Based**

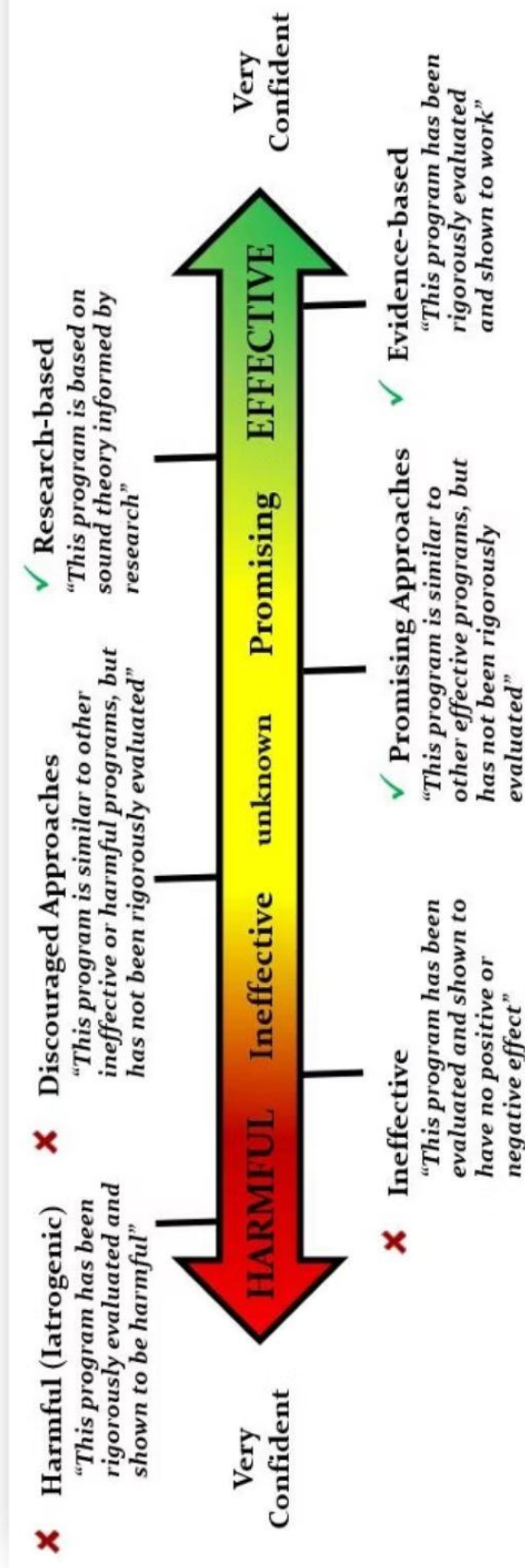
What Makes a Program Evidence-Based?



- **Proven Through Research**
- **Replicable and Reliable**
- **Listed on Recognized Registries:**
- **Guided by Clear Protocols:**
- **Accountable and Measurable:**
- **Strong Foundation for Funding:**

What Does It Mean When We Say a Program is "Evidenced-based?"

Prevention scientists rate programs along a continuum of confidence:



Evidence-Based vs. Evidence-Informed Activity

- Step 1: In small groups, determine which program descriptions are truly evidence-based.
- Step 2: Each group to decide whether each program is:
 -  Evidence-Based
 -  Evidence-Informed (some data or promising, but not fully tested)
 -  Not Evidence-Based
- Step 3: Debrief together:
 - Which were easiest to identify?
 - What made you unsure?
 - What questions would you want to ask the program developer?

Evidence-Based vs. Evidence-Informed

Evidence-Based 	Evidence-Informed 
Proven through research with measurable, positive outcomes.	Grounded in research and theory, even if not yet rigorously tested.
Replicable and reliable across settings when implemented with fidelity.	Flexible and adaptable to meet local or cultural needs.
Listed on registries such as SAMHSA, Blueprints, or CASEY Family Programs.	Guided by practitioner expertise and community experience.
Structured protocols with manuals, training, and fidelity tools.	Data-driven improvement using local outcomes to refine approaches.
Accountable and measurable through ongoing evaluation.	Encourages innovation and creative adaptation while staying research-aligned.
Often preferred for funding due to proven effectiveness.	Can evolve toward evidence-based through documentation and evaluation.

Examples in Action: Family-Focused Programs

- [Strengthening Families Program \(SFP 10-14\)](#)
- [Triple P – Positive Parenting Program](#)
- [Guiding Good Choices](#)
- [Families Facing the Future \(for parents in recovery\)](#)
- [Parent Café / Be Strong Families](#)
- [Nurturing Parenting](#)
- [The Incredible Years](#)
- [InPACT at Home](#)

Choosing the Right Fit: Tools & Frameworks



- [Blueprints for Healthy Youth Development](#)
- [SAMHSA's Evidence-Based Program](#)
- [CASEL SElect Programs](#) (if focusing on SEL too)

Program Fit Checklist

- Age/cultural match
- Family engagement
- Staff capacity
- Cost/resources
- Evaluation tools



“FIT CHECK” Decision Tool

Instructions: Rate each factor on a scale from 1 (low fit) to 5 (high fit)

Category	Questions	Rating (1–5)
Need Fit	Does this program address the top 2–3 family risk factors in your community?	
Cultural Fit	Is it adaptable to local culture, language, and values?	
Capacity Fit	Does your organization have trained facilitators and resources?	
Readiness Fit	Are families and partners ready to engage?	
Sustainability Fit	Can you sustain this program after initial funding?	

“FIT CHECK” Decision Tool

● **Would this program work in your setting?**

● **Why or why not?”**

Total Scores:

- **20–25:** Excellent fit – proceed with implementation.
- **15–19:** Good fit – plan capacity-building supports.
- **10–14:** Moderate fit – consider adaptations.
- **Below 10:** Low fit – explore alternative programs.

Reflection & Wrap-Up



What is one action you'll take in the next month to explore or recommend a family focused prevention program?



Thank You for attending
today's session



More information contact:

Barry T. Schmidt
989.397.4888 Cell or schmidt@baisd.net

