



**Kitsap
County**

WASHINGTON STATE UNIVERSITY
EXTENSION

STRENGTHENING FAMILIES (10-14)

2015

BY THE NUMBERS

It is estimated that \$202,771 was saved in Kitsap county in 2015. This is a cost benefit assessment of potential costs of treatment avoided through prevention of problem behaviors, e.g., substance abuse, delinquency) and is based on an estimated benefit per child (\$6,541) multiplied by children served. (Penn State University)



ISSUE

Research conducted by Washington state Department of Social and Health Services on risk factors for prevention of substance use and abuse in 10-17 year olds show that youth across the state are at risk of early problem behavior as measured by alcohol and drug arrests, property crime arrests, and vandalism arrests in 10-14 year olds. Studies by many researchers have found a model that includes both parents and youth to be most effective in long-term behavior change and reducing risk.

RESPONSE

Since 2007 WSU Kitsap Extension has delivered the evidence-based prevention program, Strengthening Families (10-14) to families in diverse communities, including in Spanish language.

In 2015 three programs were delivered in Kitsap County: West Hills S.T.E.M. Academy, Suquamish Elementary and Mountain View Middle School.

Twenty-one families participated in Strengthening Families (10-14) programming in Kitsap County in 2015. Thirty four parents/caregivers and thirty one youth were engaged.

Applied for and received grant funding from Kitsap County Mental Health, Chemical Dependency and Therapeutic Courts 1/10 of 1% sales and use tax for Strengthening Families (10-14) 2015-16 programming and supervision.



QUOTES

Youth quote:

"While we were in the auditorium some kids sitting behind me were passing out marijuana, well one kid was giving it to the other kids and when I turned around to see what they were doing they offered me some. I said no thanks and moved."

"I learned that my parents are fun to be with."

Parent quote:

"I was amazed by my children. They are very happy with this program."

"In this time that my daughter was acting a little rebellious and we were getting to a point where we were both shouting. She would shout at me and I would shout at her. This helped us a lot. And from that time forward, it seems she has learned a lot of self-control, too, and we have, too."

IMPACTS

In pre- and post-program surveys the seven-week program consistently demonstrated evidence of improvements in communication, positive involvement, attachment, institution of clear rules about substance abuse and harmony in families who participated.

