



**The Program is held one day a week for 2½ hours and is divided into the following skill sets:**

## **Dinner**

*(half hour)*

**Families will eat dinner together and practice communication skills with a group leader.**

## **Family Class**

*(half hour)*

**Families come back together to practice skills learned in their separate groups.**

## **Individual Classes**

*(1 ½ hours)*

**Parents and children divide into separate groups to learn age-appropriate skills.**

## **Essential Skills Taught**

- **Family Dinners**
- **Communication**
- **Bonding**
- **Positive Discipline**
- **Problem Solving**
- **Goal Setting and Achievement**
- **Anger Management**
- **Establishing Family Values**

## **Benefits**

- **Increase quality family time**
- **Coping with anger and criticism**
- **Learn effective communication skills**
- **Positive results in preventing substance abuse**
- **Improving parenting skills and family relationships**
- **Stress management**
- **Resisting peer pressure**

## **Proven Results**

- **Twice as effective in decreasing alcohol, tobacco, and other drug use as any other prevention program.**
- **Improves social and life skills, peer resistance, and communication skills.**
- **Improves parent/child attachment and family relations, communication, and organization.**
- **Improves adults' parenting skills and parent-child bond, reducing excessive punishment and lax discipline.**

## Program Background



Dr. Karol Kumpfer

The **Strengthening Families Program** was developed in the mid-1980s by Dr. Karol Kumpfer, psychologist and professor at the University of Utah on a NIDA research grant with children of substance-abusing parents. In the more than 30 years since its development, it has been evaluated in many randomized control trials and field studies by independent research teams and rated as a Model or Exemplary Evidence-Based Program. The program is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families.

Utah Valley University implemented the **Strengthening Families Program** in 2008 under the supervision of Dr. Grant Richards, professor of Behavioral Science, at Utah Valley University. Currently, the program is held at 5 locations within Alpine School District using trained student interns and volunteers as facilitators.

The program is held 3 times a year

January – April  
May – August  
September – December

### How can my family participate?

Interested families should contact:

Dr. Grant Richards, Director  
(801) 863-8316

Mackenzie Pranger, Managing Director  
uvustrengtheningfamilies@gmail.com

Program Hotline  
(385) 336-7370

Visit the program's website at:  
[strengtheningfamilies.weebly.com](http://strengtheningfamilies.weebly.com) or  
on Facebook, "Utah Valley University  
Strengthening Families Program."



## Strengthening Families Program



**A FREE 12 week  
research based skills  
training program for  
the entire family.**