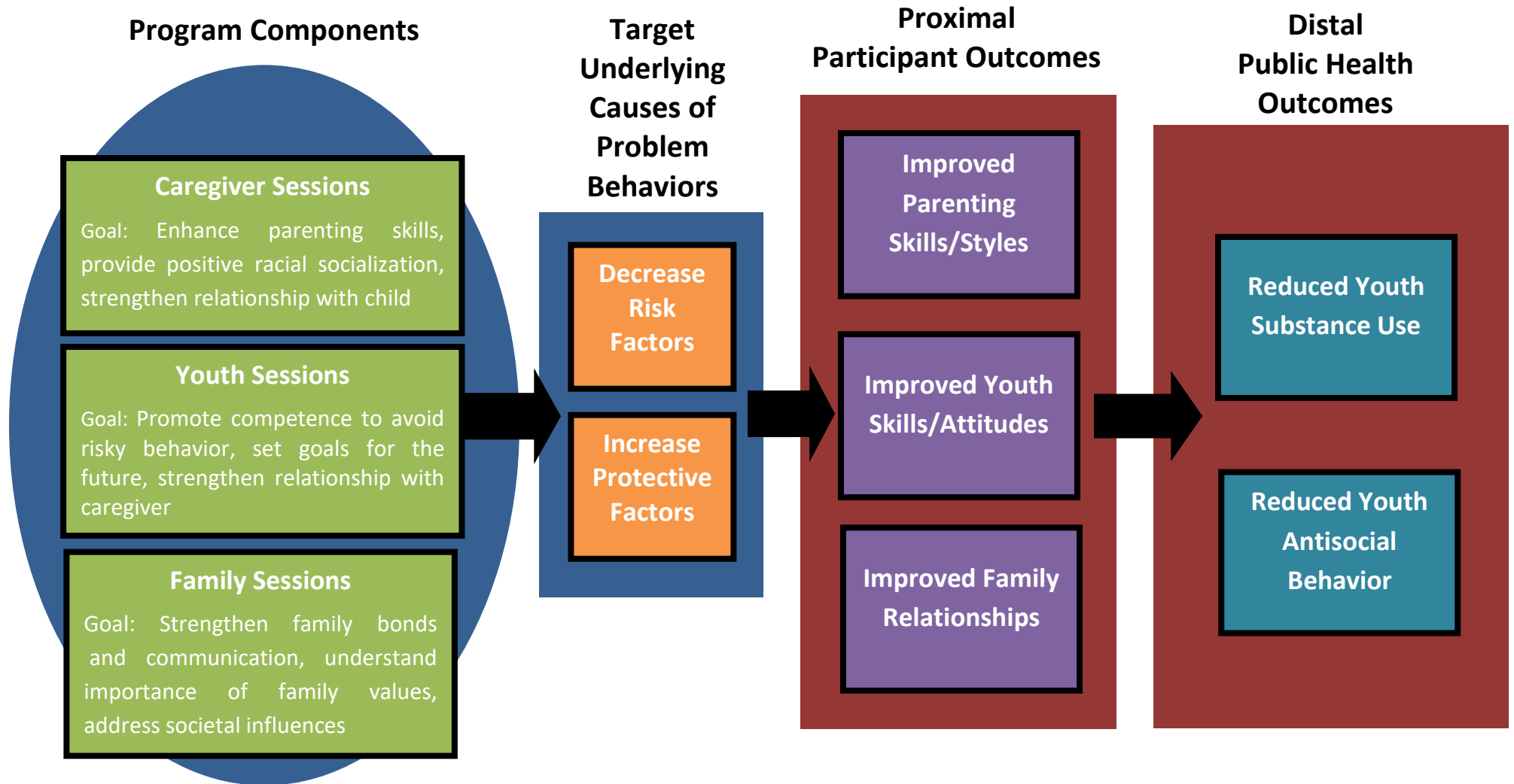


# Strong African American Families (SAAF)

Developed in collaboration with Center for Family Research, University of Georgia

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at the Pennsylvania State University



## Researched Delivery Model:

- targets African American youth ages 10 to 14 and their caregivers
- goal of serving 12 families per program
- delivered once weekly for 7 weeks
- a scripted curriculum with interactive video instruction
- led by three facilitators
- caregiver and youth sessions run concurrently followed by a joint family session for approximately two hours of instruction
- a family meal is recommended prior to program delivery to promote bonding and facilitator modeling

**Program Components & Goals**

SAAF is delivered over 7 weeks. Each week, the youth and parents meet separately and then, together. Targeted goals drive the caregiver, youth, and family sessions.

**Program Modalities**

Specific strategies, methods, and techniques are used to accomplish the program goals.

**Targeted Risk and Protective Factors**

Risk factors, which increase the likelihood of early initiation to substance use and other risky behaviors, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Proximal Outcomes**

SAAF is designed to impact targeted outcomes *immediately following* program completion.

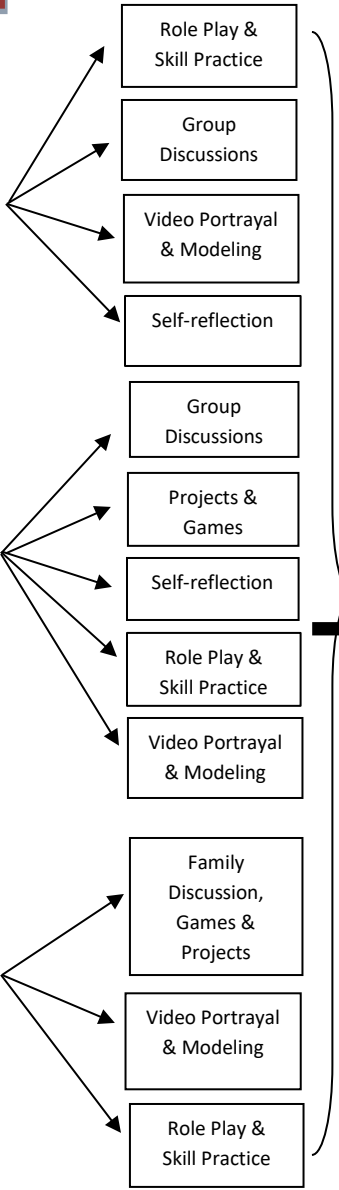
**Distal Outcomes**

Outcomes impacted by the program *months/years following* program completion have been demonstrated through research.

**Component: Caregiver Sessions**  
**Goal:** Enhance parenting skills, provide positive racial socialization, strengthen relationship with child

**Component: Youth Sessions**  
**Goal:** Promote competence to avoid risky behavior, set goals for the future, strengthen relationship with caregiver

**Component: Family Sessions**  
**Goal:** Strengthen family bonds and communication, understand importance of family values, address societal influences



**Risk Factors:**

- Favorable attitudes towards substance use/those who use substances
- Favorable attitudes to antisocial behavior
- Poor family management
- Parental attitudes towards antisocial behavior & drug use
- Low school commitment & attachment

**Protective Factors:**

- Clear standards for behavior
- Perceived risk of drug use
- Increased problem-solving skills
- Increased refusal skills
- Increased parental involvement in education
- Rewards for prosocial involvement
- Increased attachment to parents
- Positive future orientation

**Improved Parenting Skills/Styles:**

- Improved involved-vigilant parenting
- Increased awareness of youth norms
- Improved caregiver monitoring
- Improved caregiver racial socialization

**Improved Youth Skills/Attitudes:**

- Improved decision-making skills
- Improved risk avoidance skills
- Decreased involvement in risky behaviors
- Increased acceptance of parental influences

**Improved Family Relationships:**

- Warm, communicative youth-caregiver relationship

**Reduced Youth Substance Use:**

- Less likely to initiate alcohol use
- Less likely to continue substance use, if already began

**Reduced Youth Antisocial Behavior:**

- Less likely to experience conduct problems
- Increase in negative attitudes towards drug use and sexual activity
- Increase in peer pressure resistance