

Name of Program/Strategy: Family Effectiveness Training

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1. Overview and description

Family Effectiveness Training (FET) is a family-based program for Hispanics that targets family factors known to place children at risk. FET helps Hispanic immigrant families with children ages 6 to 12, particularly when the child is exhibiting behavior problems, associating with deviant peers, or experiencing parent-child communication problems. The goal of FET is to strengthen families by increasing their ability to adapt to new situations, particularly developmental and cultural challenges the family will face. The program consists of three components: Family Development, Bicultural Effectiveness Training, and Brief Strategic Family Therapy. FET uses two primary strategies to initiate change: 1) didactic lessons and participatory activities that help parents master effective family management skills and 2) organized discussions in which the therapist/facilitator intervenes to correct dysfunctional communications between or among family members. The training sessions last for 13 weeks, are 1½ to 2 hours long, and are tailored to each individual family.

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2. Implementation considerations (if available)

Family Effectiveness Training requires committed, enthusiastic, sympathetic counselors who are familiar with and respectful toward multicultural settings, languages, and values. Minimum professional qualifications include basic knowledge of how family systems operate and 3 years experience working with children and families. The ideal candidate has a master's degree in social work, or marriage and family therapy, or mental health counseling. However, individuals with a bachelor's degree and equivalent clinical experience may also qualify.

Counselors must be able to:

- Present didactic material in an understandable way
- Elicit family participation in structured exercises
- Intervene in family discussions to improve dysfunctional family interactions
- Be flexible enough to adapt the intervention to the specific needs of each family

Each family participates in the program for 13 weeks, with one 1.5- to 2-hour session per week. One full-time counselor can provide FET to 15 to 20 families per week, depending on the experience and maturity of the counselor.

3. Descriptive Information

Areas of Interest	Substance Abuse Prevention Violence Prevention
Outcomes	Program evaluation showed Family Effectiveness Training helped Hispanic/Latino immigrant families with 6- to 12-year-old children, particularly in cases where the child is exhibiting behavior problems, associating with deviant peers, or experiencing parent-child communication problems. FINDINGS: <ul style="list-style-type: none">• 35% reduction in children's disruptive behaviors• 66% reduction in children's associations with antisocial peers• 34% reduction in children's irresponsible behaviors• 14% improvement in children's self-concept• 75% improvement in family functioning
Outcome Categories	Alcohol Crime/delinquency Drugs Education

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	Family/relationships Quality of life Social functioning Violence
Ages	6-12 (Childhood)
Genders	Male Female
Races/Ethnicities	Hispanic or Latino
Settings	School Other community settings
Geographic Locations	Urban Suburban
Implementation History	
NIH Funding/CER Studies	
Adaptations	
Adverse Effects	
IOM Prevention Categories	Selective

4. Outcomes

5. Cost effectiveness report (Washington State Institute of Public Policy – if available)

6. Washington State results (from Performance Based Prevention System (PBPS) – if available)

7. Where is this program/strategy being used (if available)?

Washington Counties	Oregon Counties

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8. Study Populations

Evaluation Methodology

FET was evaluated using a Solomon Group Four design with a clinical extension. Seventy-nine Hispanic families were randomized either to receive FET or to a minimum contact control condition. To control for a testing bias in the results, some members of the treatment group and some members of the control group were not given a pretest. Posttest assessments were conducted at about 13 weeks (around the time the FET condition was completed). Those in the control group had the opportunity to receive the treatment after the 13-week posttest was administered. A follow-up was conducted 6 months after the posttest. Families assigned to FET received 13 lessons, at a rate of one lesson a week. Families assigned to the control group had only minimal contact with program staff.

Evaluation Outcome

Youths who received FET had significantly fewer behavioral, personality, and inadequacy problems and reported greater improvement in their feelings about themselves at the termination of treatment, compared with the control group. FET significantly improved the family structure, functioning, resonance, developmental stage, and conflict resolution.

Supplementary Materials

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9. Quality of Research

10. Readiness for Dissemination

11. Costs

12. Contacts

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