

Strengthening Families

Fidelity Instrument

The following instrument is designed to provide information about how you are implementing Strengthening Families Program 10-14 (SFP). This information will be used as part of the SFP evaluation for both program improvement (e.g., to modify sessions that are not well received or add to sessions that may be lacking in content) and to provide a context for interpreting the pre-posttest survey results.

Please complete this form after every program session. It is important that you complete the instrument as soon after each session as possible. Completing the instrument immediately after each session will help ensure that information about the session is still fresh in your mind.

Thank you very much for taking the time to provide this important information.

Session Number 1

Program code: _____

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

- Stresses and problems youth face
- The value of parental love and limits in helping youth develop
- Supporting youth's goals and dreams
- Thinking about the qualities they want in their youth
- Positive family relationships

Youth:

- Visualizing dreams and goals for the future

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 2

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

- Understanding changes in youth
- Understanding the need for rules
- Reminding youth about rules without criticizing
- Identifying strengths
- Expressing appreciation

Youth:

- Acknowledging frustrations and difficulties (both theirs and their parents)
- Understanding parent/caregiver stress and what it might make them say or do
- Appreciating the things parents/caregivers do

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 3

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

- How to notice good behavior and give compliments
- How to use rewards to teach new behaviors
- How to use a point system to teach good behaviors
- How to build positive relationships
- Understanding the value of family meetings
- How to conduct a family meeting
- Privileges and rewards for Point Charts

Youth:

- How to identify situations that may cause stress
- Identifying stress symptoms
- Healthy ways of coping

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 4

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

- Understanding why it's important to stay calm and respectful
- Using small penalties for small problems
- Saving big consequences for big problems
- Connection between family values and their activities and decisions
- Identifying their own family values

Youth:

- Everyone has rules and responsibilities
- Following rules makes things go better

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

6. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

7. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 5

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

The value of good listening skills

Listening for feelings

The basis for misbehavior

Building listening skills

Problem solving as a family

Youth:

Drugs and alcohol (and the harm caused)

Refusal skills

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 6

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

- How to protect youth from drug and alcohol abuse
- Ways to interact effectively with the youth's school
- Monitoring youth
- How to talk as a family about avoiding drug and alcohol abuse
- How to talk as a family about other behavioral problems
- Setting clear expectations for youth

Youth:

- Additional refusal skills
- How to identify good friends

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 7

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed during this session.

Parents:

Understanding special needs that families may have

Accessing support

Expressing appreciation

Youth:

Service to others

Interacting with positive older teen role models

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.