Abstract

Introduction. There is a need to disseminate on a large scale effective programs that focus on training in family skills to prevent multiple developmental problems in children and the use of addictive substances in high-risk children. Independent reviews have concluded that the program for Strengthening Families (SFP), developed by the author, is the most effective in preventing substance abuse program. Cultural adaptations have resulted in successful outcomes of SFP in many countries, including Spain (as is reflected in the article by Dr. Carmen Orte). This article reviews 30 years of history of the implementation and results of the SFP in different cultures and cultural adaptations. Methods. Social Ecological Model, which has been tested using SEM (Structural Model Ecuacuaciones) (Kumpfer, Alvarado and Whiteside, 2003), and shows that there are certain family factors (binding, monitoring and reporting) is presented that is the most important in the protection of substance. Therefore, this theory served as the etiological theory behind the design of SFP 14 sessions. LA behavioral social cognitive theory (Bandura, 1989) is the theory of intervention. The Programme for Strengthening Families (SFP) (Kumper and DeMarsh, 1985) was the first training program was developed and families in a randomized controlled trial (RCT), proved effective in improving the results of children of parents who abuse drugs. Many countries sought to implement the SFP, hence they had to develop systems for training of qualified personnel and a process of cultural adaptation. Results. After eight randomized controlled trials (RCTs), four of these carried out by independent research teams, and after hundreds of quasi-experimental studies with follow up to 10 years, it has been shown that SFP’s effect on reducing consumption of substance abuse among adolescents. Revisions to the meta-analysis by the Cochrane Collaboration in Oxford University concluded that the SFP was the most effective in preventing drug and alcohol program (Foxcroft, et al., 2003). A cost-benefit analysis of Miller and Hendrie (2008) concluded that the SFP had the highest percentages of efficacy in the prevention of alcohol and drug use among young people. Cultural adaptation is a required element in the fidelity of SFP. In five studies showed that the recruitment and retention of a 40 percent improvement. Conclusion. The SFP is spreading throughout the world by the United Nations Office on Drugs and Crime and by 27 governments. Content and research program described in this article for Strengthening Families in several countries, including Spain. In addition, reference is made to the future of a new version of the SFP 8-16 program, which is available for PC and DVD for families to be seen at home.
Keywords
Family interventions, substance abuse prevention, children substance abusers.