

The Swedish experience of family and parent programs

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Background

- Increased youth drinking in the 1990s in combination with increasing population drinking and future liberalization Swedish alcohol policy paved the way for new approaches for prevention of alcohol and drugs
- More focus on prevention strategies that engage parents/other adults by means of family/parental programs from 2000-

A Nationell strategy for parent training

- **Government decision in 2009:** A general program aiming to reach all parents and to “prevent illhealth and social problems among children”
- **Definition parent training:** “Activity that teaches parents about the health of children , emotional, cognitive and social development and strengthens the social network of parents”
- **Specific aim:** All parents with children up to 17 years should be offered support

Sub-goals of the strategy

- Increase cooperation at the local level between organizations having activities directed towards parents (e.g. municipalities, county councils, NGOs).
- Increase the number of health promoting arenas and meeting places for parents: (physical and web)
- Increase the access of parent programs , in particular evidence based programs (focus on evaluations of programs)

Mapping of the situation in 2011 at the local level

(source: SNIP, 2012)

- About half of the municipalities reported that parent programs are given high priority – (6% low)
- 66% reported cooperation within the municipality and 70 % with other municipalities
- On average 5 per cent of all parents participate (48 000 families) – continuous increase since 2004.

Who works with family and parent interventions?

- Public sector (Municipality, County councils (e.g. parental groups in mother- and child healthcare)
- NGOs (voluntary organisations, study associations,)
- Church

13 structured family programs mentioned -some examples

- **ÖPP: (70%)** Örebro Preventions Program: short school meetings aiming at promoting restrictive attitudes among parents: (2000-
- **Cope (44%)** based Community Parent Education Program (2000-): strengthen parents to solve everyday problems.
- **Komet (39%)** based on Parent Management Training (2003-)
- **Föräldrakraft (3%)** - Strengthening Families Program (2004-)

Mapping of organizations in Stockholm (EFE-project)

Aims:

1. Identify organizations working with families and parents in a broad sense, not only specific family and parent programs
2. Identify networks
3. Obtain more detailed information about their activities by interviewing some key persons (leaders and professionals) – what works and what can be improved

The mapping

- **42 organizations identified**
- **20 organizations contacted**
- **23 employees (leaders/ professionals) interviewed in a web survey about the work. (e.g. what works and what can be improved)**

Networking

Contacted organizations:

Blue= public sector, Orange=NGOs, Green =
Church

Number of interaction partners:

Socialtjänsten	2
Maria ungdom	3
Citypolisens ungdomsrotel	1
Blå Bandet	6
Simon	4
SPIK (ingår i LP-verks (Levi Petrus))	3
UNF	2
FMN Föräldraföreningen mot narkotika	7
Verdandi	3
Tjejzonen	3
Maskrosbarn	2
Majblomman	2
Lugna gatan	2
Föräldraalliansen	3
BRIS	2
Friends	2
Riksförbundet DHR	1
Ersta Diakoni, Vändpunkten	1
Stockholms Stadsmission, Enter	1
Svenska Kyrkan	10

“Success factors”

- To have multiple partners and strengthen the work.
- The existence of a large number of enthusiasts “eldsjälar” , volunteers and dedicated teachers at schools who work with children and adolescents.
- High education - of the 13 who responded 12 have a post-secondary education

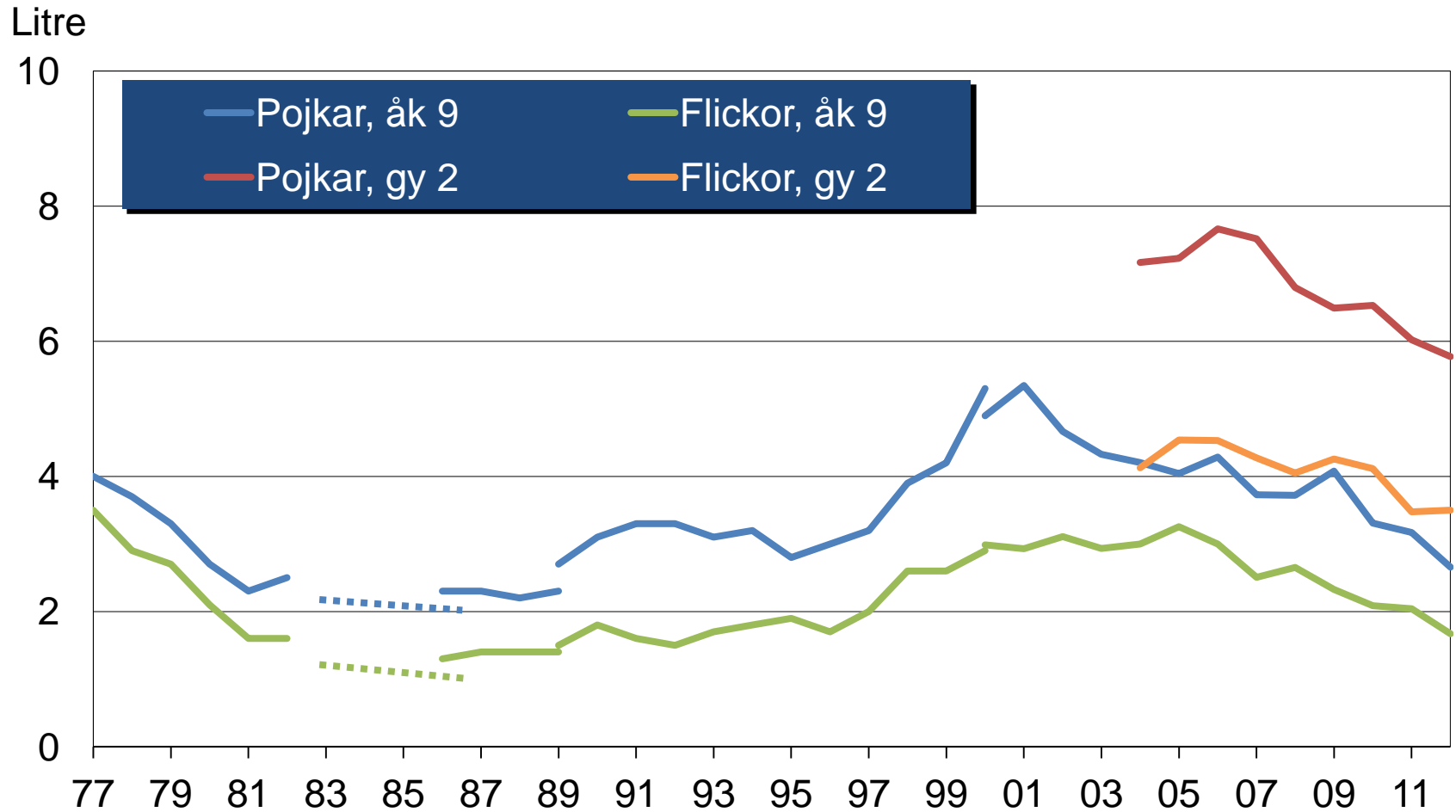
Potential improvements

- More resources (money, staff)
- Better information about for example support for children who live in abusive environments - a tendency that the families in great need also are the same that doesn't search support.
- Use social media to a larger extent - for example on-line self-support programs.

To sum up: increasing work with family programs in Sweden:

Any implications for drinking?

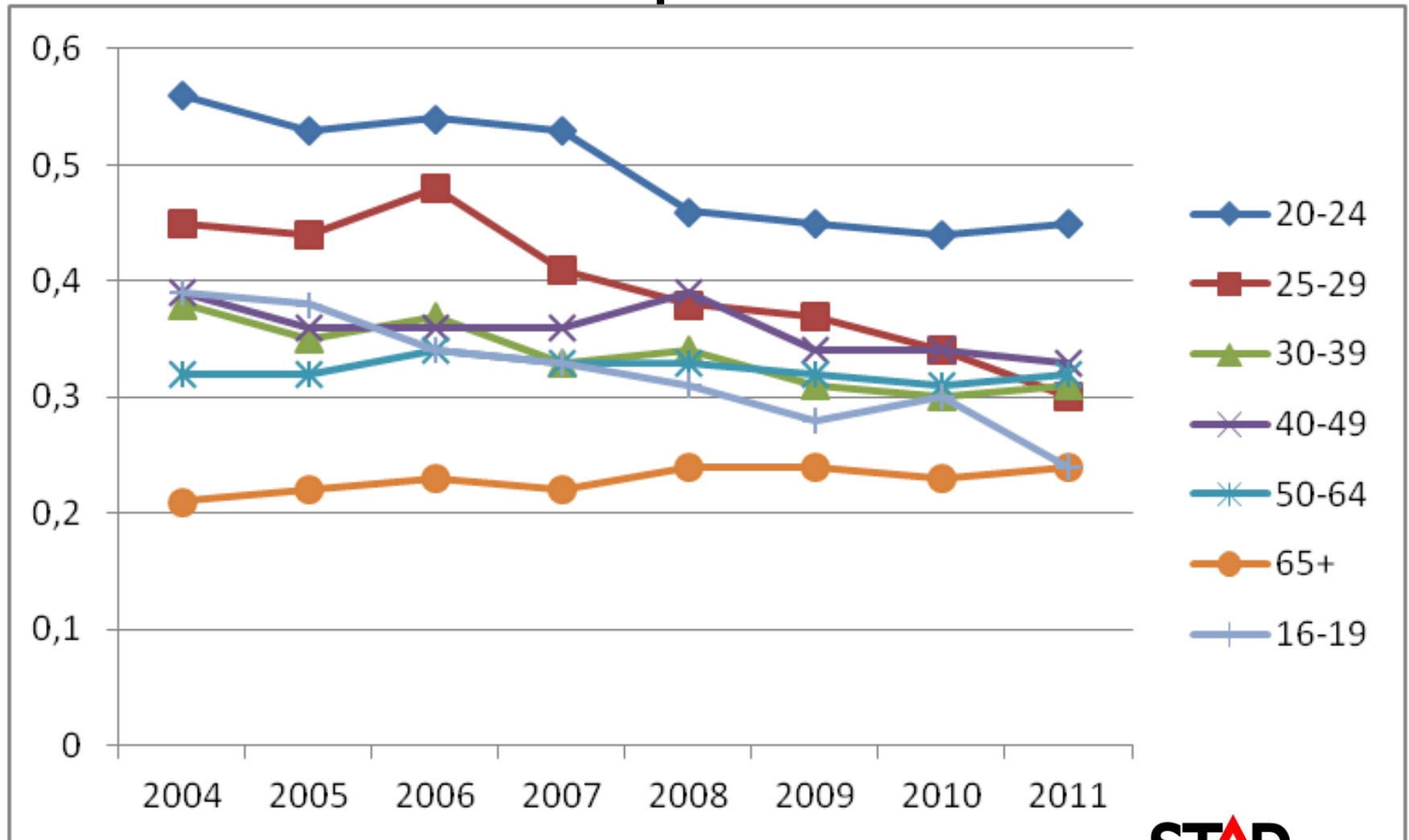
Alcohol consumption has declined in Sweden among young people after 2000.



Parents have become more restrictive - self-reports from 15 years olds of whether they are allowed to drink at home

Year	Boys	Girls
2006	50 % (24 %)	58 % (19 %)
2007	46 % (21 %)	53 % (17 %)
2008	45 % (20 %)	53 % (17 %)
2009	42 % (18 %)	48 % (15 %)
2010	37 % (16 %)	45 % (14 %)
2011	34 % (13 %)	38 % (11 %)
2012	30 % (13 %)	36 % (10 %)

Alcohol consumption has declined in Sweden in recent years – in particular among younger groups but also and parents



Summary

- Parent and family programs are given high priority in Sweden
- Many organizations are involved and many programs are offered
- Parents more restrictive
- Declining drinking among youth (and parents)