



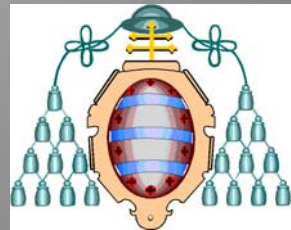
European Family Empowerment Improving family skills to prevent alcohol and drug related problems



JLS/DPIP/2008-2/112



**EUROPEAN COMMISSION
DIRECTORATE-GENERAL JUSTICE, FREEDOM AND SECURITY
Directorate D: Civil justice, rights and citizenship
Unit D4: Financial support for Fundamental rights and citizenship**





Main Objective

The proposed study is a capacity-building European Family prevention project aimed to increase family organizational capacity and family synergies working together with other organizations towards prevention.

Its main objective is to explore and develop the preventive possibilities of current European families on their children alcohol and drug use and abuse and to find the conditions through which these skills could be enhanced, by identifying the conditions that will facilitate parents' empowerment when managing their children risk behaviours.



Specific Objectives

- To explore existing evidences on capacities and possibilities of family empowerment to prevent use of alcohol and other drugs.
- To detect to what extent factors identified in the literature review are present in the European families. Special focus will be placed on checking if the identified factors work in a similar way (are efficient) across countries and/or cultures.
- To find out interactions and implications amongst parents and children and, through this knowledge, to explore parents possibilities and difficulties when carrying out preventive actions within the family.
- To explore adolescents willingness and permeability to several preventive parental actions.
- To find out and analyze gender influence in the possibilities carried out by parents as well as in the experienced by their children.
- To assess the level of family organization and participation in social and community activities (school, parents associations, networking...) in each participating country and empower related intuitions in order to test promising prevention strategies to enhance protective factors.
- To elaborate best practice strategies and skills in order to increase and promote family protective factors.
- To set up a strategic plan to disseminate the main findings and ensure its diffusion through the organizational tissue of the target groups.



Literature Review

- Theoretical model. Hypothesis on relationship between family factors analysed, social net organization of families and interventions strategies.
- Family Risk & Protective factors proven efficient in the prevention of drug use.
- Impact of formal and informal parents networks.
- Functioning of social capital in parental supervision.
- Preventive action that parents can carry out outside the family home paying special attention to school and leisure spheres.
- Possibilities and problems to be faced when addressing family prevention.

Adolescents

- Description and evaluation of their parents supervision.
- Youngsters social networks and perceived parental knowledge of such networks.
- Perceived parental knowledge of their risk behaviours.
- Willingness to negotiate with their parents
- What do they expect from their parents

Parents

- Children supervision: what kind, how, how come, when, where...
- Problems and possibilities to be faced when exercising parental supervision.
- Membership networks.
- Use of networks to reinforce their preventive and supervision capacity.
- How to reinforce parental networks. Strategies and formats.



Mapping Family
Organization

- Family organizations and networks
- Social entities such as neighbour associations, parents associations at schools, parents associations in churches, and other social or civil organizations...
- Families attending institutions such as Health Centres, Education Centres, and Social Services Centres
- Informal associations. Parents who get informally together while their children play some sport, or meet at cultural activities their children carry out, or participate and share experiences through blogs or social networks...
- Possibilities of IT to reinforce family networks



1. Literature review

To explore existing evidences on capacities and possibilities of family empowerment to prevent use of alcohol and other drugs.

- A systematic literature search of data bases has been undertaken (MedLine, Psycinfo, Psyclit, Cochrane collaboration)
- Literature review will allow to develop a framework on the theoretical issues to be explored:
 - Aetiology of drug use focusing on family (parent styles, parenting)
 - Risk and protective factors
 - Willingness (parents / children) to discuss alcohol and drugs
 - Mutual knowledge (parents / children) on key issues
 - Social organization of families
 - Family monitoring of 'outside' activities
 - Best practice. Interventions that have prove effectiveness.
- Literature review will also allow to reassess the theoretical frameworks linked to family prevention, possibilities and limitations, that can contribute on the research.
- A paper on the literature reviewed will be produced



2. Contact people in institutions and organizations

- Protocol to identify and describe social network of family organization:
 - Mapping of family organization to identify and describe formal and informal institutions where parents participate (school associations, neighbourhood associations, immigrant associations, health centres...)
 - Identify and establish contact with professionals and stakeholders working close to families (first medical assistance, teachers and educators, leaders of institutions and organizations...)
- Protocols to contact selected schools and to carry out survey and focus groups
- Contact key professionals to ensure project endorsement to guarantee collection of information and school and other institutions participation.
- Constitution of a 'consultant committee' in each city to share findings and collect feed-back



3. Survey / Focus group Adolescents and Parents

- Questionnaire to survey adolescents
- Questionnaire to survey parents
- Sampling strategy
- Data base creation (who, where, how many...)
- Data analysis strategy:
 - How to link parents/children responses
 - Structural equation analysis
 - Network analysis (associative forms and how are they used)
 - Values on the strategies used/not used
 - Myths



4. Best Practices / Interventions

- What do we know about what works?
 - Overview of classic components on family prevention programmes
 - Useful Components on strengthening programs
 - Data and conclusions of previous programmes

5. IT and informal social networks

- Using IT to involve parents, adolescents and organizations in informal networks working towards prevention.



5. Dissemination of results

Dissemination of the results and outputs with special emphasis on:

- Organizations, institutions and professionals working with families (health services staff, teachers, educators, mediators and policy-makers)
- Scientific community (participation in congresses, seminars, etc.)

• A strategic dissemination plan will be elaborated to:

- Distribute guidelines
 - Participate in national/international events
 - Publish papers in scientific journals
- Organization of a final seminar (Palma, Spain)



6. Evaluation

- An evaluation plan will be elaborated for:

Process-evaluation

- Monitoring (Documentation, protocols, checklists)
- Assessment (Surveys)

Outcome evaluation

- Checklist of goal-attainment according to the indicators and deliverables.
- Information will be used to elaborate two interim reports and a final report.



Challenges

- Elaborate a framework to link theoretical objectives with methodology and an innovative data analysis.
- Achieve an adequate sample of adolescents and parents.
- Achieve parents participation.
- Methodological improvements to explore adolescents and parents networks and bring to light the formal and informal associative fabric.
- Methodological improvements to explore connections among what adolescents say/believe/do and what their parent say/believe/do.
- Improvements in preventive practice (standards and strategies to strengthen family prevention from the community dynamics) reinforcing the formal and informal associative fabric of families.
- Elaboration of a dissemination plan for the project and its results.



**January 2010- May 2011
(Previous to Prague Meeting)**

Tasks	Time	Partner
1. Literature review <i>Conducted by IREFREA Spain</i>	Jan-June 2010	IREFREA-SP
2a. Draft paper on literature review <i>Sent to all partners for reviewing and comments</i>	May-July 2010	IREFREA-SP All partners
2b. Final paper on literature review <i>Comments received from partners by the end of June</i>		
3. Organization of First Meeting - Prague	May 2010	CUNI IREFREA-SP

Project time plan

May 29th to June 1st 2010
(During Prague Meeting)

Tasks	Time	Partner
4. Coordination for the development of a field-work manual: methods, sample, questionnaires, etc... <ul style="list-style-type: none"> ○ Conducted by IREFREA-SP with the participation of all partners. Translated and adapted to each country 	May-June 2010	IREFREA-SP All partners
<ul style="list-style-type: none"> • Questionnaire to survey adolescents <ul style="list-style-type: none"> ○ LJMU will present a draft ○ To be discussed with all partners 	First Meeting May 30 th 2010	LJMU All partners
<ul style="list-style-type: none"> • Questionnaire to survey parents <ul style="list-style-type: none"> ○ LJMU will present a draft ○ To be discussed with all partners 	First Meeting May 30 th 2010	LJMU All partners
<ul style="list-style-type: none"> • Methodology for sample <ul style="list-style-type: none"> ○ Harry Sumnall to prepare a draft protocol ○ To be discussed with all partners 	First Meeting May 30 th 2010	LJMU All partners
<ul style="list-style-type: none"> • Methodology for focus group: one focus group to be held previous to survey and 2 post survey. <ul style="list-style-type: none"> ○ CUNI will present a draft protocol ○ To be discussed with all partners 	First Meeting May 31 st 2010	CUNI All partners



**May 29th to June 1st 2010
(During Prague Meeting)**

Tasks	Time	Partner
<ul style="list-style-type: none"> • Methodology to promote informal networks <ul style="list-style-type: none"> ○ <i>UTRIP will make a presentation on how to use IT to reinforce or create social networks</i> ○ <i>To be discussed with all partners</i> 	First Meeting May 31 st 2010	UTRIP All partners
<ul style="list-style-type: none"> • Methodology to describe family organizations (formal and informal) <ul style="list-style-type: none"> ○ <i>STAD will present a draft protocol for the mapping of family organizations</i> ○ <i>To be discussed with all partners</i> 	First Meeting May 31 st 2010	STAD All partners
<ul style="list-style-type: none"> • Strategies on Family Prevention <ul style="list-style-type: none"> ○ <i>IREFREA-PT will present a draft protocol</i> ○ <i>To be discussed with all partners</i> 	First Meeting May 31 st 2010	IREFREA-PT All partners
<ul style="list-style-type: none"> • Coordination Plan (networking) • Dissemination Plan • Budget management 	First Meeting May 31 st 2010	IREFREA
<ul style="list-style-type: none"> • Evaluation plan <ul style="list-style-type: none"> ○ <i>Universidad de Oviedo will present a draft protocol</i> ○ <i>To be discussed with all partners</i> 	First Meeting June 1 st 2010	UdO



June 2010 – May 2011 (After Prague Meeting)

Tasks	Time	Partner
6. Mapping of institutions working with families: to contact them and develop a network in each participating city/country <i>Data to be gathered by all partners</i>	Jun-Aug 2010	All partners
7.1. First meeting with 'adviser/consultant committee' <i>To present the project and ask for participation and endorsement</i> <i>Meeting should be taped and main information transcribed</i>	Jun-Jul 2010	All partners
7.2. First focus group-Adolescents <i>To pilot questionnaires and topics.</i> <i>Meeting should be taped and main information transcribed</i>	Sep 2010	All partners
7.3. First focus group-Parents <i>To pilot questionnaires and topics.</i> <i>Meeting should be taped and main information transcribed</i>	Sep 2010	All partners
9. Interim report to JLS (EU) <i>All partners will provided the required information</i>	Sep 2010	IREFREA All partners



June 2010 – May 2011 (After Prague Meeting)

Tasks	Time	Partner
10. Development of school contacts for survey	Sep-Oct 2010	All partners
11. School survey to students and parents	Oct-Nov 2010	All partners
12. Data monitoring, input and cleaning	Dec 2010- March 2011	LJMU
13. Statistical Data analysis <i>Overall data analysis</i> <i>Country specific data analysis</i>	April-May 2011	LJMU
14. Report on survey research findings <i>Draft report produced</i> <i>Reviewed by all partners</i> <i>Final report produced</i>	April-May 2011	
13.1. Second focus groups-Adolescents I and II	Gen-Mar 2011	All partners
13.2. Second focus groups-Parents I and II	Gen-Mar 2011	All partners
Period 2 (meeting 2 in Stockholm)		
13. dissemination Plan (continuity) <i>Presented and discussed with all partners</i>	April 2011	