

MC3: MATTERING AND BELONGING

STRENGTHENING FAMILY COPING RESOURCES





NCTSN Child Trauma Treatment Study

Virginia Strand
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Based on Common Elements approach.

Qualitative review of treatment manuals
to determine practice elements.

Review and rating of manuals by Chorpita
lab.

SFCR was one of 8 out of 26 manuals reviewed that included codes in all domains.



Strand, V. C., Hansen, S., & Courtney, D. (2013). Common Elements Across Evidence-Based Trauma Treatment: Discovery and Implications. *Advances in Social Work, 14*(2), 334–354.

Practice-based Evidence on SFCR

Sample

- 310 families, pre/post data on over 248 families

Feasible

- works in multiple types of sites
- with families who have experienced many types of severe adversity and trauma

Tolerable

- data indicates that 50% of families taking part in the 15-week model are attending 11 or more sessions

Effective

- children experience significant reductions in PTSD symptoms and in behavior problems
- caregivers experience significant reductions in PTSD and other symptoms of distress
- families gain skills in coping and stress reduction, and demonstrate significantly healthier functioning



ACTIVITIES



SHARING



Let's try a Session Experience

Divide into 3 groups

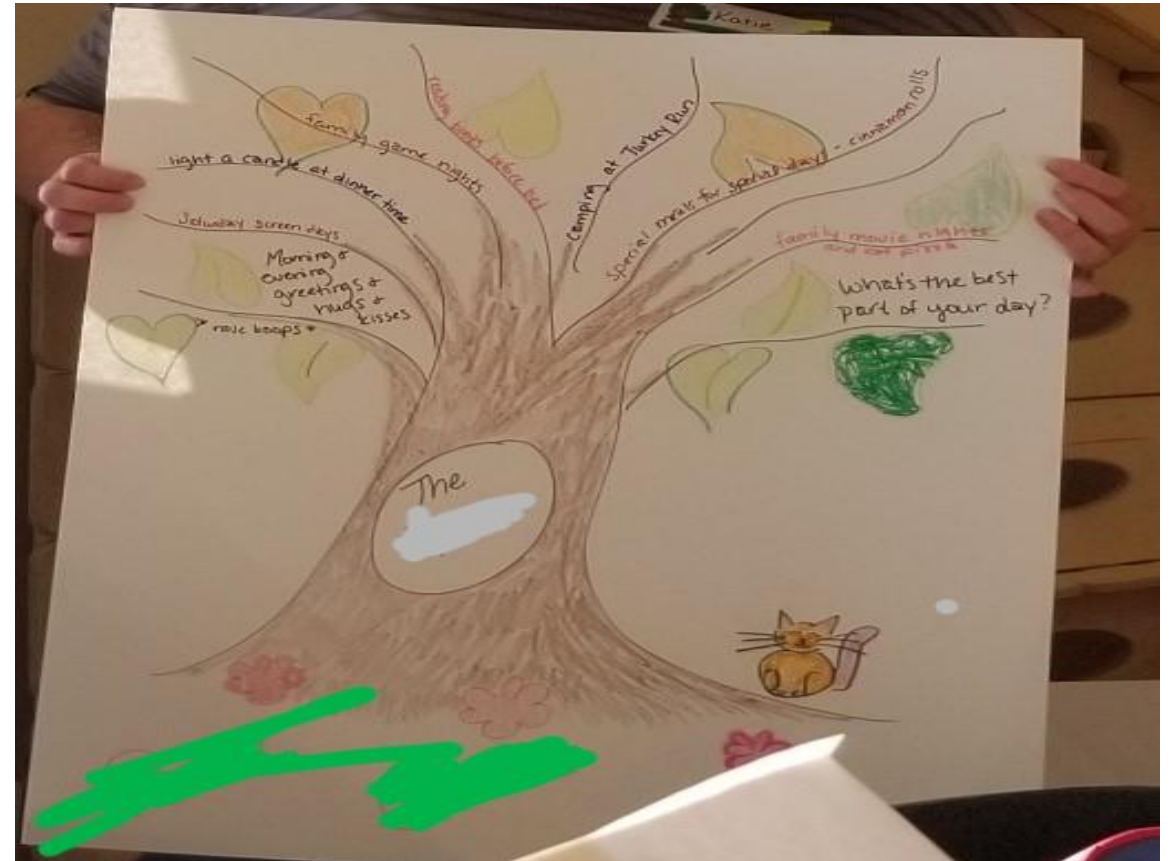
- Adults
- Teens
- Youth



FAMILY FUN BOOK



Sharing Ritual Tree and Family Fun Book







PANEL DISCUSSION

(Ana Cordero)

Carina Leiva

Aja Jester

Sylvia Nowakowski



QUESTIONS

- HOW CAN YOUR SPACE UTILIZE THIS PROGRAM?
- WHAT ARE SOME OF THE CHALLENGES THAT GET IN THE WAY OF PARTICIPATING IN SFCR?



THANK YOU!



SFCR[®]

Strengthening Family Coping Resources

