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# Strong African American Families Programming: From Development to Dissemination

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# **Strong African American Families Programming: From Development to Dissemination**

The Center for Family Research  
The University of Georgia  
<http://www.cfr.uga.edu/>

National Youth-At-Risk Conference  
March 9, 2016

# This presentation will include:

- An introduction to the SAAF Programs
- An overview of curriculum development and content
- A brief overview of the research
- Current dissemination efforts
- Review of program activities

# Introduction: SAAF Programming

*The mission of the Center For Family Research is to do research that makes a difference in the lives of African Americans and use those research findings to develop family-based programs.*

- SAAF: The Strong African American Families Program
- SAAF-T: The Strong African American Families-Teen Program

# Common Themes of SAAF & SAAF-T

Caregiver Sessions	Youth/Teen Sessions	Family Sessions
Parental Monitoring	Peer Pressure Resistance	Building/Encouraging Racial Pride
Being "Askable" Parents/Caregivers	Envisioning Future Life	Understanding each other's stress
Setting Expectations	Building empathy for parents	Dealing with Racial Discrimination
Building empathy with youth/teens	Choices-consequences Games	Parents supporting peer pressure resistance
Supporting Youth/Teen Goals	Resisting personal temptation	Expressing Appreciation/ Identifying Strengths
Balancing Showing Love with Being Strict	Recognizing potential roadblocks/obstacles	Encouraging Healthy Communication

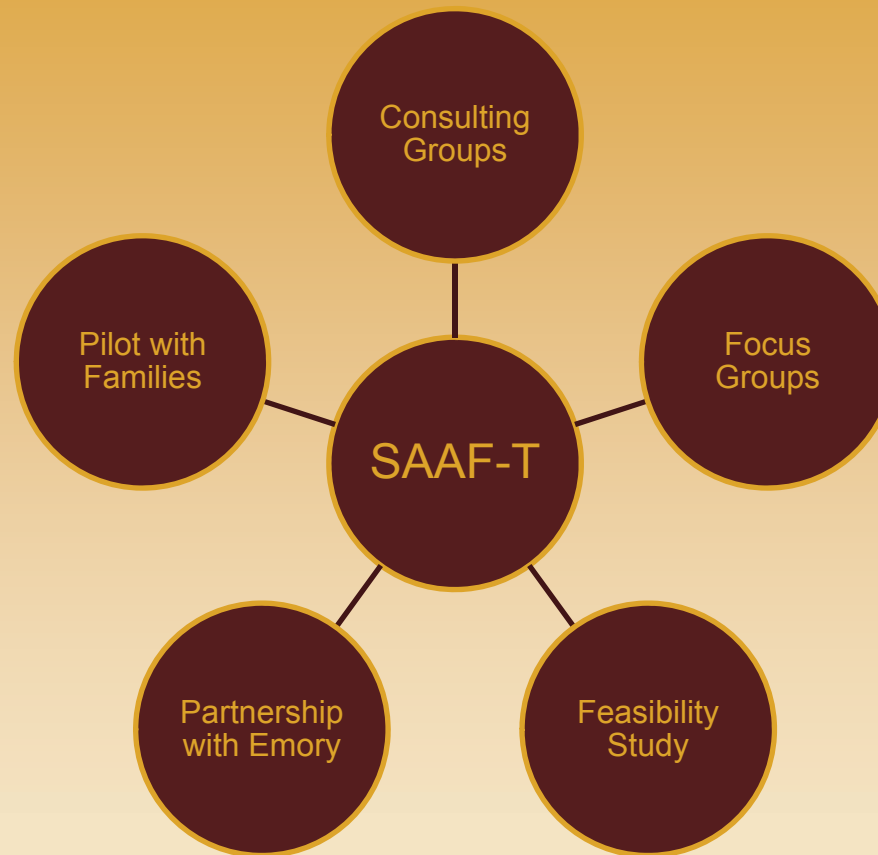


# CURRICULUM DEVELOPMENT & CONTENT

# SAAF

- Longitudinal Research
- Strengthening Families Program (SFP)  
10-14 Adaptations
- Focus Groups
- Abbreviated Pilot

# Development of SAAF-T





# Youth/Teen Curriculum Content

## SAAF Program – Youth Session

### Session 1

Youth think about and visualize their dreams and goals for the future.

### Session 2

Youth identify their own positive qualities and compare to characteristics of users.

### Session 3

Youth identify reasons young people get involved in sex and learn ways of dealing with temptation.

### Session 4

Youth discuss the various temptations that young people face and practice resisting temptation.

### Session 5

Youth focus on peer pressure and learn specific steps for resisting peer pressure.

### Session 6

Youth understand the difference between passive, aggressive, and assertive behavior.

### Session 7

Youth identify qualities of good friends.

## SAAF-T Program – Teen Session

### Session 1

Teens identify their likes and skills and learn how likes and skills relate to possible careers.

### Session 2

Teens learn what it costs to live on their own and how much various jobs pay.

### Session 3

Teens think about options for education after high school and how that choice will affect job futures.

### Session 4

Teens discuss the health-related and personal consequences of sexual involvement.

### Session 4b

Teens learn how to communicate effectively with a partner about condoms and how to use condoms properly.

### Session 5

Teens consider their future goals play a game about decisions and consequences.

**family + friends**

**Job or Career**

**Fun & Leisure**

**heroes**

**strong & Proud**

**Treasure Map**

**classroom**

**Before the MAYFLOW A HISTORY OF BLACK AMERICA**  
Lerone Bennett Jr.

Atlanta doctors Kevin Gomez, Bradford Bootstaylor and Dexter Page (clockwise, from top) deliver babies against the odds.

Jelani's Dad



# SAAF MMM Collage

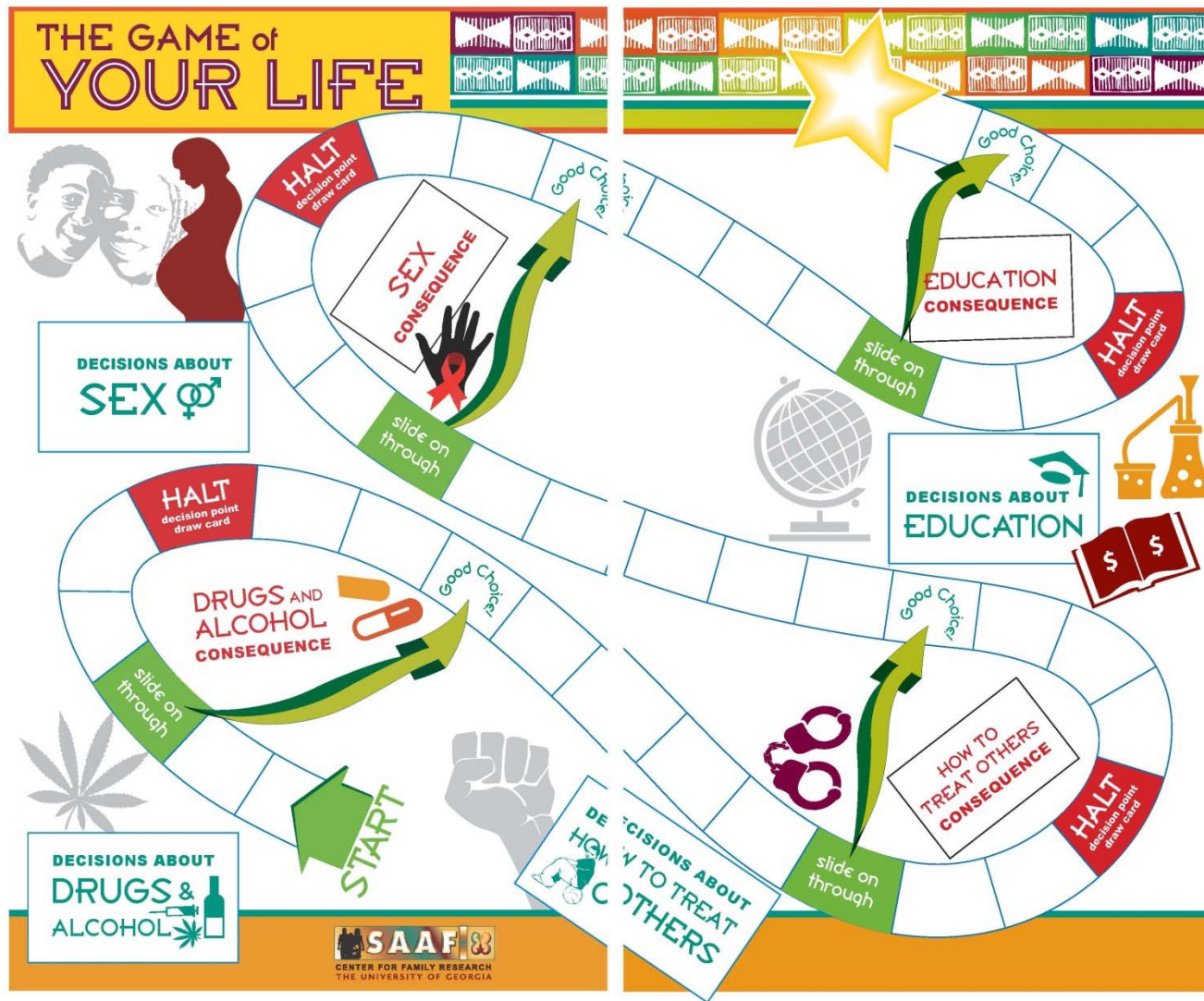


# SAAF-T My Future Life Collage





# SAAF-T Game of Your Life





# Caregiver Curriculum Content

## SAAF Program – Caregiver

### Session 1

Caregivers identify desired goals and qualities for their children as well as their fears as caregivers.

### Session 2

Caregivers discuss family rules and punishment for everyday and serious misbehaviors.

### Session 3

Caregivers discuss everyday routines, encouraging independence and good behavior.

### Session 4

Caregivers discuss helping their youth succeed in school.

### Session 5

Caregivers discuss ways to protect their youth from dangerous behaviors.

### Session 6

Caregivers discuss ways of handling racism and encouraging racial pride in their youth.

### Session 7

Caregivers discuss ways to stay connected to youth as they continue to mature.

## SAAF-T Program - Caregiver

### Session 1

Caregivers understand changes in teens as they grow older and learn effective ways to be strict and caring.

### Session 2

Caregivers learn ways of encouraging appropriate independence.

### Session 3

Caregivers will understand the changes in teens' school experiences.

### Session 4

Caregivers will learn how to support teens' resistance to peer pressure and temptation.

### Session 4b

Parents are introduced to the 4b content that their teens are learning.

### Session 5

Caregivers will discuss school visits and learn ways to stay connected to teens.

# SAAF Creed

Caregiver 1-7

## CAREGIVER CREED



**African American  
parents and caregivers  
are caring and strong.**

**We show love and  
set limits.**

**We are helping our  
children become  
responsible young adults.**



# SAAF-T Creed

## CAREGIVER CREED

**We are proud  
African American  
parents and caregivers.**

**We are helping  
our teens make great  
futures for themselves.**



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# Family Curriculum Content

## SAAF Program – Family Session

### Session 1

Families discuss goals and play a game to determine how well they know each other.

### Session 2

Families discuss their family values and create a Family Values Shield to depict their values.

### Session 3

Families have a discussion about sex and play a game to understand each other's stress.

### Session 4

Families discuss stress and play a game about working together to reach their goals.

### Session 5

Families discuss peer pressure and caregivers help youth practice their resistance skills.

### Session 6

Families discuss handling hard situations and play the Strong African American Families game.

### Session 7

Families discuss their individual and family strengths and create a Family Strengths Tree.

## SAAF-T Program – Family Session

### Session 1

Families discuss teens' likes and skills and play The Strong African American Families Game.

### Session 2

Families discuss living expenses and discuss ways of dealing with discrimination.

### Session 3

Families discuss teens' experiences in school and practice solving problems together.

### Session 4

Families identify common peer pressure situations and practice resistance skills.

### Session 5

Families discuss goals and barriers to teen's reaching goals and play a compliment game.



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# SAAF: SAAF Game

The image shows a board game titled "STRONG AFRICAN AMERICAN FAMILIES Game". The board is rectangular with a central path and various action spaces. The path includes "Free Parking", "Move ahead 3 spaces", "Give the person to your right a compliment.", "STRONG AFRICAN AMERICAN FAMILIES Game" (title), "SAAF 88" (logo), "Strong Families", "Community Resources", "Famous People", and "Move back 2 spaces". The board is decorated with images of African American families and community resources. The game is set against a background of a stylized African map.

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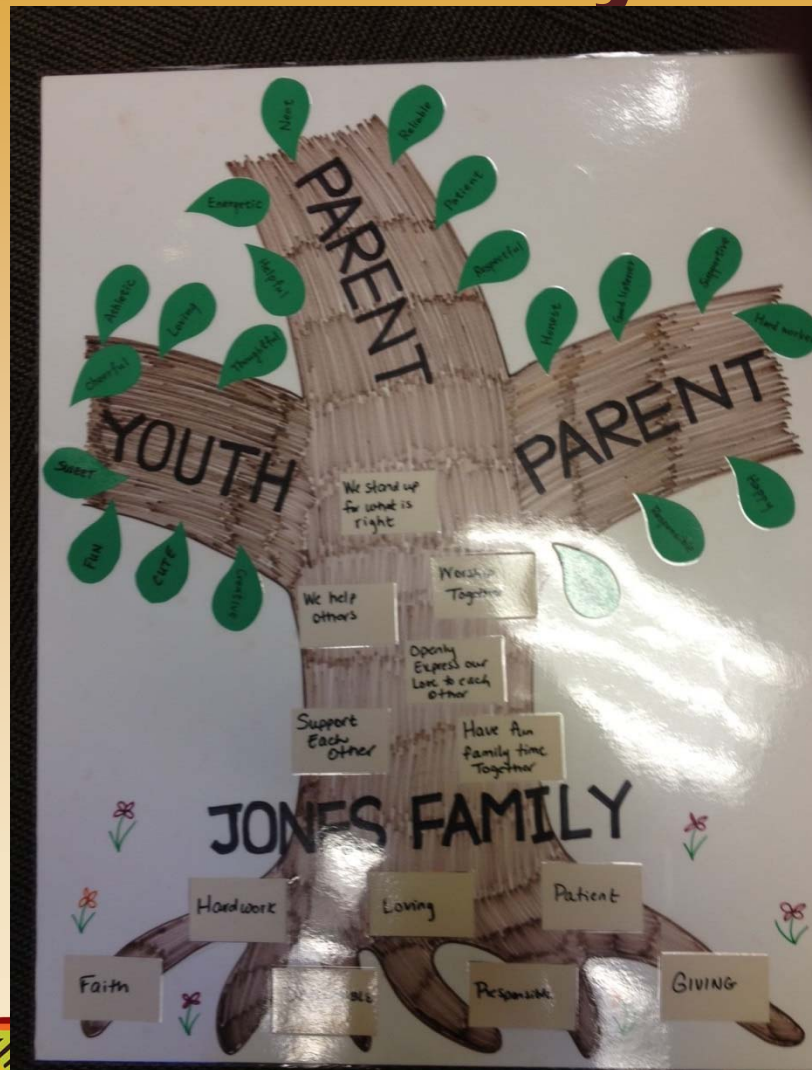


# SAAF-T: SAAF Game



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# SAAF Family Tree



# A Brief Overview of the Research



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# Research Methods

## SAAF

### **SAAF Strong African American Families Project**

Inter-county randomization.

- 5 “intervention” counties
- 4 “control” counties

SAAF – Focuses on helping youth avoid risky behaviors and enhancing the overall well-being of the family.

Control Group - Families received literature in the mail (e.g., stress, health).

## SAAF-T

### **RAAFHP – Rural African American Families Health Project**

Intra-county randomization with an attention control group in 6 counties.

SAAF-T – Focuses on promoting teens’ positive decision making and enhancing the overall well-being of the family.

FUEL for Families – Focused on obesity prevention.

# Target Population and Project Counties

## SAAF

### Target Youth

- Self-identified as African American
- Enrolled in a public elementary or middle school in one of nine pre-selected rural Georgia counties
- Age 11 at time of pre-test
- Must live with and be under the care of the identified primary caregiver

### Project Counties

#### Intervention

Baldwin  
Elbert  
Greene  
Hancock  
Taliaferro

#### Control

Jefferson  
Putnam  
Rockdale  
Washington

## SAAF-T

### Target Teen

- Self-identified as African American
- Enrolled in a public high school in one of six pre-selected rural Georgia counties
- Age 15 or 16 at time of pre-test
- Must live with and be under the care of the identified primary caregiver

### Project Counties

- Burke
- Emanuel
- Jefferson
- Laurens
- McDuffie
- Screven





# Recruitment and Participation

## SAAF

### Recruitment Method

- School lists
- Families randomized by their county of residence
- Recruitment letters sent
- Contact from a Community Liaison by telephone or home visit

### Participation Levels

- 667 eligible families were pre-tested and enrolled
- 369 families were assigned to the SAAF group and 298 were assigned to the control group

## SAAF-T

### Recruitment Method

- School lists
- Families randomly selected for screening
- Recruitment letters sent
- Contact from a Community Liaison by telephone or home visit

### Participation Levels

- 502 eligible families were pre-tested and enrolled
- 252 families were randomized to SAAF-T and 250 were randomized to an attention control group

# Outcomes

**Compared to youth/teens who did not participate in the intervention program, those who participated in SAAF or SAAF-T:**

SAAF	SAAF-T
<ul style="list-style-type: none"><li>• Demonstrated fewer conduct problems</li><li>• Were less likely to start using drugs</li><li>• Delayed onset of sexual behavior</li></ul> <p><b>Other outcomes:</b></p> <ul style="list-style-type: none"><li>• Decreased levels of maternal depression</li></ul>	<ul style="list-style-type: none"><li>• Demonstrated fewer conduct problems</li><li>• Had fewer substance use problems</li><li>• Decreased frequency of unprotected intercourse</li><li>• Increased condom efficacy</li></ul>

# Dissemination



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# Preparing for Dissemination



- Revisions to Curriculum
- Selecting Master Trainers
- Training of Master Trainers
- Pilot of the Revised Curriculum
- Marketing of Programs

# Current Dissemination Efforts



# Current Dissemination: SAAF

- Listed on the following registries:
  - Blueprints Program
  - SAMHSA's National Registries of Evidence-based Programs and Practices (NREPP)
  - Office of Juvenile Justice and Delinquency Prevention (OJJDP) Model Program Guide
  - Clearinghouse for Military Family Readiness

# Current Dissemination: SAAF

Organization	Location	Date
Senate Bill 94	Aurora, CO	2008
Iowa State Cooperative Extension	Waterloo, IA	2010
University of Pittsburgh Medical Center	Pittsburgh, PA	2011
Community Education Group	Washington, DC	2012
Johnson County Social Services*	Iowa City, IA	2013
Cedar Rapids Community Schools*	<i>(Cedar Rapids, IA)</i>	2013
Polk County Decategorization*	<i>(Des Moines, IA)</i>	2013
Holcomb Behavioral Health Systems*	Media, PA	2014
EmPower Somerset & Middle Earth*	<i>(Somerville, NJ)</i> <i>(Bridgewater, NJ)</i>	2014
Davenport Community Schools	Davenport, IA	2014
Mental Health & Recovery Services Board of Stark County	Canton, OH	2015

Organization	Location	Date
<i>Stark Social Worker's Network*</i>	<i>Canton, OH</i>	<i>2015</i>
<i>Coming Together Stark County*</i>	<i>Canton, OH</i>	<i>2015</i>
<i>Crossroads United Methodist Church</i>	<i>Canton, OH</i>	<i>2015</i>
Senate Bill 94 & Aurora Public Schools	Aurora, CO	2015
Holcomb Behavioral Health Systems*	Media, PA	2015
Be Ready Community Development Corporation*	<i>(Wilmington, DE)</i>	<i>2015</i>
Western Tidewater Community Services Board	Suffolk, VA	2015
Amachi Pittsburgh	Pittsburgh, PA	2015
Mercer County Communities that Care	Mercer, PA	2015
<i>Evelyn K. Davis Center for Working Families</i>	<i>Des Moines, IA</i>	<i>4/2016</i>

# Current Dissemination: SAAF-T

- Featured on the Rural Health Information Hub (formerly the Rural Assistance Center)
- Included in the CDC Compendium of Evidence-Based Interventions and Best Practices for HIV Prevention
- Additional Marketing Efforts



# **SAAF Activity**

## **Mouse, Monster, and Me**



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# Youth 6: Mouse, Monster, Me

Mouse	Monster	Me
<ul style="list-style-type: none"><li>• Passive</li><li>• Gives in</li><li>• Tries to please the other person</li><li>• Thinks only of what the other person wants</li><li>• Scared of what people will think</li></ul>	<ul style="list-style-type: none"><li>• Aggressive</li><li>• Thinks only of what s/he wants</li><li>• Will do anything to get it</li><li>• Critical</li><li>• Demanding</li></ul>	<ul style="list-style-type: none"><li>• Assertive</li><li>• Sticks up for his/her rights</li><li>• Respectful of others</li><li>• Honest</li></ul>

# **SAAF-T Activity**

## **The Name Game**

# Q & A





# For more information:

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