

# *Construyendo Salud:*

## *Promoción del desarrollo personal y social*

### **The Family Component**

#### Programme's structure

The “Construyendo Salud” Training in Familiar Skills was designed to be put into practice in small groups of parents during five weekly sessions of 1½ or 2 hours each. The table below shows the issues to be discussed in the different sessions:

TABLE 1. Parental Sessions “ <b>Construyendo Salud</b> ”	
PRESENTATION OF THE PROGRAMME	<ul style="list-style-type: none"><li>▪ Presentation of the programme</li><li>▪ The drug problem</li><li>▪ The process of becoming addicted to drugs</li></ul>
ADOLESCENCE AND FAMILY EDUCATION STYLES	<ul style="list-style-type: none"><li>▪ The meaning of adolescence</li><li>▪ Different family education styles</li><li>▪ The promotion of the family's involvement</li></ul>
COMMUNICATION SKILLS	<ul style="list-style-type: none"><li>▪ Training specific communication skills<ul style="list-style-type: none"><li>- Active listening</li><li>- Positive communication</li></ul></li></ul>
SKILLS TO OVERCOME CONFLICTS	<ul style="list-style-type: none"><li>▪ Skills to solve family conflicts</li><li>▪ Reinforcement of the agreements by means of the consequences</li></ul>
FAMILY POSITION TOWARDS DRUGS	<ul style="list-style-type: none"><li>▪ Setting a clear position of the family towards drugs</li><li>▪ Communication of family rules related to drugs</li><li>▪ Supervision of the teenager's behaviour</li></ul>

#### Aims of the programme

The main objective of the family component of the C.S. programme is to impel parental cooperation with the intervention at school and to reflect on the relevance of aspects of the family organization and improve them by training specific skills.

Its specific objectives are:

- Providing a realistic view on adolescence and the drug problem
- Promoting the setting of appropriate family education styles
- Encouraging families to set rules on the use of drugs at home

#### Programme's materials

- Group Guide's Handbook
- Parents' Handbook

### Implementation methodology

The programme aims to impel the parents' intervention by using discussion and debate techniques to talk through the ideas suggested by the guide. Additionally, other techniques like modelling, role-playing and feed-back are used to train and reinforce parental skills.

### Evidences of effectiveness

Since 2000, the family programme "Construyendo Salud" has been continuously re-implemented in several Spanish places with the collaboration of the Spanish Confederation of Associations of Schoolchildren's Parents (CEAPA).

In general, the materials are very welcomed by all participants and the results show positive change tendencies in their attitudes and behaviours. These results are extensively compiled in a publication by CEAPA called "*Los padres y madres ante la prevención de conductas problemáticas en la adolescencia*" [Parents and the prevention of behaviour problems].

## SUMMARY OF MAIN RESULTS

Target population	Parents of teenagers in school-age (11-14 years old) Sample = 1813																																								
Programme's extension	5 sessions and 1 monitoring session per month																																								
Materials	Guide's and Parent's Handbook																																								
Guides	Parents and technicians trained by UDIPRE																																								
	<div><div>Satisfaction of the participants in the "Construyendo Salud" family programme</div><div><div>SATISFACTION WITH THE SESSIONS</div><table><tr><td></td><td>Sesión 1</td><td>Session 2</td><td>Session 3</td><td>Session 4</td><td>Sesión 5</td></tr><tr><td>Total satisfaction</td><td>3,65</td><td>3,7</td><td>3,73</td><td>3,64</td><td>3,63</td></tr></table></div></div> <div><div>Assessment of the Results</div><div>Parents' Programme</div><div>EFFECTS OF THE FAMILY PROGRAMME</div><div><div>"Family Communication"</div><table><tr><td></td><td>pretest</td><td>posttest</td></tr><tr><td>Communication</td><td>23,44</td><td>24,68</td></tr></table></div><div><div>"Negative parental attitudes towards drugs"</div><table><tr><td></td><td>pretest</td><td>posttest</td></tr><tr><td>Parental attitudes</td><td>19,32</td><td>21,18</td></tr></table></div><div><div>"Family rules on the use of drugs"</div><table><tr><td></td><td>pretest</td><td>posttest</td></tr><tr><td>Rules of consumption</td><td>13,88</td><td>14,74</td></tr></table></div><div><div>"Monitoring"</div><table><tr><td></td><td>pretest</td><td>posttest</td></tr><tr><td>Monitoring</td><td>20,81</td><td>22,22</td></tr></table></div></div> <tr><td>Effectiveness</td><td><ul style="list-style-type: none"><li>➤ The percentage of parents participating in the family skills training fell to 9%-15%.</li><li>➤ Parents and participants value the intervention's content very highly.</li><li>➤ Short-term results of the parent's group evidence the programme's effectiveness, as they reflect positive change tendencies in their attitudes.</li></ul></td></tr> <tr><td>Further information</td><td>udipre@usc.es</td></tr>		Sesión 1	Session 2	Session 3	Session 4	Sesión 5	Total satisfaction	3,65	3,7	3,73	3,64	3,63		pretest	posttest	Communication	23,44	24,68		pretest	posttest	Parental attitudes	19,32	21,18		pretest	posttest	Rules of consumption	13,88	14,74		pretest	posttest	Monitoring	20,81	22,22	Effectiveness	<ul style="list-style-type: none"><li>➤ The percentage of parents participating in the family skills training fell to 9%-15%.</li><li>➤ Parents and participants value the intervention's content very highly.</li><li>➤ Short-term results of the parent's group evidence the programme's effectiveness, as they reflect positive change tendencies in their attitudes.</li></ul>	Further information	udipre@usc.es
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