

Strengthening Families Program

DEVELOPED BY

**Karol L. Kumpfer, Ph.D.
Professor**

**Dept of Health Promotion and Education
University of Utah**

**Cultural Adaptation of
SFP**

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Development and Major Adaptations of SFP

1982-1984 Developed on a NIDA grant for high-risk families with children ages 6-11

1994 Adapted for universal families, ages 10-14

2004 Adapted for at-risk families, ages 12-16

2006 Adapted for at-risk families, ages 3-5

2010 SFP6-11 & SFP12-16 available in Spanish

2010 SFP Birth to 3 under development.

2011 SFP 8-16 Years Home Use DVD

The core of SFP has proven extremely durable in practice and susceptible to adaptation.

Adaptation vs. Modification

- *Modifications* involve fundamental changes to the program; i.e., dropping, adding or rearranging lessons. Effects are unknown until evaluated. Not recommended!
- *Adaptations* are made to get families to the objectives of a lesson - ways to teach the skill to **these** families.
- Adaptation includes making SFP a better fit in terms of culture, age, local custom, religion, or gender.
- Adaptations can be made in advance or on the spot in response to reactions to the lesson.

Adaptation of SFP is Essential!

- Skillful adaptation is essential to the success of the program. It makes lessons come alive.
- Adaptation can make course concepts more readily understandable or acceptable.
- Adaptation can mean more familiar wording, examples, explanations or exercises.
- Adaptation requires creativity and imagination to make SFP appealing and understandable to the group: humor, examples, role play, props, etc.
- Rigid delivery “as written” is *not* fidelity to the SFP model.
- SFP is written to be culturally sensitive; delivery is *always* meant to be culturally specific.

Results of SFP Cultural Adaptations

(Kumpfer, Alvarado, Smith, & Bellamy, Prevention Science, 2002)

- Five quasi-experimental studies evaluated results of cultural adaptations in Years 3-4 compared to original SFP in Years 1-2
 - **Recruitment and retention increased by average of 40% for cultural adaptations**
 - Outcomes were *not* improved by adaptation.
 - Outcomes worse if adaptation involved changing number of sessions or changing order of lessons.
 - True whether adaptations were in depth or only superficial.
 - Acknowledgement and respect for identity the keys

Best Course of Adaptation

- “Light Touch” adaptations can be made in advance: spellings, colloquialisms. etc.
- Adaptations are best accomplished by culturally competent group leaders.
- Harvest “what worked” for further revision.
- Adaptation is essential in *every* implementation – not just cross-cultural.
- “Companions” to SFP less burdensome, more flexible – a step to further revisions.



Thank You