

Ballymun Strengthening Families Programme (12-16 years) Survey

Section 1: Strengthening Families Programme and You

What is the survey about?

Ballymun Strengthening Families Programme is conducting a follow-up study with graduates of the 12-16 years programme. The aim of the study is to examine the impact of the Strengthening Families Programme on family and community life. If you graduated from the 12-16 years programme as a **parent/guardian or teen** and are now **18 years of age or older**, we would like to get your feedback through completing this survey. There are 3 sections - 1) SFP and you; 2) SFP and Your Family; 3) SFP and Community Life. Please read the instructions carefully. If you would like someone to fill this out with you, please contact the numbers below, or ask someone you trust to help you.

Your feedback: All feedback is important, so please be honest! Remember there are no right or wrong answers.

Participation in this study is completely voluntary. Your answers will be confidential and **personal information will only be used to verify you took part in the programme – please make sure your name is clearly written.** The study may also contact you to take part in a further interview. The survey will take about 15-20 minutes to complete. Please answer all questions as fully as possible. Thank you for your time and assistance. As a thank you for completing this questionnaire, we will enter you into a raffle to win an iPad Air 2 16GB! All questions should be completed.

For more information:

Please contact the researcher- Sandra Roe (info@sandraroe.ie / 086 3642348) or the Strengthening Families Programme Office- Cliodhna Mahony, Ballymun Local Drugs & Alcohol Task Force, Axis Centre, Main Street, Ballymun (cliodhna@ballymundtf.ie / 01 8832142). The closing date for completing this survey is **December 17th 2014.**

* 1. Name:

* 2. Telephone number:

3. Where are you currently living?

- Balcurris
- Balbutcher
- Coultry
- Hampton Wood/Northwood
- Poppintree
- Shangan
- Sillogue
- Other (please specify)

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4. Do you currently live with the family members who took part in Strengthening Families Programme?

- Yes
- No

5. What year did you graduate from the Strengthening Families Programme?

- 2008
- 2009
- 2010
- 2011
- 2012
- 2013
- 2014

6. How did you hear about the Strengthening Families Programme?

- Family/Friends/Neighbours
- School
- Community organisation
- HSE Service
- Other (please specify)

7. Did you take part in the Strengthening Families Programme as?

- A parent/guardian
- A teen

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IF YOU TOOK PART AS A PARENT/GUARDIAN, PLEASE COMPLETE QUESTION 8 & 9, THEN SKIP TO QUESTION 14.

IF YOU TOOK PART AS A TEEN, PLEASE SKIP TO QUESTION 10.

8. As a parent, my parenting skills have improved:

- Yes
- No

9. Parents, for each skill below, please select how often you use these skills:

	Always	Sometimes	Never
I use problem solving skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend quality time with my teen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I reward & notice good behaviour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I give clear directions to my teen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I follow through on consequences (e.g. punishment, removing privileges)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use good speaking and listening skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I set clear goals and objectives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I communicate about drugs & alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I communicate about relationships and sexuality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use my skills to handle stress better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ignore bad behaviour (where safe to do so)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I set clear boundaries for my teen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use behaviour change contracts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please list other skills

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10. As a teen, my parents parenting skills improved?

- Yes
- No

11. Teens, how often do you use the following skills?

	Always	Sometimes	Never
I use problem solving skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I communicate well with my parent or guardian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend quality time with my parent or guardian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use "I" statements (e.g. "I feel..." "I think...")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I say "no" to stay out of trouble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use good listening skills (e.g. interested, eye contact, ask questions)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use good speaking skills (e.g. praise and interrupting skills)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I help with family meetings and organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I talk to my parent or guardian about drugs and alcohol.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I talk to my parent or guardian about relationships and sexuality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I give and receive criticism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I control and express my anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I manage emotions and feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I ask for help when I need it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please list other skills

12. Are you now a parent yourself?

- Yes
- No

13. If yes, do you think the Strengthening Families Programme skills have helped you as a parent?

Yes

No

Please explain why you think this is:

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Section 2: The impact of the Strengthening Families Programme on yo...

THIS SECTION IS TO BE COMPLETED BY BOTH PARENTS/GUARDIANS AND TEENS

Please indicate the degree to which you agree or disagree with the following statements about the impact of the Strengthening Families Programme on your family:

14. Helped improve my relationship with my family:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

15. Helped reduce conflict in my family, e.g. fighting, arguing:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

16. Helped my family to be more organised:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

17. Helped my family to communicate better, e.g. listen and talk to each other:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

18. Made my family stronger and better able to deal with problems:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

19. Has changed my attitude and behaviour towards alcohol:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

20. Has changed my attitude and behaviour towards drugs:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

21. Has increased the time we spend or do things together as a family:

- Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

22. How often do you have family meetings or family talks?

- Every Day
- Every week
- Every month
- Every few months
- Never

If never, please explain why. (e.g. no time, not useful, not relevant...etc.)

23. Do you think the Strengthening Families Programme has made a difference in your life or that of your family?

- Yes
- No
- Unsure

Please explain your answer:

24. What do you think have been the main impacts of the Strengthening Families Programme on your family and in your life?

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Section 3: Strengthening Families Programme and your community

THIS FINAL SECTION IS TO BE COMPLETED BY BOTH PARENTS/GUARDIANS AND TEENS

**25. How did the Strengthening Families Programme affect your community life?
Please tick (✓) all those that apply to you:**

THIS FINAL SECTION IS TO BE COMPLETED BY BOTH PARENTS/GUARDIANS AND TEENS

**25. How did the Strengthening Families Programme affect your community life?
Please tick (✓) all those that apply to you:**

- I know what services and supports are in the area
- I have developed new relationships with agencies or support services in the area
- It didn't affect my life in the community
- I have made new friends and social connections
- I have better confidence in myself
- Other (please explain)

26. Do you think the Strengthening Families Programme has made a difference in the Ballymun community?

- Yes
- No
- Don't live locally

Please explain your answer:

27. Have you recommended the programme to others (e.g. neighbours, friends, family members, etc.)?

- Yes
- No

28. Finally, do you have any other comments about the Ballymun Strengthening Families Programme?