

Keeping Families Strong (10 sessions + 2 Follow-up sessions)

Parent Program

- 1) Introduction
  - Program goals and structure
  - Sharing personal experiences with depression
  - Identifying goals
  - Build group alliance
- 2) Working through difficulties: depression
  - Depression education
  - Connecting thoughts & feelings
  - Strategies for dealing with depression
  
  - Building social support
- 3) Depression: what helps families
  - Effects of depression on the family
  - The family circle
  - Child resilience
- 4) Bonding the family together
  - Creating positive family experiences
  - Reinforcement of positive attributes & behaviors
- 5) Family talk
  - Build positive communication skills
  - Listening & responding
  - Using I statements
- 6) Managing your child's behavior
  - Appropriate developmental expectations
  - Calm, clear, & consistent discipline
  - Problem-solving & conflict resolution
  - Introduction to a family meeting
- 7) Preparing for the family meeting
  - Individual preparation
  - Topics & goals for the family meeting
  - Concerns about anticipated reactions
  - Build on strengths & skills learned
- 8) The family meeting
- 9) Review of the family meeting
  - The experience

Child Program

- Building strong kids and families
  - Program goals and structure
  - Identifying personal strengths
  - Identifying hopes and goals
  - Build group alliance
- Coping with stress & creating change
    - Dealing with stress
    - Connecting thoughts & feelings
    - Turning hurtful thoughts to helpful thoughts
  
  - Family stresses & strengths
    - Effects of depression on the family
    - The family circle
    - Identifying hopes & goals for the Family
  - Family engagement
    - Positive changes happen for you
    - Creating positive changes in the family
    - Problem solving
    - Communicating
    - Build positive communication skills
    - Giving positives
    - Using I statements
  - Family responsibilities
    - Child roles & responsibilities
    - Communicating needs to family
  
  - Preparing for the family meeting
    - Individual preparation
    - Topics & goals for the family mtg
    - Concerns about anticipated reactions
    - Build on strengths & skills learned
  
  - Review of the family meeting
    - The experience

The future

10) Review of the program

Review of progress

Goals for the future

The future

Plan the KFS movie

Review of the program

Review of progress

Goals for the future

Making the KFS movie

Reunion 1: Family updates & check-ins

Reunion 2: Family updates & check-ins

Riley, et al. (2008). Development of a family-based program to reduce risk and promote resilience among families affected by maternal depression: Theoretical basis and program description. *Clinical Child Family Psychology Review*, 11, 22. doi:10.1007/s10567-008-0030-3