How does it work?

PROGRAMME COMPONENTS

CAREGIVER SESSIONS
Goal: Normalise and manage stress and improve positive parenting attitudes and skills.
- Enhance coping to deal with stress.

CHILD SESSIONS
Goal: Improve mental health outcomes, better deal with stress, reduce challenging behavior, and boost positive healthy coping to fit in with peers.

FAMILY SESSIONS
Goal: Improve communication, decrease violence, and enhance resource to deal with stress.

LONG TERM IMPACT
- Improved mental health for caregivers and children
- Reduction in risky behaviors
- Reduction in substance abuse
- Reduction in violence

SHORT TERM PARTICIPANT AND FAMILY IMPACT
- Improved caregiver confidence in family management skills
- Improved child behavior
- Improved capacity to cope with stress
- Improved mental health outcomes in children and parents

PROGRAMME PROCESS TO ADDRESS UNDERLYING CAUSES

DECREASE RISK FACTORS:
- Favourable attitudes towards coercive parenting strategies
- Poor family management skills
- High levels of stress
- Environment favoring early initiation of drug use and of conflict and violence

INCREASE RISK FACTORS:
- Improved family interaction
- Enhanced relationships, non-violent discipline, prosocial involvement, caregiver social support

Universal Family Skills Programme for Prevention of Negative Social Outcomes in Low- and Middle-Income Countries

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Other Available
UNODC Family Skills Resources
Strong Families Programme bit.ly/2Gpubfa
Family skills programmes support caregivers to be better parents and strengthen positive age-specific and age-appropriate family functioning and interactions. They promote a warm child-rearing style where parents set rules for acceptable behaviours, closely monitor free time and friendship patterns, and become good role models, while helping their children to acquire skills to make informed decisions. Owing to these changes, these programmes are effective in preventing a wide range of social and health problems, including preventing substance use, violence against children and youth violence, and crime. Family skills programmes have proven to be gender-sensitive (affecting boys and girls equally) interventions that provide positive effects on the mental wellbeing of parents and reduce parental and occupational stress. Additionally, they support the development of children resulting in fewer behavioral and emotional problems. Inspired by this body of knowledge UNODC Drug Prevention and Health Branch, Prevention Treatment and Rehabilitation Section has been actively promoting and piloting such evidence-based programmes globally since 2010 in over 20 low- and middle-income countries.

The UNODC global experience in piloting family skills programmes from 2010-2017 generated the need for a universal family skills programme designed for the needs of low- and middle-income countries. Most available evidence-based programmes are designed in more economically advantaged countries. -income countries. Most available evidence-based programmes globally since 2010 in over 20 low- and middle-income countries.

Aims and Targets of Family UNited

- Address the needs of families living in low- and middle-income countries. Despite variabilities, focusing on commonalities makes it feasible to design a programme that addresses the challenges of raising a child within a specific age group.
- Tailored for families with children aged 8-15 years old.
- Basic parenting needs are the same, irrespective of additional country-specific needs.
- Targeting children and their respective caregivers through dedicated child, caregiver and joint family sessions.
- Brief in number of sessions and duration for families: The minimum number of sessions are needed in order to accomplish the targets as described in the evidence-based literature.
- Brief in the requirements for facilitator training: Training of lay facilitators in the country can be accomplished within a three day training initially through international trainers.
- Delivered by facilitators with minimal experience requiring minimal cost for implementation, without the need for expensive or not readily available materials.
- Be easily implemented and integrated within existing structures providing services to avoid investment in non-existent structures.
- Free of cost for implementing countries: Through the collaboration with UNODC no royalty or copyright fees need to be paid.

Family UNited

This open source programme for low- and middle-income countries was developed and will be piloted in several countries thanks to the generous support of the Government of Japan and the people of Japan.

Sustainable Development Goals

With Family UNited, UNODC provides support to Member States to reach their Targets under the various Sustainable Development Goals (SDGs).