

How do I know if the 4 Rs and 2 Ss Program is a good fit for my family?

One way of doing this is to review how your family is doing now with each R and S. You can review these questions with your facilitator and together determine if this is a good treatment option for your family.

- How does my family manage stressful situations?
- How helpful are our current sources of support?
- How well does our family work on following rules and being consistent with consequences or praise?
- How well does our family communicate with each other?
- How well do we get along with each other? Do we see each other's strengths?
- How well do we understand each family member's roles? Are each family member's expectations clear to everyone in the family?



**INSERT AGENCY LOGO
HERE!**

**IF YOU HAVE ANY
QUESTIONS, PLEASE
CONTACT:**

**INSERT CLINIC/GROUP
CONTACT INFO HERE!**

THANK YOU!

**FAMILIES HELPING
FAMILIES**

THE 4 RS AND 2 SS FOR STRENGTHENING FAMILIES PROGRAM



FOR STRENGTHENING FAMILIES

THE 4 RS AND 2 Ss FOR STRENGTHENING FAMILIES



What is the 4 Rs and 2 Ss for Strengthening Families Program?

This is an evidence informed program where families in your clinic who have children with behavioral difficulties can participate in a group treatment to help improve family communication, family relationships, and satisfaction with services.

Families should have:

- A child between 7-11 years old with behavioral difficulties
- At least one primary caregiver who will participate in the group with the child

What are the 4 Rs and 2 Ss?

The group topics will focus on:

- *Rules
- *Relationships
- *Respectful Communication
- *Responsibilities
- *Stress
- *Social Support

What is a multiple family group?

A multiple family group is a type of group therapy with 6-8 families present in the same room with trained facilitators.

When and where will the groups take place?

The groups will take place at your clinic once a week for 1 hour with a facilitator who is trained in helping families with the 4 Rs and 2 Ss for Strengthening Families Model.

What happens during a group session?

Each session follows a similar format and focuses on the R or S of the day. There will be discussion and activities that will help you practice how to use each R or S. Each week, you may be asked to do "Roadwork" or some activities to try at home with your child.

What do I get for participating in the 4 Rs and 2 Ss for Strengthening Families Program?

We expect that your family will experience improvement in the child's behaviors and how the family relates and communicates together. In addition, your family will receive a manual that outlines what you will discuss with your facilitator throughout the 16 weeks. This manual also contains extra information resources for you to use on your own as needed. Lastly, you have the opportunity to share and learn from other families. At the end of the 16 weeks, you will also receive a certificate for completing the program.

