SFP 10–14 to SFP 12–16

A seamless 3-step transition for SFP 10–14 sites

Strengthening Families Program (Birth–3, 3–5, 6–11, 12–16)

WHY TRANSITION NOW

Iowa State University ended the Strengthening Families Program for Parents and Youth 10–14 (SFP 10-14) on June 30, 2026. Dr. Karol Kumpfer developed the original Strengthening Families Program, SFP 6–11, in 1982. In 1993, Dr. Kumpfer and Virginia Molgaard co-authored SFP 10–14 as an adaptation of SFP 6–11, adding a curriculum designed for middle school youth and their families. SFP 6–11 and SFP 12–16 continue that same proven format and serve families with children in the same age range.

THE SAME SFP MODEL YOUR FAMILIES AND STAFF KNOW

- All three are family skills training programs that teach the same SFP sequence of skills.
- Parents and youth learn in separate groups, then practice together as a family.
- 14 weekly 2-hour sessions, each opening with a shared family meal.
- Families are placed by the child's developmental age, not birthday.
- SFP 6–11 and SFP 12–16 are available in English and Spanish.
- Staff who ran SFP 10–14 bring skills that transfer directly.

A SEAMLESS 3-STEP TRANSITION

1 Order Curriculum

One SFP Curriculum Master Set per version you run: $450 per set, delivered as a digital download. Order online on the website's Order Curriculum page.

2 Schedule a Training

SFP Group Leader Training: two consecutive days (12 hours) at your site, for up to 20 or up to 35 trainees. Fees are quoted for each agency.

3 Implement SFP 12–16

Run 14 weekly sessions with your families. Families with younger children join SFP 6–11. Implementation, fidelity and evaluation support available.

HOW THE VERSIONS COMPARE

	SFP 10–14 (ended)	SFP 6–11	SFP 12–16
Ages served	10–14	Elementary school	Teens
Sessions	7 weekly + 4 boosters	14 weekly	14 weekly
Session length	2 hours	2 hours, with family meal	2 hours, with family meal
Languages	—	English, Spanish	English, Spanish
Status	Ended June 30, 2026	Training available now	Training available now

PROVEN AND RECOGNIZED

Developed in 1982 and replicated for more than 40 years in all 50 states and 36 countries. SFP is recognized for preventing child maltreatment and parental and youth substance abuse by CrimeSolutions (National Institute of Justice), SAMHSA's NREPP, the Administration for Children and Families, the California Evidence-Based Clearinghouse, CSAP, NIDA, OJJDP, UNODC and the U.S. Department of Education.

Ahearn Greene Associates, LLC is the sole authorized source for SFP (Birth–3, 3–5, 6–11, 12–16) Group Leader Training, Curriculum Materials and Implementation Support.

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www.strengtheningfamiliesprogram.com/sfp-10-14-transition.html