

The impact of a EB family-based prevention program in contexts of social vulnerability

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Introduction

The application of parental training programs aimed at vulnerable families have a limited effectiveness. Sometimes, the exercise of parenthood is not really the underlying problem of many families in vulnerable situations, but it is a structural and multicomponent problem. This issue needs to be considered in the model of intervention and support with these families.

The Family Competence Program (PCF) is an evidence based family prevention program aiming at promoting and improving parenting skills and positive family dynamics in families at risk. PCF-AFECT, is a new version of the selective program.

The basic contents of the programme are presented in a multicomponent structure, according to the three levels of intervention: parents, adolescents (12-16 years old) and the whole family.



Objectives

- (1) To know the perceived impact of the PCF-AFECT on families in contexts of social vulnerability in the Balearic Islands.
- (2) To identify determinant factors that have influenced low participation and retention.
- (3) To analyse the perceptions of the professionals regarding the process of bonding and follow-up of the families.

Methodology

The design of the study is based on a qualitative methodology. The sample is made up of professionals participating in the implementations of the PCF-AFECT program in the 2021/2022 academic year.

Instruments

- 3 FOCUS GROUPS with professional professionals who have led implementations of the PCF-AFECT.
- The analysis of FG has been structured in the following categories: perception of the organization, implementation, coordination, follow-up and impact of the intervention.

Sample

Discussion groups	Total of discussion groups	Women	Professional background
TOWN 1 MALLORCA	4	4	Social Work (1), Social Education (3)
TOWNS 2 AND 3 MALLORCA	4	4	Psychology (1), Pedagogy (1), Social Work (1), Social Education (1)
TOWN 4 FORMENTERA	3	2	Psychology (1), Social Education (2)

Results

- ✓ Improvements in family communication and in the awareness of shared responsibility and the risks of adolescence.
- ✓ Limitations are identified in the participation of families that are added to the existing ones, or are prior to, the outbreak of Covid-19: subsistence and relational difficulties, mental health problems among adolescents and difficulty on the part of parents to face these problems.
- ✓ Existing difficulties of coordination between the educational centre and the SSCs.
- **Main strength of the intervention:** the work on the communicative keys.
- **Main weakness of the intervention:** coordination barriers between schools and SSCs

Discussion

When parenting skills are not the only problem for families, the level of effectiveness of socio-educational interventions is limited (McKeown, 2016; Acquah et al., 2017).

Results confirm that family education and training programmes for families is a **necessary** and valid option, but it has to be combined with other social measures of family support (Roberts y Macdonald, 1999; McKeown, 2016).