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*Family Treatment Drug Court  
Head Start Program*

Annual Report

October 1, 2003 to September 30, 2004



January 2005

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# **Family Treatment Drug Court Head Start Program**

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## ***Introduction***

The Santa Clara County Family Treatment Drug Court (FTDC) Head Start Program is providing services for court mandated parents and their children, working toward reunification. These services include the Head Start classroom, parent training and modeling in a child-centered supervised visitation program. Also, this model has an extensive initial screening and assessments for themselves and their children. It is the intention that this program will help parents improve their parenting capabilities.

The FTDC has a special calendar within the juvenile dependency court, which focuses upon serious substance abusing parents who are willing to comply with the strict treatment plans established by the court. The mission of the FTDC is to utilize the process of immediate assessment and to provide immediate access to treatment, supportive services and frequent reviews to help parents recover from substance abuse and reunify with their children.

This program will serve as a model to help families in other court systems obtain appropriate medical evaluations for themselves and their children, and to receive parent education training.

The FTDC works with service providers, other courts, and the community to ensure that adequate resources are available. These services include domestic violence referral services, immediately access to treatment for substance abusing parents and their children during the process of recovery, as well as when they are able and ready to live in the community again.

The FTDC has contracted with the Center for Applied Local Research (C.A.L. Research) to conduct an evaluation of the program. C.A.L. Research is responsible for collecting baseline and follow-up interviews for participants of the program and evaluating the Family Night program.

This report includes data collected during this reporting period and also data analysis from Head Start Classroom, Initial Screening and Assessments, and Family Night Parents and their children. We have served 44 parents and 125 children over the past year.

## ***GPRA Data Collection***

The Family Treatment Drug Court Head Start Program as all other federal funded agencies under SAMHSA are required to submit the Government Performance and Result Act of 1993 (GPRA) at admission, at six and twelve-month follow-ups. This Act seeks to focus on the results of program activities, such as real gains in employability, safety, responsiveness, or program quality.

This annual report includes evaluation activities from October 1<sup>st</sup>, 2003, to September 30<sup>th</sup>, 2004. During the year, C.A.L. Research completed thirty-two baseline interviews, twenty-four six-month follow-up interviews, and seventeen twelve-month follow-up interviews. In addition, we conducted two sets of focus groups. This report also includes Head Start children’s case studies.

**Adult-Adolescent Parenting Inventory (AAPI)**

In order to assess changes in parenting beliefs and practices, the evaluation includes pre and post-participation administration of the Adult-Adolescent Parenting Inventory (AAPI). For this annual report, we compared the pre-test of 38 clients and the post-test AAPI of 37 clients.

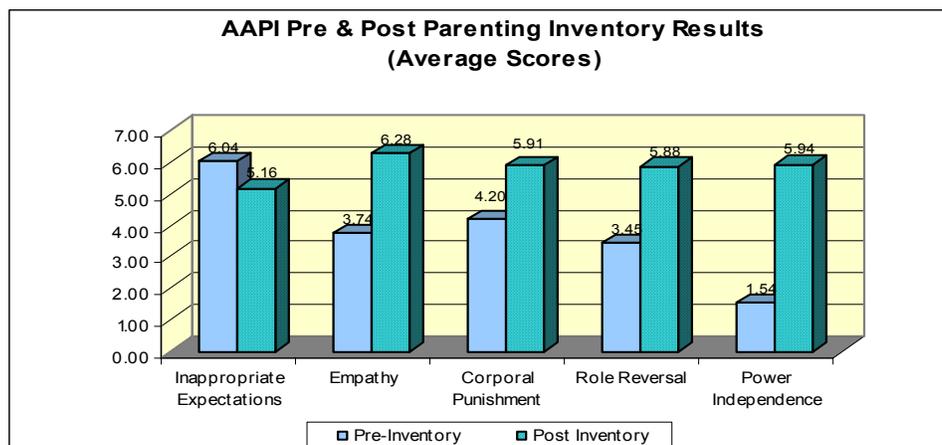
The AAPI includes five constructs:

- A: Inappropriate expectations of children;
- B: Inability to be empathetically aware of children’s need;
- C: Belief in the value of corporal punishment;
- D: Parent-child role reversal; and
- E: Oppressing children’s power and independence.

**Construct E showed the greatest improvement**, changing from an average of 1.54 (high-risk) at the time of the pre-AAPI to an average of 5.94 (mid-risk, almost low-risk) at post-AAPI.

A comparison between pre and post AAPI showed that **constructs B, C, and D moved in the desired direction from high-risk scores to mid-risk scores**. These three constructs moved in a positive direction, with construct B (child empathy) and D (parent-child role reversal) showing more change than construct C. Although construct C scores remained in the same score range from pre to post AAPI, there was still movement in the positive direction.

When we compared pre and post AAPI results for **construct A**, the data showed that the scores remained in the mid level risk range at pre and post test. However, unlike construct C, which also remained in the same range, this construct slightly moved in an unfavorable direction, e.g. increased risk of inappropriate child expectations.



## Parents Pre and Post (Yes or No) Questionnaire

Seventy one parents completed the questionnaire at the beginning of the classes and the same number completed it at the end. The following is a comparison between the results of the pre- and post-test (Yes or No) Questionnaire.

The results indicate parents have learned a great deal from these parenting classes. For example, when asked to answer yes or no to the statement, **“Chemical dependency is a disease”**, 65% answered yes at pre-test, while at post-test, 86% of the parents answered yes. At the pre-test 79% of parents believed that **“As soon as alcohol/drug addicts stop using, all family problems go away”** while only 24% answered yes to this statement at the end of the series of classes.

At pre-test, 79% of parents said, **“Marijuana use affects your ability to learn”** but by the end of the class sessions 94% of parents believed that this is a true statement. At the beginning of the sessions, 86% of parents believed that **“Alcohol affects men’s and women’s bodies the same way”** but by the end of the sessions 55% of the participants felt that way.

## Parent Questionnaires

Fifty-three parents completed a questionnaire about self-esteem, relationships with others, and substance abuse issues. Their responses were on a scale of 1 to 4 with: 1=Strongly Disagree; 2=Disagree; 3=Agree and 4=Strongly Agree

**Participants strongly agreed that their knowledge and abilities had improved in several areas.** Based on the questionnaire results, the data show that parents recognized that the program has been very helpful to them. The areas where they felt they had made the most progress include:

- Their ability to say no and refuse to participate in things they do not want to;
- Feeling better about themselves;
- Their belief that drinking alcohol or using drugs is harmful for them;
- Their ability to communicate with their children; and
- An increased ability to have control over their lives.

The data shows that overall the **parents understand how to set goals for themselves, how to have more control of their lives and to think things through before taking any type of action.**

Although the majority of parents surveyed this quarter have made significant improvements in their skills and abilities, some parents still did not have a clear understanding of the importance eating habits, e.g. eating in a healthy way, will be helpful for their recovery. Additionally, these same parents have not improved in their participation in the organized groups, e.g. sports teams, youth groups, and/or support groups, where they could feel respected and accepted.

All participants stated that during the last 30 days they had not used marijuana or prescription drugs (not prescribed to them). Ninety-six percent said that during the last 30 days they had not used alcohol or other illegal drugs, while seventy four per cent said they had not used tobacco.

More than half (57%) of the respondents said they had been around folks who smoke daily. A small percentage of participants, 15%, 19%, and 6% stated that they rarely had been around someone who smokes, drinks alcohol, or uses drugs.

In this group, 19% of children were living with their parents prior to Family Night. While 60% of their children were in Foster Care, the other 40% were with relatives. During this period, 13% of the children returned to the care of their parents.

Parents strongly agreed that their children have learned more about alcohol, tobacco and other drugs, and about the impact of these substances have on their families. Also, the ability of their children to work better with others and to learn new things has improved. Moreover, their children have made improvements in their ability to identify and appropriately express their feelings.

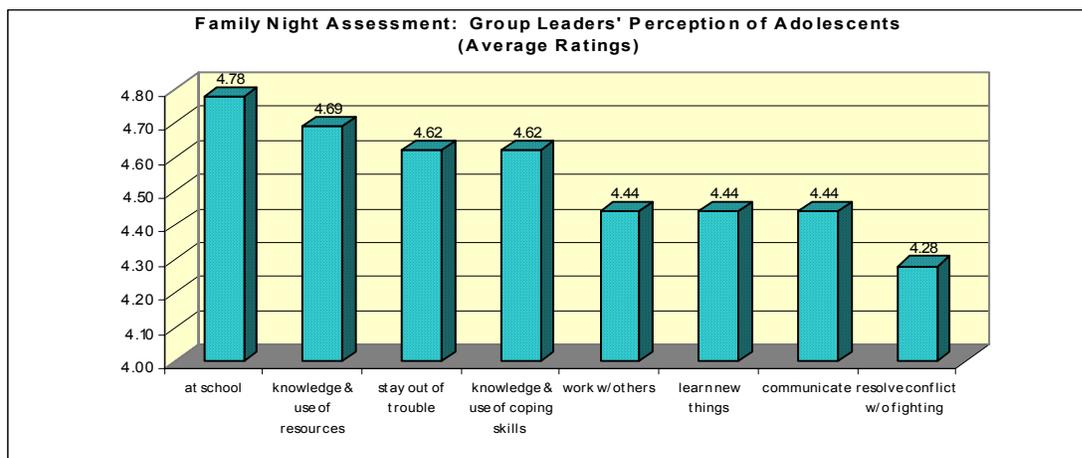
There were two questions where parents disagreed with the questionnaire statements including: (1) their ability to make decisions and solve problems, and (2) that their children know how to get help or seek information.

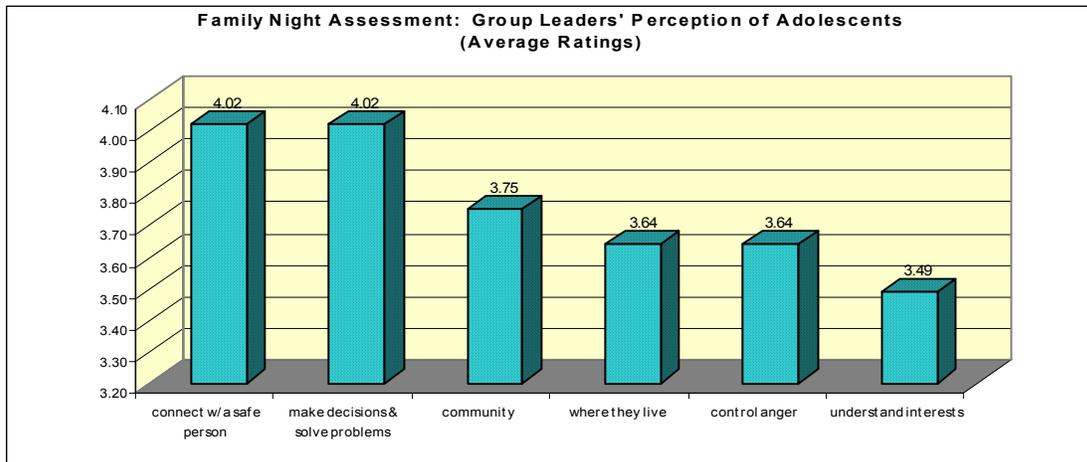
**Family Night Assessment for Child-Adolescent Group**

According to the Group Leaders, the youth have steadily improved in many areas. **Overall, the student participation level increased from an average score of 4.00 (medium) to 4.69 (high).**

The greatest achievements for these youth were in their school environment, i.e. their knowledge and use of resources of where to go for help, and their ability to stay out of trouble. They also have: (1) improved in their knowledge and use of coping skills to deal with stressful situations, (2) their ability to work with others; and (3) their ability to learn new things.

The lowest average scores were in the areas of: (1) their attitude toward his or her community; and (2) their ability to identify and express their feelings.





**Pre and Post-Adolescent Group (Yes or No) Questionnaire**

The pre-test was completed by sixteen children between the ages of 5 to 10 years old, and thirteen children completed the post-test. The following is a comparison between the answers of the pre- and post-test questionnaire.

Based on the percent increase from pre-test to post-test, most of the young children learned that **chemical dependency is a disease**. They have also learned that what they eat affects their brain chemistry, i.e. thoughts, feelings, and actions. By the end of the class, a greater percentage of adolescents learned there are a lot of other children just like them whose parents drink and use drugs and that it is a felony to share prescription drugs even among family members.

**Adolescent Questionnaire**

Twenty adolescents completed a questionnaire about their feelings in relation to substance abuse and questions related to self-esteem and other related issues. In general, we are glad to report the following regarding the adolescents: they feel better about themselves, they know what they are feeling and they can appropriately express these feelings, they can think through before they do something, and they have learned the harm that alcohol, tobacco and other drugs can do to a person's life and their families. Also they have learned that their parent's substance abuse is not their fault.

On the other hand, they disagreed about feeling good about the things they can do, as well as their ability to communicate with their friends and adults.

The adolescents agreed with a number of the questionnaire statements including: (1) they learned that there are other kids like them living with parents who have substance abuse problems; (2) they know they have safe people to go to for help if they need it. They also agreed that they have learned more about the disease of chemical dependency. A great number of the respondents agreed that using drugs occasionally is very harmful but they do not have the same perception about alcohol.

These adolescents said that during the last 30 days they had not used marijuana, other drugs or prescription drugs, 76% reported not using alcohol, and 24% did report using alcohol one or two times. Half of the respondents said they never used tobacco, while the other 50% reported using tobacco five times.

Twenty-five percent of the adolescents during the year said that they had been out with people that smoke daily while 12% said they had been around people who drink alcohol. The adolescents also mentioned that they had been out with a number of people who either rarely or never use drugs.

### Group Evaluation for Adults

Fifty four adults completed an evaluation form about the classes. The responses were on a scale of 1=poor, 2=below average, 3=average, 4=above average, 5=good, and 6=excellent.

Nearly all statements got an average score that fell between "good" and "excellent", including "the group leader and co-leaders respectfulness", "the information in the exercises and discussions", "the way the material was presented," and "the group leader and co-leaders effectiveness".

**All participants agreed that the group meant a great deal to them and almost all of them (96%) said that they would recommend the group to their friends.**

### Group Evaluation for Adolescents

Three participants completed the group evaluation, which was based on a scale from 1 to 6 where: 1=poor; 2=below average, 3=average, 4=above average, 5=good, and 6=excellent.

Participants rated all of the class dimensions between "above average" "good" and "excellent". The question regarding their feelings about **"the group leader and co-leaders respectfulness" received the highest average score of 5.20.**

An average between good and excellent (5.11) said the group meant a lot to them. Seventy-two percent of the participants would recommend the group to their friends. **All adolescents considered the group to be exceptionally valuable.**

### Children's Group

Fourteen children completed a pre-test and sixteen the post-test regarding chemical dependency and other related issues. In comparing both tests, significant progress was made in several different areas. For example, at the time of the pre-test, 57% of the children said alcohol and drugs change how people feel and act; and 64% said it is ok for them to say No when they feel unsafe. However, the post-test data show that 100% of these children agreed with the first statement while 87% agreed with the second statement.

Children improved their knowledge that chemical dependency includes the use of alcohol and other drugs and that chemical dependency is a disease. At pre-test, only 36% of children **said that there are people and places where they can go for help**, while 56% made the same statement at post-test.

### Focus Group Results

On June 6, 2004, two members of the evaluation team from the Center for Applied Local Research (C.A.L. Research) conducted a focus group at Rainbow House, a residential facility for women who are participating in the Santa Clara County Head Start Family Drug Court program. Seven women attended this focus group to share their opinions and experiences regarding "Family Night," which is a component of the Santa Clara County Head Start Family Drug Court program. Family Night is a 15-week program that meets on Thursday evenings from 5 to 8 p.m. During these sessions women learn about and gain various skills such as parenting and communication skills. The participants also explore other issues related to substance abuse such as emotional development, family dynamics, healthy relationships, etc.

In addition to meeting with the seven focus group participants at Rainbow House, a C.A.L. research staff member met individually with another participant of "Family Night" at Mariposa House, which is another recovery program associated with the Santa Clara County Head Start Family Drug Court program, thus the responses from all eight women are incorporated and recorded in the text below.

#### What have you learned from this class?

Many of the women felt that the greatest thing that they had learned from their participation was the **ability to communicate**, both with their own children as well as with other women and their children. Women commented that they had learned how to "ask for support" and **how to be more open about their feelings and needs**. As a result, they have **improved their communication with others as well as communicating with their therapists**. Other women felt that they had learned to be **more humble and "appreciate the little things,"** such as "kisses and hugs from their children."

Participants also mentioned a series of skills they have learned including:

- Talking to their children in a meaningful way;
- Understanding that children are not extensions of them but that they are their own "little people";
- Learning how to really be present with their children and feel and give love;
- Learning respect for themselves and their children;
- Learning how to forgive themselves;
- Setting goals for themselves;
- Learning a few stress reliever tips, such as prayer, meditation, and baths;
- Setting examples for their children; and
- Reading to their children and observing warning signs when they are in trouble.

**Has your life changed as a result of your participation in this class?  
How?**

Most women agreed that as a result of their participation in the classes and *their ability to apply* what they have learned, their **lives have positively changed**; particularly in reference to their relationships with their children. Participants reported that they feel very proud that they now have the ability to teach their children the new skills that they themselves learned in the classes. These classes have helped the women to think about and understand identity issues, i.e. they learned that children have their own identity, and that they themselves had other identities in addition to being a child's mother. As an example, one participant said that these classes had been very helpful in discovering who "I am and that I can be a single mom, I don't need a man to complete me."

Other participants said that they felt humbled, and because of the Family Night program are now able to accept who they are – and can be a good role model for their children and family.

***I can't change the past, but I can make a better future***

Another client said that before she used to care a lot about her appearance, but since her participation in the program she now spends less time caring about her appearance and what other people think about her and **puts more energy towards her children**. In her words, "Now it's all about the kids."

**How has your relationship with your children changed as a result of your participation in this class?**

Overall, participants agreed that love; respect and patience now characterize their relationships with their children. The women feel that they are doing a **better parenting job**. They said that they have learned how to **give their children choices**, so that they develop their own decision-making skills, which will help them later in life when they need to make their own decisions and choices. Participants also learned how to **respect their children's feelings**. For example one client said, "That it is fine if my child is angry. It is better to understand how to accept that anger instead of trying to diffuse it."

***If I can be a good single mom and if my kids are happy with me,  
that's all that matters***

Another participant said that the classes have **taught her how to understand the different stages of child development** and this has helped her to set boundaries and limits for herself and her children.

### What did you like the most about the classes?

The majority of the women said that having **dinner and story-time** with their children at Family Night was the best part of the program. Another favorite program piece was the time set aside for **singing songs and playing games** with their children. Many women also liked the **mediation and soft music**. Additionally, participants mentioned that they enjoyed the **food and guest speakers** – especially the “learning differences” and “what drugs do to your brain” speakers.

Others reported that they liked what they had learned about **nutrition and eating healthy**. They also mentioned that they liked the way the **instructor** interacted with them, her creativity, and how she was always going out of her way to make them feel special and do little things for them. They particularly liked the **family photos that were put on their folders** – they really enjoyed looking at them during their participation in the classes. Participants also enjoyed seeing their children interact with other children in a positive and healthy way.

### What did you dislike about the classes?

The overall consensus of the group was that the **“break time” was very short and that “Outreach” was often late**. Others stated that since it was “family night,” they would like to spend more time with their children during the class sessions and to not separate and go into different rooms.

### If you could change anything about the classes, what would it be?

Many of the women felt they would simply like to spend more time with their children. They all commented that they really liked doing arts and craft projects with their children, and would like to do more projects like those. In particular the women mentioned projects where seeds of some kind are planted and then they could watch them grow with their children. Another woman commented that she would love to have a web-cam in the Head Start classroom so that she could watch her child learn over the internet.

### Summary from First Focus Group

At the time of the focus group none of the participants had been legally reunited with their children, however they stated that when they do reunite with their children they would like to take the class over again with them.

From the focus group data it appears that the participating clients were very satisfied with the Family Drug Court Classes and it seems that most of them have become empowered by the program and the instructor. They have learned and increased their skills regarding respect for themselves and their own judgment. They have also gained an understanding of their limitations and how to forgive themselves for these limitations. Furthermore, they have learned multiple skills on how to be better parents and **as a result of the classes their relationships with their children have significantly improved**.

## Focus Group #2

On Sunday September 19, 2004 The Center for Applied Local Research staff conducted two focus groups with clients from the Santa Clara County Drug Court Program that also attended the parenting classes. Two clients from Culvert House and four clients from Diel House participated in the focus groups. The following report includes responses from the six clients that participated in this evaluation activity. Clients in general were extremely positive and happy about the services they were receiving from the parenting classes.

### What have you learned from this class?

Some clients emphasized that the most valuable tool they had gained from the classes was **learning better methods of interacting and communicating with their children**. They also learned how to be **more patient** with their children and how to be **more attentive** to their children's needs and their own needs.

Clients agreed that the classes provided them with a much-needed education on the issues of abuse. **Clients learned how abuse affects their body, mind, and family**. Clients shared examples of their experiences of domestic violence and physical abuse, and described how "positive discipline" had helped them overcome their abuse. One client mentioned that she had learned the **importance of being able to tell her children that she loved them** and properly praise them, but at the same time, she has also gained the ability to set responsible boundaries.

Clients also learned ways to take care of their physical health. They reported learning about the effects that drugs have on the body and on a pregnant woman's fetus. They also learned about nutrition, for example they were informed about healthy foods they should be eating.

### Has your life changed as a result of your participation in this class? How?

For some clients, **the greatest change was in their relationships with their children, because they learned new skills such as how to set limits and "not give them everything they want"**. Overcoming their substance abuse has also paved the way to a better relationship with their children. As one client said "We are sober now and that makes a big difference in our relationship with our children." The parents have also learned better ways to handle conflicts with their children, for example, instead of yelling at them they talk and listen to them, which shows their children that their opinion also counts and makes their children feel better about themselves.

One client shared that she can now talk to her 11 year old child, where as before the classes she could not. She said that in the past she was really not there for him but **now they can hold a conversation and comfortably express their feelings to one another**. She said, "I am proud of him and he is proud of me." Similarly, another client said she experienced a big change in her relationship with her children and that they (the children) have really noticed her progress.

Another client said that she had never had an opportunity to build a relationship with her daughter because she was taken away from her. For that client, Family Night was a place where she could interact with her daughter and she felt really good about that.

Several clients said that their lives have changed in a number of different ways. For example, one client mentioned how her life had changed drastically after the birth of her child. She said, "I got pregnant, I was always high, I did not have a place to live...now since I have gotten clean, I feel that I can be a better person for my daughter. I make sure that only healthy people are around her and around me, when I meet someone I look for certain characteristics that tell me that the person is healthy."

C.A.L. Research staff observed positive interactions between focus group participants, especially at the Diel House. They seem to be **very comfortable and very trusting of each other**. They showed great camaraderie; for example, when one of the children needed something any of the participants would take care of the child like it was their own. Reaffirming that observation, **all clients agreed that they have developed new relationships and have become really close friends.**

**What did you like the most about the classes?**

One client said she liked having dinner and spending time with her children. Another client said she liked having extra visiting time with the children that are not living with her. Clients also greatly value the transportation the program provides. They liked that their children go through development tests, which help keep them informed on how their kids are doing. Some clients mentioned that meditation has also helped. Others were pleased that both, adults and children, learn similar skills. All the clients liked the food that is served, and all were very happy with their children's teacher.

All clients were content with the Family Night staff members. They said that Debora makes the classes "really fun", and gives special attention to all of them. They enjoy the various projects, like keeping a journal, making picture frames, etc. They also liked that the parenting class staff had the children design things for them.

**If you could change anything about the classes, what would it be?**

Some clients agreed that infants should be separated from the older children because it was hard for the younger children to follow directions. They would also like other activities for different age groups. In addition, clients said there should be more space, because sometimes there are a lot of children "just running around". They would also like to have more breaks. One client said, "Sometimes we do not have any breaks." **They said they needed a break between the activities with their children to their own activities.** Understandably, several clients would just like to have more time dedicated to being with their children.

## **Summary from the second focus group:**

- Clients have learned many different skills from the classes including how to communicate and interact better with their children and other adults.
- The most positive changes that clients experienced were in their relationships with their children, and according to the clients, sobriety had greatly contributed to making that possible.
- Clients enjoyed spending time with their children. They also enjoyed the variety of class themes and felt very comfortable with the staff members.
- In observing how clients interact with each other, they seem to have created a healthy environment for their children and themselves. During the focus groups, clients showed great camaraderie and willingness to work together and demonstrated a great sense of community.

## **CONCLUSION**

Taken all together, the data and findings from this evaluation report are highly encouraging. They show that significant accomplishments have taken place in this Head Start Program.

- The parenting classes have helped parents and children to learn and apply new skills, such as, identifying issues of chemical dependency and understanding how these issues affect their families. Parents also have learned how to set goals for themselves, and how to gain more control of their lives.
- The majority of parents also truly enjoyed spending a night together with their children in a safe environment where they could have dinner together and share in a variety of activities, as well as separate parent and child activities.
- The program successfully completed 125 child screenings and made referrals for additional services when necessary.
- This Family Night program specifically targets families that have children enrolled in Head Start. From the eight included case studies it is clear that Head Start is making a positive impact in these children's lives. We will continue to include new case studies and child assessments in the upcoming year in order to document new challenges and success stories.
- Qualitative data from the focus groups, demonstrated that parents truly appreciated the efforts of staff members from the Drug Court Program. Additionally, clients have developed a positive network between one another, and have built a supportive environment in order to deal with common issues. Furthermore, they recognize that the program has been a tremendous help to them in becoming closer to their children and in assisting them in their efforts for family reunification.

## APPENDIX

### **(Tables, Charts, and Assessment Questionnaires)**

- Table: Adult-Adolescent Parenting Inventory (AAPI): Parenting Profile
- Table: Parenting Group (Yes or No) Questionnaire (Pre/Post Test Results)
- Table: Parenting Questionnaire
- Table and Chart: Family Night Assessment: Child-Adolescent Group
- Table: Adolescent Group (Yes or No) Questionnaire (Pre/Post Test Results)
- Table: Adolescent Questionnaire
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- Parenting Group: Pre/Post Test (Yes or No) Questionnaire
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- Group Leader Notes Questionnaire

**Adult-Adolescent Parenting Inventory (AAPI)  
Parenting Profile**

October 2003 - September 2004\*

AAPI Pre & Post Test Results (Average Scores)		
	(Pre) n = 38	(Post) n = 37
<b>A: Inappropriate Expectations</b>	5.79	7.33
<b>B: Empathy</b>	3.62	6.15
<b>C: Corporal Punishment</b>	4.17	6.03
<b>D: Role Reversal</b>	3.36	5.84
<b>E: Power Independence</b>	1.68	6.52

Score Range
<i>High Risk (1 - 4): Practice Abusive Parenting Skills</i>
<i>Mid (4 - 7): Parenting Attitudes of General Parenting</i>
<i>Low Risk (7 - 10): Parenting Reflects Nurturing, Non-Abusive Philosophy</i>

\* AAPI only for January 2004 thru September 2004

**Parenting Group (Yes or No) Questionnaire (Pre/Post Test Results)  
October 2003 - September 2004**

	Correct Response	Pre-Test n=71		Post Test n=71	
		YES	NO	YES	NO
		People mostly communicate by talking or writing	Yes	73%	27%
Its best not express anger / I can express my anger safely	Yes	85%	15%	94%	6%
Adolescent use is a warning sign for possible, future addiction / If someone does not start using...until 18...likely to be addicted	Yes	62%	38%	56%	44%
Chemical dependency is a disease.	Yes	65%	35%	86%	14%
Marijuana & tobacco affects the lungs.	Yes	79%	21%	94%	6%
What we eat affects our brain chemistry - thought, feelings and actions.	Yes	54%	46%	89%	11%
Alcohol affects men's & women's bodies the same way.	No	86%	14%	55%	45%
12oz Beer, 5 oz wine & hard liquor all contain the same amount of alcohol.	Yes	8%	92%	85%	15%
Using "I" messages is important form of communication.	Yes	73%	27%	76%	24%
People w/ alcoholic/addicted relatives are more likely to become addicts.	Yes	27%	73%	56%	44%
As soon as alcohol/drug addicts stop using, all family problems go away.	No	79%	21%	24%	76%
Marijuana use affects your ability to learn.	Yes	38%	62%	90%	10%
Its important to recognize how we are feeling / It helps to talk to someone about your problems.	Yes	56%	44%	83%	17%
It's a felony to share prescription drugs even among family members.	Yes	85%	14%	96%	4%
What we say to ourselves affects our strength / What I say to myself does not matter	Yes	65%	35%	76%	24%
Your children will more likely to become addicted if they keep all their problems to themselves / An important factor in keeping a child safe from becoming addicted is having a safe adult talk w/them	Yes	76%	24%	85%	15%
A pregnant woman who drinks is as likely to have a healthy baby as a non-drinker	No	1%	99%	1%	99%
Refusal skills are important only for children	No	14%	86%	11%	89%
When people get sober they stop abusing their children & partners.	No	44%	56%	21%	79%
Its important to have age appropriate rules for your children / A parent should have the same rules for all their children	Yes	76%	24%	89%	11%
When making decisions, its best to be quiet and not talk w/others	No	62%	38%	65%	35%
Its important to tell your chiren "I love you".	Yes	99%	1%	100%	----

**Parent Questionnaire (n=53)  
October 2003 - September 2004**

<b>(1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree</b>		
<b>During this group:</b>	<b>Average</b>	
I am able to say no and refuse to participate in something I don't want to do	<b>4.49</b>	<b>Strongly Agree</b>
I feel better about myself	<b>4.32</b>	
I believe drinking alcohol/drugs for me is harmful	<b>4.10</b>	
My ability to communicate w/my children has improved	<b>4.00</b>	
I have more control over my life	<b>4.00</b>	
I feel more comfortable w/people like me who are trying to parent in recovery	<b>3.89</b>	<b>Agree</b>
I understand how to set goals for myself	<b>3.89</b>	
I think things through before I do something	<b>3.89</b>	
I can identify what I am feeling and appropriately express it	<b>3.89</b>	
My ability to stay out of trouble has improved	<b>3.65</b>	
I recognize my anger and express it appropriately	<b>3.41</b>	
My ability to connect w/safe people has improved	<b>3.33</b>	
I can make better decisions and solve problems more effectively	<b>3.02</b>	
I can slow down and center myself	<b>2.90</b>	<b>Disagree</b>
I now understand more about how chemical dependency has affected my children	<b>2.66</b>	
I know how to find and ask for help when I need it	<b>2.47</b>	
I have a stronger relationship w/someone outside my family who supports me in my recovery	<b>2.22</b>	
I learned the importance of eating in a healthy way for my recovery and myself	<b>1.91</b>	<b>Strongly Disagree</b>
I now regularly attend an organized group, like a team, youth group, support group where I feel respected and accepted	<b>1.91</b>	

**Parent Questionnaire (n=53)  
October 2003 - September 2004**

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<b>During the past 30 days, how many times have you used:</b>	<b>Zero</b>	<b>1-2 times</b>	<b>3-5 times</b>	<b>&gt; 5 times</b>
alcohol	96%	4%	----	----
tobacco	74%	4%	----	22%
marijuana	100%	----	----	----
other illegal drugs	96%	4%	----	----
prescription drugs (not prescribed to you)	100%	----	----	----

	<b>daily</b>	<b>often</b>	<b>rarely</b>	<b>never</b>
Some of the folks I hang out w/smoke	57%	28%	15%	----
Some of the folks I hang out w/drink alcohol	8%	32%	19%	41%
Some of the folks I hang out w/use drugs	----	----	6%	94%

	<b>Yes</b>	<b>No</b>
Children living w/you prior to Family Night	19%	81%

Foster Home	60%
Relatives (including father)	40%

Were your children returned home during the Family Night Program	26%	74%
	<b>YES</b>	<b>NO</b>
Are children living w/you now	13%	87%

(1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

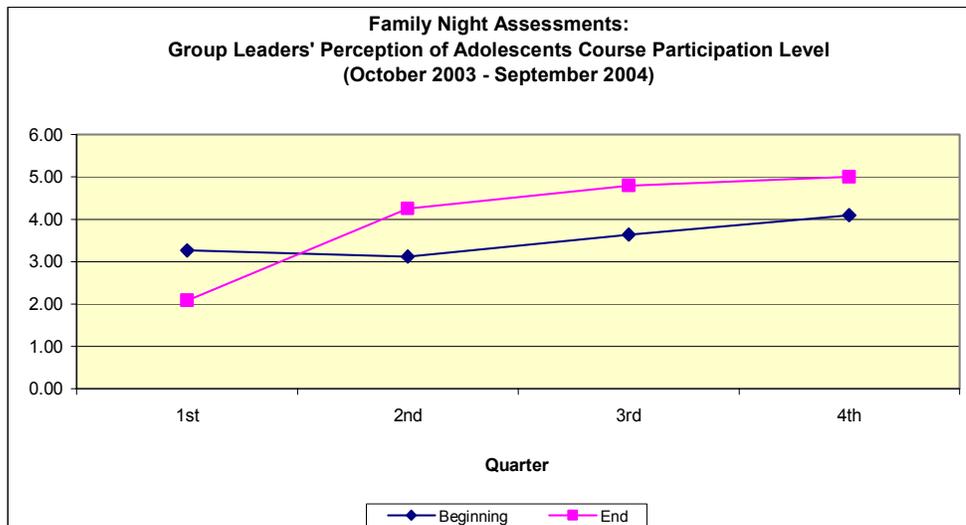
**Parent Questionnaire (n=37): Questions 24 - 39**

**My Child(s):**

has learned more about the impact of alcohol, tobacco, drugs on our family	<b>4.46</b>	<b>Strongly Agree</b>
learned more about alcohol, tobacco and other drugs	<b>4.15</b>	
can work better w/others	<b>4.15</b>	
ability to learn new things has improved	<b>4.12</b>	
ability to identify and appropriately express their feelings has improved	<b>4.00</b>	
has learned that they are high risk for addiction themselves	<b>3.89</b>	<b>Agree</b>
ability to communicate has improved	<b>3.88</b>	
has learned how to use coping skills in stressful situations	<b>3.75</b>	
to resolve conflicts wo/fighting or violence has improved	<b>3.63</b>	
understanding of their interests and talents has improved	<b>3.63</b>	
ability to control their anger has improved	<b>3.56</b>	
is living, they can to stay out of trouble	<b>3.43</b>	
attitude towards school has improved	<b>3.38</b>	
ability to connect w/safe friends and adults has improved	<b>3.05</b>	
ability to make decisions and solve problems has improved	<b>2.63</b>	<b>Disagree</b>
knows how to get help or seek information	<b>2.00</b>	

## Family Night Assessment: Group Leaders' Assessment of Adolescents

Participation Level in the Course	October 2003 - September 2004			
	Reporting Quarter			
	1st	2nd	3rd	4th
Beginning	3.27	3.12	3.64	4.10
End	2.09	4.25	4.80	5.00



**Adolescent Group (Yes or No) Questionnaire (Pre/Post Test Results)  
October 2003 - September 2004**

	Correct Response	Pre-Test (June 2004) n=16		Post Test (Sept 2004) n=13		
		YES	NO	YES	NO	
People/Communicate mostly by talking & writing	Yes	75%	25%	92%	8%	
I can express my anger safely / best not to express anger	Yes	81%	19%	85%	15%	
It is good to have high tolerance	No	31%	69%	23%	77%	
Chemical dependency is a disease	Yes	56%	44%	85%	15%	
What we eat affects our brain chemistry - thought, feelings and actions	Yes	44%	56%	77%	23%	
Men's & women's bodies react the same to alcohol	No	50%	50%	31%	69%	
Beer, wine coolers & hard liquor contain the same amount of alcohol	Yes	56%	44%	31%	69%	
As soon as alcohol/drug addicts stop using, most family problems go away	No	75%	25%	15%	85%	
People w/ alcoholic/addicted relatives are more likely to become addicts	Yes	31%	69%	15%	85%	
Using "I" messages is a selfish form of communication	No	50%	50%	25%	75%	
It is important to learn how I am feeling	Yes	81%	19%	100%	---	
Marijuana does affect your ability to learn	Yes	87%	13%	92%	8%	
It's a felony to share prescription drugs even among family members	Yes	83%	17%	92%	8%	
Everyone had blackouts.	No	6%	94%	8%	92%	
Its my fault that my parent drinks/uses	No	19%	81%	8%	92%	
Children are hurt by their parent's addiction	Yes	100%	---	77%	23%	
A pregnant woman who drinks is as likely to have a healthy baby as a non-drinker	No	---	100%	---	100%	
All children w/alcoholic or addicted parents take on the same role in the family.	No	25%	75%	15%	85%	
There are lots of other children/teen just like me whose parent's drink/use too much	Yes	87%	13%	100%	---	
I can help my parent stop drinking, if I try hard enough.	No	44%	56%	15%	85%	
Pre-Test (n=15)	Children/teens need to get help for themselves, whether or not their parent stops drinking/using.	Yes	67%	33%	77%	23%
	It helps to have someone to talk to about your problems.	Yes	100%	---	100%	---
	Going to Ala-teen and Al-anon and Al-A-child can help me to deal w/my parents' drinking or using.	Yes	93%	7%	85%	15%
	Sometimes children/teens act like nothing's wrong when their parents drink.	Yes	100%	---	85%	15%

**Adolescent Questionnaire (n=20)  
October 2003 - September 2004**

(1) Strongly Disagree	(2) Disagree	(3) Agree	(4) Strongly Agree
<b>During this group, I learned...</b>			<b>Average</b>
I feel better about myself.			4.25
I know what I am feeling and appropriately express it			4.25
I can think things through before I do something.			4.10
The harm that alcohol, tobacco, and other drugs can do to a person's life and their family.			4.05
That my parent's alcoholism/addiction is not my fault.			4.05
That there are other kids like me living w/alcoholic/addicted parents.			3.95
That there are safe people that can help me			3.83
More about the disease of chemical dependency.			3.64
That I can be healthy even if my mom or dad is an alcoholic or addict			3.64
How to set goals for myself.			3.46
How to take care of myself and problem solve in difficult situations.			3.46
How to choose and keep safe friends.			3.46
To say no and refuse to participate in something I don't want to.			3.25
I now regularly attend an organized group, like a team, youth group, support group where I feel respected and accepted			3.25
That I did not cause the disease, I can not cure the disease, I can not control the disease, but I can heal and be healthy, one day at a time.			3.25
That there is a genetic component to addiction and that I am at risk to become addicted.			2.96
How to be safe where I live.			2.95
I can appropriately express my anger			2.95
I have a stronger relationship w/parents who care for and support me.			2.85
Have an adult I can talk to.			2.85
I can communicate w/my friends and adults.			2.76
I feel good about the things I can do.			2.69

**Adolescent Questionnaire (n=20)  
October 2003 - September 2004**

	<b>(4) Very Harmful - (3) Somewhat Harmful (2) Somewhat Harmless (1) Harmless</b>	
<b>During this group, I learned...</b>	<b>Average</b>	
That using drugs once in a while is...	<b>4.25</b>	<b>Very Harmful</b>
That using alcohol once in a while is...	<b>2.95</b>	<b>Somewhat Harmless</b>

<b>During the past 30 days, how many times have you used:</b>	<b>Never</b>	<b>1-2 times</b>	<b>3-5 times</b>	<b>&gt; 5 times</b>
alcohol	<b>76%</b>	<b>24%</b>	----	-----
tobacco	<b>50%</b>	----	----	<b>50%</b>
marijuana	<b>100%</b>	----	----	-----
other drugs	<b>100%</b>	----	----	-----
prescription drugs (not prescribed to you)	<b>100%</b>	----	----	-----

	<b>daily</b>	<b>often</b>	<b>rarely</b>	<b>never</b>
Some of the folks I hang out w/smoke	<b>25%</b>	<b>12%</b>	<b>13%</b>	<b>50%</b>
Some of the folks I hang out w/drink alcohol	<b>12%</b>	<b>13%</b>	<b>38%</b>	<b>37%</b>
Some of the folks I hang out w/use drugs	----	----	<b>15%</b>	<b>85%</b>

**Group Evaluation: Parents (n=54)  
October 2003 - September 2004**

	<b>1-Poor, 2-Below Average, 3-Average, 4-Above Average, 5-Good, 6-Excellent</b>
The group leader and co-leaders respectfulness	5.40
The information in the exercises and discussions	5.27
The way the material was presented	5.14
The group leader and co-leaders effectiveness	5.07
	<b>1-Not Valuable, 2-Somewhat Valuable, 3-Valuable, 4-More Valuable, 5- Most Valuable</b>
This group meant to me	4.86

**Ninety-six percent (96%)** participants said they would tell their friends to come to this group.

**Group Evaluation: Adolescent (n=18)  
October 2003 - September 2004**

	<b>1-Poor, 2-Below Average, 3-Average, 4-Above Average, 5-Good, 6-Excellent</b>
The group leader and co-leaders respectfulness	5.20
The way the material was presented	4.96
The group leader and co-leaders effectiveness	4.80
The information in the exercises and discussions	4.37
	<b>1-Not Valuable, 2-Somewhat Valuable, 3-Valuable, 4-More Valuable, 5- Most Valuable</b>
This group meant to me	5.11

**(72%)** said they would tell their friends to come to this group, while the remaining **(28%)** said "maybe" or "no."

72%      28%

## Children's Questionnaire October 2003 - September 2004

	Correct Response	Pre-Test n=14			Post Test n=16		
		Yes	No	Don't Know	Yes	No	Don't Know
Chemical Dependency includes the use of alcohol and other drugs	Yes	79%	14%	7%	81%	13%	6%
Chemical dependency is a disease	Yes	57%	29%	14%	88%	6%	6%
I cause my parents to drink or use drugs	No	14%	57%	29%	6%	81%	13%
Children should not talk to others about their parents' drinking or using	No	36%	43%	21%	13%	75%	12%
Children whose parents drink or use too much may pretend nothing is wrong	Yes	43%	43%	14%	50%	25%	25%
When parents drink or use drugs, it hurts the kids and everybody in the family	Yes	64%	29%	7%	88%	6%	6%
I can help my parent stop drinking, if I try hard enough.	No	21%	43%	36%	----	100%	----
There are lots of other children/teen just like me whose parents' drink/use too much	Yes	86%	7%	7%	87%	13%	----
All my feelings are OK	Yes	36%	57%	7%	63%	25%	12%
I have special talents	Yes	14%	43%	43%	44%	25%	31%
Alcohol and drugs change how people feel and act	Yes	57%	14%	29%	100%	----	----
Defenses help me hide my feelings from others	Yes	57%	29%	14%	81%	13%	6%
It is ok for me to say "No" when I feel unsafe	Yes	64%	7%	29%	87%	13%	----
I can change how other people feel	No	29%	50%	21%	13%	81%	6%
I can make healthy choices for myself	Yes	43%	43%	14%	44%	25%	31%
Feelings help me know what's going on inside of me	Yes	64%	36%	----	94%	6%	----
There are people and places I can go to for help	Yes	36%	43%	21%	56%	19%	25%
Its okay for people to touch me in any way they want to	No	----	100%	----	----	100%	----
Its okay to feel good about myself	Yes	86%	7%	7%	94%	6%	----

*Please circle Y (Yes) or N (No)*

1. Y N There is only one way to communicate with others.
2. Y N I can express my anger safely.
3. Y N Alcohol affects men's and women's bodies react the same.
4. Y N Adolescent use is a warning sign for possible future addiction.
5. Y N Chemical Dependency is a disease.
6. Y N Marijuana use affects the lungs.
7. Y N What we eat or drink affects our brain chemistry – our thoughts, feelings, and actions.
8. Y N Beer, wine coolers and hard liquor all contain the same amount of alcohol.
9. Y N Using "I" messages is an important form of communication.
10. Y N People with alcoholic/addicted relatives are more likely to become addicted themselves.
11. Y N It is important to recognize how we are feeling.
12. Y N As soon as an alcoholic/drug addict stops using, all the family's problems will go away.
13. Y N Marijuana use does affect your ability to learn.
14. Y N It helps to talk to someone about your problems.
15. Y N It is a felony to share prescription drugs even among family members.
16. Y N What we say to ourselves affects our strength.
17. Y N Your children will more likely become addicted to become addicted if they keep all their problems to themselves.
18. Y N A pregnant woman who drinks is as likely to have a healthy baby as a non-drinker.
19. Y N Refusal skills are important only for children.
20. Y N When people get sober they stop abusing their children and partners.
21. Y N It is important to have age appropriate rules for your children.

22. Y N It is important to tell your children “I love you.”
23. Y N Because alcoholic and drug-addicted people have a disease, they are not responsible for their behavior when they are drunk or using drugs.

*Please circle Y (Yes) or N (No)*

1. Y N There is only one way to communicate with others.
2. Y N I can express my anger safely.
3. Y N It is good to have high tolerance (being able to drink more than others without showing it).
4. Y N Chemical Dependency is a disease.
5. Y N What we eat and drink affects our brain chemistry – our thoughts, feelings, and actions.
6. Y N Men's and women's bodies react the same to alcohol.
7. Y N Beer, wine coolers and hard liquor all contain the same amount of alcohol.
8. Y N As soon as an alcoholic/drug addict stops using all the family's problems will go away.
9. Y N People with alcoholic/addicted relatives are more likely to become addicted themselves.
10. Y N Using "I" messages is an important form of communication.
11. Y N It is important to learn how I am feeling.
12. Y N Marijuana use does affect your ability to learn.
13. Y N It is a felony to share prescription drugs even among family members.
14. Y N Everyone has blackouts.
15. Y N Children are hurt by their parents' addiction.
16. Y N It is my fault that my parent drinks/uses.
17. Y N A pregnant woman who drinks is as likely to have a healthy baby as a non-drinker.
18. Y N All children with alcoholic or addicted parents take on the same role in the family.
19. Y N There are lots of other children/teens just like me whose parents' drink/use too much.
20. Y N I can help my parent stop drinking, if I try hard enough.
21. Y N Children/teens need to get help for themselves, whether or not their parent stops drinking/using.

22. Y N It helps to talk to someone about your problems
23. Y N Going to Ala-teen and Al-anon and Al-A-child can help me to deal with my parents drinking or using.
24. Y N Sometimes children/teens act like nothing's wrong when their parents drink.
25. Y N Because alcoholics and drug-addicted people have a disease, they are not responsible for their behavior when they are drunk or using drugs.

## Children's Group: Pre Test & Post Test

October 21, 2004

Read each sentence. If you agree with the sentence, draw a circle around the word YES. If you don't agree with the sentence, draw a circle around the word NO. If you aren't sure what you think, draw circle around DK (DON'T KNOW)

1. YES NO DK Chemical Dependency includes use of alcohol and other drugs.
2. YES NO DK Chemical Dependency is a disease.
3. YES NO DK I cause my parents to drink or use drugs.
4. YES NO DK Children should not talk to others about their parent's drinking/using.
5. YES NO DK Children whose parents drink/use too much may pretend nothing is wrong.
6. YES NO DK When parents drink/use drugs, it hurts the kids and everybody in the family.
7. YES NO DK I can help my parent stop drinking or using if I try hard enough.
8. YES NO DK There are lots of other children like me whose parents drink or use too much.
9. YES NO DK All my feelings are OK.
10. YES NO DK I have special talents.
11. YES NO DK Alcohol and drugs change how people feel and act.
12. YES NO DK Defenses help me hide my feelings from others.
13. YES NO DK It is ok for me to say "No" when I feel unsafe. (Prior my gut says No.)
14. YES NO DK I can change how other people feel.
15. YES NO DK I can make healthy choices for myself.
16. YES NO DK Feelings help me know what is going on inside of me.
17. YES NO DK There are people and places I can go to for help.
18. YES NO DK It's OK for people to touch me in any way they want to. (PRIOR wording)  
People can touch me in any way they want to and that is OK.
19. YES NO DK It is O.K. to feel good about myself.

## Family Night Parenting Assessment

Parent: \_\_\_\_\_ Case Number: \_\_\_\_\_

Address: \_\_\_\_\_

Class Location: Ujirani Family Resource Center

Dates: 06/12/2003 to 09/25/2003

Participation Level:

**Attendance:** \_\_\_\_ out of \_\_\_\_ **Completed Make-up Assignments:** Yes No

**Beginning of the Course:** High Medium/High Medium Medium/Low Low

**End of the Course:** High Medium/High Medium Medium/Low Low

Did the parent successfully meet the overall requirements for completion of the class? Yes No

Did the parent successfully work on the specific reasons for referral to a parenting class? Yes No

Would you recommend another class for parent? Yes No

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1. Due to this group, this participant's successful participation In treatment or at work is:

Comments: **No Change** **Some change** **Change** **Better Change** **Great Change**

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2. Due to this group, this participant's successful participation In their community is:

Comments: **No Change** **Some change** **Change** **Better Change** **Great Change**

---

---

3. Due to this group, this participant's successful participation With their children is:

Comments: **No Change** **Some change** **Change** **Better Change** **Great Change**

---

---

4. Due to this group, this participant's ability to communicate is:

Comments: **No Change** **Some change** **Change** **Better Change** **Great Change**

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5. Due to this group, this participant's ability to learn new things is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Due to this group, this participant's knowledge and use of coping skills to deal with stressful situations is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Due to this group, this participant's ability to connect with other adults is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Due to this group, this participant's ability to work with others is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Due to this group, this participant's ability to make decisions and solve problems is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. Due to this group, this participant's ability to resolve conflict appropriately:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Due to this group, this participant's ability to avoid dangerous situations is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. Due to this group, this participant's ability to control his/her anger is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Due to this group, this participant's attitude where they live is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. Due to this group, this participant's ability to identify and appropriately express their feelings is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. Due to this group, this participant's knowledge of the impact of alcohol, prescription and illegal drugs on children, individuals, and families is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

16. Due to this group, this participant's knowledge and use of resources they can turn to for help is:

**No Change   Some change   Change   Better Change   Great Change**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prepared by :    Deborah Dohse, MSW

Signature: \_\_\_\_\_    Date: \_\_\_\_\_

                     Vicki Tran, MSW

Signature: \_\_\_\_\_    Date: \_\_\_\_\_

## FAMILY NIGHT ASSESSMENT FOR EACH CHILD – ADOLESCENT

This form will be completed by the group leader, social worker and/or foster parent.

September 30, 2004

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date of Birth or AGE:** \_\_\_\_\_

**Prepared by:**            Group Leader            **Social Worker**            **Foster Parent**

**Dates of Attendance: 06/24/2004 to 09/30/2004**

**Participation Level:**

**Beginning of the Course:**    High    Medium/High    Medium    Medium/Low    Low

**End of the Course:**            High    Medium/High    Medium    Medium/Low    Low

1. During this group, this youth's success at school is:  
**Better   A little better   Same   Worse   Unknown**
2. During this group, this youth's success where they live is:  
**Better   A little better   Same   Worse   Unknown**
3. During this group, this youth's success in their community is:  
**Better   A little better   Same   Worse   Unknown**
4. During this group, this youth's success with their family/parents/caregiver is:  
**Better   A little better   Same   Worse   Unknown**
5. During this group, this youth's success understanding of their interests and talents is:  
**Better   A little better   Same   Worse   Unknown**
6. During this group, this youth's success ability to communicate is:  
**Better   A little better   Same   Worse   Unknown**
7. During this group, this youth's success ability to learn new things is:  
**Better   A little better   Same   Worse   Unknown**
8. During this group, this youth's success ability to connect with a safe person:  
**Better   A little better   Same   Worse   Unknown**
9. During this group, this youth's success ability to connect with healthy friends is:  
**Better   A little better   Same   Worse   Unknown**
10. During this group, this youth's success ability to connect with others:  
**Better   A little better   Same   Worse   Unknown**
11. During this group, this youth's success ability to work with others is:  
**Better   A little better   Same   Worse   Unknown**

## FAMILY NIGHT ASSESSMENT FOR EACH CHILD – ADOLESCENT

This form will be completed by the group leader, social worker and/or foster parent.

September 30, 2004

12. During this group, this youth's success ability to stay out of trouble is:

**Better A little better Same Worse Unknown**

13. During this group, this youth's success ability to make decisions and solve problems is:

**Better A little better Same Worse Unknown**

14. During this group, this youth's success attitudes toward his/her community is:

**Better A little better Same Worse Unknown**

15. During this group, this youth's success ability to resolve conflict without fighting or violence is:

**Better A little better Same Worse Unknown**

16. During this group, this youth's success ability to control his/her anger is:

**Better A little better Same Worse Unknown**

21. During this group, this youth's success ability to identify and appropriately express their feelings is

**Better A little better Same Worse Unknown**

22. During this group, this youth's success knowledge of the impact of alcohol, description and illegal drugs on children, individuals, and families is:

**Better A little better Same Worse Unknown**

23. During this group, this youth's success knowledge and use of coping skills to deal with stressful situations is:

**Better A little better Same Worse Unknown**

24. During this group, this youth's success knowledge and use of resources they can turn to for help is:

**Better A little better Same Worse Unknown**

Was the participant able to identify at least one caring, and supportive (safe) adults because of this group?  Yes  No  Unknown

Additional comments: Please include whether this would benefit from another children's group.

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**Group Leader Notes**

**DATE:** \_\_\_\_\_ **GROUP SESSION:** \_\_\_\_\_ **TOPIC:** \_\_\_\_\_

**Please Circle one GROUP: Children's, Pre-adolescents, Adolescents, Parents**

Please be specific with comments. If you add or delete any questions, please make a note of that for the writers. If you add additional activities, please make a note of those changes, too. Your feedback is really important and we make changes based upon your feedback!! Please turn in these notes with your timecards.

**Activities and Group Reactions:**

**Opening (15 min.):**

**Centering (Mediation) or Journal Activity/ Sharing: What did you do? Would change anything and what would you change?**

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**Insights for Living (60 min.):**

Activity One: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Activity Two: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Activity Three: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Activity Four: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Activity Five: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Activity Six: \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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**Creating Connections (15 min.):**

Connecting with Others \_\_\_\_\_ (Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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Connecting with Myself and My higher Power \_\_\_\_\_

(Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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**Family Activity (20 min.):**

( Name of Activity) \_\_\_\_\_

Would change anything and what would you change?

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**Additional Comments:**

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