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www.communitiesthatcare.net/programs/ggc/

ABOUT

What is it?

Guiding Good Choices (GGC) is an evidence-based program for parents and caregivers of youth **ages 9-14**.

Caregivers learn **proven approaches** to:

- Strengthen family bonds
- Improve parent-child communication
- Better manage conflict
- Agree on and use guidelines for healthy living and avoiding risky situations

Workshop series

Five 2-hour sessions are offered weekly. Topics include:

- Why parents may need new skills as their children enter adolescence
- The Social Development Strategy, and how it helps build strong family bonds
- Setting and using family guidelines for behavior
- Managing conflict and expressing anger constructively
- Teaching children refusal skills
- Building children's skills and involving them in the family

How does it work?

GGC provides information and tools that help to protect preteens and teens from the risks they encounter as they become more independent.

Teenagers who are more closely connected to their families have better health and educational outcomes.

Between sessions families are encouraged to host family meetings to reinforce skills, build bonds, and promote health.

Who should host workshops?

Any entity in a community that interacts regularly with children and their parents. Some examples:

- School personnel
- Social workers
- Home visitors
- Family services workers
- Public health personnel
- Preventionists
- Prevention coalition members

Training and Licensing

Training of Workshop Leaders
<https://www.communitiesthatcare.net/events/>

CoMotion
<https://els2.comotion.uw.edu/product/guiding-good-choices-ggc>

KEYS TO IMPLEMENTATION SUCCESS

The promise of Guiding Good Choices lies in parents and families learning and practicing skills for positive family management. Here is how the host agency and the implementation team can support high quality delivery of the family workshops.

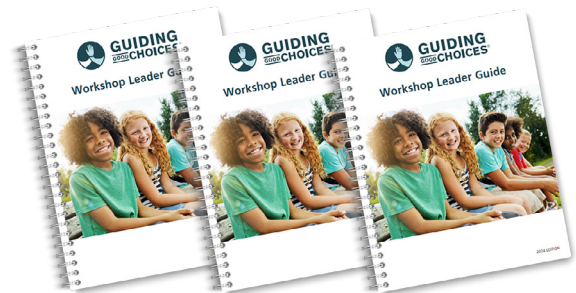
Management, Support and Supplies

Host agency should

- Support and maintain two trained staff to deliver each workshop series, with at least one who has parented youth through age 14
- Dedicate time for recruitment, prep, retention and evaluation
- Ensure suitable locations that are inviting and safe for families
- Deliver the complete workshop series over 5 consecutive weeks
- Provide reliable internet and the ability to show slides/videos (may include a laptop, sound system and projector)
- Provide group facilitation supplies including printed material, flip charts and markers

Individuals leading GGC should

- Be skilled in developing rapport with families and lived experience/knowledge regarding adolescents
- Have completed the Training of Workshop Leaders
- Utilize GGC fidelity tools
- Consider incentives



Ideas for Incentives

★ Meals

★ Childcare

★ Transportation

★ Homework help

Partner with local businesses, other groups and or agencies

Examples: Restaurants, Lyft or Uber, family support or childcare agencies

COSTS AND FUNDING STRATEGIES

Training and Implementation Costs

One time cost

- \$855.50 training for each workshop leader
- Includes the workshop leader manual

Ongoing costs

- License for each workshop leader
 - 1 year \$240
 - 3 years \$500
- Technology required for delivery (internet access, laptop and online platform for virtual delivery)

1 year cost example

Assumptions:

- 2 trained and licensed workshop leaders deliver 6 5-session workshops per year
- Each workshop includes 10 families
- Workshop leaders earn \$1,000 per workshop (includes wage and fringe)
- Staff time for delivery of workshops, recruitment/retention, evaluation and planning

2 staff trained virtually	1,700
2 1-year licenses	480
Printing family guides	180
Staff time	12,000
TOTAL	\$14,360

Estimated cost per family is \$240.

Funding Strategies

Potential sources of funding

- Substance Abuse Prevention Block Grant
- Office of Juvenile Justice and Delinquency Prevention (OJJDP) Formula funds
- Substance Abuse and Mental Health Services Administration (SAMHSA) grants
- US Department of Education
- Foundation grants and public-private partnerships
- Local coalitions
- NIH suicide prevention funding
- State health department funding
- County mental health funds
- Centers for Disease Control and Prevention (CDC) program funds

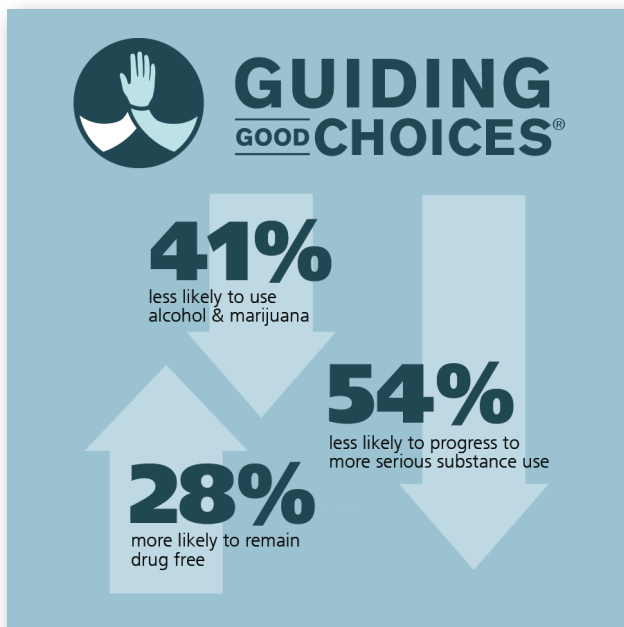
GGC is Cost Effective

For more information visit the Washington State Institute for Public Policy
<https://www.wsipp.wa.gov/BenefitCost/Program/139>

ENDORSEMENTS & RESULTS

Research & Results

In two randomized controlled trials Guiding Good Choices demonstrated long lasting, positive effects on the wellbeing of teenagers and their families. Four to six years after parents and 6th graders participated in GGC, participating youth, compared to controls, were:



Endorsements

Recognized as Effective or Promising by:

- Blueprints for Healthy Youth Development
- US Dept of Justice Crime Solutions.gov
- OJJDP
- CA Evidence-based Clearing House



Program Contact Information

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