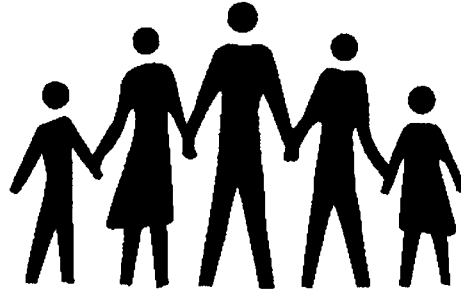


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FAMILY MATTERS

A family-directed intervention designed to prevent adolescent alcohol and tobacco use and its evaluation

The Center for Substance Abuse Prevention of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, rigorously reviewed the quality of research methods used to evaluate Family Matters and the capability of Family Matters for broad dissemination. Family Matters received the highest possible designation of Model Program.



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INTRODUCTION

Family Matters is a program that was designed to prevent adolescent tobacco and alcohol use by intervening with their families. The program consisted of mailing four booklets to the parent with subsequent telephone contacts by a health educator.

Adolescent-parent pairs throughout the United States, identified by random digit dialing, were involved in the evaluation of Family Matters. Baseline data were collected from June 6, 1996 to February 24, 1997. As baseline data were collected, adolescent-parent pairs were randomly allocated to either receive the program or to serve as control. Follow-up interviews were conducted by telephone with parents and adolescents three months (January 24, 1997 to April 5, 1998) and one year after the program (August 19, 1997 to January 24, 1999).

Findings from the evaluation suggest that Family Matters reduced the prevalence of adolescent cigarette smoking and alcohol use at three months and one year after the program¹. Evidence also suggests the reductions were due to preventing onset² rather than to decreasing use by users³. The program effects could not be explained by the hypothesized mediating variables that were measured⁴. Additional reports from the study describe the program in detail⁵, examine parent-adolescent communication about adolescent tobacco and alcohol use⁶, identify the predictors of program participation⁷, and assess neighborhood influences on adolescent cigarette and alcohol use⁸.

Included in this website are copies of 1) the program booklets, 2) the Health Educator Guidebook (including

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PROGRAM MATERIALS

All of the following documents are .PDF files and can therefore be viewed via Adobe Acrobat Reader 4.0 which is free and downloadable from the following link:

<http://www.adobe.com/supportservice/custsupport/LIBRARY/acrwin.htm>

Family Matters Program Booklets

Booklets mailed to families participating in the Family Matters program.

Book 1: Why Families Matter ©1996 Karl E. Bauman

Book 2: Helping Families Matter to Teens ©1996 Karl E. Bauman

Book 3: Alcohol and Tobacco Rules are Family Matters
©1996 Karl E. Bauman

Book 4: Non-Family Influences that Matter ©1996 Karl E. Bauman

Program Incentives (mailed with booklets)

Health Educator Guidebook

Manual distributed to all Health Educators before training. This guidebook covers all aspects of how the program was implemented and includes all materials relevant to the program (excluding the program booklets available above).

Health Educator Guidebook ©1996 Karl E. Bauman