# Family Bereavement Program (FBP)

**TARGET AUDIENCE**

This program is delivered to youth who are 8 to 18 years old who have lost a parent/caregiver and to the surviving parent/caregiver and is intended to impact youth.

**SUMMARY**

The Family Bereavement Program (FBP), a community-based or clinical program, is designed to enhance parenting skills, teach helpful coping methods, foster constructive communication, and create and sustain healthy parent-child relationships following the recent death of a parent or caregiver.

**EVIDENCE**

One internal randomized controlled trial (RCT) evaluating the effectiveness of FBP has been conducted. Overall, results suggest multiple program benefits for caregivers and youth. At posttest, results indicated the program favorably impacted positive parenting practices, youth internalizing behaviors, caregiver mental health symptoms, and caregiver and youth grief responses. These effects were found to persist 6 years after the end of the program even though no effect was found 11 months after the program concluded for positive parenting practices or caregiver mental health symptoms. In addition, positive effects were found 6 years following the program on caregiver alcohol problems, youth externalizing behaviors, and youth dysregulated stress responses.

**COMPONENTS**

FBP utilizes group-based sessions for the surviving parent/caregiver and concurrent group sessions offered for youth after the loss of a parent. Youth and caregivers attend some small group sessions jointly and some separately. Skills are learned through a combination of role-play, home-based practice, and collaborative group activities.

Sessions include the following topics:

- Family Fun Time;
- Setting Personal Goals;
- Challenging Negative Thinking;
- Effective Discipline Strategies;
- Problem Solving Strategies;
- Dealing with Grief and Loss; and
- Helpful Thoughts vs. Doom and Gloom Thinking.

The caregiver and youth sessions target the same risk and protective factors; although, the specific topics and content for each session are adapted based on age and developmental level of attendees.

**PREVIOUS USE**

No information was available regarding the previous use of FBP.
**Family Bereavement Program (FBP)**

**TRAINING**

The youth and caregiver groups are facilitated by two master's level counselors, and an initial 3-day, on-site training is required for group facilitators. A train-the-trainer model is also available. The group leaders attend 40 hours of training before starting the program and 2 hours weekly of ongoing training during the program. A group leader manual is required and available for purchase for $200. For more information on training and associated costs, please contact the developer using the details in the Contact section.

**CONSIDERATIONS**

Considerations for implementing FBP include securing and training qualified staff, attaining funds for program implementation, understanding some training costs may be incurred, and acquiring youth and caregiver/parent buy-in.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing FBP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

FBP consists of 12-weekly sessions for caregivers and youth. Each session lasts approximately 2 hours. Caregivers and youth attend eight sessions separately and four sessions together. For caregivers, two additional individual, 1-hour sessions are offered and tailored to the specific needs of each family.

**COST**

Implementation costs vary. Please contact the developers using details in the Contact section for costs associated with program implementation.

**EVALUATION PLAN**

To move FBP to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Irwin Sandler, Ph.D., by phone 602-825-3023, e-mail irwin.sandler@asu.edu, or visit https://reachinstitute.asu.edu/programs/family-bereavement

**SOURCE**