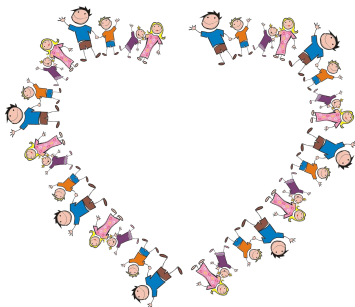


How do I know if the 4 Rs and 2 Ss Program is a good fit for my family?

One way of doing this is to review how your family is doing now with each R and S. You can review these questions with your clinician and together determine if this is a good treatment option for your family.

- How does my family manage stressful situations?
- Does our family know how to identify and utilize sources of support?
- How well does our family work on following rules and being consistent with consequences or encouragement?
- How well does our family communicate with each other?
- How well do we get along with each other? Do we see each other's strengths?
- How well do we understand each family member's roles and responsibilities?



INSERT AGENCY LOGO HERE!

If you have any questions, please contact:

INSERT CLINIC/GROUP CONTACT INFO HERE!

Thank you!

**The 4 Rs and 2 Ss for
Strengthening
Families Program**

The 4 Rs and 2 Ss for Strengthening Families



What is the 4 Rs and 2 Ss for Strengthening Families Program?

This is an evidence informed program where families who want to strengthen their functioning in communication, relationships, and a child's behaviors.

Families should have:

- A child between 6-12 years old with behavioral difficulties
- At least one primary caregiver who will participate in sessions with the child

What are the 4 Rs and 2 Ss?

The family sessions will focus on:

- *Rules
- *Responsibilities
- *Relationships
- *Respectful Communication
- *Stress
- *Social Support

How often will the family sessions take place?

The family sessions will take place at your clinic once a week. Each session lasts for 1 hour with a clinician who is trained in helping families with the 4 Rs and 2 Ss for Strengthening Families Model.



What happens during a family session?

You and your child will meet with your clinician to discuss the R or the S that is relevant to the session. First, the clinician will check in with your family about how the R and S practices are being implemented weekly. Each week, the clinician may ask you to do "Roadwork" or some activities to try at home with your child. At the beginning of the session, the clinician will review how you did with the Roadwork. Then, you will participate in a discussion about the R or the S that is relevant to the session, with your child, through activities that help your family use the R or the S to address family challenges.

What do I receive for participating in these family sessions?

We expect that your family will experience improvement in the child's behaviors and how the family relates and communicates together. In addition, your family will receive a manual that outlines what you will discuss with your clinician. This manual also contains additional informational resources for you to use on your own as needed.



Created by Gae Kwon Lee from the Open Project