

Family Wellness Associates, LLC

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WHAT IS FAMILY WELLNESS?

A Way of Thinking

Mission:

To teach, encourage and support couples, families, individuals, and those who work with them to promote healthy communities. We teach practical skills based on proven principles that strengthen, support, and empower families.

Philosophy:

- The primary responsibility for the development and well-being of children lies within the family.
- Families need new tools to handle the challenges in our present society and to reclaim their primary role of providing for the healthy development of their members.

Goals:

- To empower people to manage their families in healthy ways.
- To focus on strength and competence.
- To provide, for families, high caliber instructors from their own community.
- To provide quality resources and services.

Beliefs:

- Families want to get along and need skills to do so.
- Three skills and three specific patterns appear repeatedly in well-functioning families.
- Families can learn and use these skills and patterns.
- Having skills builds self-confidence and self-esteem in individuals, couples, parents, and children.
- Families with skills handle challenges before they become problems.
- Learning together as a family builds family unity.
- Learning with other families builds community.
- Complex theoretical ideas about healthy behavior can be simplified so that families can practice healthy skills and patterns daily. *Family Wellness* has translated these ideas into guidelines that point the direction for each family member.
- Healthy change is built on what already works.
- Families and communities can build something better together.

A Program

What We Teach:

The *Family Wellness* programs are presented to large groups of couples, families (including children), and individuals in a series of sessions. Each session is organized around practical guidelines for healthy family interactions, which are demonstrated and then practiced with the participants. The format and length of sessions are adaptable and flexible to meet a variety of needs.

For example, the *Survival Skills for Healthy Families* curriculum is often taught in six 2-hour sessions one day a week over a six week period. It can also be taught in a weekend retreat format, in half day or full day time periods or in a format that specifically meets your needs. The six *Survival Skills* sessions include the following:

1. Parents in Healthy Families
2. Children in Healthy Families
3. Adults Working Together in Families: Adult Relationships
4. As Children Grow—Change in Healthy Families
5. Solving Family Problems
6. Sex, Drugs, and You: Passing on Your Values to Your Children

How We Teach:

- When couples and families learn together, unity is strengthened.
- Simple guidelines provide a road map for healthy behavior.
- Use of role-play and sculpting to dramatize real life family problems and working through these problems make the rules believable and applicable.
- Coaching shows family members how to act in a new way and experience a success in the moment.
- Families participating together with other families builds community, promotes learning from each other, and expands the support network for each family.
- Culturally responsive and competent *Family Wellness* instructors fit the particular community, language, and needs.
- *Family Wellness* instructors focus on strengths and build on what works.

The Outcomes:

Participants will learn:

- Two jobs of a healthy individual: sense of self and connection with others.
- Three basic skills: speak, listen, and cooperate.
- Three patterns that healthy couples and families use.
- Strategies for managing change.
- Six steps for resolving conflict.
- Strategies for solving problems.
- How to build on strengths.
- Ways to encourage one another.
- Guidelines for successful family meetings.
- Society's rules about abuse and neglect.

The Benefits of Family Wellness:

- Translates complex psycho-social theory into everyday language and practical skills.
- Complements most theoretical perspectives.
- Family programs teach entire families together, including children.
- Participants learn and practice skills for behavior change.
- Effective with a wide variety of cultures and socioeconomic levels.
- Training and materials available in English and Spanish.
- One-time training fee includes:
 - ✓ Certification in all Family Wellness curricula
 - ✓ Instructor Manual
 - ✓ Family Wellness Workbook
 - ✓ Letter of permission to duplicate handouts
 - ✓ Future purchases are not required
 - ✓ Curriculum content, presentation skills, and interactive teaching strategies
 - ✓ Instructors learn skills to work effectively with difficult couple, family and youth issues in a variety of situations (large group, small group, individual; public settings and private settings).
- Evidence and research-based. Recognized as a best practices program on the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence Based Programs and Practices (NREPP). Validated research instrument available at no additional cost.
- This program meets the legal and program requirements for many court-ordered and social service cases.

The Family Wellness Programs:

- A Map for Marriage: Before You Say “I Do”
- The Strongest Link: the Couple
- Survival Skills for Healthy Families
- The Wellness Way for Stepfamilies
- Skills and Strengths for Families Affected by Domestic Violence
- Survival Skills for Healthy Christian Families
- Dads for Life: Fathering for Family Wellness

