



# **Prevention Research Center**

## **FOR THE PROMOTION OF HUMAN DEVELOPMENT**

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### **FAMILY SCIENCE & INTERVENTION**

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The Family Science & Intervention Research Area in the Prevention Research Center is dedicated to understanding and supporting family processes believed to promote health and well-being in children, youth and adult caregivers. Area faculty, research associates and students conduct innovative, high-quality empirical studies designed to advance scientific knowledge of the family as a context for human development, interactive processes within the family, and the effects of preventive interventions on family functioning and individual development. These scientific goals are performed in the service of helping families adapt to historical, economic, medical, and normative life-course changes in order to foster resilience for all family members.

#### **Background**

Researchers have identified a number of interpersonal and relational family processes associated with the mental, emotional, and behavioral health of children and youth. Some of these processes have been focal points for productive programs of research and primary targets of change in family-centered preventive interventions. Empirical support is accruing for effective interventions to promote these basic family processes across the life-course. For example, intervention research here at the PRC and elsewhere has helped first-time parents adapt to their new life roles and parent together more effectively, helped parents and foster-parents learn effective behavioral management strategies to reduce child behavior problems, help promote strong relationships between parents and youth as protection against adolescent substance use, and used brief techniques with parents to decrease the likelihood that their college-bound youth will binge drink.

#### **Goals**

The goals of the Family Science & Intervention Research Area include the following:

1. To conduct rigorous studies designed to elucidate key family factors and processes in the development of mental, emotional and behavioral problems in children and youth.
2. To develop and evaluate the efficacy of innovative family-based interventions.
3. To provide training experiences on basic and applied research projects for graduate and undergraduate students.

4. To advance knowledge regarding effective preventive intervention techniques, including strategies to enhance participation, ensure fidelity, and facilitate dissemination of family focused prevention programs.

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**FOR MORE INFORMATION**

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