



STRONG Families

“Strengths for Trauma Resilience – Overcoming N’ Growing”

STRONG Families is a family systems-based intervention for youth with traumatic stress and co-occurring disruptive behavior problems from community violence exposure. This strengths-based approach has been developed for urban, ethnically diverse families with youth between the ages of 11-16 who have been impacted by community violence and are exhibiting disruptive behavior. The manualized intervention includes modules on: a) psychoeducation about traumatic stress and disruptive behavior, b) emotion recognition and expression, c) cognitive coping and processing, d) behavior management and parenting skills, e) family communication and problem-solving, and f) trauma narratives in the context of community violence exposure. Additionally, there are opportunities for multi-family groups for clients who have been affected by violence in the community.

Themes of Intervention:

- Resilience and transcendence
- Strengths-based approach
- Cultural sensitivity
- Community-based resources
- Multidisciplinary provider team
- Collaborative treatment planning
- Targeted resource allocation
- Coordinated system of care
- Community stabilization (e.g., home, school, neighborhood)
- Socio-political critical thinking

Treatment modalities:

- Biopsychosocial assessment
- Multiple family group psycho-education
- Family systems therapy
- Case management
- *Hip-Hop Healing* (Rap music-based adaptation of core program)



Urban Youth Trauma Center

Institute for Juvenile Research

If you are interested in learning more about STRONG Families and/or want to refer someone to the STRONG Families program, please contact Dr. Jaleel Abdul-Adil at uytc@psych.uic.edu