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**Editor's Note:** The following research will be released at the Society for Prevention Research ([www.preventionresearch.org](http://www.preventionresearch.org)) 2004 annual meeting, May 26-28, 2004.

## **MODEL PROGRAMS SHOW PARENTS HOW TO COPE WITH WORK AND FAMILY STRESS, AND HOW TO PARENT WISELY**

### *Canadian and American Families benefiting from these Programs*

- Can employees be taught coping strategies to deal with stress at work and at home?
- How can parents of delinquent children learn to parent wisely?
- What are the challenges faced by single parents?
- Does it help to talk about parenting errors?

Men and women of all ages, of various ethnic backgrounds, and from different socioeconomic backgrounds face some common problems when it comes to stress at home and at work. Stressful situations at home can affect their work lives, and troubling events at work can affect their home life. Parents with delinquent children have even greater problems.

One program, called Coping with Work and Family Stress, has been shown to reduce work and family stress, increase use of social support, increase employee's problem solving skills and related coping strategies, change the meaning of stressful events, decrease reliance on avoidance strategies and prevent/reduce substance abuse and symptoms of depression and anxiety. Another program, called Parenting Wisely, shows parents how to deal with challenging children who are at risk for becoming delinquent, or who might start using drugs. This program is aimed at parents of 9 to 18 year olds, and has been tested with families in rural and urban areas. It appeals equally to African American, Hispanic/Latino or White families. Parenting Wisely has been implemented in the United States, Canada and Great Britain.

Both programs are named as Model Programs by the U.S. federal government and will be featured at the Society for Prevention Research annual meeting.

Reporters interested in viewing these programs at work with real parents can contact Arlyn Riskind at 301-652-1558.

*Sources: Donald Gordon, Ph.D., Ohio University; and David Snow, Ph.D., Yale University.*