



STRENGTHENING REFUGEE FAMILIES AND MARRIAGES

ADMINISTERING ORGANIZATION

The Resettlement Program of Catholic Social Services of Central Indiana is the recipient of the Strengthening Refugee Families and Marriages grant through the United States Conference of Catholic Bishops Office of Migration and Refugee Services. The Catholic Social Services Office of Refugee Resettlement has contracted with the Office of Family Growth Program of Catholic Social Services of Central Indiana to provide marriage and family enrichment education programs to newly resettled refugee families.

PROGRAM OBJECTIVES

Strengthening Refugee Families and Marriages program provides families with the skills, knowledge, resources and support needed to maintain strong, healthy marriages and families as they face the stressors acculturation. Strengthening Refugee Families and Marriages program provides training and education in the area of listening, communication, parenting, child discipline, conflict resolution and financial management.

PROGRAM DESCRIPTION

The Strengthening Refugee Families and Marriages program is utilizing a blend of the Family Wellness, "Power of Two" Marriage Skills Training and Systematic Training for Effective Parenting (STEP) curriculum. These programs have been blended and adapted to be culturally and linguistically sensitive. These trainings will teach techniques to maintain healthy family development during times of high stress.

GROUPS SERVED BY THE PROGRAM

At this time, the Strengthening Refugee Families and Marriages program is focused on serving newly resettled Somali -Bantu and Cuban refugees in the greater Indianapolis area. The Refugee Resettlement program works closely with the Family Growth Program to refer new arrivals for inclusion in the program.

TRAINING MODEL EXPLANATION

The Strengthening Refugee Families Program uses The Family Wellness Model that focuses on teaching [Survival Skills for Healthy Families](#). Our Strengthening Refugee Families and Marriages Program blends the "Power of Two" Marriage Skills Training with Systematic Training for Effective Parenting (STEP) curriculum. Family Wellness Training facilitates successful cultural integration of refugee couples and families by helping them combine the effective relationship and communication skills of their culture of origin with the US-American culture. The curriculum reinforces this successful integration by offering parents a realistic and practical approach to meeting the challenges of raising children in the American culture today.

PROGRAM STAFF

All program staff is trained Family Wellness and STEP instructors. Staff members have received additional information and training regarding issues specific to newly resettled refugee populations in order to promote, provide and maintain culturally sensitive and appropriate services. Community-based interpreters are used to ensure services are linguistically and ethnically diverse.

DEFINING PROGRAM SUCCESS

The Strengthening Refugee Families and Marriages program defines success as when the participant self reports a greater understanding of the concepts presented on communication, listening, conflict resolution.

PROGRAM OUTCOMES

Through participation in the Strengthening Refugee Families and Marriages program the Somali-Bantu and Cuban refugee families will learn: practical lifelong skills to strengthen, support and empower their family; utilize tools to manage their family in healthy ways; utilize healthy skills to resolve conflict; effectively participate in conflict resolution; learn ways to encourage and support one another; systematic steps for effective discipline; alternatives to physical punishment; and skills to encourage self esteem and self confidence in parents and children.

PROGRAM CONTACT

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PROGRAM DATES

The Strengthening Refugee Families Program began in October 2003 and is still in operation.