



Family Strengthening Intervention for Refugees (FSI-R)

What is FSI-R?

The **Family Strengthening Intervention** is a strengths-based home visiting prevention program that is designed to improve child mental health and family functioning for resettled refugee families.

With a trauma-informed focus, our program **supports mental well-being** through **helping families cope with adversity and loss**, encouraging the **strengthening of family relationships** and **providing shared resources** for a **smoother adjustment** to resettled life.

This program is best suited for families with **school-aged children (7-17 years old)**. FSI is delivered by trained peer facilitators that are of the same cultural background as the refugees. The program runs for **10 to 12 weeks** at the family's house or a convenient location.

This intervention is currently available for Somali Bantu, Bhutanese, and Afghan families but **can be culturally adapted** for other refugee and newcomer groups.

Goals of the Program

1. Use caregivers' and children's perspectives to build an understanding of how the resettled experience has affected family life
2. To discuss healthy living, mental health risk factors, and resilience with families
3. To help families understand the needs of each children, keep them healthy, and know how to get help
4. To help parents and children find their strengths and build resilience
5. To improve communication between family members by helping them talk about problems
6. To help families connect to the community and find resources in that community
7. To help families plan for the future.

FSI-R MODULE CHARACTERISTICS

- 1-2 Introduction; Family Narrative/ Family Strengths 
- 3 Children and Family Relationships 
- 4 Responsive Parenting and Caregiving 
- 5 Engagement with the US education system 
- 6 Promoting Health, Wellbeing, and Safety 
- 7-8 Communicating with Children and Caregivers 
- 9 Uniting the Family 
- 10 Bringing It All Together 

“ This experience, in addition to improving our skills, has made us feel more progress and motivation in the new life path in America ”

- Afghan parent on their experience with the FSI-R

FSI-R PILOT PRELIMINARY RESULTS

CHILD OUTCOMES

- FSI-R children reported **less traumatic stress**
- FSI-R caregivers reported **fewer child depression symptoms**
- Bhutanese FSI-R caregivers reported **fewer conduct problems**

FAMILY OUTCOMES

- **83%** of families completed the program
- **82%** of families were satisfied with the program
- Bhutanese FSI-R children reported reduced family arguing