

The Family Lifestyle Intervention Project (FLIP for Kids)

We are excited to announce this valuable opportunity for students to serve as group leaders for the new Family Lifestyle Intervention Program (**FLIP for Kids**). This opportunity is being offered to graduate students in Clinical and Health Psychology and Public Health.

FLIP for Kids is being developed for, and in collaboration with, the Public Health Departments in Levy and Bradford Counties. It is based on prior intervention work conducted by Dave Janicke. FLIP for Kids is an 8 week (plus 4 follow-up sessions) program that will be offered to children (ages 6 to 12 years) and their parents at the Levy and Bradford County Health Departments. The focus is on helping child and parents work together to develop healthier eating and physical activity patterns.

During 2008, we will be offering the program twice in both Levy and Bradford counties. The 1st round of the program will start in late March, and the second round will start in September (please see below for specific details).

Group leaders will not only earn credit toward their degrees, but will also gain valuable experience and expertise in conducting health promotion interventions in rural communities.

SPECIFIC DETAILS

Time & Travel Commitment:

- Each round of the program involves 12 sessions that span over 6 months (including: 8 weekly sessions, followed by 4 monthly follow-up sessions)
- The program will be held at both the Levy and Bradford Health Departments ~ about 45 minutes travel from the HPNP Building
- Sessions will typically start at 6:00 pm and last 75 to 90 minutes (day of the week: TBD)
- Teams working in Levy or Bradford will have the opportunity to travel to/from sessions together, and will leave campus around 4:30
- **Students are asked to commit to being leaders for a full 6 month program.** We will be offering these programs 2 times at each health department (starting in March and September)

Program Groups:

- Each program will include 8 to 12 families (child and parents)
- Parents and children will meet in separate, simultaneous groups ~ but come together at the end of each session
- Each group requires 2 leaders (2 for the parent group, and 2 for the child group). ***Thus we will need at least 4 leaders per county***
- Each group leader will work in *either* Levy or Bradford County

Training and Supervision Requirements

- Complete two, 6-hour trainings
- Attend one weekly group supervision session.

