



Celebrating Families, Celebrating Success



Our juvenile dependency court has been using *Celebrating Families* for several years with great success.

It is the only program I can recall in which parents consistently report their satisfaction and that produces positive results for the family.

Judge Leonard Edwards (ret.)



This family centered program makes a remarkable difference in case outcomes.

Families learn to communicate about really difficult issues that make healing possible.

It is truly transforming and different than anything else that we do in the Child Welfare system in SCC.

Katherine Lucero, Santa Clara Superior Court Judge

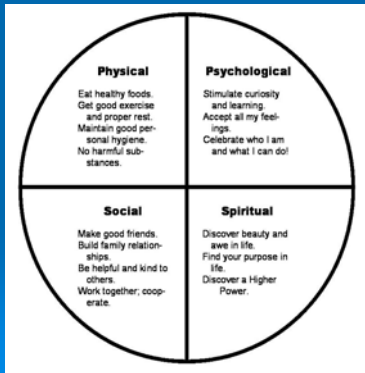
Celebrating Families!

A 16 session education-support group for families in early recovery

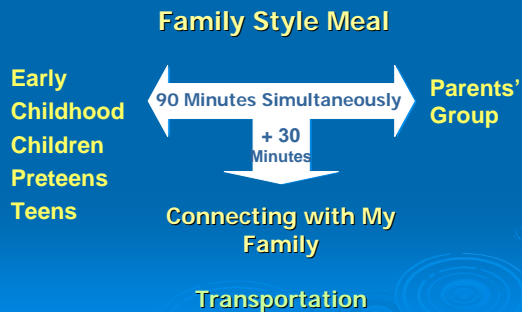


- Increases successful family reunification.
- Strengthens recovery.
- Improves family life.

Four Aspects of Healthy Living



Typical Class Session



Session Components

Family Dinner

Age Appropriate Groups

Opening

- Centering
- Group Agreements
- Opening Activity
- Review (Acts of Kindness)

Insights for Living

- Teaching Content & Learning Activities

Closing

- Reflection (WOW) & Closing

Connecting with My Family

Connecting with My Family

Opening

Quiet music

Story Reading

Agenda Review

Agreements Review

Family Acts of Kindness

Family Activities

Activity #1: Sharing from Children's Groups

Activity #2: Activity

Activity #3: Book Exchange

Closing

Age Appropriate

- Topics are presented and discussed according to the developmentally appropriate age of the group.
- This helps to ensure that *all* members of the family that participate receive the same message in language or activities that they can understand.

Curriculum

Foundation Sessions

- Session 1 - Getting Started
- Session 2 - Healthy Living
- Session 3 - Nutrition
- Session 4 - Communication
- Session 5 - Feelings and Defenses
- Session 6 - Anger Management

Curriculum

Core Sessions

- Session 7 - Facts about Alcohol/Tobacco and Other Drugs
- Session 8 - Chemical Dependency is a Disease
- Session 9 - Chemical Dependency Affects the Whole Family
- Session 10 - Goal Setting

Curriculum

Safety

- Session 11 - Making Healthy Choices
- Session 12 - Healthy Boundaries
- Session 13 - Healthy Friendships Relationships

Curriculum

Preparing to graduate

- Session 14 - How We Learn
- Session 15 - Uniqueness
- Session 16 - Celebration!

Celebrating Families!

Skills

- Anger management
- Communication
- Feelings & Defenses
- Boundaries
- Resistance Skills: Saying NO, Boundaries
- Choosing safe & trustworthy friends
- Problem solving
- Centering/stress reduction

Information

- Facts about ATOD; brain chemistry, HALT
- How CD affects families
- Facts about domestic violence
- Learning differences and FASD
- Nutrition
- Risk & protective factors
- Being part of something larger than ourselves.

Sample Lesson

Session 8 : CD is a Disease

Preschool Group (4-5)

- Some families have problems with AOD
- Pepper
- The Hug and Truth Statements

Children's Group (8-10)

- Story about Pup
- CD is a disease
- Truth Statements

Adolescent Group (13-17)

- CD Stages Role Play
- Addiction and the Brain
- Truth Statements

Parent Group

- CD Stages Role Play
- Talking to your children about AOD
- Truth Statements

Groups are

- Cognitive Behavioral
- Strength Based
- Skill building
- Highly structured and interactive
- multi-modal to meet the needs of participants with learning differences, cognitive deficits, or FASD.

Groups are (2)

- Closed after the second session
- Serve 8 – 15 families per cycle
- Usually have 8 -10 children per age group
- Usually have 10 - 20 adults (including parents, grandparents, other caregivers involved with the family)

Who CF Serves

- | | |
|---|--|
| ➤ Families: | ➤ Impacted by: |
| <ul style="list-style-type: none">• Parents in early recovery• Grandparents as caregivers• Adoptive/Foster parents• Recently reunified | <ul style="list-style-type: none">• Criminal Justice• Foster Care• Dependency• Recovery |

Common thread – impact of chemical dependency.

What Do They Need?

Caregivers:

- Words to share experiences
- Understanding of family disease
- Time with their children for healing
- Making amends and forgiveness

Children:

- Words to say what happened
- Understanding of family disease
- Time with their caregivers to heal
- Knowledge that it isn't their fault

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- Reinforces and explains what parents learn in treatment and recovery programs
- Integrates teaching of parenting skills with strategies to break cycles of addiction and abuse
- Helps children/teens become aware of their learning style(s)

Helps Families

Break the rules:

Don't Trust

Don't Talk

Don't Feel

Why A Specialized Program?

All members of a chemically dependent family need to learn:

- Healthy living skills
- How to sustain recovery
- How to have positive relationships
- About the disease - they have been affected
- They are not alone
- Truth Statements.

Mothers with addiction

- “Universal” horrific abuse
 - 50% experienced physical violence during pregnancy
 - 33% had been sexually abused
 - 44% raped
 - 30% had experienced loss due to violent death

➤ 74% were pregnant by age 19

➤ 25% had died by the time of 5-year follow up study

Mothers⁽²⁾

- 80-85% had mental health issues: co-morbid issues averaged 3-5 per birth Mom
- 35% were children of alcoholics/addicts
- 20% had diagnosis of FAS themselves.

All lacked support systems or sources of potential help.

Research by Ira Chasnoff, MD, and Sterling Clarren, MD.

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Teaches about FASD, emphasizing staying in the day and taking action:

- Understanding without shame
- Protective Factors:
 - early diagnosis
 - stable, violence-free nurturing home.
- Strengths and learning styles of youth.

“Celebrating Families! works!”

Stephanie Brown, Ph.D.
Director of The Addictions Institute

‘significant size and positive effect for all child, parent and family variables’

2006 Outcomes and Replication study
Karol Kumpfer

Evaluation Findings

- Time to reunification significantly decreased.
- Large effect on parenting.
- Participants learn and apply new skills.
- Effective with Hispanic families *“indicating that CF! may be effective among different ethnic groups and a valuable resource for working in ethnically diverse communities . Similar programs might learn from the strategies and curriculum offered by CF! .”*

Start Up

- Purchase Curriculum: complete set 5 volumes
- Arrange 2 Day training and/or Technical Assistance, if needed
- Plan Evaluation Process
- Set Up Staffing
 - **Site Coordinator** (10 hrs a week)
 - **Clinical Supervisor**
 - **6-10 Group Leaders** (2 per group)

Group Leader Qualifications

- Desire to help families learn
- Desire to learn the model
- Personal Skills: one to one & group
- Understanding of chemical dependency

Balance teams by gender,
ethnicity, recovery

Sample Actual Operating Budget

Group Facilitators: <u>1/2 in-kind</u> (10 x 18 weeks x \$20/hr x 5 hrs/week)	\$9,000
Site Coordinator: (18 weeks x \$30/hr x 10hrs/week)	\$5,400
Food: (16 sessions x 15 families x \$10/family)	in-kind
Child Care: <u>if needed</u> (16 wks x 2 staff x \$15/hr x 3 hrs)	in-kind
Supplies: (paper products, toys)	in-kind
Total	\$14,400
Per participant cost	\$ 360

Budget Variables

<p>Reduce costs by</p> <ul style="list-style-type: none"> • Staff flex time (\$10-15,000) • Trained interns and volunteers • In-kind donations of food (\$2,400), space, child care (\$1,440), transportation 	<p>Potential Funding</p> <ul style="list-style-type: none"> • Justice funds: Drug Courts, FTDC • State/local AOD funds • Federal, state, local grants • National, state, local foundations • State/local private dollars
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What you can for yourself personally

- > take good care of yourself, family, friends and colleagues
- > advocate for system collaboration, be a change agent
- > borrow what works
- > define and monitor outcomes at four levels, the status quo is not good enough
- > be bold, dare to imagine a community where people live better lives, where children are safe, healthy, happy and educated, where people achieve their aspirations
- > offer hope



Celebrating Families![™]

www.celebratingfamilies.net
www.nacoa.org

Steve Hornberger
 Program Director
 301-468-0985
shornberger@nacoa.org
