



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!

Celebrating Success

Child Abuse Symposium
July 27th, 2010

Agenda

- I. Welcome and Introductions
 - II. Brief History and Overview of *Celebrating Families!*
 - III. Demonstration
 - IV. Ohio experience (urban)
 - V. New Mexico experience (rural)
 - VI. Getting started
 - VII. Q&A
- 

History

2002: Judge Leonard Edwards (ret.) requested program for Family Treatment Drug Court utilizing SAMHSA grant

- **60 parents and 125 children annually**
- **Meth - primary drug**
- **Domestic Violence & Mental Health**
- **Diverse Population**

Currently

- ***CF!* transferred to NACoA for national distribution in 2007**
- **Listed on NREPP 2008**
- **Spanish language version piloted in CA and Oklahoma 2009**
- **Currently implemented in over 50 sites in 20 States plus in Canada and Russia**

Celebrating Families!

***A 16 session evidence-based program
for families in early recovery***



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

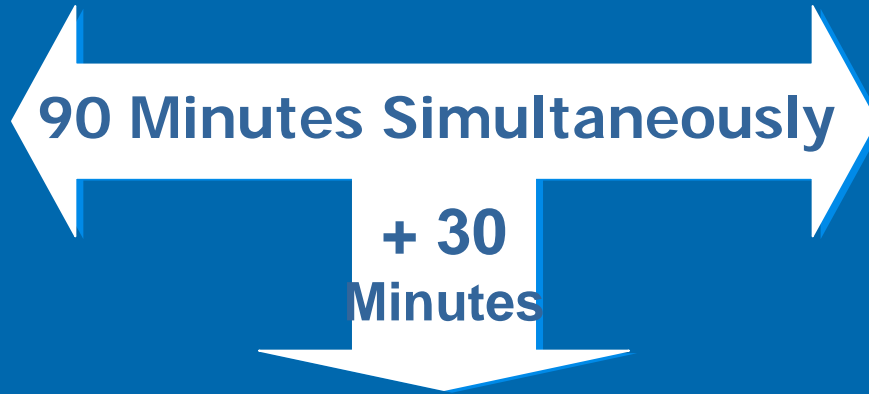
Groups Are

- Closed (flexible for treatment centers)
- 8-10 children per group; 15-20 adults (parents, caregivers, grandparents)
- Are
 - Cognitive Behavioral
 - Strength Based
 - Highly Structured
 - Multi-Modal

Typical Class Session

Family Style Meal

Early
Childhood
Children
Preteens
Teens

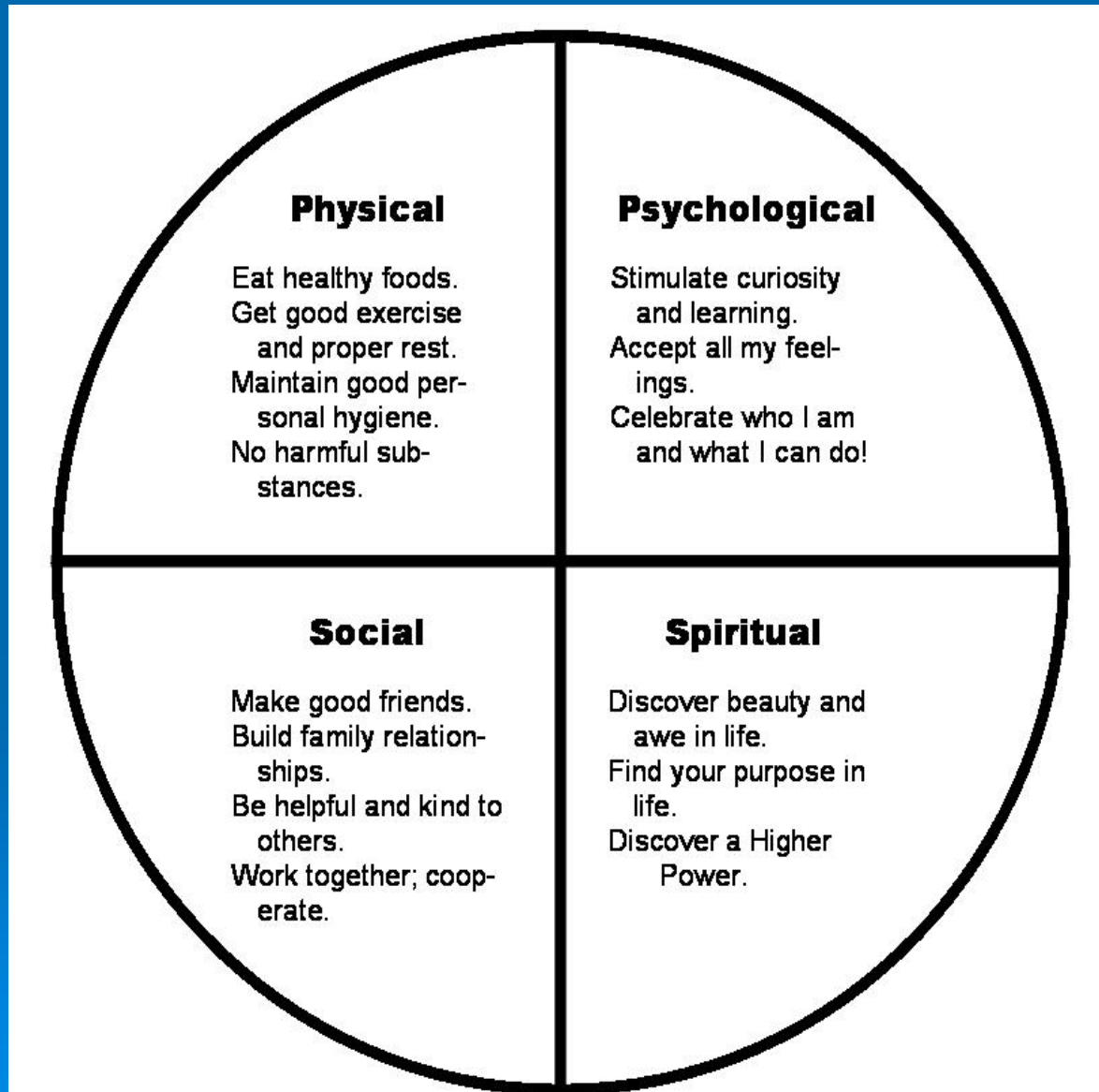


Parents'
Group

Connecting with
My Family

Transportation

Four Aspects of Healthy Living



Session Components

- Family Dinner
- Age Appropriate Groups
 - **Opening:** Centering, Agreements, Opening Activity, Review, Acts of Kindness
 - **Insights for Living:** Teaching content and learning activities
 - **Closing:** Reflection, WOW
- Connecting with My Family

Topics

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

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 Activity



Debrief

- We are all angry at this disease (cardboard).
But the disease is NOT the person.
- Your Mom/Dad love you!
They may not be able to show you because the disease gets in the way.
- Chemical dependency is a disease.
You are not to blame for it.
There is nothing you can do to make it stop.

Celebrating Families!

- 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)

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
- Information about chemical dependency as a disease & that everyone in the family affected
- They are not alone
- Truth Statements.

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

Helps Families

- Integrate recovery and parenting
 - Understand risk & resiliency factors
 - How to break the cycle:
 - Saying “I love you”
 - Affirming children
 - Spending one-on-one time
- 

Helps Families

- Break the rules

Don't Trust

Don't Talk

Don't Feel

- Incorporate the Truth Statements

I did not CAUSE it.

I can not CURE it.

I can not CONTROL it.

I can help take CARE of myself –

One day at a time

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!”*

Who *CF!* Serves

➤ Families:

- Parents in early recovery
- Grandparents as caregivers
- Adoptive/Foster parents
- Recently reunified families

➤ Impacted by:

- Criminal Justice
- Foster Care
- Dependency
- Recovery

Common thread – impact of chemical dependency.

Ohio Experience

Amethyst, Inc.



New Mexico experience

Clarity Counseling



Getting Started

- Purchase Curriculum: set of 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 back up **if needed**
 - 6-10 Group Facilitators (2 per group)
- Prepare for site logistics
- Start recruiting families

What you can do personally

- take good care of yourself, family, friends and colleagues
- advocate for system collaboration, become 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
- provide hope

What we can do together

- Raise awareness,
- Find allies,
- Take action to end:
 - Silence
 - Stigma
 - Disparities
- Promote the many roads to recovery

For More Information

➤ **Al-Anon and Alateen**

www.al-anon.alateen.org

➤ **Faces and Voices of Recovery**

www.facesandvoicesofrecovery.org

➤ **Join Together**

www.jointogether.org

➤ **National Association for Children of Alcoholics (NACoA)**

www.nacoa.org

➤ **National Center on Substance Abuse and Child Welfare (NCSACW)**

www.ncsacw.samhsa.gov

For More Information

- **National Center on Addiction and Substance Abuse at Columbia (CASA)**
www.casacolumbia.org
- **National Clearinghouse for Alcohol and Drug Information (NCADI)** www.ncadi.samhsa.gov
- **National Institute on Alcohol Abuse and Alcoholism (NIAAA)** www.niaaa.nih.gov
- **National Institute on Drug Abuse (NIDA)**
www.nida.nih.org
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** www.samhsa.gov

Additional Resources

- Health and Social Impact of Growing Up with Alcohol Abuse and Related Adverse Childhood Experiences

By Robert Anda, MD, MS

www.celebratingfamilies.net/pdf/RobertAnda_article.pdf

- The Set Up: Living with Addiction

By Tian Dayton, PhD, TEP

www.celebratingfamilies.net/pdf/TianDayton_article.pdf

- **Children of Alcoholics**

By Stephanie Brown, PhD and Stephanie Abbott, MA
Family Therapy 2005

www.celebratingfamilies.net/pdf/Abbott-rown_article.pdf

Additional Resources 2

- NW ATTC Addiction Messenger
<http://www.attcnetwork.org> series

Series 16 (2004) on Recovery,

Series 17 (2005) on Family Treatment,

Series 29 (2008) Family Participation in Addiction Treatment

- SE ATTC and Florida Certification Board,
Engaging Family Members Into Adolescent Drug Treatment (2008)

[http://www.scattc.org/pdf_upload/Engaging Families Adolescent Drug Tx FinalWEB.pdf](http://www.scattc.org/pdf_upload/Engaging_Families_Adolescent_Drug_Tx_FinalWEB.pdf)

ADDITIONAL RESOURCES ³

- Generational Patterns of Resistance and Recovery Among Families with Histories of Alcohol and Other Drug Problems: What We Need to Know (2008)
- Addiction recovery: Its definition and conceptual boundaries (2007)
- Adolescent Recovery (2007)

Writings of William White available on the Faces and Voices of Recovery website

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