



Celebrating Families!™ (CF!)

Celebrating Families!™ (CF!) is a multi-family, strength-based, skill-building program serving children ages birth through 17, their parents, and caregivers. This evidence-based program, available from the National Association for Children of Alcoholics (NACoA), emphasizes healthy living skills including addiction prevention/recovery; attachment; the development of a sense of hope and expanded life view; reduction of stress/anxiety; and safety. *Celebrating Families!™* is listed on SAMHSA's National Registry of Effective Programs and Practices. It has been shown by outside evaluators with families dealing with addiction and child abuse/neglect to strengthen recovery, improve family re-unification and increase healthy living skills for families impacted by substance abuse disorders. It has also been shown to be effective as a primary prevention program in school-based settings.

Celebrating Families!™ has been replicated in over 80 settings in the US and Canada, including schools, community-based organizations, Family Treatment (Dependency Drug) Courts, child welfare organizations, and treatment facilities. The program is available in English (*Celebrating Families!™*), Spanish (*¡Celebrando Familias!*) and has been enhanced with Native teachings for Native American communities (*Wellbriety/Celebrating Families!™*Program) by White Bison, Inc.

Program Description

Celebrating Families!™ gives addicted parents needed skills to stay sober, to begin to heal, and to build healthy, non-violent relationships with their children; decreases risks of child abuse/neglect and family violence; and decreases risks of children repeating the family cycles of addiction and abuse. Long-term program outcomes are to

1. Increase long-term mental, physical, and spiritual health of youth and families
2. Increase parental rates of recovery
3. Decrease rates of future addiction of children
4. Successfully reunify families, when appropriate.

Celebrating Families!™ (CF!) consists of 16 sessions. Each session begins with a healthy meal eaten in family groups; followed by age-appropriate, skill building groups; and ends with a structured, related Family Activity. The curriculum includes information on brain chemistry, addiction, life skills, resilience and asset development. It directly addresses issues of addiction in every session, anchors families in recovery, and helps children better understand chemical dependency. Parents' and age-appropriate children's sessions include skills training on nutrition; communication; chemical dependency and brain chemistry; facts about alcohol, tobacco, and other drugs; information on how chemical dependency affects families; appropriate expression of feelings, including anger management; problem solving and decision making; family/domestic violence (defining of healthy relationships); refusal skills; goal setting; affirmations; and learning disabilities and Fetal Alcohol Spectrum Disorders (FASD); and limit and boundary setting.

Evaluation

Studies available at www.celebratingfamilies.net/evaluation_reports.htm.

Evaluation outcomes from multiple sites show significant positive results, with very large effect sizes in parenting skills and family dynamics. Sites have found the curriculum effective with diverse cultural, racial and socio-economic groups. Independent evaluators have documented that the curriculum:

- Doubles the rate of reunification, while decreasing time to reunification for families in Dependency Drug Court, also referred to as Family Treatment Courts.
- Significantly increases positive growth for youth in knowledge and use of resources, coping skills, ability to stay out of trouble.
- Significantly increases family cohesion, communication, strengths, resilience and organization with medium effect sizes from .15 to .70*
- Significantly impacts positive parent involvement, supervision, efficacy, and positive parenting style with effect sizes from .18 -.60.*
- Significantly impacting Protective Factors, reported by Group Leaders, including:
 - 80% increase in number of meals eaten as a family
 - 80% increase in participants' ability to connect with safe people
 - 70% increase in participants' ability to identify and appropriately express feelings
 - 80% increase in participants' service to others.
- Effective with diverse populations, especially Hispanic families *"indicating that CF! may be effective among different ethnic groups and a valuable resource for working in ethnically diverse communities."* (Coleman, 2006).

***"These are significant positive results with large effect sizes. To put these effect sizes into perspective, the best social skills training prevention programs is about .30."
(LutraGroup 2007)**

For more information about *Celebrating Families!*TM visit: www.celebratingfamilies.net.



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