



September 2006 Update

The first *Celebrating Families!*™ outcome evaluation study by Karol Kumpfer, Ph.D., is completed and it is **fabulous!** (The study, funded by The Health Trust and Community Foundation Silicon Valley, is on our website at <http://www.celebratingfamilies.net/PDF/CFOUTCOME EVALUATION RESULTSMay1506.pdf>.)

"All specific aims listed for Year One were achieved. Parenting and family **outcomes** for *Celebrating Families!*™ (*CF!*) are **very large** in terms of effect sizes* or changes in families." Kumpfer compared *CF!* to her own program, Strengthening Families Program (SFP) -- determined by the first International Cochrane Collaboration Systematic Review in Public Health and Medicine to be "the best universal, alcohol and drug abuse prevention program in the world".** She states, "*Celebrating Families!*™ has **more positive results** for Positive Parenting, Parenting Involvement, Family Cohesion, Family Outcomes (particularly family communication), and Family Strengths and Resilience than SFP".

- **Parent Positive Changes:** statistically significant results with very large effect sizes indicating parents are increasing their Social, Emotional, Coping and Health Promotion Skills and that the risk of addiction is decreasing overall. 100% of participants increased in social skills with large changes in children.
- **Family Positive Changes:** very positive and statistically significant results with very large effect sizes indicating increased Family Communication Skills, Organization and Cohesion.
- **Child Positive *CF!* Outcomes:** positive outcomes with relatively large effect size results for children's covert aggression and decreased attention deficit disorder/concentration problems.

Here's what these statistics look like in a family (thanks to Kym Haas at ARH Recovery Homes - House on the Hill (HOH)). The family consists of an adult daughter at HOH, her son, father, step mom, biological mother, and maternal grandfather. They state "their family is stronger, closer, and much more integrated as a family unit. They can now praise each other and share feelings – including negative ones."

- "I found my voice in *CF!*" Adult daughter
- "Meditation is a powerful, life-changing tool!" Father
- "I feel more open minded, less judgmental, and more able to share what I think and feel with others." Father
- "I learned how to hold back and allow others to participate – not having to answer every question and to value different parts of myself... to care for myself differently." Step Mom

"5 months after completing *CF!* this family is embracing, demonstrating, practicing and utilizing all the skills*** and ideas they learned. **And they are thriving!!** They are clear that their family had tremendous benefits from attending *CF!* It opened them up as individuals and as a family unit. Their empathy for one another, level of cooperation, positive life skills and ability to share honestly with one another is phenomenal.

They are a family to celebrate!"

Kym Haas, Clinical Supervisor ARH-HOH.

Interest continues to grow (exponentially!) in *Celebrating Families!*™:

- Locally we presented to both Dependency and Family Courts and added two sites: YWCA of Silicon Valley and 4C's of San Mateo County.
- Mary E. Gardner is now the Interim Director of Bay Area Sites - I had to have some help! (Mary is a member of *CF!* Advisory Team and recently retired as Saratoga Union School Superintendent)
- The Santa Clara County Medical Alliance is sponsoring another evening lecture on Monday, November 6, with William Klindt, M.D., on "Effects of Drugs and Alcohol on the Development of the Brain - emphasis on birth through teen years."
- Out of the area we will be speaking at *The Second Putting the Pieces Together* Conference on Child Welfare and Substance abuse and *Co-Occurrence of Substance Abuse and Child and Family Maltreatment*.

According to the USA/HBO Drug Addiction Poll (7/20/2006), nationally 20% of adults have an immediate family member with an addiction to drugs or alcohol. The words most often used to describe their pain were

"emotional, devastating, horrible."

Celebrating Families!™ helps heal this pain – putting families and lives back together. Thank you, as always, for your support!

Rosemary

Rosemary Tisch
Executive Director

I'm always happy to talk with you personally (rstisch@aol.com or 408-406-0467).

15040 Encina Court, Saratoga, CA 95070
408-406-0467 rstisch@aol.com www.celebratingfamilies.net

* Statistical significance does not tell researchers/evaluators how important or meaningful a treatment is. To talk about meaningfulness, researchers report and interpret effect-size estimates. Effect sizes can be thought of as the average percentile standing of the participants compared to the average of untreated participants. Imagine two bell curves along a scale of 1 to 10. One curve (no treatment group) is at the lower end of the scale with the peak (or average of the scores) at 4. The second bell curve (treatment group) is farther up the scale with the mean of the scores at 8. The simple effect size is 8 minus 4 or 4. That can be interpreted as a large effect size and it gives us a measure of the magnitude of difference and thus the importance of the research findings.

** The Cochrane Collaboration authors (Foxcroft and Associates 2003) at Oxford University could only find 56 programs in the world with good enough research data to include in their review. About 20 of these programs were found to have negative or no positive results. Of the remaining programs, the results suggest that SFP had twice the effectiveness (effect size) as the next best program. Study sponsored by World Health Organization and the UK Alcohol Education and Research Council. Statistical support for the Intention to Treat analysis was provided by Sue Bogle of Oxford Pharmaceutical Sciences.

*** In *Celebrating Families!*™ we ask individuals and families to complete weekly Acts of Kindness – simple things for others. After completion of group, this family still is performing "Family Acts of Kindness". When another woman at HOH had a house fire and lost almost everything, the family collected cookware, linens, furniture, clothing, toys and gift certificates for the other family.