



**Celebrating Families!™ CA Expansion Well Positioned to Respond to AB340 Bill.** PPI's California Expansion Project is underway in partnership with the CA Office of Child Abuse Prevention. Coordinated by Melissa Santos, Senior Director of Professional Development and Organizational Initiatives at Community Solutions and led by PPI Project Director, Mary Gardner, the Request for Qualifications (RFQ) was released with proposals due on May 24th. CA Bill AB340 requires that beginning July 1, 2019 all MediCal patients be screened for ACEs (Adverse Childhood Experiences) by their primary care doctor. In Santa Clara County, children will be regularly re-screening by pediatricians as frequently as once per year and not less than every 3 years. This is a huge step in bridging the gap between the early identification of trauma and primary care. However, little is being reported about what resources doctors will share with children and families after administering the screening and sharing the results or how our behavioral health systems are preparing for a possible increase in individuals and families seeking services. PPI is leveraging our partnerships and creating new relationships with key stakeholders to ensure that system leaders are aware of how *Celebrating Families!™* can meet this need for families impacted by addiction.

**“Local California” sites** have provided *Celebrating Families!™* for many years. Two, Uplift Family Services and Parisi House on the Hill, were original pilot sites in 2001 for the evaluation qualifying *CF!* for listing on the National Registry of Evidence Based Programs and Practices. Both continue implementation, actively participated in the Spanish translation, and the development of the 0-3 and adolescent supplements. Sacramento soon joined the *CF!* team and some are starting up this year.



*Celebrating Families!* Team



**Uplift Addiction Prevention Services (APS)** has provided *Celebrating Families!™* and *Celebrando Familias!* for over 15 years. Utilizing the model in school and community settings, APS has served over 2,600 individuals ages 0–70, utilizing both prevention and intervention models. APS Services include the 0-3 supplement and the adolescent supplement in middle and high schools. Toni Welch Torres (Manager APS) and Norvan Janmoradi (Counselor) were lead authors in the development of the Adolescent Supplement. Uplift Family Services utilizes *CF!* because it shares a common philosophy of being family-centered, hope-filled, strength-based, unconditional, welcoming, community-based, research-informed, flexible and accessible, while also being culturally respectful and needs-driven. Due to the success of this model with the Department of Family and Children Services (DFCS), APS recently secured a new contract to provide 14 new Prevention Level 1 cycles to reduce the recurrence of child abuse and/or neglect with referred families. Uplift /APS recently opened the “Family Shop” where families can select clothes, personal care and household items, such as umbrellas, coats, blankets and shoes. This along with our nutritious meals, brought some much needed smiles to the faces of our youth and parents.

**Parisi House on the Hill (PHOTH)**, Santa Clara County's only residential treatment center for women with children, recently started offering *Celebrating Families!™* on Saturday mornings. Since then, more family members have been attending and have completed the full cycle. Families enjoy sitting and eating with others in the morning over breakfast, with the *CF!* team emphasizing the importance of being fully engaged in the family topics and discussions. Among the lessons, the role plays have the most profound impact because the scenarios mirror the reality of their family life. Evaluation surveys prove that the clients and families gain an understanding of how their children are impacted by their addiction, inspiring them to want to make the necessary changes to improve their lives as well as their

children's. One of PHOTH's many amazing stories is that of a client who stated that *CF!* showed her how important it is to set boundaries with her family and spouse and, most importantly, to set a structure with her children to give them a sense of security. She also said that she's been empowered to use "I" statements to help her resolve disagreements and to have an understanding of others' feelings and perspectives.

**Bridges Inc., The STARS Program:** The STARS Program in Sacramento County has provided *Celebrating Families!*<sup>™</sup> in Sacramento County for nearly 10 years serving parents with open Child Protective Services cases due to alcohol and drug issues and are connected to either the Early Intervention Family Drug Court or the Dependency Drug Court. Groups are held on Saturdays with two sessions: one at 10am and the other at 2pm. Groups usually had 12-15 adults with the majority of children being either babies or toddlers. This winter STARS provided only one group for 32 adults with ALL graduating Saturday May 4th - their largest graduation! Children's groups have increased in numbers with a large number of pre- adolescents and a number of children ages 4-7 graduating. The smallest group was the teen group, which they plan to strengthen with the larger number of adults. Besides *CF!*, parents have a Resource Specialist who work with them to connect them to resources -- from filling out an application, going back to school, getting clothes to events in the community. The program has been so successful that Child Protective Services provides on-going support.

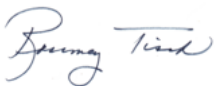
**Superior Court of California, County of Alameda:** Another neighboring county, Alameda, is moving to whole-family care - the most recent step in the evolution of our family treatment drug court, which began with a laser-like focus on parental substance use disorder, expanded to treatment for co-occurring disorders, then to attending to child outcomes. In May 18 Family Treatment Drug Court (FTDC) and contracted treatment provider staff will be trained to implement a version of *Celebrating Families!*<sup>™</sup> in two residential treatment settings that house FTDC parents and their children (up to five years of age in one setting and up to seven years in the other). The court's external evaluator will collaborate with Prevention Partnership International (PPI) researchers to measure the value added by the *CF!* program to parent, child, and family outcomes. Treatment staff and everyone in the Office of Collaborative Court Services is excited about adding *CF!* to the FTDC and keenly interested in the benefits it will produce.

**Articles Published by Shirley Sparks Greif,** PPI Advisory Committee, this winter are available at [www.preventionpartnership.us](http://www.preventionpartnership.us):

- *Family Skills Training Programs for Family Drug Court* in the *Drug Court Review* describes an effective family skills training program, *Celebrating Families!*<sup>™</sup>. Why focus on family programs? "*Family skills training programs result in decreased child abuse, decreased time children spend in foster care, substance abuse intervention for parents and prevention of additional cycles of addiction for children.*" Yet, only just over half of FDC's provide family-based services (Children and Family Futures, 2016).
- *Breaking Cycles of Abuse & Addiction in Families* in CW360 - the Center for Advanced Studies in Child Welfare's (University of Minnesota's School of Social Work) national publication - focused on evidence that family skills training programs decrease the risk of child abuse, decrease the time children spend in out-of-home placement by providing interventions for parents/caregiver, and prevent the cycle of addiction for children by strengthening protective factors in families (United Nations Office on Drugs & Crime, 2014).

Prevention Partnership International (PPI) and *Celebrating Families!*<sup>™</sup> remain very active with Mary Gardner doing a fabulous job with the support of the Advisory Team; Melissa Santos capably leading the CA project; Linda and David Sibley provide editing and support from their home in Idaho; and Nancy Marshal, DVIC - our local fiscal agent, provides fiscal services, insurance and an audit. Thankfully PPI has a very capable and strong team!

Sincerely,

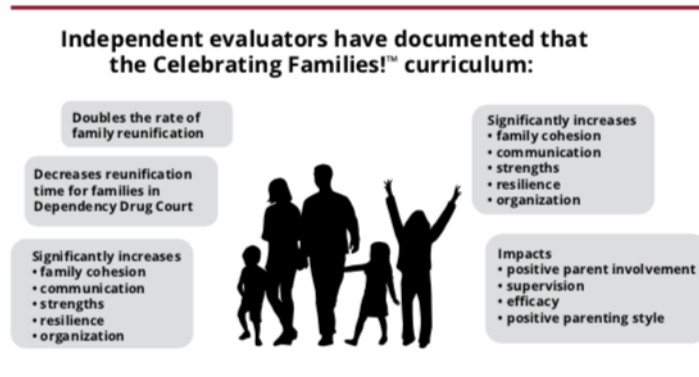


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*Breaking Cycles of Abuse & Addiction in Families in CW360*

### Sobering Statistics Young Children and Families Experiencing Homelessness

- Children are at greatest risk of entering the emergency housing system during their first year of life
- Children under 6 years accounted for 49.6% of all children served by emergency shelters in 2016
- 1 in 20 children under 6 years old experienced homelessness in 2016

Source: Zero to Three Journal, March 2019

**W.H.O. Says Limited or No Screen Time for Children Under 5.** “Early childhood is a period of rapid development and a time when family lifestyle patterns can be adapted to boost health gains,” said an official with the World Health Organization. In a new set of guidelines, the World Health Organization said that infants under 1 year old



should not be exposed to electronic screens and that children between the ages of 2 and 4 should not have more than one hour of “sedentary screen time” each day. Children under 5 should also get more exercise and sleep in order to develop better habits that will stave off obesity and diseases in adolescence and adulthood. Dr. Tedros Adhanom Ghebreyesus, the director-general of the W.H.O., said in a statement “Early childhood is a period of rapid development and a time when family lifestyle patterns can be adapted to boost health gains.” Source: NY Times, 4.24.19. Emily S. Rueb.

**1 in 9 pregnant women reported drinking alcohol in the past 30 days** reports a new *Morbidity and Mortality Weekly Report* (MMWR). Among pregnant women, about one third who reported consuming alcohol engaged in binge drinking. Alcohol exposure during pregnancy can be harmful to the brain of a developing baby and may result in fetal alcohol spectrum disorders (FASDs). Screening for alcohol use, combined with brief counseling, may decrease alcohol use during pregnancy and reduce the risk of FASDs and other negative pregnancy and birth outcomes.

**Early life trauma may affect the structure of the brain** making clinical depression more likely to be severe and recurrent. Source: The Lancet Psychiatry Journal, March 21, 2019.

**Childhood Anxiety Linked to Later Problems With Alcohol.** Young people with higher anxiety may have a greater risk of developing alcohol problems, states School of Psychological Science’s Tobacco and Alcohol Research Group University of Bristol. Source: March 23, 2019 Associate News Editor Janice Wood, <https://psychcentral.com/news/2019/03/23/childhood-anxiety-linked-to-later-problems-with-alcohol/144002.html>

**Marijuana Edibles May Pose Special Risks.** Pot brownies and other cannabis “edibles” like gummy bears induced a disproportionate number of pot-related medical crises. Consuming these legal “edibles” may seem like harmless fun, Source: March 25, 2019 NY Times Roni Caryn Rabin

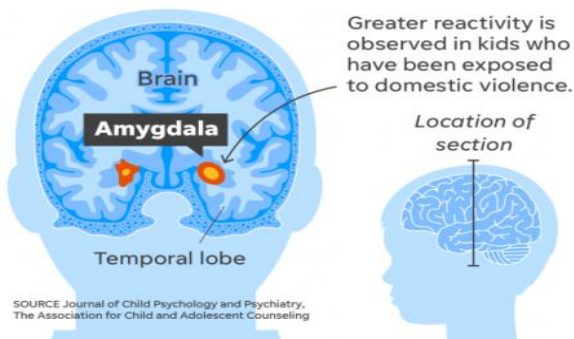
**Deaths From Drugs and Suicide Reach a Record in the U.S.** Twice as many Americans died from alcohol and drug-induced fatalities and suicide in 2017 as in 1999 and the highest level since federal mortality data started in 1999. Nearly a third of the deaths were suicides. “Without the social cohesiveness and social support built within family, people are experiencing trauma without what historically gave them resilience.” Mr. Auerbach, a former Massachusetts health commissioner. Source: NY Times, Mary 7, 2019, Adeel Hassan.



**Santa Clara County Behavioral Health Services Department received national recognition**, for the campaign designed to inform about consequences of smoking marijuana. The campaign's goal is to promote science-backed facts that marijuana adversely affects brain development among teens, potentially lowering a teen's IQ and ability to land a good job. See: [www.wastedonweed.org](http://www.wastedonweed.org)

**Exposure to domestic abuse has long-term consequences for brain**

In children exposed to trauma including domestic violence, the amygdala — the part of the brain that processes emotions, memory and fear reacts more strongly to threats than in children who haven't.



Source: [www.centerforhealthjournalism.org/files/u1859/Mabinty\\_DV%20graphic%202.png](http://www.centerforhealthjournalism.org/files/u1859/Mabinty_DV%20graphic%202.png)

**The science of early brain development can inform investments in early childhood.** From Harvard Center on the Developing Child, an excellent *In Brief* on basic concepts established over decades of neuroscience and behavioral research illustrate why child development – particularly from birth to five years – is a foundation for a prosperous and sustainable society. Available: <https://developingchild.harvard.edu/resources/inbrief-science-of-ecd/>

**Upping Your Family's Nutrition Game** There are a few simple things you can do to help young bodies and brains get the right nutrition to operate at their best. Here are some ways to encourage healthy eating habits:

- Eat together as a family**
- Ditch the distractions**
- Eat breakfast every day**
- Serve lots of colorful vegetables and fruits**
- Use whole grains**
- Serve healthy protein**
- Put a lid on soda**
- Get your children involved.**

**Celebrating Families!™ and ¡Celebrando Familias! are programs of NACoA (National Association for Children of Alcoholics) offering curriculum materials, technical assistance and training services. For more information please contact: [www.celebratingfamilies.net](http://www.celebratingfamilies.net)**