



Summer Update 2019

Lots to share!

“My personal favorite, Celebrating Families!, a 16-week curriculum for residents and their families which teaches about substance use disorder (SUD) and its effects on families. ..What makes Perinatal so incredibly special is the emphasis on parenting and nurturing the parent-child relationship while Mom is in treatment for SUD.”
Melinda Brown, Janus Perinatal Program Manager

California Office of Child Abuse Prevention Project: Although Prevention Partnership International (PPI) had originally planned to collaborate with only two agencies, due to the high quality of proposals received, three agencies were selected to receive training, technical support and evaluation:



SHIELDS for Families (www.shieldsforfamilies.org) serves 5000 clients a year through: residential and outpatient substance use treatment; outpatient, mental health treatment; and community based, court mandated, behavioral health services. Their *Celebrating Families!*™ services will focus on children and families at high risk for abuse and neglect in Compton and Watts.



Para Los Niños (www.paralosninos.org) serves 6000 clients a year, mostly very-low income families from the central and southern parts of Los Angeles. A video on this agency is available at <https://www.paralosninos.org/who-we-are/>



Sherwood Valley Band of Pomo Indians, Willits (Mendocino County) (www.sherwoodvalleybandofpomo.com) provides: outpatient substance abuse and mental health treatment; community-based,

court mandated, behavioral health services; as well as faith-based counseling services. Most families they serve are below the poverty line, struggling with high rates of health disparities. Amidst adversity they state, “We are resilient and we strive to provide pathways to healing through cultural teachings, groups and programs.” To best serve these families, PPI will partner with White Bison, developers of Wellbriety *Celebrating Families!*™.

PPI will provide two trainings on *Celebrating Families!*™: one in Los Angeles for Shields and Para Los Niños, followed by one for the Sherwood Valley Band of Pomo Indians. Services for families will begin in the fall. Then, partnering with Dr. ED Cohen at San Jose State University, collection and consolidation of evaluation data from CA CF! agencies will start.

Shirley Sparks Grief, Evaluator, Writer, and PPI Advisory Committee, presented by invitation at the National Association of Drug Court Professionals conference, RISE19 on *Family Skills Training Programs for Family Drug Court*. The paper was published in the July 2019 edition of the *Drug Court Review*. Why the interest in CF!? “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 Family Drug Courts provide family-based services** (Children and Family Futures, 2016). Paper available at: <http://preventionpartnership.us/pdf/DrugCourtReview.pdf>



More on Celebrating Families! California Sites: In Kings County *Celebrating Families!* and *iCelebrando Familias!* are pillars in the community working closely with participants with open Child Protective Services cases, assisting them to reunify with their children. **Champions Recovery Alternative Programs Inc** has offered CF! and iCF! programs for over 11 years. Participants are encouraged to communicate with each other to begin building healthy relationships and boundaries. All participants complete a pre and post Inventory designed to assess the parenting and child rearing attitudes of parents.



Janus Perinatal is the only residential treatment facility in Santa Cruz County accepting mothers with children ages 0-5 to live in-house with them where *Celebrating Families!™* is going strong. Great feedback has been received from participants, including:

- They enjoy sharing a worry-free meal as a family and being able to discuss topics in a safe and supportive environment.
- *Celebrating Families!™(CF!)* is changing their family's life.
- Families are setting goals to prepare and eat dinner together at least once a week, reporting even their teenagers enjoy it!
- *CF!* is giving them the tools they need to have healthy boundaries and better communicate with each other.

Janus Perinatal is also piloting the new *CF!* Day Program in their residential facility. The Day Program gives residential care participants a preview of the next evening session's materials. As they master the skills they are then able to pass them on to their peers in evening, gaining a sense of empowerment and pride.



CURRENTLY BEING PILOTED: Both **Janus Perinatal** and **Parisi House on the Hill** are piloting new materials developed by PPI with support from Saint Andrews Episcopal Church Women, numerous individuals, Hurlbut- Johnson Charitable Trusts- an advised fund of Silicon Valley Community Foundation, and Cisco Systems, Inc.

- **CF! 0-3 Day Program** is offered in conjunction with the 0-3 Supplement for parents in residential treatment. Sixteen lessons focus on “Critical Parenting Skills” and providing opportunities to learn and practice art/crafts, songs, and stories appropriate for young children.
- **Intersession Lessons** are offered in-between *CF!* cycles. Lessons for parents focus on reducing Risk Factors and increasing Protective Factors that affect children’s physical and mental health. Intersessions were specifically requested for parents who due to their addiction and own adverse childhood experiences lack confidence and experience, including positive discipline and child development.
- **Tips for Parenting in Recovery** – Early Childhood are six booklets supporting the “Critical Parenting Skills”. Topics: How to Strengthen Attachment, How to Communicate with Young Children, How to Help Children Express Their Feelings, How to Discipline with Love & Respect, How to Show My Love and How to Play With Young Children.
- **Training Booklet for Volunteers and Agency Staff** on Critical Information and Parenting Skills to assist volunteers and staff to model and guide parents in using the Critical Parenting and Healthy Living Skills.



PPI is committed to supporting children and families struggling with Adverse Childhood Experiences (ACEs), including substance use disorders (addiction), child abuse/neglect and family violence. All programs are research-based, piloted and evaluated prior to release for national distribution. We proudly partner with community based organizations; behavioral health agencies; including mental health and substance use disorders treatment providers; courts; Department of Social Services; churches; schools; the National Assoc. for Children of Addiction; White Bison; the National Alliance for Drug Endangered Children; San Jose State University; and the California Office of Child Abuse Prevention.

We can only continue to provide these state-of-the-art services with your help and support. With much gratitude I’m happy to report my treatments are complete and the lymphoma is in remission. Over the next 6 months I’ll be healing from the chemotherapy. Many thanks to the extremely competent and dedicated PPI team that carried on while I was in and out of Stanford hospital. Thank you!

A handwritten signature in cursive script that reads 'Rosemary Tisch'.

Rosemary Tisch, Director

Program Developer *Celebrating Families!™*

www.celebratingfamilies.net and www.preventionpartnership.us

Research Updates - Summer 2019

Parents and caregivers are the main source of protection for teenagers who face widespread exposure to, and misinformation about nicotine, alcohol, and other drugs. The key findings of *Teen Insights into Drugs, Alcohol and Nicotine*, Center on Addiction, June 2019, are:

- Teens generally feel a very strong bond with their parents and caregivers and look to them for information and support when it comes to substance use.
- Parents continue to have the largest influence over their decisions and actions when it comes to substance use, even for teens with many risk factors.
- Nearly 30% of teens disclosed they have personally witnessed illegal drug use . The most common place these teens observed drug use was on school property.
- Risk factors for substance use increase significantly as teens age:

Risk Factor	15-17 year olds	12-14 year olds
Having a few close friends who engage in substance use.	61%	29%
Having at least a few close friends who drink beer	44%	20%
other alcohol	39%	17%
smoke cigarettes	37%	20%
vape	39%	16%
use marijuana	40%	16%
misuse prescription drugs .	12%	7%
Knowing someone who is addicted to nicotine	44%	36%
alcohol	30%	24%
marijuana	31%	15%
prescription pain relievers.	10%	4%
Not being worried, regardless of how often a friend used e-cigarettes	28%	16%
Marijuana.	17%	9%
Being able to obtain illicit drugs easily within one day		
heroin	8%	3%
cocaine	10%	2%
methamphetamine.	9%	2%

Available at: <https://www.centeronaddiction.org/addiction-research/reports/teen-insights-drugs-alcohol-and-nicotine-national-survey-adolescent>

States that legalize marijuana should set a minimum age of 25 and impose strict limits and rigorous monitoring of THC levels. Numerous studies show that marijuana can have a deleterious impact on cognitive development in adolescents, impairing executive function, processing speed, memory, attention span and concentration. As the adolescent brain— especially the prefrontal cortex, which controls decision making, judgment and impulsivity — is still developing until age 25. Other studies have shown that substantial adolescent exposure to marijuana may be a predictor of opioid use disorders. This is because THC interferes with the exchange of information between neurons. Risk from marijuana use is far greater than it was, because the average THC content of confiscated marijuana in 1990 was 3.75% ; marijuana in Colorado’s authorized dispensaries now shows a THC content of 18.7%. K. Davis, president and chief executive of Mount Sinai Health System, and M. J. Kreek, head of the Laboratory of the Biology of Addictive Diseases at Rockefeller University. 6.16.2019. NY Times

How Screen Time Creates Kid ‘Dopamine Addicts’ With Bad Habits. iPads, smartphones, and screens seem like drugs for kids, because they have a lot in common with uppers when it comes to the developing brain. Screen time, sugar, and reward all flood kids’ brains with dopamine. The dopamine from screens is impairing children’s impulse control, increasing the demand for instant gratification, and causing more kids to try and “swipe” real pictures and punch books as if they’re touch-screens. Screens and electronics run the risk of keeping kids in a chronic state of hyper-arousal,

leaving them agitated yet somehow exhausted. This heightened state makes it harder for children to retain information, perform in school, interact socially, relate to others, and self-soothe and regulate emotions.

“Screen time leads to dopamine release – the more screen time, the more addicted to screen time your child will become. Think of screen time like candy. Create and teach healthy boundaries around screen time. Do not use it as a reward.”

Katie Ziskind, Marriage & Family Therapist, BS, MA, LMFT

Proactive prevention is the best strategy:

- Model healthy smartphone and screen habits.
- Set limits for how much you look at your phone .
- Set limits for how long your child watches something on a tablet or TV.
- Stick with American Academy of Pediatrics’ and World Health Organization’ age group recommendations.
- Watch with your children and talking about what you are viewing. Lauren Vinopal May 03 2019, 10:47 AM *Fatherly*.

The enduring effects of mother-child interactions as children become adults supports *Celebrating Families!*™ focus on Critical Parenting Skills:

- *“Protective factors, particularly stable relationships with caring and supportive adults, are essential in counterbalancing the effects of adversity. Individuals who exhibit greater biological sensitivity to both adverse and positive experiences thrive when supportive and protective relationships are available”* (A Critical Assessment of the Adverse Childhood Experiences Study at 20 years. McEwen & Gregerson American Journal of Preventive Medicine. 2019 9;56 (6) 790-794.)
- *“Focusing on a parent’s ability to buffer their children’s stress through supportive/ responsive caregiving; positive relationships; and consistent, supportive caregiving has the potential to prevent or mitigate the harmful effects of adverse childhood experiences”. (U.S. Administration for Children and Families, 2013)*

Young children experience their world as an environment of relationships, and these relationships affect virtually all aspects of their development – intellectual, social, emotional, physical, behavioral, and moral.



Center on the Developing Child
HARVARD UNIVERSITY



***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.**