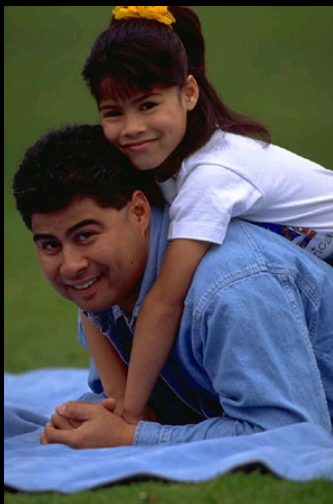




PREVENTION IN PRACTICE LIBRARY
Series Editor: Thomas P. Gullotta

Building Healthy Individuals, Families, and Communities Creating Lasting Connections

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The Award Winning Creating Lasting Family Connections (CLFC) Program

The Original Creating Lasting Lasting Family Connections (CLFC) Program is 1 of 3 evidence-based programs in our CLFC Curriculum Series. It is in wide distribution nationally and internationally.

It is a culturally sensitive program based on respect, free will, positive influence (versus control), and appropriate self-disclosure.

The Award Winning Creating Lasting Family Connections (CLFC) Program

**The CLFC Curriculum Series Training
Supports the Principles and Practices of
Both
Trauma-Informed Care
and
Motivational Interviewing**

COPES' National Awards for Excellence

- In 1996, the Center for Substance Abuse Prevention identified CLFC as a **CSAP Model Program.**
- In 2000, The Creating Lasting Family Connections program was featured as a **Model Family Program** in the **Office of Juvenile Justice and Delinquency Prevention** Strengthening America's Families publication on delinquency prevention.
- In 2001, Creating Lasting Family Connections received the **U.S. Department of Education** Certificate of Recognition as a **Promising Program for Safe, Disciplined and Drug-Free Schools.**

COPEs' National Awards for Excellence.

- In 2001, COPEs and the Creating Lasting Family Connections program received a **Special Recognition Award** from the **Executive Office of the President, Office of National Drug Control Policy.**
- 2002 – **Model evidence-based** program, the **Substance Abuse and Mental Health Services Administration.**
- 2006 - The *Creating Lasting Family Connections* program was reconfirmed as an **Evidence-based** substance abuse and violence prevention curriculum by the **Office of Juvenile Justice and Delinquency Prevention.**

COPES' National Awards for Excellence

- 2007 – CLFC program re-evaluated and included again in the **National Registry of Evidence-based Programs and Practices.**
- 2009 - Creating Lasting Family Connections program identified as a **Promising Program** for the **Administration for Children and Families' Responsible Fatherhood Initiative.**
- COPES Creating Lasting Connections demonstration projects received the **NPN, NASADAD, and CSAP Exemplary Substance Abuse Prevention Program Awards** for **1989, 1995, 1999 and 2010.**

COPES' National Awards for Excellence

- 2013 – COPES' CLFC Fatherhood Program is listed on the **National Registry of Evidence-based Programs and Practices.**
- 2013 – COPES' CLFC Marriage Enhancement Program is listed on the **National Registry of Evidence-based Programs and Practices.**
- 2017– All 3 CLFC Programs are re-confirmed on the **National Registry of Evidence-based Programs and Practices.**
- 2018 – All 3 CLFC Programs are listed in the **Encyclopedia of Couple and Family Therapy**
- 2020 – CLFC is listed on the **California Evidence-based Clearinghouse for Child Welfare**

Individual Risk Factors

Low Self Esteem

Early Anti-Social Behavior

Low Attachment to Family

Poor School Performance

Social Isolation

Sensation-Seeking

Poor Refusal Skills

Favorable Attitudes Toward ATOD

Unsupervised Free Time

Lack of Positive Role Models

Family Risk Factors

Marital Discord

Economic Deprivation

Poor Family Management

Poor Discipline

Parental Alcohol/Drug Abuse

Conflict-Ridden Family

Living in High Crime Areas

Low Emotional Support

Lack of Family Play

School Risk Factors

Negative/Disorderly School Climate

Unsafe School Environment

Low Teacher Expectations

Poor Policies Regarding ATOD

Community Risk Factors

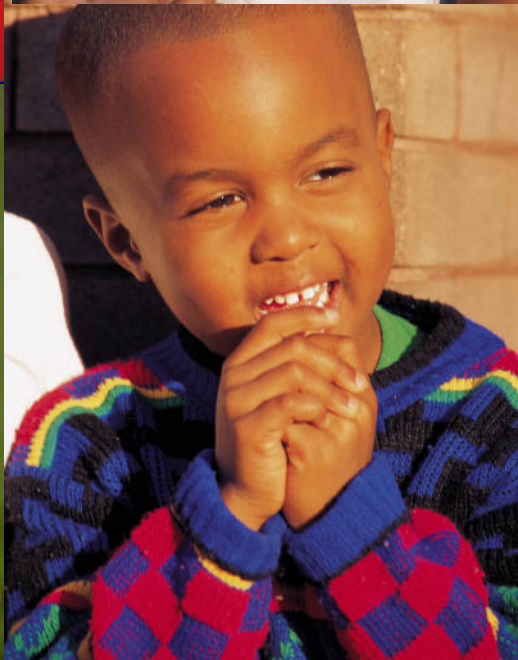
Substance-Using Norms

High Crime

High Violence

Low Community Bonding

Environment Unfriendly for Families



The CLFC Approach

**Do you
think we
can
change?**

**Creating Lasting
Family Connections**

Evaluation Results

- COPES has always served minority and underserved urban, suburban and rural populations ... (low-income, homeless, reentry, etc.)
- CLFC programming has demonstrated published results in a variety of settings with several minority (adult, youth, male and female) populations including African-American, Appalachian, Hispanic prison reentry, minority recovering populations, Native American and Asian and Pacific Islander.

Evaluation Results

The evaluation results published in the Journal of Adolescent Research (1996) included significant positive results:

Youth showed reduced use and delayed onset of AOD use as parents and youth showed improvements in several specific resiliency factors, including:

- increased AOD knowledge and beliefs,
- decreased conflict,
- decreased family pathology,
- increased leveling (honest) communication about AOD.

Evaluation Results

The evaluation results also included significant positive results in family resiliency, including:

- Increased knowledge and healthy beliefs about AOD by parents,
- Increased youth involvement in setting family AOD rules,
- Increased use of needed community services by families

Evaluation Results

Positive changes in youth resiliency were also reported, including:

- Increased bonding with mother,
- Increased use of needed community services by youth.

“Happiness” Index Results

- 98% of parents and youth reported CLC to be a positive experience
- 77% of parents reported feeling better about themselves after the program
- 93% of youth reported feeling better about themselves after the program
- 99% of parents would recommend the program to friends

Implementation Options

Community Based

Implementation Options

The figure below illustrates the individual training components that make up the Creating Lasting Family Connections prevention program model.

1. Model Community Implementation (High Fidelity)

Parent/Adult Trainings

Developing Positive Parental Influences

Raising Resilient Youth

Getting Real Communications Training

Youth Trainings

Developing A Positive Response

Developing Independence and Responsibility

Getting Real Communications Training

Getting Real:
Parent and Youth Combined Sessions

- **Each of the three parent/adult trainings is a 5-to-6-session module (up to 2 hours a week)**
- **Each of the three youth trainings is a 5-to-6-session module (1.5 up to 2 hours in length)**
- **The optional Parent and Youth Combined Getting Real sessions usually require an additional 2 or 3 optional sessions.**
- **For maximum effectiveness, parents and youth are engaged in all 6 modules consecutively and simultaneously**

Science-Based Option: Parent/Adult Trainings Only/Training of Impactors



- The modules (parent and youth) can be spread out over a longer period based on participant and provider needs
- The parent trainings can be offered without the youth trainings (consecutively or spread throughout the period of a year)
- The parent trainings can be provided separate from the youth trainings as a Training of Impactors program for social workers, youth service providers, preventionists, and other caring adults who work with youth

Science-Based Option: Youth Trainings Only



- The youth trainings can also be offered without the parent trainings (consecutively or spread throughout the period of a year)
- This option is often selected in school settings or youth serving organizational settings (i.e. boys & girls clubs, camps, etc.) where parent participation is not likely

Developing Positive Parental Influences (DPPI)

The DPPI module helps participants:

- Develop a greater awareness of facts and feelings about substance use, abuse, and dependency or substance use disorder;
- Review effective approaches to prevention; and
- Develop a practical understanding of intervention, referral procedures, and treatment options and recovery

Developing a Positive Response (DPR)

This module helps young people to:

- Become aware of their deepest wishes for their own personal health, their relationships with their peers and family members, and their yearning for success.
- Develop an appropriate “worldview” of alcohol and other drug issues.

Raising Resilient Youth (RRY)

RRY helps parents to raise youth who can handle life challenges (both social and environmental pressures).

Participants:

- Learn and practice effective communication skills, including listening to and validating others' thoughts and feelings.
- Enhance their ability to develop and implement expectations and consequences with others, including children, spouses, co-workers, and friends.

Developing Independence & Responsibility (DIR)

In the DIR module, youth are asked to:

- Examine their current level of personal responsibility in their family life, with an eye toward developing personal independence and responsibility for adulthood.
- Visualize themselves in the future role of parents, co-workers, supervisors or other adults responsible for setting appropriate expectations and consequences for their children or others they may need to supervise in areas of responsibility.

Getting Real (GR) Adult & Youth

In Getting Real, participants:

- Examine their responses to the verbal and nonverbal communication they experience with others.
- Receive personalized coaching on effective communication skills, speaking with confidence and sensitivity, listening to and validating others, sharing feelings, and using appropriate body language.

Appropriate Implementation Settings

- Schools
- Faith-based Organizations
- Prisons
- Reentry Settings (Aftercare)
- Mental health Centers
- Community Centers
- Recreation Centers
- Community Centers
- Social Service Centers
- Other Community Organizations

- Implementation Group Size (6-20)
- Age and Developmental Placement of Youth
- The program is designed to be provided by 1-2 trained and certified, personally healthy, knowledgeable, outgoing, trustworthy and highly trained facilitators and case managers.

- It is particularly helpful when facilitators have a sincere belief in everyone's ability to both teach something to us and to learn something from us

and also have,

- High expectations for every participant's ability to succeed in a way that has personal, family or cultural meaning for them



A Higher Love

People (Kids)

Listen and Learn when:

- 1. They feel listened to**
- 2. They feel cared about**
- 3. They feel connected with**

Skills for Parents and Kids

- 1. Listening Skills**
- 2. Gentle Assertiveness Skills**
- 3. Refusal Skills**
- 4. Social Skills**
- 5. Emotional Expression Skills**
- 6. Emotional Acceptance Skills**

Individual Protective Factors

Social Skills

Positive Self Esteem

Flexibility

**Able to Process and Express
Emotions**

Bonded to Parents

Committed to Education

Sense of Purpose

Confident About Future

Family Protective Factors

Positive Family Bonding

Family Warmth & Trust

High Parental Expectations

Clear Rules & Positive Discipline

Participation in Family Chores & Responsibilities

School Protective Factors

Caring & Supportive Environment

High Expectations

Clear Standards for Behavior

Positive Discipline

Youth Involvement in Planning & Participating in Activities

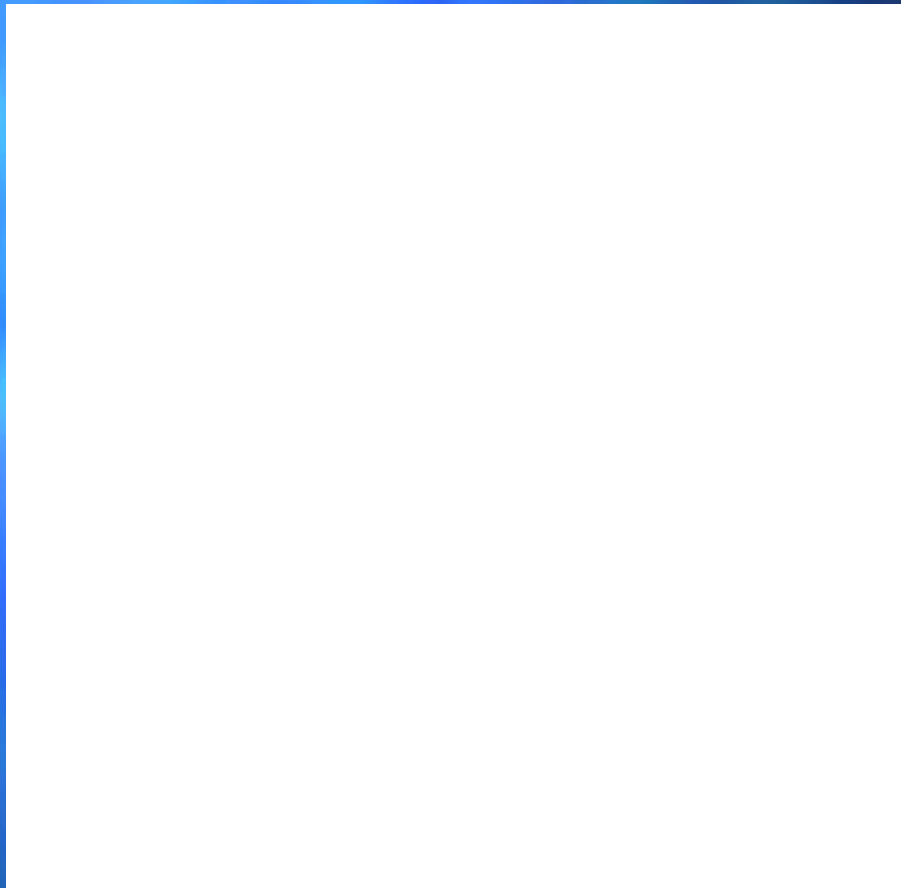
Community Protective Factors

Caring & Supportive of Youth and Families

High Expectations of Youth

Opportunities for Youth Participation & Contribution

Resilient Kids Bounce Back



Increased Bonding Generates Greater Resistance



Bonding With Self:

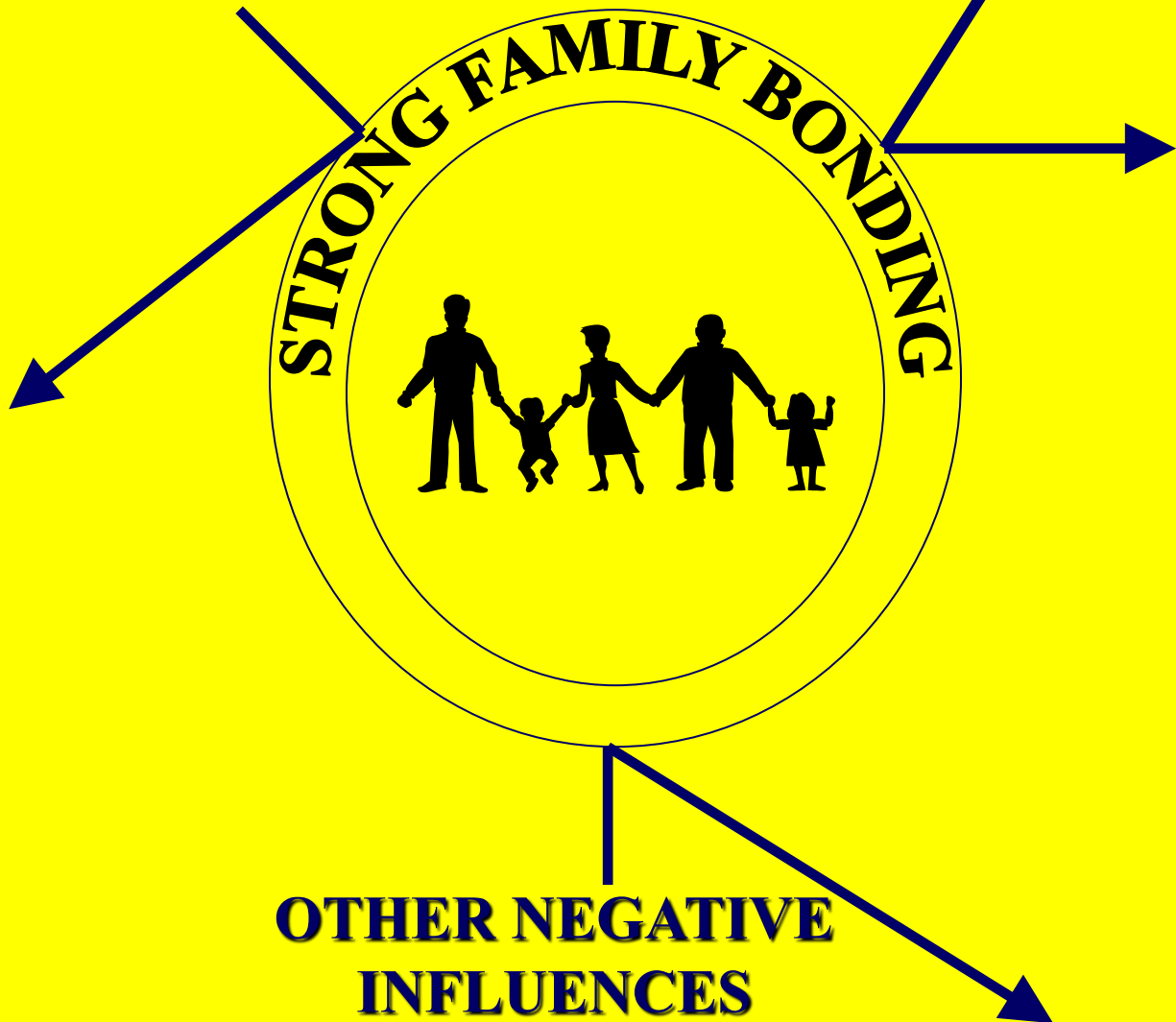
- **Self Esteem**
- **Self Expression**
- **Self Confidence**

**These Skills Increase Our Ability to
Resist Other Negative Factors in Our
Environment (or in ourselves)**

Increased Family Bonding Generates Even Greater Resistance

**INFLUENCES
TOWARD
ATOD ABUSE**

**INFLUENCES
TOWARD
VIOLENCE**



**Increased Bonding with Self,
Family, School, Church,
Community... =
Even Greater Resistance =**

**INFLUENCES
TOWARD
ATOD ABUSE**

**INFLUENCES
TOWARD
VIOLENCE**



Connectimmunity

**OTHER NEGATIVE
INFLUENCES**

Resources Required and Costs

Resources needed:

Appropriate Training Space

1-2 Trained Facilitators (per group)

Trainer Manuals

Participant Notebooks

Posters

(All needed materials come in a complete set.)

Costs:

Customized CLFC Implementation Training for 6 to 18 staff-

Ranges from \$7500 up to \$15,000 (plus travel, lodging etc.)

CLFC Materials-- Complete Set- \$1181.25 (serves 75 families)

CLFC

promotes

Connect-

Immunity

and leads to

Happiness...

**For more information
about the CLFC
Program, please contact
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