



**Happy Holidays!**

December 1, 2016

Once again, thank you for your support! Because of you, we have continued to advocate for children impacted by parental substance use disorders.



**This fall was very exciting and busy** - starting with presenting in September at the *International Congress on Women & Addictions in the 2020's*, in Stockholm, Sweden. The Congress was co-hosted by the International Council on Alcohol & Addictions (ICAA) and the Women’s Organizations Committee on Alcohol & Drug Issues (WOCAD). It concluded with resolutions to be carried to WHO, including one I recommended: *that an action plan be designed and implemented to ensure the treatment, prevention, support and empowerment of mothers with young children especially in response to research regarding children’s brain development*. ICAA is one of the oldest Non-Governmental Organizations in the field of addiction, in Consultative Status with the UN Economic and Social Council and WHO. WOCAD is a NGO with 37 member organizations based in Stockholm, Sweden.

In October Mary Gardner and I presented in the Project Showcase at the *ACEs (Adverse Childhood Experiences) 2016 conference* in San Francisco – “*Awareness to Action*”. Later in October Rivka Greenberg, Ph.D., and I presented on *Celebrating Families!™ A trauma-Informed Program* at the National Drug Endangered Children’s (NDEC) conference in Reno, Nevada.



**Preliminary Evaluation:** I just received the preliminary analysis of data from the 0-3 pilot sites for 2015-16 from Drs. Greenberg and Cohen. The average post-test total score for Uplift Family Services (formerly EMQ-Families First) had a mean difference of .49, indicating a moderate effect size. (The effect size is a statistic that quantifies how much change occurred, relative to other outcome evaluations of therapeutic programs.) All items showed an increase in score from pre to post with Items 1,3,7, 8 and 9 showing statistically significant improvement (\* $p < .05$  \*\* $p < .01$ )

Item	Pre-test average	Post test average	Change (positive score indicates improvement)
1. If I felt tense, nervous or irritable, I knew how to calm myself.	3.94	4.56	0.62*
3. I helped others (Acts of Kindness).	4.12	4.59	0.47*
7. I read or looked at pictures with my children.	4.14	4.71	0.57*
8. I sought support when having difficulties.	3.07	4.53	1.46**
9. I told my child “I love you”.	4.73	5.00	0.27*



Questions 10-13 of the 0-3 Assessment asked participants about their family's safety plan and tested their knowledge about three aspects of alcohol/drug harm. At post test:

- 68% had prepared a safety plan.
- 79% understood that having a relative who is addicted to drugs or alcohol increases the chances children will become addicted.
- 93% knew that a can of beer or alcohol beverages, a glass of wine and a shot of hard liquor all contain about the same amount of alcohol.
- 86% know that one of the signs of addiction is high tolerance.

**Work with local sites:** Mary Gardner, Project Director, and I have been working with Parisi House on the Hill (PHOTH) this year to develop supplemental curricula for *Celebrating Families!*<sup>™</sup> :

- Additional sessions offered during the day for mothers and young children to reinforce critical parenting skills taught in the evenings in *CF!* for the extended family: older children, significant others and children's caregivers.
- Intersession lessons offered between each 16-week *CF!* series to reinforce Protective Factors and reduce Risk Factors in families.

We are excited to see the curriculum being used by staff, including the suggestion that swing and night staff also be trained on *CF!*'s critical parenting skills, so that mothers can be coached and guided outside of classes on skills helping them bond and enrich the lives of their young children.

**Collaboration and Next Steps:** We continue to collaborate with local sites in the Bay Area, NACoA and White Bison (working with Native American tribes and First Nation peoples of Canada). In 2016-17 our focus will be

1. To finish development of the Parenting Skills booklets to be piloted at PHOTH.
2. To translate and adapt the new 0-3 supplement into Spanish.
3. To develop a version of *CF!* for adolescents dealing with behavioral health concerns and their families, including their own children, their parents and siblings. Model to be piloted and evaluated in 2017-18.
4. To evaluate effectiveness of *Celebrating Families!*<sup>™</sup> in a comparison study between groups receiving *CF!* services and those not, in partnership with Uplift Family Services with Ed Cohen, Ph.D., evaluator.

We remain indebted to your support – our individual donors; our numerous professional volunteers; our community partners – especially Catholic Charities of Santa Clara County, Parisi House on the Hill and Uplift Family Services; and our funders: Cisco Foundation, ECW of Saint Andrews Episcopal Church, El Camino Hospital Foundation, Hurlbut-Johnson Charitable Trusts, Saratoga Rotary Charitable Foundation, Santa Clara County Medical Association Alliance. **We can only continue to develop and share these innovative services with your help and support.**

**Thank you!**

Rosemary Tisch, Director PPI  
Program Developers *Celebrating Families!*<sup>™</sup>

**PS Please refer to the next page for several important related research updates.**

***Celebrating Families!*<sup>™</sup> 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)**

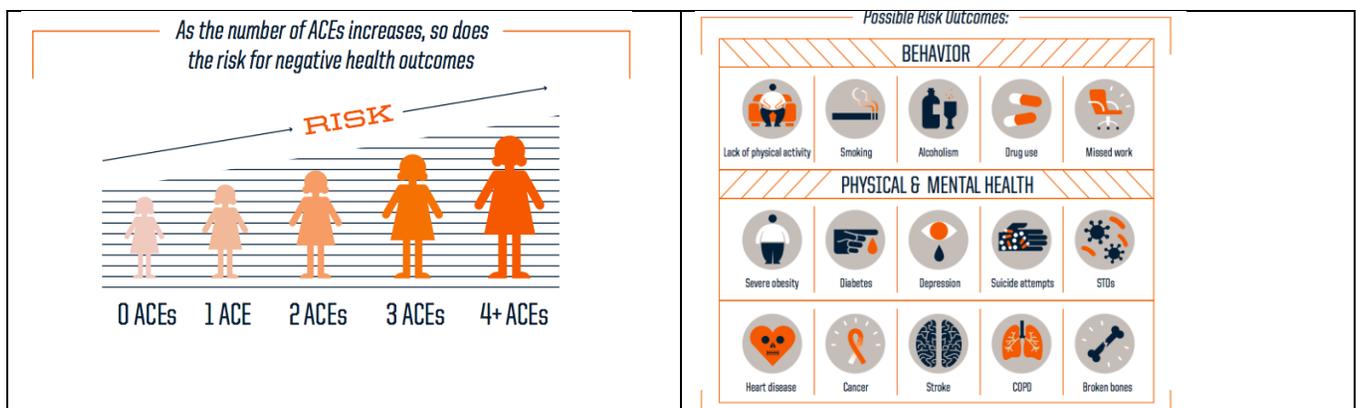
## Research Updates

Many of you are probably aware that the **Surgeon General** issued a landmark **Report on Alcohol, Drugs and Health** in November. Some of his findings include: one in seven (!) people in the US is expected to develop a substance use disorder (SUD) at some point in their lives. SUDs typically develop over time following repeated episodes of misuse resulting in changes to the brain circuitry. For example, people who use alcohol before the age of 15 are four times more likely to develop an alcohol use disorder later in life, compared to those who have their first drink at age 20 or older. Well-supported scientific evidence exists for robust predictors (risk and protective factors) of substance use and misuse. (See paper: <http://preventionpartnership.us/pdf/RTarticle.pdf>). The report concludes with **What Can You Do?** 1. Parents talk to your children about alcohol and drugs. 2. Reach out, if you think you or someone you know has a problem. 3. Be supportive if a loved one has a problem. 4. Show support towards people in recovery. 5. Advocate for changes needed in your community.

Related to supporting people in recovery, it was recently pointed out at a presentation by the Executive Director of the Center for Open Recovery in San Francisco that **3.2% of Americans are vegetarians** yet most menus and served meals provide vegetarian options. If **14% of Americans have a substance use disorders**, why aren't nonalcoholic beverages and foods more readily available at events and meals?

*“Creating effective ‘silver buckshot’ in family court starts with a recognition that early childhood experiences, both good and bad, have an outsized effect on lifelong well-being and functionality... the single biggest threat is from trauma, so it is imperative to both prevent it and treat its impact.”* A Baby Court Offers Hope for Families, Kristof. Blogs.NYTimes.com ,11/28/16, David Newblatt.

In July, the California Department of Public Health issued an **Update on California ACEs** (Adverse Childhood Experiences). *“ACEs are very common in California. Over 60% of Californians report experiencing at least one ACE before age 18. Approximately 24% of Californians reported having three or more ACEs. At , or more ACEs individuals are 3x more likely to be current smokers, 4x more likely to have a depressive disorder, 2x more likely to have asthma, 2x more likely to be obese, and 4x more likely to have COPD, and 3x more likely to have a stroke.”* In addition, according to *ACES Too High* (a news site focused on research about Adverse Childhood Experiences), *“people with an ACE score of 4 or higher are 7x more likely to be alcoholic; to suicide by 1200 percent; and more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, and more autoimmune diseases. People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.”*



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