



Fall 2018

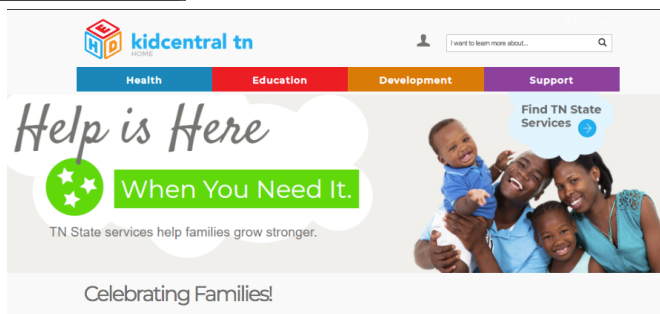
Celebrating Families!™ throughout the United States

Over 100 sites throughout the US!



In Nashville Tennessee:

<https://vimeo.com/51732331> **Celebrating Families on Vimeo**



Update from Prevention Partnership International (PPI)

This summer, due to the significant, positive outcomes of *Celebrating Families!™* (CF!), Angela Ponivas, State Director of Child Abuse Prevention (OCAP), contacted Prevention Partnership International (PPI) to offer a 2-year, \$100,000 challenge grant to expand the number of agencies in the State offering *Celebrating Families!™*. OCAP is particularly interested because child maltreatment is associated with a wide range of child, adolescent and adult mental health and health outcomes, including increased risk of mortality. We are actively seeking donations towards the Challenge Grant. In order to start the State's process to release funds by January 1, 2019 – we need commitments for \$30,000 by the end of September. The good news -- we already have commitments for \$21,000! More information are below.

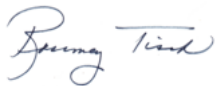
In 2018, Prevention Partnership International (PPI):

- Continued to collaborate with providers in Santa Clara County, CA by piloting and evaluating the new Adolescent version for juveniles with Uplift's Addiction Prevention Services (APS) in middle and senior high schools; providing trainings; creating new materials to be used between CF! series based on Risk and Protective Factors; and partnering with Uplift's APS to develop the new parenting component for the Adolescent model.
- Created Staff Training on Critical Parenting Skills in Early Childhood.
- Continued to refine the new Adolescent Version of CF! to be piloted in 2018-19 by Uplift and ConXion in the Juvenile Court System for juveniles and their families in Santa Clara County. The pilot of the adolescent materials only (no parent or family component) showed statistically significant improvement ($p < .001$) in individual change with an effect size of 1.76, considered very high. Knowledge gain was also shown to be statistically significant ($p = .04$).

- Continued to increase the size of the evidence-base for CF! in collaboration with Uplift Family Services and Dr. Cohen, SJSU. We are currently waiting for comparison data from Dept. of Families & Children to complete the study.
- Published Papers and Offered Presentations - *Families in Society* published a paper on Uplift Family Service's 5-year outcomes and a paper was submitted to the upcoming Drug Court Review on *Celebrating Families!™ Changing the Odds Healing Children & Families Impacted by Trauma and Substance Use Disorders*. Staff continues to make presentations and attend conferences, including the California Collaborative Court Conference in Sacramento in September 2018.

We greatly appreciate your interest and support of our programs and will keep you posted on our progress. I am always happy to answer any questions.

Sincerely,



Rosemary Tisch, Director Prevention Partnership International
Program Developers *Celebrating Families!™*

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www.celebratingfamilies.net www.preventionpartnership.us

CA State Office of Child Abuse Prevention -- 2-Year \$100,000 Matching Grant

The project objective is to expand the number of organizations providing *Celebrating Families!™* in California. Goals are to: (1) Identify, train and support new agencies each serving at least 25 families per year and (2) Establish structure to continue expansion of *Celebrating Families!™* in the State. Currently there are only three CF! locations in California: San Jose (multiple agencies), Sacramento, and Hanford. Sites are funded by SAMSHA grants for their Dependency Drug Court, their County's Dept. of Family and Children Services or Child Abuse Prevention. The mission of the Office of Child Abuse Prevention is to shape policy, build communities and strengthen families so child maltreatment is prevented.

Celebrating Families!™ (CF!) is an evidence-based, skill-building program designed specifically for families dealing with or at risk for substance use disorders and mental health challenges, child abuse/neglect and family violence. The program is listed on SAMHSA's National Registry of Evidence-Based Programs & Practices and as a Best Practice for Dependency Drug Courts. Evaluation outcomes from multiple sites show significant positive results and that the program is effective with diverse cultural, racial and socio-economic groups:

- Doubles the rate of reunification, while decreasing time to reunification for families in Dependency Drug Courts, resulting in significant savings for counties and the state.
 - Increases parents understanding of their role and responsibilities as a parent; parental ability to express feelings and/or take measures to avoid situations that trigger strong or difficult emotions, to calm themselves (mindfulness), read to children, seek support when having difficulties, tell their children 'I love you' and help others (empathy).
 - Significantly increases family cohesion, communication, strengths, resilience and organization.
 - Significantly impacts positive parent involvement, supervision, efficacy, and positive parenting style.
- (Evaluations and published papers are available at www.celebratingfamilies.net and www.preventionpartnership.us)

Donations should be addressed to: Prevention Partnership International, attention *Celebrating Families!™* Challenge Grant and mailed to Domestic Violence Intervention Collaborative (DVIC), PO Box 1839, San Jose, CA 95109. (501c3: #72-1593491). Additional project support materials are available, including 2-year budget, logic model and Scope of Work. Please contact Rosemary Tisch.

Research Updates

More Americans Dying **New York Times, Nicholas Bakalar, July 18, 2018** “These are the facts: people started dying at increased rates after 2008...Young people are more likely to die of alcoholic cirrhosis...Almost every one of these deaths, particularly in the young, is completely preventable.” Dr. Elliot B. Tapper, assistant professor of medicine at the University of Michigan. Rates of cirrhosis in the NE increased 1.6% annually on average from 2007 to 2016, while the South saw annual increases of 3.5% , the Midwest 3.1% and the West 3.0%. From 1999 to 2016, annual deaths from liver cancer doubled. Over that period, Native Americans, whites and African-Americans all saw increases of more than 2% a year. Data from the Centers for Disease Control and Prevention.

Hazelden Betty Ford Addiction Research – Surprising Findings (7.25.2018) The teen years are a critical neurodevelopmental period. Alcohol and other drug use during these years are highly predictive of a wide variety of later problems. Thus much research is now focused on the risk and protective factors for adolescent substance use. What have we learned? Substance use disorders (SUDs) are “equal opportunity destroyers” affecting families of all socioeconomic backgrounds. No one group is immune from risk of starting use or developing addiction. However,

- Excessive drinking appears to disproportionately affect upper-middle-class families (Luthar, Small, & Ciciolla, 2017).
- Cigarette smoking is associated with socioeconomic disadvantaged families.
- The level of acceptance at a student’s school predicts marijuana use.
- Upper middle class, higher income and college education make adolescents *more* at risk:
 - Children growing up in upper-middle-class communities are at elevated risk for excessive drinking and other forms of substance use. Estimates of lifetime diagnosis of SUD were 2-3 times higher than national average. Nonmedical use of prescription stimulants was almost twice as high as national norms (15-20%).
 - High school seniors whose parents had a college degree are more likely to have gotten drunk in the last month (Monitoring the Future 2018). Young adults with more educated parents had higher odds of having used marijuana in the past month.
 - Adolescents from families with higher incomes were slightly more likely to be consumers of alcohol in the past month, but less likely to smoke cigarettes.
- Parental knowledge, attitudes and behaviors affect adolescent decisions regarding substance use. Dr. Luthar says, *“we as parents can be lulled into some complacency about teens’ substance use. Many of these youngsters manage to maintain such impressive academic and extracurricular records it seems unthinkable to visualize them as regularly inebriated. Some parents – by no means all – are a bit too lax about their kids’ substance use.”*
 - Parental monitoring is the strongest parental protective factor predicting reduced alcohol use.
 - Restricting access to alcohol and establishing firm rules and consequences for alcohol use in adolescent significantly reduces risky drinking and related problems, even into adulthood.
 - One study showed that parental zero tolerance for underage drinking at college level was the most protective parental message, even if the student was already drinking. Harm reduction messages including advising children to “limit drinking” or “avoid drinking quickly” found that students consumed 150% more alcohol than students who perceived no parental message!
 - Spending more time with children, attending school event, and high quality parent-child communication about alcohol use and its consequences significantly predicted lower level of drinking and fewer alcohol related problems.
- What’s “parental monitoring”?
 - Is an adult present within an hour of the teen arriving home?
 - Is a supervising adult present at parties?
 - Do you confirm that an adult is supervising a party your teen plans to attend?
 - Do you know if your teen comes home late?
 - If you teen breaks a rule– such as coming home past curfew – are there consequences?
 - Do your teens let you know where they plan to go and when they will return?
 - If their plans change unexpectedly when out, do they let you know?

What You Need to Know About Drugs, Drinking and the Teenage Brain March 29, 2018 Robyn E. Brickel, MA, LMFT

ACES Connection <https://brickelandassociates.com/teen-substance-use-brain/> Adolescence Lasts Much Longer Than Most People Realize. Adolescence starts about age 11 in girls, 12½ in boys, and continues into a person's mid-twenties. The brain changes dramatically during this time and not fully developing until age 27. New ways of thinking, feeling and behaving appear — sometimes dramatically — during this time. Four qualities emerge with adolescence: *"Novelty seeking, social engagement, increased emotional intensity and creative exploration,"* Daniel Siegel in *Brainstorm: The Power and Purpose of the Teenage Brain*. These qualities inspire many young people to do amazing and wonderful things. However, without the guidance of compassionate adults, these drives can also misguide some teens toward dangerous, high-risk, even deadly behavior. How vulnerable are adolescents? 1 in 5 youth between the ages of 12 and 17 in the US have problematic use of illicit drugs or alcohol. Alcohol poisoning and related incidents cause 4,358 deaths each year for youth under age 21, and emergency-room injuries for another 190,000 teens (NIAAA, Underage Drinking). About 25% of 8th graders and 50% of high school seniors have used an illicit drug at some point (Miech et al., 2018). Underage drinking accounts for 11% of all alcohol consumed in the US, 90% consumed in binge drinking (CDC Fact Sheets – Underage Drinking). The average age of first use for boys is 12, for girls 12½ - earlier onset, especially before age 13, is a danger sign of childhood trauma.

- **Youth who drink or use drugs are more likely to become victims of sexual or physical assault**
- **For those who began consuming alcohol by age 15, 47% will experience alcohol dependence later in life, compared to 9% who began at age 21 or older (NCADD FAQ).**

Trauma Impacts Emotional Regulation and Drives Substance Use in Adolescents: 25% of children/adolescents experiences at least one potentially traumatic event before the age of 16; 40% have witnessed violence; 17% have been physically assaulted; 8% have experienced sexual assault; 12.5% have experienced PTSD; and over 50% African-American, Hispanic, and Native American adolescents have witnessed violence. In the words of one teen, using

"Does not keep me happy – it keeps me from being so sad I want to die."

Teens Need Both Peer and Family Relationships: Teens have a compelling need for peer acceptance — to be wanted and valued by a group of friends. The need to fit in with one's peers is essential to learning how to form healthy bonds and connections for survival. **Adolescents still need to know they can trust their parents to provide help, understanding and safety.** If you are concerned about your child's use, your love and concern for their wellbeing can do a lot to reconnect you and help you work together toward healthier outcomes. Recovery for Adolescents: One of the biggest treatment challenges is to engage positive family support. A trauma-informed approach to therapy offers safety and connection with a trustworthy adult ally. Recovery involves learning about trauma, understanding and learning emotional regulation, and what self-care really means during the dynamic teenage years. The most important thing is to get help as soon as possible. There is hope. Teens with substance abuse can recover, and can become adults with the strength of healthy, empowering experiences and relationships from their adolescent years.

8 Lifestyle Habits May Counter The Health Effects Of Early Life Stress Alice G. WaltonContributori

Jul 19, 2018, 10:00am 4,189 views #LiveLong Early childhood experiences can significantly raise the risk for serious health and mental health issues over the course of our lives. In a Loma Linda University study a central habit that was the predictor of well being and longevity was making and maintaining strong social connections. Other behaviors linked to lifespan were living a "kinetic life" (being often outdoors and active); charitable acts and altruism; spiritual practices, like prayer; a day of rest or "resetting" that includes social connection and/or family excursions; significant engagement with nature; eating simple "real" foods; and having intrinsic drive and a hopeful outlook. The authors suggest that an important element is the chronic inflammation caused by stress. Fred Hutchinson Cancer Research Center, found that women who had been abused as children have significantly increased risk for endometriosis. University of Rome, found that childhood stress is not only linked to cocaine addiction later in life, but the team laid out the underlying changes to the immune system that explain it. And blocking the immune response (in mice) reduced the risk for developing addiction later on. "This paper suggests the existence of an extraordinary degree of interplay between the neural and immune systems related to the impact of early life stress on later risk for cocaine misuse. It both highlights the complex impact of early life stress and suggests an immune-related mechanism for reducing later addiction risk," John Krystal, editor of Biological Psychiatry

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