



## A HEALING PROGRAM FOR PARENTS AND CHILDREN IMPACTED BY SUBSTANCE ABUSE AND ADDICTION

*Celebrating Families!*™ is an exciting evidence-based educational program that offers skills to help families impacted by substance abuse and addiction to foster healthy family relationships. Each session begins with a light meal, followed by age-appropriate small groups facilitated by qualified leaders. At the end of each session, all family members re-connect in activities to learn how to apply new skills and interact in healthy ways. This program uses a model based on cognitive behavioral theory to break the cycle of abuse and dependency within families, decrease substance use and reduce relapse, and aid in successful family reunification. Help your family break the cycle of addiction! Topics include:

- Healthy Living
- Feelings and Defenses
- Anger Management
- Facts about Alcohol, Tobacco, and Other Drugs
- Healthy Friendship and Relationships
- Chemical Dependency Affects the Whole Family
- Goal Setting
- Making Positive Choices
- How We Learn
- Our Uniqueness

### CLASS SCHEDULE

**Sundays:**  
**January 22-May 14, 2017**  
**(no class on April 16)**

**Family Meal: 4:30 p.m.**  
**Class: 5:00-7:00 p.m.**

**COBYS Family Life Center**  
171 East King Street  
Lancaster, PA 17602

**To register, please call 717-435-8139**



*Celebrating Families!*™ helps participants break the rules of a family dealing with addiction:

**“Don’t Talk, Don’t Feel,  
Don’t Trust.”**

*Listed on the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices since 2008.*



Presented by COBYS Family Services with funding from the Lancaster County Children and Youth Agency.

COBYS Family Life Center • 171 East King Street, Lancaster, PA • 717-435-8139 • [www.cobys.org](http://www.cobys.org)





### ***Celebrating Families!™ (CFI)***

*Celebrating Families!™ (CFI)* is a multi-family, strength-based, skill-building program serving children ages birth through 17, their parents, and caregivers. This evidence-based program, available from the National Association for Children of Alcoholics (NACoA), emphasizes healthy living skills including addiction prevention/recovery; attachment; the development of a sense of hope and expanded life view; reduction of stress/anxiety; and safety. *Celebrating Families!™* is listed on SAMHSA's National Registry of Effective Programs and Practices. It has been shown by outside evaluators with families dealing with addiction and child abuse/neglect to strengthen recovery, improve family re-unification and increase healthy living skills for families impacted by substance abuse disorders. It has also been shown to be effective as a primary prevention program in school-based settings.

*Celebrating Families!™* has been replicated in over 80 settings in the US and Canada, including schools, community-based organizations, Family Treatment (Dependency Drug) Courts, child welfare organizations, and treatment facilities. The program is available in English (*Celebrating Families!™*), Spanish (*¡Celebrando Familias!*) and has been enhanced with Native teachings for Native American communities (*Wellbriety/Celebrating Families!™*Program) by White Bison, Inc.

### **Program Description**

*Celebrating Families!™* gives addicted parents needed skills to stay sober, to begin to heal, and to build healthy, non-violent relationships with their children; decreases risks of child abuse/neglect and family violence; and decreases risks of children repeating the family cycles of addiction and abuse. Long-term program outcomes are to

1. Increase long-term mental, physical, and spiritual health of youth and families
2. Increase parental rates of recovery
3. Decrease rates of future addiction of children
4. Successfully reunify families, when appropriate.

*Celebrating Families!™ (CFI)* consists of 16 sessions. Each session begins with a healthy meal eaten in family groups; followed by age-appropriate, skill building groups; and ends with a structured, related Family Activity. The curriculum includes information on brain chemistry, addiction, life skills, resilience and asset development. It directly addresses issues of addiction in every session, anchors families in recovery, and helps children better understand chemical dependency. Parents' and age-appropriate children's sessions include skills training on nutrition; communication; chemical dependency and brain chemistry; facts about alcohol, tobacco, and other drugs; information on how chemical dependency affects families; appropriate expression of feelings, including anger management; problem solving and decision making; family/domestic violence (defining of healthy relationships); refusal skills; goal setting; affirmations; and learning disabilities and Fetal Alcohol Spectrum Disorders (FASD); and limit and boundary setting.

## Evaluation

Studies available at [www.celebratingfamilies.net/evaluation\\_reports.htm](http://www.celebratingfamilies.net/evaluation_reports.htm).

Evaluation outcomes from multiple sites show significant positive results, with very large effect sizes in parenting skills and family dynamics. Sites have found the curriculum effective with diverse cultural, racial and socio-economic groups. Independent evaluators have documented that the curriculum:

- Doubles the rate of reunification, while decreasing time to reunification for families in Dependency Drug Court, also referred to as Family Treatment Courts.
- Significantly increases positive growth for youth in knowledge and use of resources, coping skills, ability to stay out of trouble.
- Significantly increases family cohesion, communication, strengths, resilience and organization with medium effect sizes from .15 to .70\*
- Significantly impacts positive parent involvement, supervision, efficacy, and positive parenting style with effect sizes from .18 -.60.\*
- Significantly impacting Protective Factors, reported by Group Leaders, including:
  - 80% increase in number of meals eaten as a family
  - 80% increase in participants' ability to connect with safe people
  - 70% increase in participants' ability to identify and appropriately express feelings
  - 80% increase in participants' service to others.
- Effective with diverse populations, especially Hispanic families *"indicating that CF! may be effective among different ethnic groups and a valuable resource for working in ethnically diverse communities."* (Coleman, 2006).

**\*"These are significant positive results with large effect sizes. To put these effect sizes into perspective, the best social skills training prevention programs is about .30." (LutraGroup 2007)**

For more information about *Celebrating Families!*<sup>™</sup> visit: [www.celebratingfamilies.net](http://www.celebratingfamilies.net).



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