



FADAA Family Webinar

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Three Questions

- Generally, in my community when someone hears a family has an alcohol or drug problem they believe...
- Working with a family in need of alcohol or drug treatment is challenging because...
- I have been successful working with a family receiving drug treatment when I ...

Changing Family Demographics

- Marriage rates have declined
- Divorce rates have increased
- Single parent households common
- Grandparents are more likely to raise grandchildren

Impact

- More than 24 million over 12 classified as alcohol or drug dependent
- Just over 3 million received treatment for drug or alcohol abuse
- 15.7 million (77.6%) employed
- 19.9% of unemployed adults over 18 were classified with dependence or abuse of illicit drugs

Impact 2

- ½ of all children (35.6 million) live in a household where a parent or other adults use tobacco, drink heavily or use illicit drugs.
- 13% of children under 12 live in a household where a parent or other adults use illicit drugs.
- 1 in 4 children under the age of 18 has a family member who abuses alcohol or has alcoholism.
- A child of an AOD abuser is 3 to 4 times more likely to develop AOD problems and to have increased risks for negative health, mental health, educational and employment outcomes.

Impact ₃

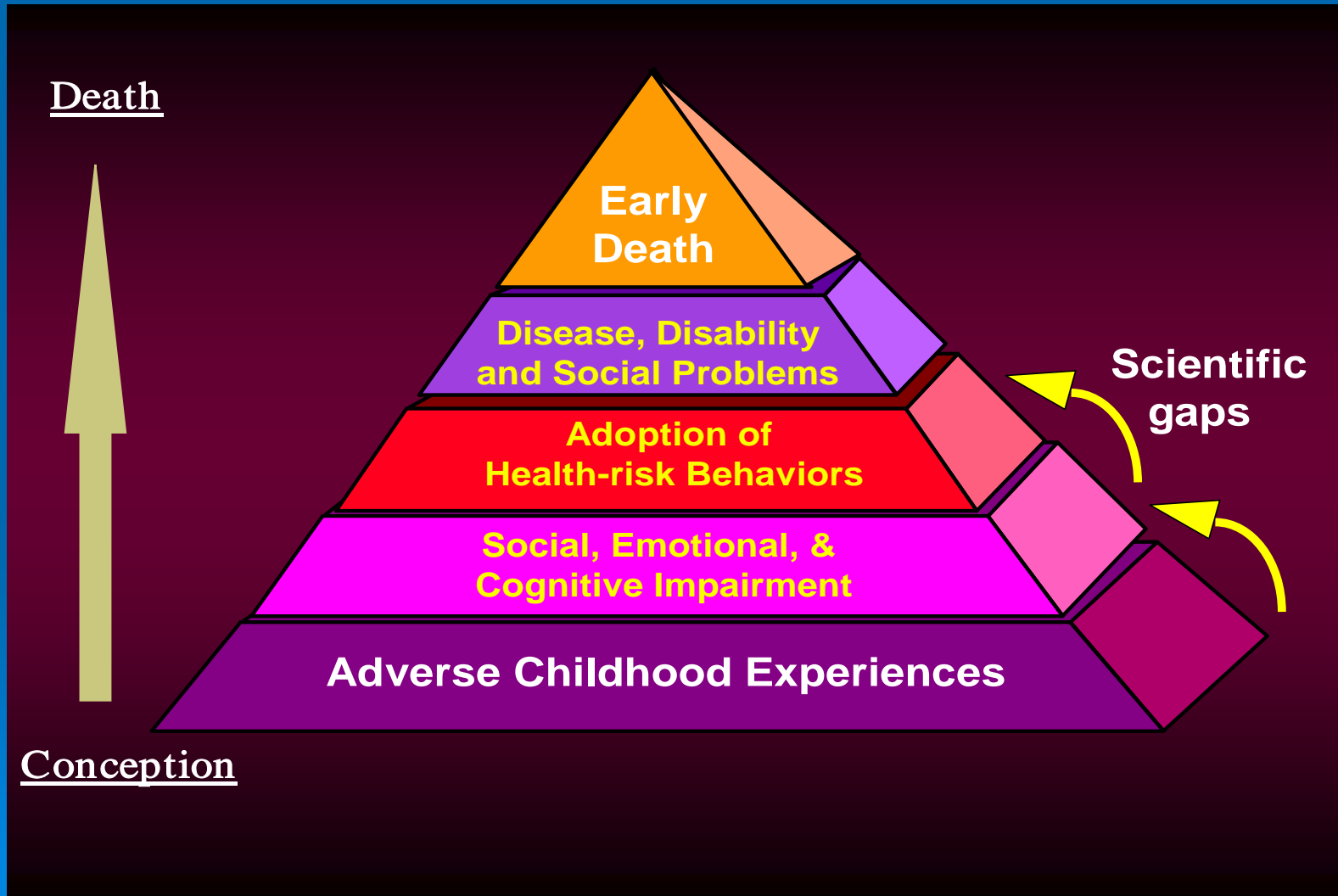
- Percentage of **all** parents entering publicly funded drug treatment:

Had a Child under age 18	59%
Had a Child Removed by CPS	22%
If a Child Removed, Lost Parental Rights	10%
- Over **90%** of women in residential substance abuse treatment report history of child abuse/neglect

Adverse Childhood Experiences Study (ACES)

- Fairly common
- Generally clustered
- Have a cumulative effect on healthy development and health care status

ACES



The Gaps

- Of the 21.1 million who needed treatment but did not receive it, only 1.2 million (5.8%) felt they needed it (**denial gap**)
- Of that 1.2 million, 441,000 (35.8%) said they made an effort but were unable to get it (**treatment gap**)
- 792,000 (64.2%) reported making no effort (**motivation gap**).

Family engagement/involvement: Why is it important?

- Right thing to do
- System reforms are mandating it
- Stakeholders are advocating for it
- Because it works!

Family Involvement works

Treatments involving families result in

- Higher levels of abstinence (50 vs. 30%)
- Fewer drug related arrests (8 vs. 28 %)
- Fewer inpatient episodes (13 vs. 35%)

Science Practice Perspectives. Vol. 2 No 2 August 2004
NIDA

Family engagement/involvement

- Increased involvement = increased ownership = improved outcomes
- Services can be organized on a continuum from family friendly to family focused to family centered to family driven.
- Collaborative partnership of expertise, resources and experience.

Examples of Successful Family Involvement

Celebrating Families!

www.celebratingfamilies.net

Strengthening Families

www.strengtheningfamiliesprogram.org

Family Group Decision Making

www.americanhumane.org/

Emerging Recovery Trends

- Recovery from alcohol and drug problems is a **process of change** through which an individual achieves abstinence and improved health, wellness, and quality of life.
- Recovery-Oriented Systems of Care shift the question from
“How do we get the client into treatment?”
to
“How do we support the process of recovery within the person’s environment?”

Celebrating Families!

A Curriculum to
Facilitate Recovery for
Parents and Children
Impacted by
Alcohol or Drug Dependence

Mission

To maximize participants' potential to be healthy, responsible and addiction free.

Goal

To increase protective factors and decrease risk factors in participants' lives.

Objectives

1. To break the cycle of addiction in families.
2. To decrease participants' use of alcohol and other drugs by increasing healthy living skills.
3. To work with Family Treatment courts and other agencies to help them increase family reunification.



This family centered program makes a remarkable difference in case outcomes.

Families learn to communicate about really difficult issues that make healing possible.

It is truly transforming and different than anything else that we do in the Child Welfare system in SCC.

Katherine Lucero, Santa Clara Superior Court Judge

Why a specialized curriculum

All members of a chemically dependent family need to learn:

- Healthy living skills
- How to sustain recovery
- How to have positive relationships
- About the disease - they have been affected
- They are not alone
- Truth Statements

Helps Families

- Incorporate recovery and parenting
- Understand risk & resiliency factors
- How to break the cycle:
 - Saying “I love you”
 - Affirming children
 - Spending one-on-one time

Celebrating Families!

- Reinforces and explains what parents learn in treatment and recovery programs
- Integrates teaching of parenting skills with strategies to break cycles of addiction and abuse
- Helps all family members learn healthy living skills

Helps Families

➤ Break the rules

*Don't Trust
Don't Talk
Don't Feel*

➤ Incorporate the Truth Statements

*I did not CAUSE it.
I can not CURE it.
I can not CONTROL it.
I can help take CARE of myself –
One day at a time*

Evaluation Findings

- Time to reunification significantly decreased
- Large effect on parenting
- Participants learn and apply new skills
- Effective with Hispanic families *"indicating that CF! may be effective among different ethnic groups and a valuable resource for working in ethnically diverse communities. Similar programs might learn from the strategies and curriculum offered by CF!."*

Celebrating Families!

Skills

- Anger management
- Communication
- Feelings & Defenses
- Boundaries
- Resistance Skills: Saying NO, Boundaries
- Choosing safe & trustworthy friends
- Problem solving
- Centering/stress reduction

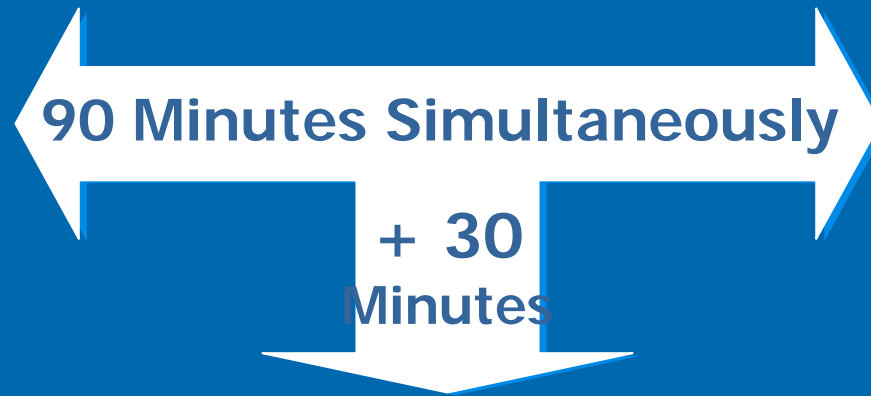
Information

- Facts about ATOD, brain chemistry, HALT
- How CD affects families
- Facts about domestic violence
- LD and FASD
- Nutrition
- Risk & protective factors
- Being part of something larger than ourselves.

Typical Class Session

Family Style Meal

- Early Childhood
- Children
- Preteens
- Teens



Parents'
Group

Connecting with
My Family

Transportation

Why a Family Meal?

“The one factor that does more to reduce teens' substance-abuse risk than almost any other is by having frequent family dinners,”

Joseph A. Califano, Jr., CASA's chairman

The National Center for Addiction & Substance Abuse at
Columbia University (9/04/2005 and 1998)

Session Components

Opening (20 Minutes):

- Centering
- Group Agreements
- Opening Activity
- Review
- Acts of Kindness

Insights for Living (60 Minutes):

- Teaching Content & Learning Activities

Closing (10 Minutes):

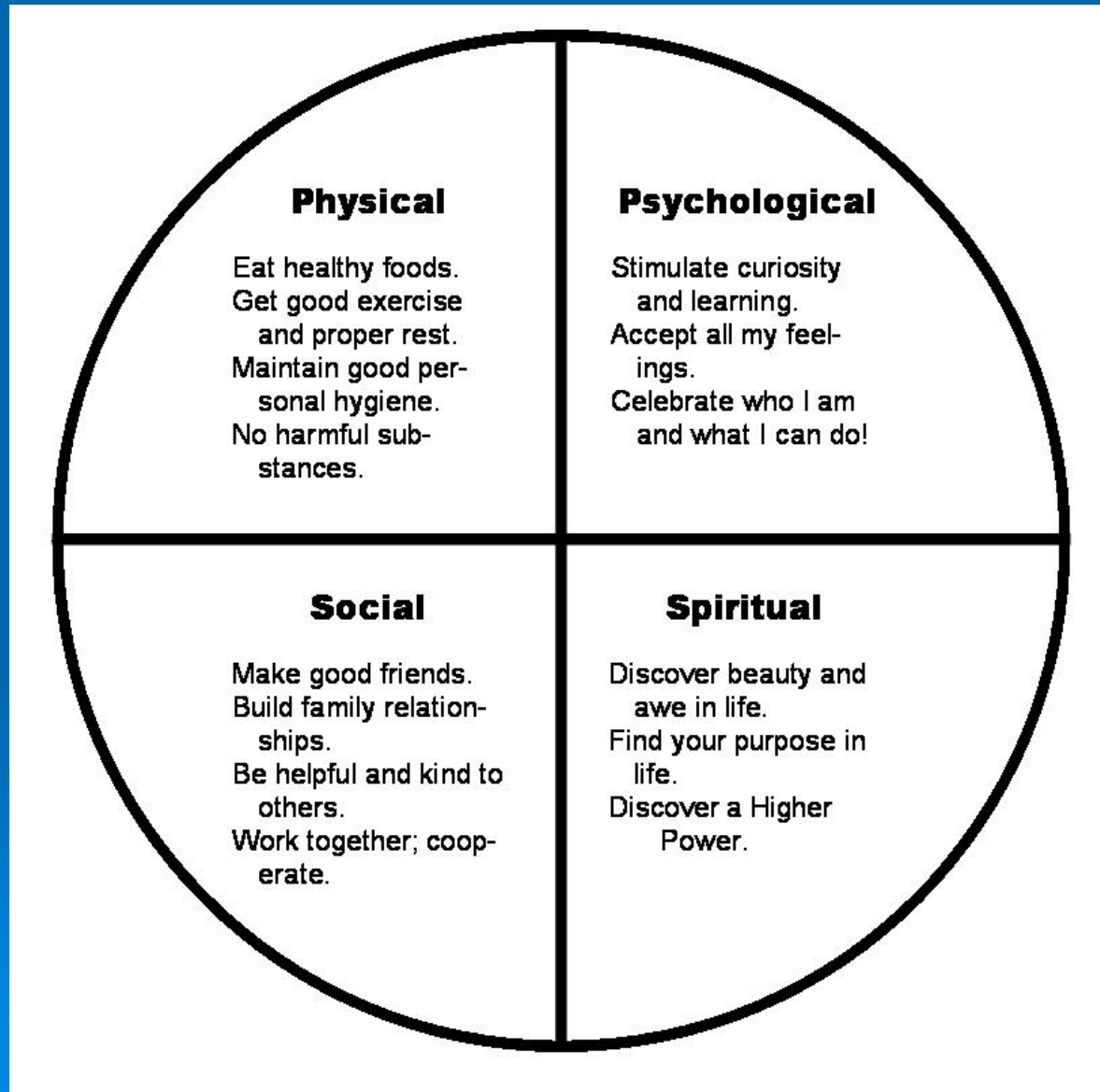
- Reflection & Serenity Prayer
- Dismiss to Family Activity

Connecting with My Family (30 Minutes)

Session Topics

- Topics are presented according to the developmentally appropriate age of the group.
- *All* family members receive the same message in language or activities that they can understand.

Four Aspects of Healthy Living



Curriculum

Foundation Sessions

Session 1 – Getting Started

Session 2 – Healthy Living

Session 3 – Nutrition

Session 4 – Communication

Session 5 – Feelings and Defenses

Session 6 – Anger Management

Curriculum

Core Sessions

Session 7 – Facts about Alcohol, Tobacco & Other Drugs

Session 8 – Chemical Dependency is a Disease

Session 9 – Chemical Dependency Affects the Whole Family

Session 10 – Goal Setting

Curriculum

Safety

Session 11 - Making Healthy Choices

Session 12 – Healthy Boundaries

Session 13 - Healthy Friendships and Relationships

Curriculum

Preparing to graduate

Session 14 - How We Learn

Session 15 – Uniqueness

Session 16 - Celebration!

A Word About Homework

- Acts of Kindness
- WOW Moments
- Children's Affirmations
- One-on-One Time with Kids
- Goal Setting



Sample Activities

WOW! Moments (Your Homework)

- **Say:** One of the most important parts of living a healthy life is the ability to see the beauty in the world around us – even in the little things, such as when you see the stars at night and realize that there are so many of them!
- **Ask:** What are some of your ideas?
- **Say:** Seeing beauty in our everyday lives is called Wonder of the World – or, WOW moments. They help reduce feelings of stress and restore our sense of balance. We are surrounded by these moments every day but unless we stop and pay attention we will miss them. So from now on, each of you will be asked to report back on something that touched you.

Messages Children Need

- You're not alone.
- It's not your fault.
- You deserve help, and there are safe people and programs that can help you.
- Addiction is a health problem.
- It's OK to feel your feelings.
- It's important to talk; talking is not being disloyal to your family.
- Treatment helps, and recovery happens.

Messages Family Members Need

- Information about addiction as a family disease
- Information about the hope of treatment and the process of recovery
- Information on community-based supports; such as Al-Anon and Alateen
- Validation of their experiences
- Reassurance that affected children and spouses need and deserve support and help...whether or not the addicted family member recovers... and encouragement to act.

Start up

- Purchase Curriculum: complete set 5 volumes
- Arrange 2 Day training and/or Technical Assistance, if needed
- Plan Evaluation Process
- Set Up Staffing
 - Site Coordinator (10 hrs a week)
 - Clinical back up if needed
 - 6-10 Group Leaders (2 per group)

What you can do personally

- take good care of yourself, family, friends and colleagues
- advocate for system collaboration, become a change agent
- borrow what works
- define and monitor outcomes at four levels, the status quo is not good enough
- be bold, dare to imagine a community where people live better lives, where children are safe, healthy, happy and educated, where people achieve their aspirations
- offer hope

What we can do together

- Raise awareness,
- Find allies,
- Take action to end:
 - Silence
 - Stigma
 - Disparities
- Promote the many roads to recovery

WEB RESOURCES

- Al-Anon and Alateen www.al-anon.alateen.org
- Faces and Voices of Recovery www.facesandvoicesofrecovery.org
- Federation of Families for Children's Mental Health www.ffcmh.org
- Join Together www.jointogether.org
- National Association for Children of Alcoholics (NACoA) www.nacoa.org
- National Center on Substance Abuse and Child Welfare (NCSACW) www.ncsacw.samhsa.gov

WEB RESOURCES CONT

- National Center on Addiction and Substance Abuse at Columbia (CASA) www.casacolumbia.org
- National Clearinghouse for Alcohol and Drug Information (NCADI) www.ncadi.samhsa.gov
- National Institute on Alcohol Abuse and Alcoholism (NIAAA) www.niaaa.nih.gov
- National Institute on Drug Abuse (NIDA) www.nida.nih.org
- Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov

ADDITIONAL RESOURCES

- Health and Social Impact of Growing Up with Alcohol Abuse and Related Adverse Childhood Experiences
By Robert Anda, MD, MS
www.celebratingfamilies.net/pdf/RobertAnda_article.pdf
- The Set Up: Living with Addiction
By Tian Dayton, PhD, TEP
www.celebratingfamilies.net/pdf/TianDayton_article.pdf
- **Children of Alcoholics**
By Stephanie Brown, PhD and Stephanie Abbott, MA
Family Therapy 2005
www.celebratingfamilies.net/pdf/Abbott-rown_article.pdf

Additional Resources 2

- NW ATTC Addiction Messenger
<http://www.attcnetwork.org/> series

Series 16 (2004) on Recovery,

Series 17 (2005) on Family Treatment,

Series 29 (2008) Family Participation in
Addiction Treatment

- SE ATTC and Florida Certification Board,
Engaging Family Members Into Adolescent Drug
Treatment (2008)

http://www.scattc.org/pdf_upload/Engaging_Families_Adolescent_Drug_Tx_FinalWEB.pdf

ADDITIONAL RESOURCES₃

- Generational Patterns of Resistance and Recovery Among Families with Histories of Alcohol and Other Drug Problems: What We Need to Know (2008)
- Addiction recovery: Its definition and conceptual boundaries (2007)
- Adolescent Recovery (2007)

Writings of William White on the Faces and Voices of Recovery website

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