



## 0 Thru 3 Years Supplement Project History & Background

***Celebrating Families!™*** and ***iCelebrando Familias!*** are evidence-based, family-inclusive, education-support programs for families at risk for or dealing with substance use disorders. Developed originally for families with children 4-17 in Dependency Drug Courts, these programs are research-based, utilizing methods effective for individuals with cognitive deficits or learning disabilities and addressing: adverse childhood experience (ACEs), NIDA's Prevention Principles, Risk and Protective Factors, attachment, trauma, and developmental assets. Evaluation studies document *CF!*'s effectiveness in increasing the rate while decreasing the time to reunification for the original target population. Studies also show *CF!*:

- Improves families' organization, cohesion, communication and strengths/resilience
- Increases positive parenting, parent involvement, skills, efficacy and supervision
- Increases families' use of Healthy Living Skills
- Reduces parental relapse and recidivism

***Celebrating Families!™*** (*CF!*) is one of a few programs listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) for families in recovery. Preliminary findings also indicate that ***Celebrating Families!™*** is useful as a prevention program. ***Celebrating Families!™*** is a program of the National Association for Children of Alcoholics (NACoA).

The addition of *CF! 0 thru 3 Years Supplement* was requested by Children and Families Futures and Jody Brook, Ph.D. University of Kansas (evaluator for several state level Family Drug Court Programs). Early childhood development, research and best practices increasingly support intervening as early as possible:

- The youngest children are the most vulnerable to maltreatment.
- Focusing on a parent's ability to buffer their children's stress through supportive/ responsive caregiving; positive relationships; and consistent, supportive caregiving has the potential to prevent or mitigate the harmful effects of adverse childhood experiences (U.S. Administration for Children and Families, 2013).

Families dealing with substance use disorders particularly need early family strengthening interventions:

- "Early intervention for children of substance abusing parents is crucial as they are at high risk of developmental, educational and psycho-social concerns" (Anda, et.al. 2002).
- "Integrating individual recovery treatment groups with family strengthening interventions increases and sustains recovery" (Caspé & Lopez, 2006; Palusci et al 2008).

### Description

***Celebrating Families!™ 0 thru 3 Years Supplement*** was created to provide opportunities for parents and families to learn, experience practice family skills that support attachment, communication, social skills and resiliency. It provides opportunities for all family members to be supported in being together by building parent-child relationships through play, family meals and teaching age-specific critical parenting skills.

Objectives are:

- To strengthen relationships/attachment between children and parents/caregivers
- To decrease parental stress
- To enrich children's healthy environment
- To increase parental and child physical health by supportive teaching/modeling of activities promoting healthy brain development
- To increase children's sense of empowerment and self-regulation.

**Celebrating Families!**<sup>™</sup> is a multi-family, strength-based, skill-building program serving the whole family. The sixteen sessions utilize a Healthy Living Circle that defines health as physical, social, psychological and spiritual and integrate Acts of Kindness and Wonder of the World (WOW) Moments to expand participants’ awareness.

Sessions begin with 30-minute Family Time for children through age 3 and their parents/ caregivers, followed by a healthy meal served in family groups. Then 90-minute, age-appropriate, skill building groups for each age are offered. Sessions end with a 30-minute structured Family Activity for parents/caregivers and children ages 4-17. The curriculum includes information on life skills, and resilience, directly addressing issues of addiction in every session and incorporating 12-Step recovery principles to anchor families in recovery and help children better understand addiction. Parents’ and children’s sessions include skills training on nutrition; communication; chemical dependency and brain chemistry; facts about alcohol, tobacco, and other drugs; information on how addiction affects families; expression of feelings, including anger; problem solving and decision making; family/domestic violence (healthy relationships); refusal skills; goal setting; affirmations; learning disabilities and in-utero exposure; and limit and boundary setting.

Adaptations, necessary to address the unique needs of children 0-3 and their parents, include:

1. The primary focus is parent/child attachment: *The client is the parent/child relationship.*
2. The Group Leaders’ role is being “A Guide-On-The-Side” whenever parents/caregivers and children are together.
3. *0-3 Family Time* specifically engages infants/toddlers and their parents/caregivers in age-appropriate interactive activities, including songs and finger plays - to also be used in the home setting.
4. Parents’/Caregivers’ Sessions have:
  - A new section, *Practicing Attachment*, containing practical suggestions to help parents strengthen parent/child attachment.
  - Application to Parenting Activities containing information on parenting ages 0-3.
  - Added instruction and practice of Critical Parenting Skills (see chart below)
5. Children’s Small Groups have an increased emphasis on activities, no longer “just” childcare. Group Leaders receive additional training on providing safe, secure, nurturing environments for children.
6. *Dear Caregiver... Handouts* for the 0-3 age group support generalizing group learning into the home.

### 0-3 Skills and Insights

SKILLS LEARNED AND PRACTICED	INFORMATION AND INSIGHTS
CENTERING AS A FAMILY CONTINUITY & REPETITION FOLLOWING CHILDREN’S LEAD (INSTEAD OF DIRECTING THEIR PLAY BY TELLING THEM WHAT TO DO) GIVING CHILDREN SIMPLE CHOICES GIVING PARTING AND RETURNING AFFIRMATIONS HOW TO “READ” BOOKS & ITS IMPORTANCE IDENTIFYING AND RESPONDING TO BABY CUES RELAXING AND ENJOYING OUR CHILDREN REPEATING FAVORITE ACTIVITIES USING BABY SIGNS AS PRE-LANGUAGE COMMUNICATION USING SPORTSCASTING (LANGUAGE DEVELOPMENT) USING TURN TAKING INTERACTIONS TO SUPPORT HEALTHY BRAIN DEVELOPMENT	ATTACHMENT: IMPORTANCE AND HOW IT IS SUPPORTED IN THE PARENT/CAREGIVER/CHILD RELATIONSHIP ENCOURAGING AUTONOMY AND EXPLORATION FACILITATING HEALTHY BRAIN DEVELOPMENT FACILITATING LANGUAGE DEVELOPMENT IMPORTANCE OF PLAYING WITH CHILDREN IMPORTANCE OF SETTING AND KEEPING DAILY SCHEDULES FOR FEEDING, SLEEPING, BATHING AND PLAYTIME SETTING LIMITS WITH 0-4 YEAR OLDS USING TIME IN

