

BRIEF PROGRAM DESCRIPTION

Creating Lasting Family Connections (CLFC) is a comprehensive family strengthening, substance abuse, and violence prevention curriculum. CLFC has demonstrated that youth and families in high-risk environments can be assisted to become strong, healthy, and supportive people. CLFC provides parents and children with strong defenses against environmental risk factors by teaching appropriate skills for personal growth, family enhancement, and interpersonal communication, including refusal skills for both parents and youth.

SPECIFIC OUTCOMES

CLFC is designed to:

- Improve refusal skills, resulting in both delayed onset and reduced use of substances by youth.
- Increase communication and bonding between parents and children.
- Foster greater use of community services in resolving family and personal problems.
- Decrease uncontrolled behavior (i.e., reduce violence).

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 9 to 17

Grade: Grades 4 - 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5 / Maximum 30

of Lessons: 15 - 18 (1 per week)

Length of Sessions: 1 1/2 - 2 1/2 hours

Startup Time: Program startup takes 1 to 3 months, and includes:

- 5 to 6 days of training by the developer
- Community mobilization activities
- Identification and recruitment of parents and youth

Duration of Implementation: 15-18 weeks

Training: Preferred

HOW IT WORKS

Implementing the CLFC model involves:

- Identifying, recruiting, assessing, and selecting the community system(s) that will serve as the focal point of the program.
- Creating, orienting, and training a small cadre of community volunteers to advocate for youth and their families in high-risk environments, and recruiting and helping retain those families in the program.



- Recruiting youth and families from high-risk environments who are willing to participate in the program.
- Administering six highly interactive training modules, three each to both parents and youth, separately (i.e., one module on substance use issues, a second on personal and family responsibilities, and a third on communication and refusal skills). Provides early intervention services and follow-up case management services to connect families to community resources and appropriate alternative activities when necessary.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Utilize at least four part-time facilitators (two for the parent modules and two for the youth modules).
- After the recruitment phase, these four part-time facilitators can work with up to 30 families, 1 day per week, 4 hours per day, for the duration of the 15-19- week program.
- A minimum of two facilitators for each group is strongly recommended because a team approach significantly enhances the group learning experience and is likely to increase the participants' positive response to the program.
- Facilitators should provide weekly 2 1/2 hour parent and youth training sessions for a 15-18 week period. However, the modules may be offered in 5-week increments throughout the year if families are unable to commit to a 15- 18-week program. Facilitators are also responsible for case management or referrals to community services (an optional element when used within universal populations).

MATERIALS AND TRAINING

Required Materials

- Complete Curriculum - \$1,125
- Individual Module Kit - \$ 250
- Replacement set of 25 notebooks for a module -\$99.95
- Individual CLFC Manuals - \$50 each

Optional Materials

- Building Healthy Individuals, Families, and Communities - \$25
- CLFC Promotional DVD - \$25
- CLFC DVD Set (5) - \$499
- CLFC Training Assessment Survey - \$150
- CLFC Evaluation Kit - \$300
- CLFC Retrospective Surveys - \$300

Training (Preferred)

- Implementation Training - \$750 per person

PROGRAM CONTACT

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ADDITIONAL INFORMATION

Website: www.copes.org

Program Information Worksheet

SAMHSA's National Registry of Evidence- Based Program & Practices (NREPP) Review Documents