

# THE CLFC FAMILY REUNION NEWS

THE CREATING LASTING FAMILY CONNECTIONS

QUARTERLY NEWSLETTER

Spring Edition

May, 2011

## **Two New Studies Validate New CLFC Findings!**

### **Connect-Immunity Project Final Report**

After 5 incredible years, COPES staff is proud and thrilled to announce that the Connect-Immunity grant is now complete. In conjunction with McGuire and Associates, the evaluators from Pacific Institute for Research and Evaluation (PIRE) conducted a rigorous and scientific analysis of research data on the adapted version of the *Creating Lasting Family Connections* (CLFC) curriculum, and the final evaluation report is finished! The results are quite remarkable and gratifying.

As you may remember, Connect-Immunity was funded by the Center for Substance Abuse Prevention (CSAP) to serve minority adults reentering the Metro Louisville Community after incarceration, with a strong preference for serving individuals who had completed some type of substance abuse treatment while incarcerated.

Please see an overview of the exciting outcomes from the Connect-Immunity project as presented in **The Connect-Immunity Project Executive Evaluation Summary** below:

The evaluation consisted of two discrete studies. The results of the first study deal with whether the things presumed to be changed by the CI/CLFC program were actually changed. The second study examined whether there were changes over time in the outcomes/consequences targeted for reduction by the program. The second study relied on a more scientific, quasi-experimental design.

### **PHASE 1 OF THE STUDY:**

Results: The results of Phase One of the study suggested that after the intervention:

- the majority of participants indicated that the program increased self-esteem and social support,
- close to half of participants indicated that they would seek help from other community sources,
- about two-thirds of the participants gave an excellent rating to the most important aspects of the program,
- the majority of participants received HIV testing, and
- collaborating partners reported positive changes on all collaboration measures over the life of the project.

### **PHASE 2 OF THE STUDY:**

Phase 2 outcomes were measured at pre-test, exit, and follow-up to determine whether the changes in the intervention group were different than the changes in the comparison group. Thus, this is the study of principal importance for this project.

- *Participants:* 249 intervention participants, 96 comparison group participants.
- *Procedure:* Data collected at baseline, exit and 3-month follow-up.

- *Analysis:* To examine whether (1) the changes in the intervention group between waves one and three were more positive than the changes in the comparison group between waves one and three, and (2) whether changes in the intervention group were predicted by intervention dosage. This design reflects a quasi-experimental or correlational research design.
- *Results:* Considering changes in antisocial and criminal outcomes as a result of the intervention (inferential data presented in Phase 2), participants:
  - became more knowledgeable about Sexually Transmitted Diseases (i.e. HIV, Hepatitis),
  - became less likely to intend to binge drink,
  - became more spiritual, and
  - **became almost four times less likely to recidivate than comparison group participants.**

The results obtained through this study demonstrate that the Creating Lasting Family Connections (CLFC) program had a meaningful and measurable impact on the lives of returning offenders. By changing high-risk behaviors and developing a sense of spirituality, CLFC has been shown to produce a dramatic reduction in the rate of recidivism back into the justice system.

Based on these positive results and significant changes affected by the project, the evaluation team and COPES staff plan to seek publication in peer-reviewed journals.

## **COPEES, Inc. Fatherhood Project Shows Powerful Results**

The evaluators from the Pacific Institute for Research and Evaluation (PIRE) also conducted a rigorous and scientific analysis of research data for the COPEES, Inc. Fatherhood project. The following is the “Executive Summary” of the **Quasi-Experimental Design Evaluation Report** for Fatherhood:

### *Executive Summary*

*Introduction:* COPEES Inc. was awarded a Promoting Responsible Fatherhood grant from the Administration for Children and Families (ACF) in 2006. The implemented program involved an adaptation of Creating Lasting Family Connections (CLFC) for recently released prison inmates that focused on (1) being a positive parental influence, (2) family and child management, (3) communication skills, and (4) HIV/STD prevention.

*Method:* Data on relationship skills and on recidivism were collected prior to the intervention, after the intervention, and at a follow-up after the intervention for both 387 clients exposed to CLFC and 113 clients exposed to the aftercare programs typically available for recently released inmates.

*Results:* The data analyzed suggested that the intervention: (1) improved the relationship skills of clients; (2) created improvements in relationship skills that persisted at follow-up; and (3) made clients less likely to recidivate, as clients were almost three times (2.94) less likely to recidivate.

*Summary/ Conclusions:* Although fatherhood behaviors were not directly measured, the present findings suggest that the requisite skills needed to be a father were improved by

the program and a lower level of recidivism by those exposed to CLFC clearly means that these clients are more able to be physically present for their children.

These significant results demonstrate that COPES' Fatherhood project is having a deep and long-lasting positive effect on program participants in the fundamental areas of substance abuse, communication, relationships, prison recidivism, HIV and Hepatitis transmission, and more! These results mean participants are on a positive path to closer, more connected families and stronger, healthier communities. We hope that these positive results motivate and inspire you to continue your important work in your local communities, and possibly even expand into new areas of impact and influence.

## **COPES Staff Selected for Multiple National Presentations**

In an effort to disseminate our work and information to the field, Ted Strader and other COPES staff members regularly submit proposal applications to present at local, state and national conferences across a vast array of fields, including family strengthening, fatherhood, healthy marriage, prison recidivism reduction, substance abuse prevention, violence and delinquency prevention, and HIV prevention. The following are presentations Ted Strader and other COPES staff have already completed or have been selected to present so far this year:

Presentation already completed:

- May, 2011 – Poster Session, “Engaging and Sustaining High-Risk Couples”, 5<sup>th</sup> Annual Healthy Marriage & Promoting Responsible Fatherhood Grantee Conference, OFA, Baltimore, MD

- May, 2011 – Panelist, Plenary Session - Partnerships, 5<sup>th</sup> Annual Healthy Marriage and Promoting Responsible Fatherhood Grantee Conference, OFA, Baltimore, MD
- May, 2011 – Presenter, “Effective Strategies for Promoting a Father Friendly Environment within Responsible Fatherhood Programs”, 5<sup>th</sup> Annual Healthy Marriage and Promoting Responsible Fatherhood Grantee Conference, OFA, Baltimore, MD

Presentations scheduled for later this year (2011):

- June, 2011 – Presenter, “Advanced Facilitator Strategies for Increasing Participant Engagement (Reducing Resistance)”, National Partnership for Community Leadership, 13<sup>th</sup> Annual International Fatherhood Conference, Arlington, VA
- June, 2011 – Presenter, Individual Paper, “How Expanding our Understanding of Culture Leads to More Effective Approaches to Prevention”, Society for Prevention Research, 19<sup>th</sup> Annual SPR Annual Meeting, Prevention Scientists Promoting Global Health: Emerging Visions for Today and Tomorrow, Washington D.C
- September 21, 2011 – Presenter, Workshop, “Working with Reentry and Recovery to Accomplish Primary, Secondary and Tertiary Prevention,” 24th Annual National Prevention Network Prevention Research Conference, Atlanta, GA

We hope that you will also seek opportunities to share your knowledge, skill, wisdom and insight with others, as we work together toward greater and more positive impact on individuals, couples and families.

## **CLFC Video Highlighted on National Fatherhood Website**

COPES staff is excited to announce that a CLFC video is receiving national recognition in two separate areas on the national Fatherhood Community of Practice (CoP) website.

This energizing 6-minute video accents the CLFC curriculum, our dynamic approach to program implementation, participant testimonials and positive preliminary evaluation results. This national recognition provides further evidence that the deep and lasting impact of CLFC reaches far beyond the limited boundaries of our local communities.

Please view the video at: <http://copes.org/fatherhoodvideo.php>.

## **CLFC Implementation Trainings**

We continue to receive several calls from individuals who want to attend a CLFC Implementation Training. We need a few more slots filled before we can plan a date. If you are interested in participating in a CLFC Implementation Training or if you are interested in hosting a training at your site for your staff, please call the COPES office at 502-583-6820.

COPEs, Inc

845 Barret Avenue

Louisville, Kentucky 40204

502-583-6820

Website: [www.copes.org](http://www.copes.org)

