

# THE CLFC FAMILY REUNION NEWS

THE *CREATING LASTING FAMILY CONNECTIONS*®  
QUARTERLY NEWSLETTER

Fall Edition	September, 2012
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## World Gallup Poll on Wellbeing Correlates to CLFC Relationship Skills

Brandon Busted, Executive Director of Gallup Education, delivered a keynote presentation based on global Gallup Poll research on “wellbeing” at the 5<sup>th</sup> Annual Kentucky Prevention Network (KPN) Conference on September 6<sup>th</sup>, 2012 in Lexington, Kentucky. Mr. Busted referenced world-wide Gallup Poll research to highlight caring, strength-based approaches as highly effective in helping individuals achieve a holistic sense of wellbeing in five core areas: career, social, financial, physical and community.

During his presentation, Mr. Busted emphasized the importance of caring mentors, resilience and hope in achieving wellbeing. Similarly, the *Creating Lasting Family Connections* (CLFC) curriculum series includes caring facilitators, a positive, strengths-based approach and a 5-session module on resilience. According to the developer, Ted N. Strader, the CLFC curriculum series creates change by helping participants generate positive, healthy connections to themselves, their family and to their broader community. A detailed examination of this theory of change is outlined in his book, published by Kluwer Academic/Plenum Publishing Corp. (2000), entitled ***Building Healthy Individuals, Families, and Communities: Creating Lasting Connections***.

The similarities between the components of “wellbeing” and CLFC’s “connection” suggest a striking correlation, further undergirded by the large number of statistically significant results in multiple research studies across various behavioral changes (substance use, violence, relationship skills, recidivism, recovery support, intentions to binge drink, etc) achieved by CLFC. CLFC and Gallup research add to the growing body of data from which individuals, grant writers, agencies and others can draw in seeking support, partnerships and funding.

## COPES Collaborates on Multiple NEW Grant Applications

Since the last CLFC Newsletter, COPES has collaborated with local project partner agencies on new grant applications. One application is for a year-long Substance Abuse and Mental Health Services Administration (SAMHSA) grant to expand HIV testing in the Connect-Immunity II Project and to add an HIV Testing component to the Jefferson County Reentry Fatherhood Initiative (JCRFI). A second application, also funded by SAMHSA, is for a year-long Service to Science Building Evaluation Capacity for Evidence-based Interventions grant to evaluate the underlying mechanism by which CLFC produces statistically significant attitude and behavior change.

## Grant Opportunity!

COPEs is interested in teaming up with interested agencies to apply for a Robert Wood Johnson Foundation grant to adapt and implement the CLFC youth curriculum. Only agencies with a budget of at least 1.5 million dollars are eligible to apply. The grant is titled, *Forward Promise Innovation Grants: Promoting Opportunities for the Health and Success of Young Men of Color*, and is intended to improve the health of middle school- and high school-aged boys and young men of color, as well as their opportunities for success in school, work, and life. If you are an agency or organization interested in teaming up with COPEs and using any of our CLFC programs to apply for this grant, please contact Ted N. Strader ASAP by email at [tstrader@sprynet.com](mailto:tstrader@sprynet.com) or by phone at 502-583-6820.

## Update on Published Journal Articles

In a previous edition of the CLFC Newsletter, COPEs announced that *Criminal Justice Policy Review*, a peer-reviewed journal, had published an article based on multiple quasi-experimental design studies of the CLFC curriculum (In Press) (McKiernan, Shamblen, Collins, Strader & Kokoski). Since then, a second journal, *Family Process*, approved a separate article for publication (In Press) (Shamblen, Arnold, McKiernan, Collins & Strader). With the publication of this last article, CLFC has demonstrated successful results with youth and adults in substance abuse prevention, violence prevention, prison recidivism reduction, recovery support, fatherhood support and now healthy marriage enhancement. As soon as the article goes live on the *Family Process* website or in the print version of the journal, we will disseminate available options for reading the article.

The two articles mentioned above further validate the integrity and significance of our shared work with individuals, families and communities at risk across the country. In the current unpredictable economy, enterprising individuals, teams and agencies might consider referencing these articles in grant applications, recruitment, fundraising and other marketing efforts.

## Presentations Delivered at Regional and National Conferences

Since the last CLFC Newsletter, COPEs staff has delivered the following presentations at regional and national conferences:

- September, 2012 – Ted N. Strader, Presenter, *The Anatomy of Attitude and Behavior Change: How an NREPP-listed Prevention Program Achieved Publishable Results with Multiple High-risk Populations*, 25<sup>th</sup> annual National Prevention Network (NPN) Research Conference to in Pittsburg, PA
- September, 2012 - Ted N. Strader, Presenter, *The Anatomy of Effective Partnership: How an NREPP-listed Prevention Program Strategically Partnered to Achieve Publishable Results with Multiple High-risk Populations*, 5<sup>th</sup> Annual Kentucky Prevention Network (KPN), Lexington, KY
- August, 2012 – Christopher Kokoski, Presenter, *Strategies for Attitude and Behavior Change Regarding Sexual Health Practices*, Kentucky Conference on HIV/AIDS and Viral Hepatitis, Lexington, Kentucky.
- August, 2012 – Ted N. Strader, Panel Presentation, “Moving Beyond Disagreements: Marriage and Relationship Education’s Place in Fatherhood Programs”, Administration for Children & Families, Office of Family Assistance, Annual Conference, Washington D. C.

- May, 2012 – Ted N. Strader, Panel Participation – “NREPP – Independent Replications/Replications vs. Adaptations”, McLean, VA

The continued acceptance of and request for presentations related to CLFC suggests that a prevalent audience exists for the skills and information of the curriculum series. These presentations also serve to further disseminate CLFC information, raise awareness and bolster the collective credibility of the CLFC family at the local, state, regional and national level.

## Websites Updated to Include 2 New CLFC Curriculums

The COPES website ([www.copes.org](http://www.copes.org)) and the Resilient Futures Network website (<http://myresilientfuturesnetwork.com>) are now fully updated and integrated with information on the two NEW curriculums designed by the original CLFC Program Developer, Ted N. Strader. Interested parties can now view and purchase a whole range of products and training for the *Creating Lasting Family Connections*® (CLFC) *Fatherhood Program: Family Reintegration* and the *Creating Lasting Family Connections*® (CLFC) *Marriage Enhancement Program*. Special packages which include all required materials plus some strongly recommended supplemental materials are available at reduced prices. CLFC Certification Training is required to implement both new curriculums with fidelity. Current Certified CLFC Trainers can broaden their scope of services by acquiring the new CLFC *Fatherhood* and/or *Marriage Enhancement* Certification.

The following are participant results from multiple quasi-experimental design studies with comparison groups in three previous projects. These studies generated statistically significant results using the CLFC *Fatherhood* and/or *Marriage Enhancement* Program:

- Increased knowledgeable about Sexually Transmitted Diseases (i.e. HIV, Hepatitis)
- Reduced intention to binge drink
- Increased spirituality
- Improved 9 relationship skills that persisted over the course of a year
- Reduced recidivism. (i.e., Participants who completed one of the Fatherhood Programs were **almost four times less likely to recidivate than comparison group participants.**)

Collectively, these significant results from three separate grant projects demonstrate that CLFC 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.

## Update on NREPP Review of 2 New CLFC Curriculums

As announced in previous CLFC Newsletters, two new *Creating Lasting Family Connections*® (CLFC) curriculums have been accepted for review by the National Registry of Evidence-based Programs and Practices (NREPP). One version, entitled *Creating Lasting Family Connections*® *Fatherhood Program: Family Reintegration* was created specifically for fathers experiencing prison reentry, recovery or any other form of physical or emotional separation from their families (i.e. military service, out-of-town job,

training or work, sabbatical, prolonged illness, etc). The second version, entitled *Creating Lasting Family Connections® Marriage Enhancement Program*, was developed to specifically address stresses within a marriage, especially when one of its members is in recovery for substance abuse or reentering the community after a period of incarceration, military service or any other form of physical or emotional separation.

A qualified team of NREPP reviewers continue to conduct a comprehensive, in-depth review of the dissemination materials for the two new CLFC Fatherhood and Marriage programs, a process likely to extend over the next year and a half. Please look for additional updates on the progress of this review process in future newsletters.

Like the above mentioned journal articles, presentations and available new trainings, these reviews broaden the scope of opportunities and data available for use in grant writing, marketing and fundraising efforts.

## Invitation for CLFC Stories of Success

Since its inception, the *Creating Lasting Family Connections®* (CLFC) program has expanded to all 50 states and several other countries. You and your agency are an integral part of this continuing legacy of success; therefore, we want to both acknowledge and celebrate our mutual “wins” in serving families around the nation. We are interested in receiving your stories and/or pictures of success with implementing any of the *Creating Lasting Family Connections®* (CLFC) programs so that we can share these stories/pictures with our national and international audience. Please email your stories of 500 words or less and any related images to: [tstrader@copes.org](mailto:tstrader@copes.org). If you are sending pictures, please include signed permission forms for all people in the pictures. We appreciate and value your work and ongoing partnership toward building healthy individuals, families and communities.

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