

THE CLFC FAMILY REUNION NEWS

THE *CREATING LASTING FAMILY CONNECTIONS* ®
QUARTERLY NEWSLETTER

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National Collaboration and Presentations in the Field

“Alone we can do so little; together we can do so much.” This quote by Helen Keller speaks to our deep appreciation of our collaborations with talented, compassionate and committed individuals and agencies like you across the nation.

As we settle into 2014, new national collaborations are forming. In February, Dr. Rufus Sylvester Lynch, ACSW, Stoneleigh Foundation Fellow, reached out to Ted N. Strader about a possible partnership. He invited Ted to become a national member of the Trans-Disciplinary Multi-Systems Stakeholders Task Force on Dependent, Delinquent and Crossover Youth. The Task Force serves as the Project Governance and Quality Control Group for the Stoneleigh Foundation Fellow’s Project, “The Integration of Responsible Fatherhood within Foster Care Service Delivery and Other Children Youth Serving Systems.” We hope to share more details about this and other exciting collaborations as they develop. We urge you to continue reaching out locally and across your state and our nation to team up with other passionate people to do good work. Truly, together we can do so much!

Since the last CLFC Newsletter, coordinators of the Mental Health in Corrections Conference contacted COPES requesting that Ted N. Strader deliver a keynote address and several workshops at their upcoming 2014 Conference, “Upsetting the Status Quo: New Perspectives on Corrections, Reentry & Recidivism” in Springfield, MO from April 12-14. His keynote, titled “How Connect-Immunity is Upsetting the Status Quo”, highlights the central tenet of the *CLFC Curriculum Series*, which Ted coined as “Connect-Immunity”. In short, Connect-Immunity suggests that the more healthy relationships an individual develops (with themselves and their family, community, school or employment, church, etc.), the more healthy and immune to negative social influences they become.

Further, at the request of the Administration for Children and Families, Office of Family Assistance (ACF, OFA), *CLFC Series Developer*, Ted N. Strader, co-presented a national webinar titled, “Working with Fathers to Identify & Resolve Substance Abuse Problems”. Ted joined Dan Lustig and Andrew Gaddy on the call. The webinar demonstrated how substance abuse and addiction often negatively affect fathers and their families. The presenters offered the following suggestions to agencies serving fathers (and families!):

Fatherhood (and Healthy Marriage) Programs should consider:

- Providing brief, but effective alcohol and drug screenings. This often requires staff screening and staff training for effective administration.
- Establishing ongoing access to an effective alcohol and drug consultant/consulting agency.
- Instituting an effective drug prevention/early intervention component/curriculum.
- Establishing an effective local, culturally sensitive addiction treatment referral network.

OFA reported that it was one of the most well-attended and well-received webinars in their history. As a result of this highly successful webinar, Darlene Tart of OFA requested that Ted present on the same topic on a separate OFA conference call a few days later.

In February of this year, Ted presented a workshop on “Creating Lasting Family Connections: Getting Publishable Results with Reentry Fathers and Couples” at the 15th Annual National Fatherhood and Families Conference in Las Vegas, Nevada. During this presentation, he shared published results from 3 separate federally funded research projects demonstrating the potency of a personal, couple and family-strengthening approach emphasizing relationship skills. Finally, Ted recently agreed to present a webinar on the same topic for the 2014 Practitioners Leadership Institute (PLI) Summit.

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 promote collaboration among members of the fatherhood field, to disseminate important information, to raise awareness and to bolster the collective credibility of the fatherhood field.

Ted N. Strader Selected as One of the Top 100 Leaders in the Country

In November of 2013, Christopher Kokoski, Fatherhood Coordinator at COPES and CLFC Master Trainer, nominated Ted N. Strader for the first ever John C. Maxwell Leadership Awards. Mr. Maxwell is an internationally recognized bestselling author and trainer on the topic of leadership.

Out of thousands of nominations, Ted was selected to be among the top 100 leaders in the nation across all of the following fields: Business, faith-based, education, family and youth, government and military service, health and wellness, media, arts and entertainment, sports, and community service.

COPES and Resilient Futures Network (RFN) are delighted that our work with substance abuse, reentry, fatherhood and family strengthening programs for fathers, families and children was highlighted on a national stage for a moment in time. We hope all of us that serve families and youth will view this experience as an encouraging reminder of the importance, meaning and value of our mutual work!

The Path to Published Results

A new year is often associated with new insights and new beginnings. In this spirit, we thought we would briefly share the path we took to achieve publishable results and gain two new program listings on the National Registry of Evidence-Based Programs and Practices (NREPP). It is our hope that this brief article will, in some small way, inspire you to new understandings and reinvigorate your personal and professional goals and dreams of what is possible in our mutual work.

In 2013, COPES celebrated three separate listings of the *Creating Lasting Family Connections*® (CLFC) Curriculum Series on NREPP. This high honor resulted from the culmination of 30+ years of personal and organizational growth, training, collaboration, implementation and research with multiple high-risk populations across multiple fields of study.

The *Original Creating Lasting Family Connections® (CLFC) Program* for adults and youth was reviewed and relisted on NREPP in 2007. Our success with youth and adults motivated Kentucky Department of Corrections administrators to approach Ted N. Strader about the possibility of adapting the CLFC approach for prison reentry and substance abuse recovery populations with sensitivity to the over representation of minority populations.

In response, over the next several years, Ted and his staff at COPES wrote, submitted and obtained three separate grants to serve reentry and recovery fathers and couples. These projects were funded by the Center for Substance Abuse Prevention (CSAP) and the Administration for Children and Families (ACF). In 2006, COPES staff conducted a year-long needs assessment, including focus groups, personal interviews and surveys with the target population. COPES staff used the information gathered and experience gained during this year to adapt the CLFC program based on the prison population's expressed needs and shared experience.

This in-depth needs assessment proved invaluable in expanding COPES staff members' understanding of culture and ability to adapt the CLFC program for minority reentry populations. During this needs assessment process, we greatly expanded our awareness of cultural representation, deepened our understanding of CLFC (its philosophy, belief system, programming, scope and range, sequence, processes and outcomes) as an acculturation process for both facilitators and participants, and developed a series of effective strategies for demonstrating cultural sensitivity that can be deeply felt by individuals who have had the "less-than" or minority experience. These strategies are outlined in the book, *CLFC Secrets to Successful Facilitation*, published by Resilient Futures Network in 2012. Further, the strategies have been the focus of numerous local, state and national presentations. If you would like to receive a free copy of the article on these strategies taken directly from his facilitation book, please contact Ted at tstrader@sprynet.com.

COPES staff paired culturally-adapted, evidence-based CLFC programming with comprehensive case management and referral, including the development of a new approach called Joint Intervention Meetings (JIM). These meetings consist of a monthly (more if needed) gathering of COPES staff, project partner staff and select participants who exhibit early warning signs of behavioral slippage (i.e., missing CLFC group or other aftercare meeting, positive drug tests, etc). During each JIM, COPES and partner staff share concerns about the participant and their documented pattern of risky behavior, and often recommend possible solutions to any potential barriers to successful reentry and/or recovery (i.e., referrals to needed resources, organizational strategies, additional case management, etc.). This approach of mutual concern and accountability proved highly successful.

Quasi-experimental research demonstrated strong successes in each project. The CSAP project focused on HIV and substance abuse prevention for minority, reentry men. One ACF project focused on substance-abuse prevention, fatherhood skills and general family strengthening for minority, reentry fathers. A second ACF project focused on healthy marriage skills for married and/or committed couples. The CSAP project decreased participant intentions to binge drink and increased both knowledge of HIV and hepatitis, and spirituality. Both ACF projects achieved statistically significant impacts on all 9 relationship skills targeted. Both projects for men reduced prison recidivism by approximately 60%.

After implementing and evaluating *The CLFC Fatherhood Program: Family Reintegration* for fathers and *The CLFC Marriage Enhancement Program* for married and/or committed couples, COPES staff and project evaluators published two separate articles in separate peer-reviewed journals leading to the review

and eventual inclusion of both new programs on the National Registry of Evidence-based Programs and Practices (NREPP).

In 2013, the Substance Abuse and Mental Health Services Association (SAMHSA) contacted and requested COPEs staff to write the lead article in their national online newsletter, *Recovery to Practice*. Ted N. Strader, Christopher Kokoski and Stephen R. Shamblen, Ph.D. co-wrote the article, *Intersection of Treatment and Prevention: Prevention and Recovery-Informed Care*, for SAMHSA's July issue. The article outlines the convergence of prevention and treatment service into a single, comprehensive and intergenerational approach that addresses substance abuse along the entire continuum of care from prevention, through early intervention, treatment and life-long recovery supports. [Click here to read the entire article.](#)

In short, COPEs' success appears to result from the combination of culturally adapted evidence-based programming, strong understanding of program evaluation, comprehensive case management, including the new Joint Intervention Meetings, and the development of effective and ongoing collaboration with many local, state and national partners like you. We hope this brief outline provides a window into the evolution of CLFC into a nationally recognized curriculum series. Most of all, we hope this New Year will bring success and wellbeing to you and your family, to your agency and to all those you serve.

Reminder: CLFC Training and Certification for New NREPP-Listed CLFC Programs Available

As mentioned in the previous newsletter, the COPEs website (www.copes.org) and the Resilient Futures Network (RFN) website (<http://myresilientfuturesnetwork.com>) have both been fully updated and integrated with information on the two newly NREPP-listed curriculums. Interested parties can view and purchase a whole range of products and training for all three components of the *CLFC Curriculum Series*:

[The Original Creating Lasting Family Connections® \(CLFC\) Program](#)

[The Creating Lasting Family Connections® \(CLFC\) Marriage Enhancement Program](#)

[The Creating Lasting Family Connections® \(CLFC\) Fatherhood Program: Family Reintegration](#)

Training materials for the entire *CLFC Curriculum Series* are available for immediate order. *CLFC Implementation Training* is required for individuals to become certified to implement both new curriculums with fidelity. Current Certified *CLFC* Trainers and their agencies can broaden their scope of services by acquiring the new *CLFC Fatherhood* and/or *Marriage Enhancement Certification*.

If you are interested in any one, two or all three components of the *CLFC Curriculum Series*, call or email Teresa Boyd Strader at (502) 897-1111 or teresastraderrfn@gmail.com.

Please **sign up** to receive the CLFC Family Reunion Newsletter, or follow us on Social Media at the following sites:

Ted N. Strader



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