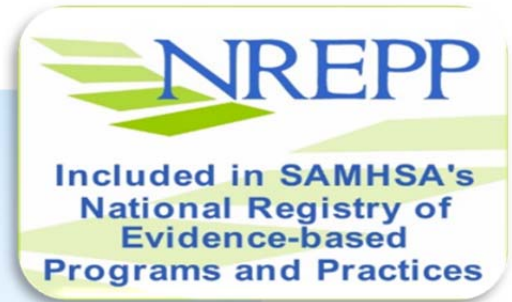


The COPEs, Inc.  
*Creating Lasting Family Connections®*  
*Marriage Enhancement Program*



*Strengthening Individuals, Families, and Communities for Over 30 Years*

**About the Council on Prevention and Education: Substances (COPEs), Inc.**

COPEs is a non-profit agency whose mission is to advance a comprehensive range of effective programs and services in the Louisville community to address substance abuse prevention through personal, fatherhood, marriage and family strengthening programs that focus on building upon existing personal, family and community strengths. Further, COPEs continuously contributes to the national and international body of research and knowledge in the fields of prevention, mental health and emotional well-being as they relate to the development of programs and practices that reduce substance abuse, delinquency, violence, HIV infection, prison recidivism and other negative outcomes for children and families. The goal of the integrated prevention approach used throughout all of COPEs' programs is called "Connect-Immunity". The Connect-Immunity concept proposes that the more emotionally connected one is with other healthy people, the more immune to social disease one becomes. Each program component of COPEs' *Creating Lasting Family Connections® (CLFC)* curriculum series is listed on the National Registry of Evidence-based Programs and Practices (NREPP).

# The CLFC Marriage Enhancement Program



The *Creating Lasting Family Connections® Marriage Enhancement Program (CLFC MEP)* consists of eight two-hour sessions (or a 2- to 3-day weekend retreat format) that systematically address relationship skills, conflict resolution, respectful communication, memory and reflective thought about factors that affect past and current relationships and relationship satisfaction/commitment. Anyone interested in facilitating this program must be certified by COPES to implement the program (requiring 24 to 40 hours of developer approved training). The program is designed to help anyone experiencing (or at risk for) marital stressors through any form of physical or emotional separation (e.g., military service, out of town work assignments, substance abuse recovery, marital separation or prison re-entry). The program is designed to produce measurable change in intrapersonal and interpersonal relationship skills, communication, conflict resolution, emotional awareness, emotional expression, relationship management, satisfaction and commitment, leading to a decreased likelihood of relationship dissolution. The program is for people who desire positive personal and relational skills that lead to greater health and success. Through the positive rapport established with program staff who share and model important new insights and behaviors related to marital success, couples engage with the material (and each other) to adopt positive, measurable changes toward more desirable and healthy relationship and family behavior.

## Results and Publications

The *CLFC Marriage Enhancement Program* demonstrated effectiveness for enhancing important skills, attitudes, and perceptions that couples need most to create and maintain lasting marriages (intrapersonal awareness, interpersonal sensitivity, communication, emotional awareness and expression, and relationship satisfaction, management and commitment). These results were published in the following peer-reviewed journal article:

- Shamblen, S.R., Arnold, B.B., McKiernan, P., Collins, D.A., Strader, T.N. (2012). Applying the Creating Lasting Family Connections Marriage Enhancement Program to Marriages Affected by Prison Reentry. *Family Process*.

## **CLFC Implementation Training**

A critical component of the *CLFC Marriage Enhancement Program's* success lies in our ability to train other committed individuals who wish to learn to facilitate any of our programs.

While COPES has a 30 year history of providing staff to facilitate *CLFC* programs at other partner agencies in our region, we also understand that this option is not logistically feasible across the nation. We have over 15 years of successful experience in training the staff of other agencies to professionally facilitate our *CLFC* curricula with fidelity.



With a range of between 3 and 8 days of *CLFC* Implementation Training, your staff can be certified to provide one or more of our *CLFC* programs. The *CLFC* Implementation Training explores the professional-level skills and know-how to express *CLFC* concepts and techniques to others in an easy-to-understand way, how to develop effective responses for various questions and circumstances that may arise while implementing *CLFC*, and how to make acceptable adaptations to the curricula in order to better meet the needs of the specific population that your agency may serve.

For more information about preparing your staff to become certified *CLFC* Implementation Trainers, please contact Teresa Boyd Strader at 502-583-6820 or [teresastraderrfn@gmail.com](mailto:teresastraderrfn@gmail.com).

## **Join Us in Creating Lasting Family Connections® for Others!**

As the nation gears up to provide healthcare to everyone in the United States, *CLFC* stands out for its ability to work well both as a prevention and treatment measure, especially when experienced alongside other forms of mental and behavioral health support methods such as 12-step facilitation or individual cognitive behavioral therapy. And *CLFC* is a manualized program with a complete array of support materials that fit seamlessly into most treatment, education and case management plans. Therefore, it is certain to be regularly adopted by professionals in the fields of mental and behavioral health. Currently, at least one of the programs that make up the *CLFC* curriculum series is being utilized by professional practitioners in all 50 states, the U.S. territories, and several other countries. You have an opportunity to be a leading proponent of prevention and health promotion in your region by engaging your staff with *CLFC* Implementation Training and materials today!

**Get involved by contacting us via post, phone, email or social media.**



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