

THE CLFC FAMILY REUNION NEWS

THE *CREATING LASTING FAMILY CONNECTIONS*®

QUARTERLY NEWSLETTER

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National Marriage Week Celebrates Healthy Relationships

In honor of National Marriage Week (Feb 7-14), we would like to express our deepest appreciation and support for couples committed to strengthening their relationships, increasing emotional intimacy and resilience, and role-modeling healthy partnerships for the next generation. It is well-documented in the research that a positive primary relationship between parents/adult caregivers carries over in a wide range of physical, mental and emotional benefits for children. The core of any family is the strength of the relationship between the couple. Personal, couple and family strengthening has been a focus of our work for over 40 years. To celebrate National Marriage Week, we are proud to announce our participation in the 2019 National Association for Relationship and Marriage Education (NARME) Conference in Nashville, TN on July 17th -19th.

If you or someone you know is looking for a way to help couples enhance their marriage (and family) in your community, we are offering an exclusive **Training of Trainers** for the evidence-based *Creating Lasting Family Connections Marriage Enhancement Program* (CLFCMEP) on July 14th -16th in Nashville, TN as part of the NARME Pre-Summit activities. For more info on the NARME Summit or to register for the training, click here: <http://www.narme.org/2019-narme-summit/>.

Participants will be trained and certified as Trainers to implement *The Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP)* with couples. This is a community-based program for couples in which one or both partners have been physically and/or emotionally distanced because of relational difficulties or separation due to incarceration, military service, substance use, or other circumstances. This evidence-based program has published results in a peer reviewed journal (Shamblen, Strader et al, Family Process, 2013), is listed in the Encyclopedia of Couple and Family Therapy and was listed in the National Registry of Evidence-based Programs and Practices. Relying largely on cognitive change and skills training, the goal of CLFCMEP is to build and/or strengthen partners' relationship skills by providing structured opportunities for participants to develop greater capacity for communication, conflict resolution, emotional awareness and expression, commitment, and trust. This training will be led by the program developer, Ted N. Strader and CLFCMEP Master Trainer, Brooke Arnold.

Participants in this 3-Day workshop will be Trained to become nationally Certified CLFCMEP Trainers and will therefore be required to have a copy of the CLFC Marriage Enhancement Program Trainer Manual and a Participant Notebook. For those ready to serve couples we recommend the purchase of a full set of materials, however, manuals and notebooks can be purchased separately. (see below)

Price of an Individual Manual and Notebook Only: \$100.00 + 5% shipping

Price of Full Set of Materials: The complete CLFC Marriage Enhancement Program Package is \$399.00 + 5% shipping and includes the following materials:

- 1 trainer manual and a set of 24 participant notebooks
- CLFC Marriage Enhancement Program: Fidelity Package
- CLFC Marriage Enhancement Program: Survey Kit for Outcome Evaluation
- CLFC Marriage Enhancement Program: Retrospective Survey Kit
- An attractive carry-bag for manuals, notebooks, etc.

Note: We are happy to deliver any materials ordered to the conference for your convenience with no shipping charge!

For more info on the NARME Summit or to register for the training, click here: <http://www.narme.org/2019-narme-summit/>.

Contact Person for CLFC Materials:

Please contact Teresa Boyd Strader, the National Training Director for *Creating Lasting Family Connections*, by email (teresastraderrfn@gmail.com) or phone (502) 897-1111.

New Funding Opportunity!

The National Institute of Justice recently released a new competitive funding opportunity for randomized controlled trial (RCT) evaluations of promising reentry initiatives titled *Research and Evaluation on Promising Reentry Initiatives*. The *Creating Lasting Family Connections (CLFC) Curriculum Series* is well-positioned as a major asset for anyone applying for this new funding. Applications are **due on May 13, 2019**.

For this solicitation, NIJ is interested in supporting evaluations of innovative reentry initiatives that focus on juveniles, young adults (aged 18-24), and adults with a moderate-to-high risk of reoffending.

A particular focus on the risk of reoffending with a violent crime is encouraged. These initiatives may be applicable to juvenile residential facilities, institutional and/or community corrections.

The CLFC Curriculum Series has demonstrated robust results in increasing relationship skills and reducing prison recidivism in peer-reviewed journals. Therefore, we highly encourage anyone interested in applying for this NIJ funding to strongly consider using *The Creating Lasting Family Connections Fatherhood Program: Family Reunification (CLFCFP)* and the *Creating Lasting Family Connections Marriage Enhancement Program (MEP)* in their applications. Limited grant-writing assistance is available for anyone using CLFC in their applications.

For more information, please contact Teresa Boyd-Strader, CLFC National Training Director by email at teresastraderrfn@gmail.com and by phone at (502) 897-1111.

CLFC Curriculum Developer 1 of 30 Fatherhood Stakeholders Invited to the National Stakeholder Meeting on Fatherhood

At the request of the Administration for Children and Families (ACF), the *CLFC Curriculum Series Developer*, Ted N. Strader, was one of only 30 practitioners around the country invited to attend and speak at the 2019 National Stakeholder Meeting on Fatherhood on January 24-25, 2019 in Arlington, Virginia. A sort of “state of the union” for the Fatherhood field, the purpose of the Summit was to bring a diverse set of leaders across the field together with policy makers and key government representatives to discuss the current state of the field, to share promising practices and to plan next steps for addressing the critical needs of fathers, families and their children. Mr. Strader expressed deep gratitude to ACF for the invitation and national collaboration, saying, “It was a humbling and inspirational meeting of some of the most thoughtful and caring men and women who see fathers as foundational to our nation’s future. It was an honor to merely be present for a meeting of so many thoughtful, insightful and caring people engaged in the Fatherhood field. I think we can look for a brighter future for fathers, families and our nation as a whole as a result of the efforts of the Administration for Children and Families to provide leadership in restoring respect and support for the critical role that fathers play in all of our families and communities.”

NEW Published Journal Article!

We are very excited to announce a newly published article:

[Toward an Understanding of the Connections in Creating Lasting Family Connections](#) was recently published in the peer-reviewed journal, *The American Journal of Family Therapy*. In repeated research studies conducted over the last 40 years, the CLFC Curriculum Series (The Original CLFC Program, the CLFC Fatherhood Program and the CLFC Marriage Enhancement Program) has demonstrated published results in a variety of outcomes with several different populations. These results include increasing 9 key relationship skills (communication skills, conflict resolution, intrapersonal communication, interpersonal communication, emotional awareness, emotional expression, relationship commitment, relationship management and relationship satisfaction), in reducing alcohol and drug use, delaying drug use initiation, in reducing the intention to binge drink and in drastically reducing prison recidivism by up to 60%. The next logical step of the research was to explore the underlying mechanisms responsible for this proven behavior change...

The following is a brief abstract from the newly published article:

The Creating Lasting Family Connections ® (CLFC) program is designed to help improve relationship skills and reduce antisocial behaviors. Strader and colleagues propose that prosocial connectedness is responsible for program outcomes. We proposed that the intersection of high agreeableness and low impulsivity may represent an operational definition. We examined this definition in the context of an RCT with 246 men in prison reentry. CLFCFP increased the number of connected individuals. Both “being connected” and the program clearly and independently impacted the targeted relationship skills. Evidence was not found to support the hypothesis that the program impacts would be more pronounced among those who were connected.

If you are interested in reading the full article, please click this link: [Full Article: Journal of Family Therapy](#)

The reference for the article is as follows:

Stephen R. Shamblen, Ted N. Strader, David A. Collins, Patrick McKiernan, Christopher Kokoski & Brooke B. Arnold (2019) Toward an Understanding of the Connections in Creating Lasting Family Connections, *The American Journal of Family Therapy*, DOI: 10.1080/01926187.2018.1543560

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