

Research Précis

Edition 07 – 1

Fall 2008

Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

Title: Creating Lasting Family Connections

Overview:

Creating Lasting Family Connections (CLFC) is a comprehensive family-strengthening program designed to reduce substance abuse and violence.

Target: Parents and youth ages 11-15

Extent/Duration of Program: The program consists of approximately two and one-half hours per night of regular training for teenagers and their parents for up to 18 weeks, with a follow-up within six months to one year after the end of training.

Program Costs:

- One set of materials is \$1125. Each includes six training manuals, 150 participant notebooks, and posters. English or Spanish.
- Training is available for \$750 per person; includes five days of expenses.

For further information, or to order:

Council on Prevention and Education:
Substances, Inc.
845 Barret Avenue
Louisville, KY 40204

Phone: 502-583-6820

Fax: 502-583-6832

E-mail: tstrader@sprynet.com

Web site:

<http://www.copes.org/include/clfc.htm>

Principles/Approaches/Components: The *Creating Lasting Family Connections (CLFC)* program is based on the premise that efforts to help families in high-risk environments be strong, healthy, and supportive will reduce both the onset and current use of alcohol and other substances. In sessions for both youth and parents, the program stresses appropriate skills for personal growth, family enhancement, and interpersonal communication, including refusal skills for both parents and youth. The program components focus on improving parents' general knowledge about substance abuse and related issues, improving parents' family management skills, and communication techniques for both teenagers and their parents.

Evidence-based Effectiveness: Over a six-month implementation and six-month follow-up, study results involving just over 200 parents and 12- to 14-year-old youths indicated improvement in parents' skills in communicating with their children, parents' willingness to involve their children in setting rules relating to use of alcohol and drugs, use of community services by parents and teens, and levels of bonding between teens and their mothers. Where alcohol use among parents was an issue, parents also reduced their use of alcohol.

Safe and Drug-free Schools and Communities Act (SDFSCA) connections:

E.xi - Programs that encourage students to seek advice from, and to confide in, a trusted adult regarding concerns about violence and illegal drug use.

A.iv - Activities that teach students to recognize social and peer pressure to use drugs illegally and the skills for resisting illegal drug use.

A.ii - Activities that promote a sense of individual responsibility.

B - Activities that involve families, community sectors, and a variety of drug and violence prevention providers in setting clear expectations against violence and illegal use of drugs and appropriate consequences for violence and illegal use of drugs.

National Standards connections:

Grades 5 through 10

Health Education Standard 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

Health Education Standard 6 – Students will Demonstrate the ability to use goal-setting skills to enhance health.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards, Second Edition: Achieving Excellence. American Cancer Society, 2007.

Counseling: Personal and Social Development Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

Counseling: Personal and Social Development Standard C: Students will understand safety and survival skills.

ASCA National Standards for Students. American School Counselor Association, 2004.

Recognition and additional reports:

The following organizations/institutions have recognized *Creating Lasting Family Connections*. The organizations are in alphabetical order and the status of the recognition is in parentheses.

- International Youth Foundation (YouthNet Model Program)
- Office of Juvenile Justice and Delinquency Prevention (Model Family Strengthening Program)
- Office of National Drug Control Policy (Special Recognition Award)
- Promising Practices Network (Promising Program)
- SAMHSA (Model Program)
- U.S. Department of Education (Promising Program)

GENERAL NOTES: The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

For information on other effective programs for promoting safe and drug-free schools and communities, visit www.designedinstruction.com/learningleads/effective-sdfs-programs.html

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