



**Prevention Partnership International**  
EMBRACING, EMPOWERING AND GUIDING FAMILIES



## Wishing You Safe, Healthy, Happy Holidays

For the past few days, I've been watching Prevention Partnership's first on-line *Celebrating Families!*<sup>™</sup>(CF!) training. Trainers, Melissa Santos and John Durbin, were fabulous and the participants are so strong! They will be saving children's and parents' lives. I'm becoming the "grandmother" of *Celebrating Families!*<sup>™</sup> - these trainers and participants are the "parents" doing the work with families.

**Prevention Partnership's webinars** will continue in early February discussing providing on-line groups with families with children ages birth through three, based on experiences from several sites. The National Assoc. for Children of Addiction, who provide CF! throughout the nation, will be providing webinars on the Evaluation Process with Dr. Cohen and on *Celebrando Familias!*, for families more comfortable in Spanish.



**John Durban, Bridges, providing training on-line.**

Prevention Partnership International (PPI) is currently raising \$30,000 as part of a **Challenge Grant** in response to the extension and expansion of the California Office of Child Abuse Prevention (OCAP) grant. We have raised nearly \$10,000 -- with \$20,000 to go. Please support PPI's expansion to two additional sites, development and dissemination of new materials for providing groups on-line, as well as evaluation. The need for *Celebrating Families!*<sup>™</sup> continues to grow as women's heavy drinking continues to increase, which can greatly impact children.



I continue to be impressed with the **commitment of our agencies!** I just spent an exciting hour with the Janus of Santa Cruz Perinatal team learning about their on-line implementation of CF! for families with children ages birth through three. (Janus offers a

residential treatment program for women who are pregnant or parenting young children up to five.) Their groups serve both outpatient and inpatient participants - some pregnant, some with their children, and some children with foster families. Janus staff (Maya Jarrow, Sarah Zeigler, and Tim Fry) state it is working very well, reporting clients say it is their favorite group. Now in their second series, Janus provides a 90-minute parent group, followed by 75-minutes of Family Time with infants and toddlers which includes a craft activity.



Are you or your participants feeling **Pandemic or Seasonal Blues**? Take care of your body, emotions, thoughts, and actions. Remember to get 20-40 minutes of sunlight or artificial light; take an “Awe Walk” connecting with the birds, trees, animals; stay connected with people (join friends for coffee/tea on-line or use the telephone); have a consistent bedtime. In a UCSF study in *Emotion*, older adults who took weekly 15-minute “awe walks” for eight weeks reported increased positive emotions and less distress in their daily lives. Stanford University recently had a great presentation on **The Science of Stress, Calm and Sleep**, specifically slowly releasing our breath.

Available at: <https://info2.stanford.edu/2020-Andrew-Huberman-FSE-Webcast-Main-Landing-Page.html>



A recent **Center of Disease Control** survey found that 63% of 18-24-year olds reported symptoms of anxiety or depression; 25% increased substance use to deal with the stress with 25% saying they had seriously considered suicide. Early drinking is a risk factor for alcohol use disorders. Adults who took their first drink of alcohol before age 15 were 6.5 times more likely to experience an alcohol use disorder than those who didn't start drinking before age 21. Recommendations for parents are to

provide accepting, non-judgmental, and unconditional support for their teens and young adult children. <https://pubmed.ncbi.nlm.nih.gov/30978496/>



continues to provide wonderful materials, recently focused on “sing it out”! Is there a line from a song that moves you every time? How about **“Can you tell me how to get to Sesame Street?”** Language is a powerful tool for self-expressions – spoken, written, or sung.



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**Good news!** A large body of recent research examined persistence of neurobiological and behavioral compromise after detoxification. Data across decades of research reveals significant improvement that continues (NIAAA Alcohol Research, Current Reviews). NIAAA just celebrated 50 years with excellent presentations available at [videocast.nih.gov/watch=38978](https://videocast.nih.gov/watch=38978) and [videocast.nih.gov/watch=38979](https://videocast.nih.gov/watch=38979) **Particularly relevant** to our work are presentations by Marc Schuckit, M.D.; Susan Tapert, Ph.D; and Michael Charness, M.D.

***Celebrating Families!***<sup>™</sup> and ***¡Celebrando Familias!*** are programs of NACoA (National Association for Children of Addiction) offering curriculum materials, technical assistance, and training services ([nacoa.org](http://nacoa.org)). In California contact Melissa Santos, Program Director ***Celebrating Families!*** of California: [Melissa.Santos@communitysolutions.org](mailto:Melissa.Santos@communitysolutions.org).



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