



## Update from Rosemary Tisch, PPI Director



*Celebrating Families! of California* is on social media! Recommended by the Haas Hearts Business School Team last summer, volunteers have been focused on creating both Facebook and LinkedIn Pages. Why? In order to expand and enrich our support of participants and colleagues. On Facebook you'll find links to supportive material for families and children; on LinkedIn more research and evaluation materials regarding helping families dealing with or at risk for trauma, addiction, family violence, or child abuse or neglect. Find the links to these pages at the bottom of our newsletter.

I also wanted to highlight some excellent parent handouts available in English, Spanish, and Dari) on **Understanding ACEs (Adverse Childhood Experiences) and Parenting to Prevent & Heal ACEs**, which are available [here](#).

A couple of years ago the *Celebrating Families!™* development team added Guiding Principles to the Implementation Guide. We believe the principles can make a crucial difference in families' ability to heal, learn new skills, and become healthy, happy, responsible, addiction free. When using the term "happy" we found an alternative meaning of "flourishing". Recently the NY Times, Dani Blum, wrote "*the end of the pandemic offers a new opportunity to reflect and ask a new question: How do I want to spend my time?*" He quotes Tyler J VanderWeele, from Harvard's Human Flourishing Program, as stating, "**Flourishing** is living in a state in which all aspects of a person's life are good. Flourishing is what people are ultimately after."

Some simple, practical activities, backed by science, can help you flourish:

- Assess yourself
- Savor and celebrate small things- remember WOW Moments!
  - Create a weekly gratitude ritual
  - Look for connection
- Do five good deeds - CF!'s Acts of Kindness
  - Find purpose in everyday routines
  - Try something new.





Ed Cohen, Ph.D., evaluator for *Celebrating Families!™* was featured on NPR's Academic Minute talking about his latest research finding *"In all areas of outcomes, both in-person and online participants showed comparable improvements. More families completed the class cycles online than those in-person. The study showed that such relational interventions can be administered online and can be just as effective as in-person. This is important considering that the pandemic may be altering how health and human services are provided going forward."* Hear his presentation [here](#).



An alarming correlation has been reported in a large review of 23,317 adolescents between **marijuana and suicide**. In Colorado marijuana is the most common drug found in toxicology of teens who die by suicide and there has been an alarming increase in the number of teen suicides in the last 5 years. Another study of veterans showed significant association between marijuana use and suicide after adjusting for sex, PTSD, depression, alcohol use disorder, noncannabis drug use disorder, history of childhood sexual abuse and combat exposure.

A recent Rutgers Study found that 1 in 5 adults experience **second-hand harm** yearly due to someone else's drinking, with women more likely to report harm due to drinking by a spouse, partner or family member and men were due to a stranger. The risk for physical aggression due to someone else's drinking was **particularly elevated for heavy drinking women**.



**"Being alone is important for children's**

**development,"** Sandra Stone, Northern Arizona University. *"Alone time supports children's social, emotional, and cognitive development,"* Mark Bertin, developmental pediatrician. Being alone can boost confidence and critical thinking skills, because children must rely on their own wits to entertain themselves or work through problems.

Highlights of recent lecture by Dr. Sandra Brown, "*Discerning Risks and Effects of Alcohol in the Midst of Adolescent Development*" include:

- \*How alcohol alters adolescent brain development.
- \*Impact of impulsive behavior on early onset.
- \*Significance of heavy drinking and normal brain growth, particularly executive functions such as inhibitory control.
- \*Relation of moderate to heavy drinking to lifetime stress and trauma.
- \*Impact of adolescents drinking on sleep.
- \*Alcohol and other substance use; suicidal thoughts and behaviors; and screen time among children ages 9–10 years.



Dr. Brown is Co-Director and Co-Principal Investigator Adolescent Brain Cognitive Development Study - ABCD Study®

***Celebrating Families! of California*** is on Social Media!

We are excited to share that *Celebrating Families! Of California*, under the umbrella of Prevention Partnership International (PPI), has launched our Facebook and LinkedIn pages. We will be posting information, articles, and stories along with other posts we believe support *CF!*'s families and enrich our community. Follow us and see what we're up to!



*Celebrating Families!*™ 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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