



## Happy Thanksgiving!

**What are you grateful for** this challenging year? I start with my own and my family's physical and mental health; others sharing my commitment to helping families heal – PPI's Advisory Committee, our donors and supporters, our *Celebrating Families!*<sup>™</sup> agencies and the families themselves; then emergency workers who help create safety for us - fighting fires and COVID; and, especially, the beauty of fall.



***Celebrating Families!*<sup>™</sup> training online for California agencies serving families with children ages 0-18**

**December 9-11,2020.** Free to agencies in Santa Clara County, for other California agencies, the cost is \$350/participant, to register go to:

[www.preventionpartnership.us](http://www.preventionpartnership.us). Trainees must purchase curriculums ahead of time from NACoA:

<https://celebratingfamilies.net/PDF/CelebratingFamiliesOrderForm.pdf>

**Central California Recovery (CCR) - another Committed CF! Agency.** For the past seven years Fresno County funded CCR's implementation of *Celebrating Families!*<sup>™</sup> As a result every Friday night CCR 's facility turned into a restaurant. Parents and children gathered, ate, interacted, and engaged over nutritious meals using locally sourced produce and protein, provided by community caterers. Dinners were followed by groups with satisfaction rates of 9-10 every year. **And then COVID hit.**



***We had to make accommodations to continue CF! because we are at the nexus where people are trying to get back into the lives of their children and where Family Court requires completion of a parenting class!*** In accordance with Department of Public Health edicts and following safe practices and social distancing, CCR could facilitate parent groups, but not groups for children or minors. They added staff and now *Celebrating Families!*<sup>™</sup> groups met weekly in-person with three adult clients and a counselor sitting in each corner of a room! After the sessions, families continue to receive catered meals, separately packaged, with encouragement to take as many dinners as they need.

Dale White, Executive Director



**"Strategic investments in young children and the adults who care for them affect long-term physical and mental health as much as they affect early learning."**

**According to the Harvard Center for the Developing Child three science-based principles can help policies and programs be more effective.**

- Support Responsive Relationships
- Reduce Sources of Stress
- Strengthen Core Life Skills such as setting and meeting goals, managing emotions, creating daily family routines.

**All are built into the *Celebrating Families!*<sup>™</sup>.**

**Heavy drinking is killing women in record numbers.** Alcohol-related deaths have risen by 51% over the past two decades (National Institute on Alcohol Abuse and Alcoholism). The most alarming increase is among women where deaths increased by 85% from 1999 to 2017. The World Health Organization warned that alcohol use during the pandemic may potentially exacerbate health concerns and risk-taking behaviors <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>. We are particularly concerned due to the impact of mother's drinking on children – both in-utero as well as leading the adverse childhood experiences (ACEs).

***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).**



[www.preventionpartnership.us](http://www.preventionpartnership.us)  
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