

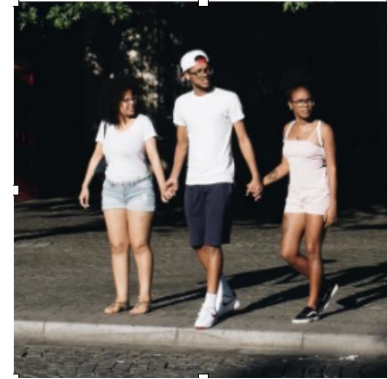


## Celebrating Families!™

NETWORK OF CALIFORNIA PROVIDERS

### Update from Rosemary Tisch, PPI Director

I'm a classically trained pianist and avid listener. One of my favorite musicians YoYo Ma recently stated, *"Things can fall apart, or threaten to, for many reasons, and then there's got to be a leap of faith. Ultimately, when you're at the edge, you have to go forward or backward; if you go forward, you have to jump together."* This reminds me of my very favorite quote from *All I Really Need to Know I Learned in Kindergarten*: *"When you go out into the world, watch out for traffic, hold hands, and stick together"*. Let's remember to "hold hands" both literally and figuratively as we enter these next few months of change.



### Celebrating Families! Featured on Webinar!

*Celebrating Families!*™ was the focus of a webinar hosted by The National Association for Children of Addiction (NACoA), the Office for Victims of Crime and JBS International Training and Technical Assistance Team. The webinar, [Facilitating Recovery for Parents and Children Impacted by Addiction: Using a Whole Family Recovery Strategy](#) concentrated on the healing and recovery that comes to the whole family from participation in a structured, evidence-based educational support program. If your time is limited listen to Judge Katherine Lucero's presentation, which is previewed below.

### From Katherine Lucero, Presiding Judge of the Juvenile Division Santa Clara County Superior Court

*"I have seen first-hand the negative impact that addiction has on families - especially children. No matter what court I have presided over during my career, one of the primary issues is addiction--- and its devastating effects on generations of children and adults. Addiction is a family disease."*

*"Celebrating Families!™ is **real** help for **real** people----it is the heart work that is so necessary to provide hope to families. With the guidance of this curriculum, parents learn how to parent clean and sober, the hard edges fall away, fear dissipates, and miracles do happen."*



*Facilitating Recovery for Parents and Children Impacted by Addiction  
Using a Whole Family Recovery Strategy*



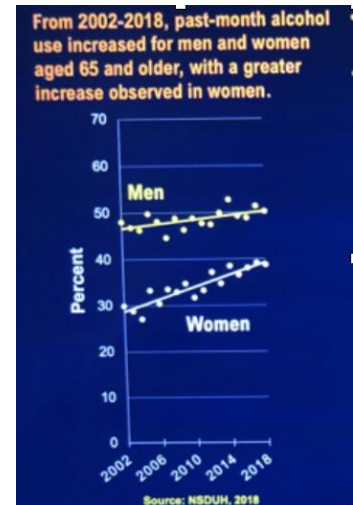
### Support Group for Caregivers of Children Affected by Alcohol Exposure.

Shirley Sparks, PPI Advisor, offers a support group for parents/caregivers focused on what to do, not on what caused the condition. The group meets one Wednesday evening each month on zoom at 7:30 p.m. (PST). If you or someone you know might be interested, please call Shirley Sparks at 408 996-0977.

**For more information on Fetal Alcohol Spectrum Disorders from a local (Northern California) source, contact: Kathy Page at 530-249-1060 <http://www.fasdnorcal.org>.**

### Update from NIAAA Liaison Group Roundtable

- “Deaths of despair” continue to contribute to the decreasing life expectancy in the US, observed across many racial/ethnic and age groups. Alcohol plays a prominent role in deaths of despair, contributing to:
  - 15-20% of all drug overdoses
  - 26% of suicides
  - 50% of liver disease deaths.
- Alcohol related deaths doubled from 1999-2017.
- The rising alcohol use among older adults (65+) is an emerging issue, with 10% engaging in binge drinking. Alcohol misuse among this population contributes to:
  - Accelerated aging in some brain regions
  - Pronounced reductions in brain volume in multiple cortical regions
  - Impaired cognitive function, learning, memory, and motor function



### Increase in Consumption of Drugs and Alcohol Particularly of Concern Among Parents

Parents were twice as likely to report an increase in use of alcohol and other drugs than adults who are not parenting. As we are aware, this can negatively affect home dynamics, including a four-fold increase in difficulties in completing home or family-related tasks and responsibilities. Substance use by parents, an Adverse Childhood Experience, is one of the strongest indicators of later behavioral health concerns for children (substance use or mental health problems).

### Positive Childhood Experiences Can Counteract Negative Ones



To make a difference in someone's world you don't have to be amazing, rich, talented, beautiful or perfect.

You just have to be you and care.

Rebecca Fox • Artist  
Francesca Sironi

On the positive side, there is a growing understanding that positive childhood experiences, such as those provided in *Celebrating Families!*, can counterbalance negative ones:

*"A large body of basic science research has given us unequivocal evidence about the importance of consistently caring and responsive parenting to the brain, body, social and emotional development of children... Without positive nurturance, children's stress hormones can get stuck on high and this impacts how their brain develops in ways that can make it hard for them to experience safety, relaxation and to become open, curious, and learn to have positive relationships with others."*

*"...even among adults with multiple Adverse Childhood Experiences in childhood, those with positive experiences - such as caring, warm, and nurturing relationships with friends and a sense of belonging in school and the community - fared much better...."*

**Rachael Zimlich, RN, BSN, Contemporary Pediatrics**

***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. Follow us and see what we're up to!**



*Celebrating Families!*<sup>™</sup> and *iCelebrando Familias!* are programs of NACoA (National Association for Children of Addiction) offering curriculum materials, technical assistance, and training services.

[nacoa.org](http://nacoa.org) [celebratingfamilies.net](http://celebratingfamilies.net)

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