



Wishing You a Healthy & Well 2021

Upcoming Events: Check the *Celebrating Families!*TM Facebook page for details (<https://www.facebook.com/Celebrating-Families-121412634543013>)

- Deadline: Jan. 22 for applications as part of the California Office of Child Abuse Prevention grant. RFQ and further information: <http://bit.ly/CF-Cohort2>.
- Webinar: Feb. 4th – 10 am, Importance of *CF!* Evaluation: Ed Cohen, PhD Evaluator.
- *CF!* CA On-line Training: Feb.10-12, \$350/each.
- Webinar: Mar. 4 - 10am, Providing 0-3 groups on-line.



Donations still needed for California Office of Child Abuse Prevention (OCAP) Challenge Grant. Support PPI’s expansion to two additional sites in California, evaluation, and development and dissemination of new materials for providing on-line groups. *Celebrating Families!* is needed as the risk for child abuse is increasing during these challenging economic times. <https://www.utsa.edu/today/2020/12/story/covid-parental-job-loss-research.html>.

COVID is Not the Only Public Health Problem Facing America

- When parents use alcohol and other drugs, kids suffer. There is more stress on parents, which can lead to more child maltreatment. Psychology Today Blog by Rosemary Tisch (<https://www.psychologytoday.com/us/blog/psychological-trauma-coping-and-resilience>)
- The recent PBS special, *Invisible Scars*, addresses childhood trauma which leads to mental and physical health problems as adults. Watch it if you missed earlier! (<https://www.pbs.org/show/newshour/collections/invisible-scars-americas-childhood-trauma-crisis/>)



“We should be very worried”

According to Dr. Jack Shonkoff, Director Harvard University’s Center on the Developing Child, due to the nature and duration of lockdown, children are suffering. *“There’s definitely a psychological impact across the world in terms of increased worry, stress, isolation, low mood, irritability as well as diminished coping with the pandemic’s day to day life,”* J. Deighton, Anna Freud National Centre for Children & Families. **Why?**



- Parental job loss due to the pandemic can have negative consequences on young children, including increased risk for psychological and physical abuse at the hands of their parents.
- Emergency Room doctors are reporting more severe abuse cases, although child maltreatment reports are down.
<https://www.washingtonpost.com/education/2020/04/30/child-abuse-reports-coronavirus/>
- National sales of alcohol are increasing: 54% for a week ending 3.21.20; while online sales increased 262% from 2019
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>



New dietary guidelines released Dec. 29, recommend children under age 2 consume no added sugars - at all. As taught in *CF!*, added sugars are found in processed food, soda, fruit drinks, cereals etc. More information:
<https://www.dietaryguidelines.gov/>.

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). In California contact Melissa Santos, Program Director ***Celebrating Families!*** of California: Melissa.Santos@communitysolutions.org.



Prevention Partnership International
Embracing, empowering and guiding families

www.preventionpartnership.us
www.celebratingfamilies.net

Rosemary Tisch, PPI Director
Program Developer
rstisch@gmail.com