

NA  
C&A

VOICE  
FOR THE  
CHILDREN



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



OFFICE OF  
CHILD ABUSE  
PREVENTION  
California Department of Social Services  
*grow strong families*



*Community Solutions*



**VIRTUAL FACILITATION**

**NATIONAL WEBINAR**



# AGENDA

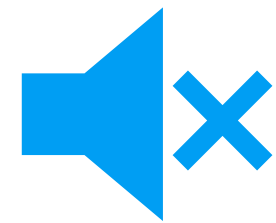
WELCOME, LOGISTICS & CENTERING

SETTING UP FOR SUCCESS

BEST PRACTICES & STRATEGIES FOR IMPLEMENTATION

QUESTIONS & NEXT STEPS

# WELCOME, LOGISTICS & CENTERING



PLEASE KEEP YOUR MICROPHONE MUTED UNLESS YOU ARE TALKING



PLEASE USE THE “RAISE HAND” BUTTON IF YOU WOULD LIKE TO SHARE



WE ENCOURAGE YOU TO ADD TO THE CHAT SECTION WHEN YOU HAVE QUESTIONS OR COMMENTS

LET'S GET CENTERED



# WELCOME & APPRECIATION



Rosemary Tisch  
*Celebrating Families!* Co- Author & Founder



# SETTING UP FOR SUCCESS



John R. Durbin, CADCC II, SUDCC II

Nikki Nelson, CADCC-CAS

STARS Program ~ Sacramento, CA



Maria Ramirez

Addiction Prevention Services ~ San Jose, CA

PPI Consultant & *CF!* Trainer



# BEST PRACTICES & STRATEGIES FOR IMPLEMENTATION



RECOMMENDATIONS FOR PROVIDING  
VIRTUAL *CELEBRATING FAMILIES!*™ GROUPS

|



IN PARTNERSHIP WITH



FUNDING PROVIDED BY  
*WE CARE* FOR CHEMICALLY DEPENDENT  
HEALTH PROFESSIONALS

## WHAT WE'VE DEVELOPED FOR YOU!

GUIDING PRINCIPLES

TECHNOLOGY TIPS

STRATEGIES FOR PROVIDING *CF!* GROUPS VIRTUALLY

RECOMMENDED SESSION AGENDAS

MATRIX OF SUGGESTED ACTIVITIES



***CELEBRATING FAMILIES!*<sup>TM</sup> IS A FAMILY PROGRAM**

- PROVIDING GROUPS FOR ALL FAMILY MEMBERS: CHILDREN, TEENS, CAREGIVERS, AND PARENTS.
- EMPHASIZING THE SIGNIFICANCE FAMILIES BEING TOGETHER WITH FAMILY MEALS & CONNECTING WITH MY FAMILY ACTIVITIES
- FOCUSING ON THE PARENT/CHILD RELATIONSHIP THROUGH SUGGESTED ACTIVITIES IN *CF! DEAR CAREGIVER... PAGES.*





# Strategies for Providing *CF!* Groups Virtually

MAINTAINING THE ESSENCE OF *CF!*

*A SAFE, SUPPORTIVE AND NURTURING GROUP ENVIRONMENT.*

- **HAVE A CO-LEADER**
- **GROUP DURATION:**
  - 30 MINUTES FOR ELEMENTARY-AGE CHILDREN
  - 45 MINUTES FOR PRE-TEENS
  - 60 MINUTES FOR TEENS
  - 90 MINUTES FOR ADULTS
- **PARENTS AS COLLABORATORS**



## Strategies for Providing *CF!* Groups Virtually

- **ESTABLISH AND REVIEW GROUP AGREEMENTS**
- **ASK FREQUENT OPEN-ENDED QUESTIONS OF YOUR GROUP**
- **CHILD'S ON-LINE SAFETY**
- **LET YOUR GROUP GUIDE YOU**
- **STAY CONNECTED**



# RECOMMENDED SESSION AGENDAS

## **PARENTS/CAREGIVERS: 75-90 MINUTES**

*PRE-SESSION GATHERING: 5-10 MINUTES*

INTERACTION WITH CHILDREN WHILE WAITING FOR ALL TO JOIN GROUP

### **OPENING: 10 MINUTES**

CENTERING

GROUP AGREEMENTS

REVIEW AND HOMEWORK FOLLOW-UP

### **ACTIVITIES: 60 MINUTES**

FOCUS QUESTION

INTRODUCTION OF TOPIC: CONNECT TO HEALTHY LIVING CIRCLE

SESSION ACTIVITIES

### **ASSIGN HOMEWORK: 10 MINUTES**

SESSION ASSIGNMENTS

FAMILY ACTIVITIES (TO DO DURING THE WEEK)

### **CLOSING: 15 MINUTES**

REFLECTION AND SERENITY SAYING



# RECOMMENDED SESSION AGENDAS

## **CHILDREN: 30 MINUTES**

### ***PRE-SESSION GATHERING: 5-10 MINUTES***

INTERACTION WITH CHILDREN WHILE WAITING FOR ALL TO JOIN GROUP

### ***OPENING: 5 MINUTES***

CENTERING

GROUP AGREEMENTS

REVIEW LAST SESSION & HOMEWORK FOLLOW-UP

### ***ACTIVITIES: 15-20 MINUTES***

INTRODUCTION OF TOPIC: CONNECT TO HEALTHY LIVING CIRCLE

FOCUS QUESTION

SESSION ACTIVITIES

### ***CLOSING: 5 MINUTES***

HOMEWORK ASSIGNMENTS

SERENITY SAYING

## **ADOLESCENTS: 50 MINUTES**

### ***PRE-SESSION GATHERING: 5-10 MINUTES***

INTERACTION WITH CHILDREN WHILE WAITING FOR ALL TO JOIN GROUP

### ***OPENING: 10 MINUTES***

CENTERING

GROUP AGREEMENTS

REVIEW LAST SESSION & HOMEWORK FOLLOW-UP

### ***ACTIVITIES: 30 MINUTES***

FOCUS QUESTION

INTRODUCTION OF TOPIC: CONNECT TO HEALTHY LIVING CIRCLE

SESSION ACTIVITIES

### ***CLOSING: 10 MINUTES***

HOMEWORK ASSIGNMENTS

REFLECTION & SERENITY SAYING



# MATRIX OF SUGGESTED ACTIVITIES

## SESSION 2: Healthy Living

**Main Concept: There are four parts to Healthy Living.**

<u>Parent/Caregivers</u>	<u>Family Activities</u>	<u>Children</u>	<u>Adolescents</u>
<p><b>Opening:</b> Centering &amp; Focus Question Group Agreements Homework Follow-up Review &amp; Child Affirmations</p> <p><b>Activities:</b> Introduction #1: Values Exercise #2: Healthy Living Circle #3: Child Safety Checklist</p> <p><b>Closing:</b> Assign Homework Reflection &amp; Serenity Saying</p>	<p><b>Family Meal:</b> Share what you added to the HLC</p> <p><b>Connecting With My Family:</b> #3: The Healthy Living Circle (HLC)</p> <p><b>Dear Caregiver Page:</b> <u>Children:</u> Make your own HLC <u>Adolescents:</u> Questions #1 &amp; 2: Questions about the HLC</p>	<p><b>Opening:</b> Centering/Group Agreements Homework follow-up Review</p> <p><b>Activities:</b> Introduction &amp; Focus Question #1: The Healthy Living Circle (HLC) #2: Healthy Living Mural</p> <p><b>Closing:</b> Assign Homework Reflection &amp; Serenity Saying</p>	<p><b>Opening:</b> Centering/Group Agreements Journal Question Get Acquainted Interviews Homework follow-up Review</p> <p><b>Activities:</b> Focus Question and Responses #1: The Healthy Living Circle (HLC) #3: Values Exercise.</p> <p><b>Closing:</b> Assign Homework Reflection &amp; Serenity Saying</p>

## QUESTIONS & NEXT STEPS

- ALL PARTICIPANT'S IN TODAY'S WEBINAR WILL BE SENT OUR GUIDE AND PRESENTATION SLIDES
- STAY TUNED FOR VIRTUAL QUARTERLY *CF!* SITE DIALOGUES STARTING IN SEPTEMBER



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**STAY IN TOUCH WITH US!**

**MELISSA SANTOS, COMMUNITY SOLUTIONS**  
**PROJECT DIRECTOR ~ CALIFORNIA OFFICE OF CHILD ABUSE PREVENTION PROJECT**

