



## Creating Lasting Family Connections (CLFC)

**is an evidenced-based prevention intervention curriculum proven to enhance and strengthen family bonds while building protective factors.**

Participating youth and adults are encouraged to improve their personal growth by increasing self-awareness, expression of feelings and interpersonal communication.

Participants are taught social skills, refusal and conflict resolution skills, and appropriate knowledge and healthy beliefs about alcohol and other drugs. These skills provide a strong defense against environmental risk factors that can lead to negative outcomes. CLFC has youth and adult curricula which can be implemented in a variety of settings.

As a billable service, it integrates well with existing group meetings, both as a mandated or voluntary class. The curriculum is composed of three different modules. Each module consists of 4-5 sessions typically taught as 2-hour classes.

**Graduation after 15 sessions, pace decided by organization based on the needs of their client. Recommended pace is 2 sessions a week.**

*“We facilitated all three CLFC modules with women in our 30-day residential treatment program. Women who participated in the program reported improvement in knowledge and attitudes about substance use (85%), communication skills (100%), and overall family enhancement (62%) through the retrospective survey. The women also reported using the communication tools learned in the program as being helpful in resolving conflicts amongst each other.” – L.H., 2021*

### Youth Curriculum

Is tailored specifically for ages 9-18. Through discussions, worksheets, and role-plays youth engage with one another as they develop a better understanding of themselves and how their behavior impacts others.

Topics addressed include:

- I statements
- Conflict resolution
- Independence and responsibility
- Positive communication

### Parent Curriculum

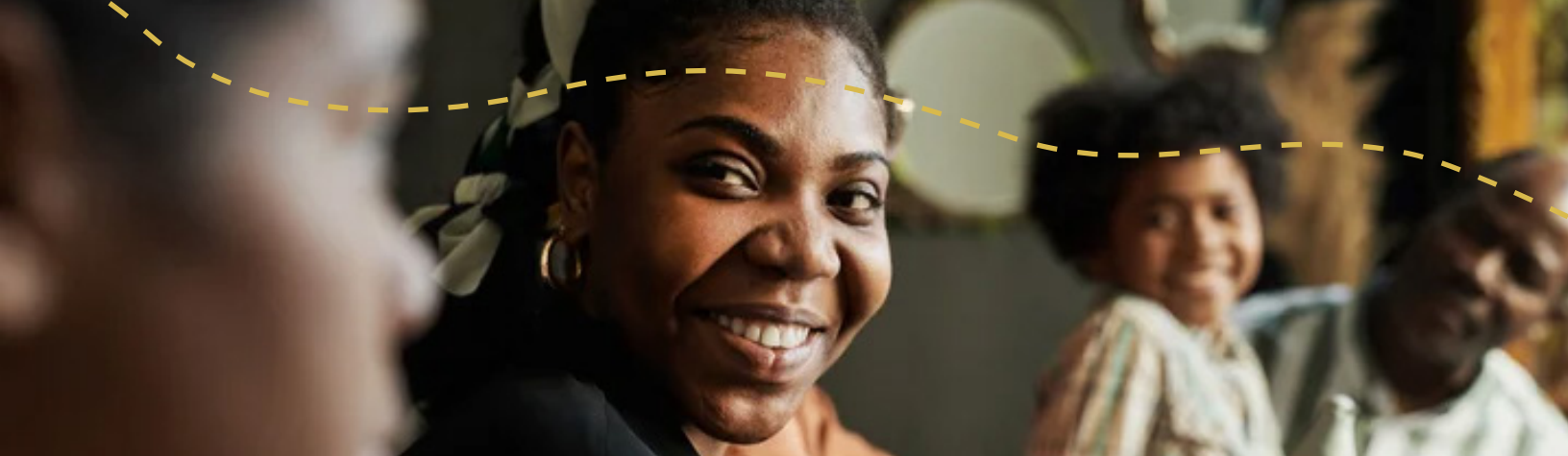
Provides parents and other caring adults with family management, family enhancement, and communications training. All participants are provided opportunities to practice these skills in a safe, peer-group setting.

Participants build practical skills through:

- Discussion
- Worksheets
- Role-play scenario

### Unique Feature of CLFC

This curriculum brings together parents and their children to practice what they've learned. Through role play scenarios, families work on practical application of learned skills while strengthening family bonds.



## CLFC Frequently Asked Questions

### + How do I become certified?

Currently, those who wish to be certified to facilitate the CLFC curriculum must be able to attend a 5-day training. Training is offered throughout the year in Mansfield, OH or arranged locally in your community.

### + CLFC is an evidenced-based curriculum, what does that mean?

An evidenced-based prevention intervention means that it has been thoroughly tested and proven to be effective when implemented to fidelity.

### + Who can use this curriculum?

The curriculum has been utilized in a variety of community settings and has been adapted by the program developer to serve the special adult populations of substance abuse recovery, prison reentry, fatherhood, and healthy marriage. It can be implemented within many different contexts including treatment and correctional facilities, faith-based organizations, or other community programs.

### + What does it mean to facilitate a program to fidelity?

CLFC is an evidenced-based program (EBP) which means that it has been scientifically tested and proven to be effective. Implementing an intervention to fidelity means that facilitators are following the guidelines and instructional procedures set forth by the developer and the OhioCIP Initiative. Adaptations to an EBP can be made, provided they do not negatively impact the fidelity of the intervention. When making adaptations it's always best to discuss this with the OhioCIP team.

### + What does it mean to implement a full cohort of CLFC?

Implementing a full cohort of CLFC means that the same group of participants will complete all 3 modules of CLFC - approximately 15 sessions.



**Are you interested in becoming certified to facilitate CLFC in your community?**

**LET US HELP!**  
(419) 525-3525 EXT.116



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