



Creating Lasting Family Connections® *for criminal justice clients*

A comprehensive, evidenced-based alcohol & drug abuse prevention, life-skills, and family enrichment program.

About CLFC

Creating Lasting Family Connections (CLFC) was created by the Council on Prevention and Education: Substances, Inc. (COPES), a private nonprofit organization with the goal of designing and implementing effective programs promoting the healthy development of youth and to enrich family life. COPES programs have received numerous awards for excellence.

CLFC has been recognized as an effective, evidenced-based program by the Substance Abuse Mental Health Services Administration, the Center for Substance Abuse Prevention, the Office of Juvenile Justice and Delinquency Prevention, the U.S. Department of Education, the White House Office of National Drug Control Policy, and the International Youth Foundation.

About Easy Does It, Inc.

Easy Does It, Inc. (EDI) is the leading community resource for, and gateway to, a lifetime of recovery from addiction. For 20 years EDI has supported recovery from addiction, and improved the quality of life of individuals and families through supportive housing, life-skills programs and "good, clean fun" social activities.

Primary Goals of CLFC

- * Reduces recidivism of criminal justice (probation & parole) populations
- * Supports recovery from alcohol and other drug abuse
- * Promotes healthy parenting, family and relationship behaviors & lifestyles
- * Reduces violence and improves conflict resolution skills
- * Develops problem solving and coping skills
- * Promotes personal responsibility and respect for others
- * Builds independence skills to resist negative social influences

The CLFC Program

The CLFC program consists of three Adult modules and three Youth modules for children ages 9 – 17. Each module consists of 5-6 sessions with each session requiring 1½ - 2 hours of instruction time. Adult and Youth modules run separately and independently, with optional combined "Getting Real" sessions. The optimal class size is 15-18 participants.

Initial Priority Populations

In order to narrow the field of potential participants from a large criminal justice population, and to help criminal justice workers identify the most appropriate clients, the following criteria have been identified as initial priority populations:

1. Clients requiring support for recovery from substance abuse
2. Clients requiring support for family relationship and/or parenting issues, along with their family members if possible
3. Clients with anger management issues which may have resulted in isolated incidents of rage or violence.
4. First time offenders or those with limited criminal histories.

Initial Contraindicated Populations

While the CLFC program can work with all types of populations, several groups have been identified as contraindicated for initial program sessions. As the CLFC program matures it is anticipated that targeted programs may be delivered for these specialized groups.

1. Habitual offenders or "career criminals"
2. Clients with a history or pattern of strong anti-social tendencies
3. Clients with a history or pattern of violence, including domestic violence
4. Clients with known gang associations

Participant Options:

The CLFC program has been shown to be beneficial to individuals, couples and families and consequently referrals of any of these combinations are appropriate:

- * Single Individuals (with and without children)
- * Married or committed couples (with and without children)
- * Children ages 9-17

Delivery Options:

Initial programs are planned for two weeknight evening sessions per week from 6:00-8:00 pm for seven weeks. Other delivery options that may be considered include:

- * Weekend days (1-2 sessions per day for 7 or 15 weeks)
- * Three day intensive (Friday – Sunday, 8 hours per day)
- * Five day intensive (Monday – Friday, 4 ½ hours per day)