



# Creating Lasting Family Connections

*A family strengthening program  
that gets results!*

## The Original CLFC Program

*The Original Creating Lasting Family Connections® (CLFC) Program* is a comprehensive, scientifically proven, 40-hour personal and family strengthening program listed in the Encyclopedia of Couple and Family Therapy and was listed in the National Registry of Evidence-Based Programs and Practices from 2007 through 2018, and is included in Health Canada's Preventing Substance Use Problems Among Young People: A Compendium of Best Practices. The *CLFC Program* was recognized as a featured practice in SAMHSA's Recovery to Practice Newsletter and was featured in the National Criminal Justice Association's Justice Bulletin.

The *CLFC Program* builds family skills and knowledge related to how childhood experiences can influence our behaviors and beliefs as adults; the differences between thoughts, feelings and behaviors; the developmental stages of children; characteristics of healthy families; emotional awareness and healthy emotional expression; developing expectations and consequences in relationships; saying "no" to people we're close to in a manner that preserves and/or strengthens our relationship with them; our experiences with alcohol while we were growing up; examining the differences between abstinence from alcohol use, drinking alcohol in low risk ways, becoming drunk and developing alcoholism; examining the possibility of drinking responsibly; the characteristics of positive, influential parents and adults; cultural influences on attitudes and behaviors related to alcohol use; how to recognize when someone may be having problems with alcohol (or other drugs); methods for the prevention of, intervention in, and treatment of the development of a substance addiction; how alcoholism affects families; and the view that any substance addiction (including alcoholism) is a disease.

The *Original CLFC Program* is a structured curriculum for youth ages 9-17 and their parents, guardians, and other family members to improve their ability to provide a nurturing environment for each other in a very effective and meaningful way. Participating youth and adults are encouraged to improve their personal growth through increasing self-awareness, expression of feelings, interpersonal communication, and self-disclosure. Participants are taught social skills, refusal skills, and appropriate knowledge and healthy beliefs about alcohol and drugs, which provide a strong defense against environmental risk factors that can lead to negative outcomes for youth. The *Original CLFC Program* also 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.

The Original CLFC Program contains the following three adult modules:

- Raising Resilient Youth (RRY)
- Getting Real (GR)
- Developing Positive Parental Influences (DPPI)

The Original CLFC Program also contains the following three youth modules:

- Developing Independence and Responsibility (DIR)
- Getting Real (GR)
- Developing a Positive Response (DPR)

**If you would like to participate  
in this program:**

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