

Nurturing Program for Families in Substance Abuse Treatment and Recovery

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Background And Development

Coalition on Addiction,

Pregnancy and Parenting

CSAP Demonstration Project, 1989 - 1994

Two Residential Women's Substance Abuse Treatment Programs

Goal:

Graphic of four arrows in a cycle with the goals in the middle:

- Support Women In Their Relationships With Their Children and Improve Birth
- And Treatment Outcomes

Nurturing Program For Parents Of Children Birth To Five Years Old

Stephen Bavolek, Ph.D.

Rationale

- Well Known & Documented
- Aimed At Reducing Child Abuse & Neglect
- Evaluation Instrument - AAPI
- Core Domains:
 - Appropriate Developmental Expectations
 - Empathy
 - Alternatives To Corporal Punishment
 - Appropriate Roles

Demonstration Project Adaptations

- Substantial Additional Information on Substance Abuse
- Increase Focus on Empathy
- Add Material on Self-Empathy & Mutuality - Relationship Building

- Add Material Focused on Nurturing the Parent
- Create Activities Calling for More Active Participation

Summary of Outcomes

Program A

- Statistically significant improvement on all 4 domains measured (*Inappropriate expectations, lack of empathy, corporal punishment, and role reversal*)

Program B

- Statistically significant improvement in *lack of empathy and role reversal*
- Increased scores in *inappropriate expectations and corporal punishment*

Relapse Risk Reduction

- Follow Up on Women Who Left Treatment
- Survival Analysis on Relapse Rates:
 - Completion of Nurturing Program Related to Longer Lengths of Abstinence
 - Average Time to Relapse = 14.7 months for Completers vs. 9.4 Months for Non Completers

Publication of the Nurturing Program for Families In Substance Abuse Treatment and Recovery

Incorporates Understanding of Factors Related to Substance Abuse Which Affect Parent-Child Relationship

- Childhood Experiences
 - Parental Substance Abuse
 - Physical / Sexual Abuse
- Shame & Guilt
- Inadequate Self-Care Skills
 - Physical / Mental Health
 - Recognize & Manage Emotions
 - Calming, Self-Soothing

The Relational- Cultural Model

- Women's Sense of Self is Organized Around Making and Maintaining Affiliations
- Stresses Development Through Connections

- Connections - Fundamental to Psychological Growth and Healing

Basic Principles

- Nurture the Parent
- Parenting is a Relationship Within a Family
 - Not Solely a Set of Skills
- Maintain Nurturing Program
- Domains: Appropriate Developmental Expectations, Empathy, Alternatives to Corporal Punishment, Appropriate Roles

Nurturing the Parent

- Providing Structure
- Encouraging Growth
- Physical, Mental & Spiritual Nourishment
- Create Opportunities to Build Connectedness
- Create A Safe Place for Self-Exploration & Building Self-Awareness
- Participation
- Creativity and Fun

Responds To...

- Array of Learning Styles
 - Literacy
 - Multiple Intelligences
- Exploration of Cultural Heritage
 - Providing Opportunities to Explore & Appreciate Both Own Heritage & Heritage of Other Participants

Nurturing Program Description

Format

18 Sessions; 90 minutes each

- Each Session:
 - Information for Group Facilitator
 - Begins With Ice Breaker

- Closes With Wrap-Up
- Many Sessions - Additional Material on Issues or Concerns That May Come Up During That Session

Topics

Hope

- Hope Tree
- Exploring Cultural Values
- Ritual Related to New Life & New Beginnings

Exploring Cultural Values and Rituals

- Description of Cultural Background
- Ways Your Culture Celebrates New Beginnings

Families

- Diverse Forms of Families
- Biases Faced by Families
- Effects of Substance Abuse & Recovery on Families

Feelings

Explore Ways of Identifying and Expressing Feelings for Parents and Children

Self-Esteem

Making Connections

- Communication
- Problem Solving
- Body Talk
- What Babies Teach Us

Building Structure

- Managing Stress
- Setting Boundaries
- Schedules and Routines
- Safety

Guiding Behavior

- Self-Calming
- Time-Out
- Re-Direction

Knowing Our Values

- Exploration of Cultural Values
- Value Game

Recovery: Love & Loss

- Losses Experienced Through Substance Abuse
- Process of Grieving
- Ways of Supporting Adults and Children in Grief
- Loss Exercise

Having Fun

- Importance of Play in Recovery and Family Life
- Play Party and Celebration

Statewide Dissemination

- 2 statewide trainings per year (free for treatment program staff)
- Parent-Child Specialists co-facilitate groups and provide supervision and technical assistance to publicly funded treatment programs statewide

National Dissemination

- IHR Parent-Child Specialists provide training on the *Nurturing Program* to programs and sites as requested
- Two full days of training is provided, utilizing a combination of didactic and interactive activities

Other Study Sites

(which have shown positive results)

- University of Miami
- Sstarbirth, Rhode Island
- Strengthening Solano Families
- HART House, Tewksbury, MA
- Harvard Street Neighborhood Health Center, Roxbury, MA

States Where Nurturing Program Replicated

- 34 states
- 3 Canadian provinces

Participant Evaluations

Family Relationships and Parenting:

“Most of what I learned had to do with ways I thought I **should** parent and that there really is no **rulebook** or **manual** to being a good parent. I also spent time learning about my child’s boundaries.”

“I’ve learned a lot of new ways to discipline, comfort, nurture, trust, love, care.”

“[I’ve learned] patience with my children; to think on their level.”

“I have learned that my child will learn different skills on her own time and not mine, and that I need to be patient and loving and supportive no matter what.”

“I don’t yell as much; I use time-out instead of hitting.”

“I don’t have to yell or get stressed out with my kids. I have ways to relate.”

Strengthening Recovery:

I learned:

“How to have fun as a clean and sober person, how to recognize certain feelings and situations and how I can deal with them; how to interact with other people, and how to nurture myself, my family and friends, and feel comfortable with it.”

“How to handle many of life’s every day issues and problems.”

“What nurturing is, how to nurture and care for myself as well as others; that I am a truly worthwhile human being who deserves safety, respect and happiness.”

“To take the initiative in my recovery.”

Adaptations

- Nurturing Families Affected by Substance Abuse, Mental Illness and Trauma
- Twelve Session Program (designed for outpatient programs)
- 60 vs 90 minute-session Format
- Building Family Recovery

Additional Materials

Family Activities to Nurture Parents and Children