Celebrating Families

SUPER: Substance Use Prevention Evidence-Based Resource, UCLA ISAP
Developer website: https://nacoa.org/celebrating-families-main/
Practice record last updated August 29, 2025

Cost	Prevention Category	Practice Focus	Practice Focus
Over $500	**Universal Direct, Selective, Indicated**	**SU**	**MH**

Practice Summary

Celebrating Families! (CF!) is a 16-week, trauma-informed parenting program for families facing substance use recovery, domestic violence, and child abuse risks. Using cognitive behavioral therapy-based, age-appropriate group activities for adults and children, CF! improves parenting skills, family functioning, and relationships. With interactive teaching methodologies, CF! helps participants explore physical, psychological, social, and spiritual well-being while teaching healthy family and parenting skills.

Practice Details

Substance Use Prevention Category	• Universal Direct • Selective • Indicated
Practice Level	• Individual • Relationship
Substance Use Prevention Strategy	• Education
Practice Components	**Individual** • Anger Management • Communication Skills Training • Cognitive Behavioral Strategies • Cultural/Religious Focus • Motivational Enhancement • Psychoeducation • Skills Training **Relationship** • Parenting Education/Skills **Community/Society** • None
Population Age	• Age 0-5 • Age 6-12 • Age 13-17 • Age 18-20 • Age 21-24
Populations of Focus	• American Indian/Alaska Native • General Population • Hispanic or Latino
Settings	• Community-based program • Broader community or society
Parent/Caregiver Involvement	• Required

Recommended Staffing	• Community members • Health or social work counselor, therapist or professional (licensed) • Teachers or educators
Prevention Focus	**Substance Use Prevention Focus** • Substance Use - General **Mental Health Wellness and Promotion Focus** • Mental Health - General
Training and Technical Assistance	There is a 2½ day training program for CF! available in-person and online, and training on engaging families in virtual sessions is also available. The training program provides a framework for program sites planning to offer CF!, fundamentals of the program, and information on some of the challenges that may occur during implementation with diverse families and children of varying ages. A train-the-trainer program is also available. The developer suggests that sites should host trainings at least two weeks before beginning program implementation. The developer also offers three-hour bundles of consultation services for $600.
Program Costs	Over $500. Please visit the developer's website listed above for updated information about implementation costs.
Adaptations	The program is available in Spanish, and adaptations are also available for Native American Families and families with children under age three.

Risk and Protective Factors

Youth Substance Use Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Early and persistent antisocial behavior • Early initiation of substance use	• Positive temperament • Personal engagement in two or more of the following: school, peers, athletics, employment, religion/spirituality, culture
Family and Relationships	• Lack of adult supervision • Family conflict • Family experiences of poverty • Family management problems • Substance use among caregivers	• Attachment between caregivers and youth, including unity, warmth, and attachment • Communication and contact between caregivers and youth • Clear expectations for behaviors and values • Supportive relationships with family
School, Peer, and Community	• Academic failure • Norms favorable towards substance use	• None

Youth Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• None	• Personal engagement in two or more of the following: school, peers, athletics, employment, religion/spirituality, culture
Family and Relationships	• Experiences of child abuse/maltreatment • Family conflict • Family experiences of poverty • Family management problems • Substance use among caregivers	• Attachment between caregivers and youth, including unity, warmth, and attachment • Communication and contact between caregivers and youth • Clear expectations for behaviors and values • Supportive relationships with family

Level	Risk Factors	Protective Factors
School, Peer, and Community	• Academic failure • Norms favorable towards substance use	• None

Shared Substance Use and Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• None	• Personal engagement in two or more of the following: school, peers, athletics, employment, religion/spirituality, culture
Family and Relationships	• Family conflict • Family experiences of poverty • Family management problems • Substance use among caregivers	• Attachment between caregivers and youth, including unity, warmth, and attachment • Communication and contact between caregivers and youth • Clear expectations for behaviors and values • Supportive relationships with family
School, Peer, and Community	• Academic failure • Norms favorable towards substance use	• None

Empirical Evidence of Impact

Prevention Focus	Outcome	Population Age	Evidence Strength and Study Populations of Focus
Substance Use (General)	Reduced Use or Delayed Initiation	0-17	Promising (General Population) [References 1-2]
Mental Health (General)	Behavior, Attitudes, and Functioning	0-17	Practice-Based Evidence (General Population) [References 1]

References

[1] Lutra Group (2006). *Year One (FY 05-06) Evaluation Report for Celebrating Families! Grant.* Unpublished Report
[2] Sparks, S. N., & Tisch, R. (2018). A family-centered program to break the cycle of addiction. *Families in Society, 99*(2), 100–109. https://doi.org/10.1177/1044389418767841

What California Providers Are Saying

We have not yet spoken to any California providers who have experience implementing Celebrating Families. If you have implemented it, we would love to hear from you. Please contact us.