

# Creating Lasting Family Connections® Marriage Enhancement Program

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## Program Fidelity Package

- Evidence-based
- Family Tested
- Listed on the National Registry of Evidence-based Programs & Practices (NREPP)

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## Awards

The *Creating Lasting Family Connections*® Curriculum Series has received the following recognition:

- In 2010 the *Creating Lasting Family Connections*® program was recognized as an **unprecedented fourth time** recipient of the **Exemplary Program Award** from the **National Prevention Network** (NPN) and the National Association of State Alcohol/Drug Abuse Directors (NASADAD) (**1995, 1999, 2000 and 2010**).
- In 2010 the *Creating Lasting Family Connections*® program was again listed as a **Model Program** by the **National Dropout Prevention Center/Network** sponsored by Clemson University.
- In 2009 the *Creating Lasting Family Connections*® program was identified as a **Promising Fatherhood Program** in the Administration for Children and Families' Responsible Fatherhood Initiative.
- ❖ In 2007 the *Creating Lasting Family Connections*® program was listed on the **National Registry of Evidence-based Programs and Practices (NREPP)**.
- In 2006 the *Creating Lasting Family Connections*® program was **reconfirmed** as an **effective substance abuse and violence prevention curriculum** by the **Office of Juvenile Justice and Delinquency Prevention**.
- In 2002 *Creating Lasting Family Connections*® was chosen as a **Model Program** by **Substance Abuse and Mental Health Services Administration**, U.S. Department of Health & Human Services.
- In 2001 COPES and the *Creating Lasting Family Connections*® program received a **Special Recognition Award** from the **Executive Office of the President's Office of National Drug Control Policy**.
- In 2001 *Creating Lasting Family Connections*® received the U.S. Department of Education's **Certificate of Recognition** as a **Promising Program for Safe, Disciplined and Drug-Free Schools**.

***CREATING LASTING FAMILY CONNECTIONS® MARRIAGE ENHANCEMENT PROGRAM***

**PROGRAM FIDELITY PACKAGE**

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## *Creating Lasting Family Connections® (CLFC) Marriage Enhancement Program*

### **Fidelity Instrument**

The use of this fidelity instrument assumes the “stage has been set”— that the community context has been assessed, the “readiness” (developmental stage) of the community has been identified and that the community wants the *Creating Lasting Family Connections® (CLFC) Marriage Enhancement Program* intervention.

I = Ideal

A = Acceptable

U = Unacceptable

#### Target Population

1. Age of targeted couples
  - I Targeted couples are 18 years of age or older.
  - U Targeted couples include those less than 18 years of age.
2. Target population focus
  - I Project focuses on serving couples.
  - U Project does not focus on serving couples.

#### Infrastructure Needs

1. Physical Space
  - I Ample space is provided which is large enough to accommodate 12-24 participants, the group leaders and required equipment.
  - U Ample space is not provided or is not large enough to comfortably accommodate 12-24 participants, the group leaders and required equipment.

#### Staffing

1. Staff consistency
  - I Two trainers are available to implement the entire *CLFC Marriage Enhancement Program*, including one year of case management follow-up, and collaborate to complete the Dosage/Fidelity Log.
  - A One trainer is available to implement the entire *CLFC Marriage Enhancement Program*, including one year of case management follow-up, and completes the Dosage/Fidelity Log.
  - U Various individual trainers implement the *CLFC Marriage Enhancement Program*, including one year of case management follow-up, and may/may not complete the Dosage/Fidelity Log.
2. Staff values and attitudes
  - I Trainers hold a number of important values and attitudes: accept the role of facilitator, establish relationships with participants, respect individual choices, respect individual and lifestyle diversity and strongly believe in helping couples and their families establish or re-establish family harmony.
  - A Trainers understand all the important values and attitudes and recognize their value, but also recognize it may take time to model these values and attitudes in their behavior.
  - U Trainers do not hold a number of these important values and attitudes.
3. Staff attitudes regarding participant inclusion
  - I Trainers respect and involve program participants in scheduling, planning and decision-making regarding training dates and times.
  - U Trainers do not respect and involve program participants in scheduling, planning and decision-making regarding training dates and times.

#### 4. Staff behavior

- I Trainers are consistent positive role models who consistently demonstrate effective relationship skills (i.e., respect, emotional support, communication skills, etc.), who enjoy their work and who appropriately interact with other program staff and program participants.
- A Trainers are positive role models who somewhat consistently demonstrate effective relationship skills and are working toward greater consistency, who enjoy their work and who appropriately interact with other program staff and program participants.
- U Trainers are not positive role models, consistently demonstrate ineffective or inappropriate relationship skills, and engage in any type of inappropriate behavior with other program staff and/or participants.

### Program Structure

#### 1. Session style

- I Sessions include lots of interaction and interplay between trainers and participants.
- A Sessions include some interaction and interplay between trainers and participants.
- U Sessions do not include interaction and interplay between trainers and participants.

#### 2. Session size

- I Each session includes 12-18 participants.
- A Each session includes 8-12 or 26-30 participants.
- U Each session includes less than 8 or more than 30 participants.

#### 3. Activity timing

- I All fifteen (15) activities are conducted and completed.
- A Thirteen (13) out of fifteen (15) activities are conducted and completed.
- U Less than thirteen (13) activities are conducted and completed.

#### 4. Activity length

- I Each activity is conducted within the recommended time as indicated on the *CLFC Marriage Enhancement Program Dosage/Fidelity Log*.
- U Each activity is conducted in less than a 20 minute increment of or more than a 20 minute increment of the recommended time as indicated on the *CLFC Marriage Enhancement Program Dosage/Fidelity Log*.

#### 5. Session incentives

- I Each session includes a light meal or snack at beginning or end of the session.
- A Occasionally a session includes a light meal or snack at beginning or end of the session.
- U Sessions never include a light meal or snack at beginning or end of the session.

#### 6. Activity sequencing

- I All of the activities are provided in the sequence outlined in the *CLFC Marriage Enhancement Program* curriculum.
- U Activities are not completed in the sequence outlined in the *CLFC Marriage Enhancement Program* curriculum.

#### 7. Time of sessions

- I All activities are conducted within three months and case management is conducted over a 12 month or longer period
- A All activities and case management is conducted over a ten (10) month period.
- U Fewer than thirteen (13) activities or less than ten (10) months of case management are provided.

8. Trainer characteristics

- I The trainer is: (1) outgoing; (2) caring; (3) non-judgmental; (4) handles ambiguity; (5) models moderate beliefs and attitudes; (6) has a natural helping attitude; (7) has experienced group-oriented growth opportunities; (8) recognizes, names and expresses feelings as they occur; and (9) shows knowledge of the common types of communication responses.
- A The trainer demonstrates most (7-8) of the above characteristics.
- U The trainer demonstrates few (6 or fewer) of the above characteristics.

9. Trainer experience

- I The trainer demonstrates full knowledge and skills of the curriculum and available support services (i.e., mental health, substance abuse, domestic violence, housing, employment, child support, etc.), including types of services available, eligibility, cost and insurance-related issues.
- A The trainer demonstrates limited knowledge and skills of the curriculum and available support services, but has access to assistance or supervision for referrals.
- U The trainer demonstrates little or no knowledge and skills of the curriculum and available support services.

10. Trainer preparation

- I The trainer is fully prepared for each activity.
- U The trainer is not fully prepared for each activity.

11. Activity content

- I Activities are an appropriate blend of lecture, demonstration, observation, role playing and brainstorming which best facilitates creating a learning climate.
- A Activities attempt to utilize various learning strategies to facilitate creating a learning climate.
- U Activities are static, do not engage participants and depend primarily on lecture.

12. Room set-up

- I The chairs and tables are arranged in a circular (or rectangular) fashion so that all participants can see each other and the two facilitators at the front of room. The flip chart is placed where the facilitators can easily access it and participants can clearly see it.
- A The chairs and tables are arranged in a non-circular (or non-rectangular) fashion and/or the room is arranged in a way that does not optimize communication and references to materials are unobstructed.
- U The chairs and tables are not arranged in a fashion that all participants can see each other or the two facilitators at the front of the room and visual reference, materials and communication is clearly obstructed and/or inhibited.

13. Program Overview

- I The trainer provides an overview of the *CLFC Marriage Enhancement Program* including all the activities and case management, and solicits and answers participant questions.
- A The trainer provides an overview of the *CLFC Marriage Enhancement Program* including all the activities and case management, and answers participant questions, but does not solicit them.
- U The trainer does not provide an overview of the *CLFC Marriage Enhancement Program* or case management, or ignores participant questions.

14. Welcome Ritual

- I The trainer facilitates the *CLFC* “welcome ritual” following the guidelines in the *CLFC Marriage Enhancement Program Trainer Manual*.
- U The trainer does not facilitate the *CLFC* “welcome ritual”.

15. Ground Rules

- I The trainer creates an atmosphere of safety by fully explaining all the ground rules and asking if there are questions about them.
- A The trainer recites all or almost all of the ground rules but does not ask for or entertain questions.
- U The trainer does not discuss the ground rules.

## 16. Atmosphere

- I The trainer creates ample opportunities for everyone to participate without forcing anyone to engage in any verbal discussion or activity.
- A The trainer creates some opportunities for everyone to participate without forcing anyone to engage in any verbal discussion or activity.
- U The trainer creates few opportunities for everyone to participate without forcing anyone to engage in any verbal discussion or activity.

## Marriage Enhancement Program Activities<sup>1</sup>

### 1. Content

- I The trainer fully covers all material (all capital and small letter, numbered and small roman numeral numbered points) in all fifteen (15) activities (i.e., materials in roman numerals).
- A The trainer covers most material (all but 1 numbered or a few small lettered or small roman numeral numbered points) in thirteen (13) or fifteen (15) activities.
- U The trainer skips significant portions of any activity, entirely skips 1 or more of the required activities.

### 2. Participant Thinking and Feelings

- I The trainer solicits responses from participants and validates/affirms all feelings/emotional responses as part of the exercises.
- A The trainer solicits responses from participants and validates/affirms some feelings/emotional responses as part of the exercises.
- U The trainer solicits responses from participants but does not validate/affirm feelings/emotional responses as part of the exercises.

### 3. Atmosphere

- I The trainer creates ample opportunities for "deep discussions" during the processing of activities.
- A The trainer creates some opportunities for discussion during the processing of activities.
- U The trainer creates few opportunities for discussion during the processing of activities.

### 4. Evaluation Activities

- I Under the direction of an evaluator, the evaluation team administers the pre-, post-, and follow-up surveys and the *CLFC Marriage Enhancement Program Retrospective Survey* to the participants.
- A The project administers the pre- and post- surveys and the *CLFC Marriage Enhancement Program Retrospective Survey* **OR** completes only the *CLFC Marriage Enhancement Program Retrospective Survey*.
- U The project does not administer any of the evaluation tools listed above.

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<sup>1</sup> The training manual referenced in this fidelity tool is developed by Ted N. Strader and his associates at the Council on Prevention and Education Substances (COPES) in Louisville, KY as they developed the *Creating Lasting Family Connections® Marriage Enhancement Program*. In order to truly understand the nature of this program and the construct of fidelity that we have attempted to quantify herein, one must be familiar with those materials. Information about the *Creating Lasting Family Connections® Marriage Enhancement Program* materials may be obtained from:

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## ***CREATING LASTING FAMILY CONNECTIONS® MARRIAGE ENHANCEMENT PROGRAM***

### **RECOMMENDED DOSAGE/FIDELITY INSTRUCTIONS**

Agencies, organizations, etc. are strongly encouraged to utilize the *Creating Lasting Family Connections® (CLFC) Marriage Enhancement Program* Fidelity Instrument in conjunction with the Dosage/Fidelity Log as a means of producing accurate records related to fidelity when implementing the *CLFC Marriage Enhancement Program*. These particular instruments can be used by a third-party evaluator who is observing the *CLFC Marriage Enhancement Program* implementation; however, the *CLFC Marriage Enhancement Program* trainers are also able to self-report the information.

When considering conducting a sophisticated evaluation design, the *CLFC Marriage Enhancement Program* developer suggests agencies/organizations tie this Dosage/Fidelity Log to their attendance records for an in-depth analysis of change in outcomes related to dosage and fidelity. As stated in the *CLFC Marriage Enhancement Program* Fidelity Instrument, at a minimum, the *CLFC Marriage Enhancement Program* Retrospective Survey should be administered for process evaluation data and feedback on the *CLFC Marriage Enhancement Program* trainers.

Please note: In the *CLFC Marriage Enhancement Program* Fidelity Instrument, ideally 2 trainers will collaborate to complete the Dosage/Fidelity Log for each session. However, if only 1 trainer is available, please ensure that the trainer follows the same standards and practices each time the Dosage/Fidelity Log is completed.

Staff members completing the Dosage/Fidelity Log are encouraged to make a duplicate copy of the Dosage/Fidelity Log for each session and to keep these duplicate copies in a file so that an evaluator can access the information for analysis. From this collected information, a summary can be prepared at the end of the program run. (Administrators and managers can also use this information as a means of quality assurance.)

\*NOTE: The Dosage/Fidelity Log is also available electronically from Resilient Futures Network (RFN).

**CREATING LASTING FAMILY CONNECTIONS® MARRIAGE ENHANCEMENT PROGRAM**

**DOSAGE/FIDELITY LOG**

COHORT #: \_\_\_\_\_

Training Date: \_\_\_\_\_

Location of Training: \_\_\_\_\_

Trainers Present: \_\_\_\_\_

Evaluator(s)/Trainer(s) Who Completed This Form: \_\_\_\_\_

Session	Activity/Exercise	Please check one: <sup>1</sup>		Recommended Time	Actual Time <sup>2</sup>
		Completed	Not Completed		
Optional	Wave 1 Evaluation (Pre-test)			-	
<b>1</b>	Welcoming Ritual			~30 minutes	
	Program Expectations			~25 minutes	
	Job Descriptions ( <i>optional</i> ) <sup>3</sup>			~0-65 minutes	
<b>2</b>	My Wishes, Your Wishes, Our Marriage Enhancement Goals			~60 minutes	
	Family Influences			~60 minutes	
<b>3</b>	Thinking and Feeling			~90-120 minutes	
	Healthy Family Members ( <i>optional</i> ) <sup>3</sup>			~0-30 minutes	
<b>4</b>	My Partner's Personality			~30 minutes	
	Possible Hidden Needs or Yearnings			~45 minutes	
	Is There an Echo in Here?			~45 minutes	
<b>5</b>	Our Favorite Getaways			~30 minutes	
	More Transformations-Meeting My Needs, Your Needs, Our Needs			~90 minutes	
<b>6</b>	The Compassionate Partnership			~120 minutes	
<b>7</b>	Review of the Compassionate Partnership			~120 minutes	
<b>8</b>	Rekindling Loving Feelings and Behaviors			~120 minutes	
Optional	Retrospective Survey			-	
Optional	Wave 2 Evaluation (Post-Test)			-	
Optional	Completion/Closing Ceremony			-	
Optional	Wave 3 Evaluation (Follow-up) <sup>4</sup>			-	
<b>Total</b>				~960 minutes (16 hours)	

**Session Notes:**

Please note any significant occurrences or observations:

**Participants Absent from Session:**

<sup>1</sup> When examining the goals, objectives and the content of each session/activity, does the trainer/facilitator believe the program recipients received at least 80% of the intended content? If yes, then check "Completed," if no, then check "Not Completed."

<sup>2</sup> To maintain fidelity of the program, actual time spent on activities should fall within the 20 minute window as indicated in the *CLFC Marriage Enhancement Program Fidelity Instrument*.

<sup>3</sup> When implementing the weekend retreat format, these exercises may be optional due to taking breaks and providing meals (participants may arrive/return late). Facilitators are encouraged to implement these activities whenever possible.

<sup>4</sup>To be determined by agency's evaluation team – typically administered 3-6 months after the end of programming.

**CREATING LASTING FAMILY CONNECTIONS® MARRIAGE ENHANCEMENT PROGRAM**

**RECOMMENDED WEEKEND RETREAT SCHEDULE**

**FRIDAY EVENING**

**5:30 – 6:00pm**            **Dinner**  
**6:00 – 8:00pm**            **Session 1**  
Welcoming Ritual  
Program Expectations  
Job Descriptions

**SATURDAY**

**7:30 – 8:00am**            **Breakfast/Snacks**  
**8:00 – 10:00am**        **Session 2**  
My Wishes, Your Wishes, Our Marriage Enhancement Goals  
Family Influences  
**10:00 – 10:15am**        **Break**  
**10:15 – 12:15pm**       **Session 3**  
Thinking and Feeling  
Healthy Family Members  
**12:15 – 1:00pm**        **Lunch**  
**1:00 – 3:00pm**            **Session 4**  
My Partner's Personality  
Possible Hidden Needs or Yearnings  
Is There an Echo in Here?  
**3:00 – 3:15pm**            **Break**  
**3:15 – 5:15pm**            **Session 5**  
Our Favorite Getaways  
More Transformations – Meeting My Needs, Your Needs, Our Needs  
**5:15 – 6:00pm**            **Dinner**  
**6:00 – 8:00pm**            **Session 6**  
The Compassionate Partnership

**SUNDAY**

**7:30 – 8:00am**            **Breakfast/Snacks**  
**8:00 – 10:00am**        **Session 7**  
Review of the Compassionate Partnership  
**10:00 – 10:15am**        **Break**  
**10:15 – 12:15pm**       **Session 8**  
Rekindling Loving Feelings and Behaviors  
**12:15 – 1:00pm**        **Celebratory Luncheon (Optional)**