

Breaking the Silence, Breaking the Cycle

Hope and Healing for Children
Impacted by Parental Addiction



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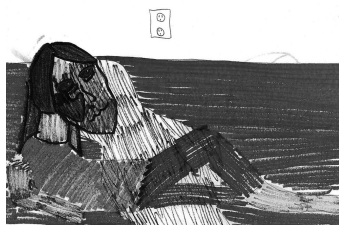
Prevalence of Substance Abuse

- 8.3 million children in the United States, approximately 11 percent, live with at least one parent who is in need of treatment for alcohol- or drug-dependency.
- One in four children under the age of 18 is living in a home where alcoholism or alcohol abuse is a fact of daily life.

Substance Abuse

Risk to Children

- #1 risk factor for a child being abused is alcoholism or addiction in the home.

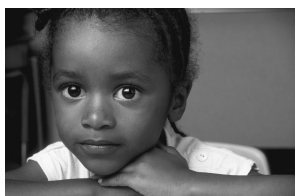


- Parents with substance abuse problems are approximately 3 times likelier to report abuse towards their children and 4 times likelier to report neglect than parents without substance abuse problems.

Cycle of Addiction



- COAs are 4 times likelier than non-COAs to use alcohol or develop alcohol-related problems.
- COAs tend to initiate alcohol use earlier and engage in problem drinking at a younger age than non-COAs.



Characteristic Concerns of COAs

- Children feel responsible for parent's drinking or drug use.
- Children equate drinking /drug use with not being loved.
- Children fear the alcohol drug abuser will get sick or die.
- Children feel angry with non-using parent.

- Children are embarrassed by parent's behavior.
- Children never know what to expect.
- Children are confused by the difference between "dry" and "drunk" behavior.
- Children sometimes want their parent to drink or use drugs.

Family Dynamics



- ☛ It's not okay to express feelings freely.
- ☛ It's not okay to talk about problems.
- ☛ Indirect communication is best.
- ☛ Unrealistic expectations.
- ☛ Don't be selfish.
- ☛ Do as I say, not as I do.
- ☛ It's not okay to play or be playful.
- ☛ Don't rock the boat.

Don't Talk

Don't Trust

Don't Feel



Working with COAs...



Important Messages COAs Need to Hear

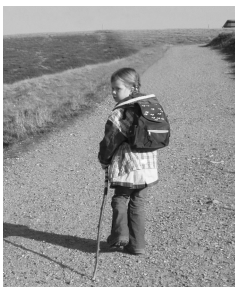
- ☑ You are not alone.
- ☑ You are not responsible for the drinking or drug use in your family.
- ☑ It's not your fault.
- ☑ You can't control your parent's drinking or drug use.
- ☑ Things can be better for you.
- ☑ There are people and places that can help you.
- ☑ All of your feelings are okay.

Bag of Rocks

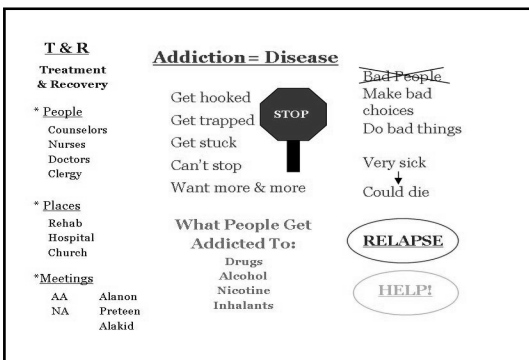
FEELINGS
 Angry
 Confused
 Ashamed
 Embarrassed
 Lonely
 Scared
 Sad
 Shy

FAMILY PROBLEMS
 Fighting
 Abuse
 Addiction

SECRETS



Addiction Board



What do people get addicted to?



- Drugs
- Alcohol
- Inhalants
- Nicotine



7 C's

<p>1. <u>I didn't CAUSE it.</u> Another person's addiction can never be a kid's fault.</p> <p>2. <u>I can't CONTROL it.</u> They choose to use or not to use.</p> <p>3. <u>I can't CURE it.</u> It's a disease and can come back, but people do get better.</p> <p style="text-align: center; margin-top: 10px;">BUT!!!!</p>	<p>4. <u>I can help take CARE of myself.</u> My #1 job is to be a kid!</p> <p>5. <u>I can COMMUNICATE</u> my feelings by talking, drawing and writing.</p> <p>6. <u>I can make healthy CHOICES</u> by choosing not to use drugs or alcohol.</p> <p>7. <u>I can CELEBRATE myself.</u> I am special! I can _____.</p>
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It is important to always remember...

Another person's addiction can

NEVER

be your fault!

Your #1 job is to be a

KID !

Please talk to a safe person if you need help or have questions.

The Serenity Prayer/Creed

God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.



Other Activities



- Getting to Know You Games
- Writing Drawing
- Keeping Me Safe
- Jeopardy Wheel
- Coloring
- Reading and Videos
- Self-care Day

Working with Parents

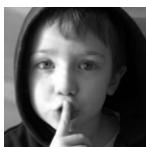
- ❖ Reduction of parental shame
- ❖ Education on COA behaviors and issues
- ❖ New parenting skills
- ❖ Parenting in recovery

Parent Amend Letters

- ✦ I heard you say _____.
- ✦ I am sorry for _____.
- ✦ I am going to stay healthy by _____.
- ✦ My hopes and dreams for you are _____.

Breaking the Don't Talk Rule

- ✦ Let your children know in an age-appropriate manner what happened when/if they ask.
- ✦ If they don't ask or don't know about your addiction, let them know before they are adolescents.
- ✦ Work on communication skills as a family and one on one.



Breaking the Don't Trust Rule

- ✦ Make promises you can keep.
- ✦ Be where you are supposed to be, when you are supposed to be there.
- ✦ Be consistent and fair with rules and consequences.
- ✦ Trust yourself to make decisions for your children.
- ✦ Trust others and seek help when you don't know what to do.



Breaking the Don't Feel Rule

- ✦ ALL FEELINGS ARE OK!!
- ✦ Be aware of your own feelings and let them out.
- ✦ Do model your feelings appropriately.
- ✦ Avoid yelling and other displays of violence.
- ✦ Guilt and Shame- allowing your child to manipulate your actions.



Resilience



The capacity to spring back, rebound, successfully adapt in the face of adversity, and develop social competence despite exposure to stress.

Resiliency

Resilient children possess the following traits...



Werner, E.E. & Smith, R.S. (2001). *Journeys from childhood to midlife: Risk, resilience, and recovery*. Ithaca, NY: Cornell University Press.

Autonomy

- ❖ Positive self-esteem
- ❖ Self-discipline
- ❖ Resistance to negative messages
- ❖ Ability to separate

Social Competence

- ❖ Flexible
- ❖ Sensitive to others
- ❖ Effective communication skills
- ❖ Sense of humor
- ❖ Tolerance of others

Problem Solving Skills

- ❖ Resourcefulness
- ❖ Initiative
- ❖ Planning skills
- ❖ Generates alternatives
- ❖ Uses imagination

Sense of Purpose and Future

- ❖ Goal oriented
- ❖ Hopefulness
- ❖ Looks forward to the future
- ❖ Persistent
- ❖ Educational aspirations
- ❖ Faith/spirituality

Protective Factors



**Caring and
Support**



**High
Expectations**



Active Participation



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A 3-day support and education group
 for children affected by a loved one's
 addiction.

*No child is turned away due
 to inability to pay.*