

# The Impact of Parental Substance Use on Young Children and Teens

Presented by

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# First Call

- **Our Mission**

*To reduce the impact of alcohol, drugs and addiction by providing quality resources to individuals, families and the community.*

- **Our Services**

- Individuals
- Families
- Community

- **Contact Us**

- (816) 361-5900 24/7
- [firstcallkc.org](http://firstcallkc.org)

# Substance Use Disorder is a Disease



- Primary (it has symptoms)
- Chronic (it is ongoing)
- Progressive (it does not get better)
- Treatable but not curable
- Often fatal

# Walls of Defense of the Chemically Dependent Person



How does substance  
use disorder become a  
family disease?

# Impact on Children



- Inconsistency
- Instability
- Abuse

# At-Risk Kids

- Genetic Predisposition (Nature)
- Learned Behavior (Nurture)
- Environmental Influence

# Reaction Spiral





# Effects of Addiction Gastrointestinal System

## Addict

Esophagitis

Gastritis

Peptic Ulcer

Pancreatitis

Hepatitis

Malabsorption

Malnutrition

Sugar Imbalance

## Family/Friends

Esophagitis

Gastritis

Peptic Ulcer

Diarrhea

Constipation

Bulimia

Anorexia

Overeating

# Effects of Addiction Cardiovascular System

## Addict

Hypertension

Irregular Heartbeat

Stroke

## Family/Friends

Hypertension

Irregular Heartbeat

Stroke

# Effects of Addiction Skeletal System

## Addict

Accidents

Fractures

Bruises

Burns

Drowning

## Family/Friends

Accidents

Fractures

Bruises

Burns

# Effects of Addiction Sexuality

## Addict

Lack of intimacy

Change in performance

Acting out

Hormone changes

Feelings are blocked

Changes in sex drive

## Family/Friends

Lack of intimacy

Change in performance

Acting out

Hormone changes

Feelings are blocked

Grief re: “loss” of loved one

# Effects of Addiction

## Nervous/Emotional System

### Addict

Anxious/nervous  
Lack of concentration  
Memory problems  
Sleep problems  
Headaches  
Denial  
Fatigue  
Impaired judgment  
Hides use  
Fear of loss of the chemical  
Withdrawal  
Depression  
Suicide/homicide

### Family/Friends

Anxious/nervous  
Lack of concentration/preoccupied  
Learning problems (in children)  
Sleep problems  
Headaches  
Denial  
Fatigue  
Impaired judgment  
Covers for user  
Blames self  
Grief – person is there but not there  
Fear of losing the addict  
Depression  
Suicide/homicide



**Don't Talk**



**Don't Trust**

**Don't Feel**



# Addiction and the Family System

## Family Role Play



# How Can Adults Help?





# Adults Can Help Children Learn

- They are not alone
- It's not their fault
- There is help and they deserve it
- Addiction is a disease
- It's ok to share feelings with a safe person
- To appropriately express feelings, including anger
- They can thrive and do well
- The whole family is hurt by the disease
- Addiction is a preventable and treatable disease
- Recovery can take a long time
- There are trustworthy adults who can help
- It is healthy to ask for help

# The 5 C's

- I didn't **Cause** it
- I can't **Control** it
- I can't **Cure** it
- The way I get better and **Cope**
- Is by taking **Care** of myself



# Reaction Spiral



I seek **Serenity**

to accept the things I cannot change...

**Courage**

to change the things I can...

And **Wisdom**

to know the difference.

# Safety Plan

- Safe Places To Go
- Trustworthy Adults
- Coping Skills



wiki How to Make a Business Plan (for Kids)

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Questions?