The Impact of Parental Substance Use on Young Children and Teens

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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

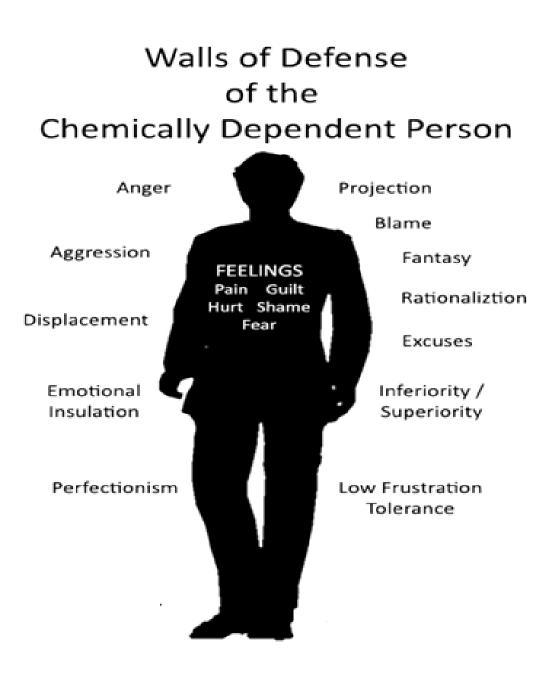


Substance Use Disorder is a Disease



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







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





<u>Effects of Addiction</u> 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

<u>Addict</u>

Hypertension

Irregular Heartbeat

Stroke

Family/Friends

Hypertension Irregular Heartbeat Stroke



Effects of Addiction Skeletal System

<u>Addict</u>	Family/Friends
Accidents	Accidents
Fractures	Fractures
Bruises	Bruises
Burns	Burns
Drowning	



Effects of Addiction Sexuality

<u>Addict</u>

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

<u>Addict</u>

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 Addict Mascot Enabler Scapegoat Hero _ost Child



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





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Questions?

