Effects of Drugs & Alcohol on Children & Families

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Four Services Areas at The Council

• Prevention programs
  • Kids Camp at The Council
  • Choices Program for Middle & High School

• Community Education

• Clinical Services
  • Cradles Project
  • Center for Recovering Families –
    Adult, Adolescent, and Children’s Services

• Recovery Support Services
Since you have opened this book, you should know my family has drug, alcohol, and nicotine problems. My mother had alcohol problems. My grandmother still has drug problems with CRACK. My aunt has problems with drugs, alcohol, and nicotine. My grandmother had drug and alcohol problems. My uncle had alcohol problems. My mother was going through a rough time, but she has been sober for two years now. My grandmother has so much stress in him and just can not control himself from time to time. My mother overcame her addiction now and I am happy with that.
Approximately 1 in 4

The National Institute of Health (NIH), 2012
Cycle of Addiction

COAs are four 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.

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

➢ COA’s are 4 times more likely to suffer neglect.

The Human Brain

Complexity of Function

- Abstract Thought
- Concrete Thought
- Affiliation
- "Attachment"
- Sexual Behavior
- Emotional Reactivity
- Motor Regulation
- "Arousal"
- Appetite/Satiety
- Sleep
- Blood Pressure
- Heart Rate
- Body Temperature

B. Perry, MD

Cortex: Cognitive Memory

Limbic: Emotional Memory

Midbrain/Cerebellum: Motor-Vestibular Memory

Brain Stem: State Memory

www.childtrauma.org
FAS ≠ FASD

- Fetal Alcohol Syndrome
- Partial Fetal Alcohol Syndrome
- Alcohol-Related Neurodevelopmental Disorders
- Alcohol-Related Birth Defects


Texas Office for Prevention of Developmental Disabilities
Photo courtesy of Sterling Clarren, MD – Brain at 6 wks
### Brain Structures Most Sensitive to Prenatal Alcohol Exposure

<table>
<thead>
<tr>
<th>Brain Structure</th>
<th>Function</th>
<th>Prenatal alcohol exposure may result in problems with:</th>
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<tbody>
<tr>
<td>Corpus Callosum</td>
<td>Communicates motor, sensory and cognitive information between the two hemispheres of the brain</td>
<td>Storing and retrieving information, problem solving, attention and verbal memory</td>
</tr>
<tr>
<td>Cerebellum</td>
<td>Processes input from other areas of the brain to coordinate motor and cognitive skills</td>
<td>Controlling movements, maintaining balance and fine motor skills</td>
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</tbody>
</table>

National Organization on Fetal Alcohol Syndrome (NOFAS)
1.800.66NOFAS or visit www.nofas.org
Don’t Talk
Don’t Trust
Don’t Feel
Don’t Deal
Broken hearts
Broken promises
Broken bottles = equal broken people

You stupid.

I wish you were never born.

Don't worry, I forgot.

I love you.
Characteristic Concerns of COAs
Children feel responsible for parent’s drinking or drug use.
My mom got addicted to smoking. I felt bad because I thought it was my fault because I wasn't there for her. But a miracle happened. My mom went to rehab. I was lucky because I didn't want to be in a fast food place, and now I can see the mom I saw 3 years ago. One time I got scared and then I called 911. Because my mom was getting hit, I hope that my mom will recover.
I didn’t **CAUSE** it.
I can’t **CONTROL** it.
I can’t **CURE** it.
But, I can help take **CARE** of myself.
I can **COMMUNICATE** my feelings.
I can make healthy **CHOICES**.
I can **CELEBRATE** myself.
How Addiction Affected my Life. It broke my heart in half.
Children fear the person who uses alcohol or drug will get sick or die.
Where did she go?
Characteristic Concerns

Children feel angry with non-using parent
Angry

![Angry Face](image)

Angry

Angry

Angry

Angry

Angry
Lies
Years
Hurt
Children are embarrassed by parent’s behavior.
Characteristic Concerns

Children never know what to expect.
Addiction: How it's hurt my family.

Dad in Jail
Children are confused by the difference between “dry” and “drunk” behavior.
Promise Broken
Characteristic Concerns

Children sometimes want their parent to drink or use drugs.
blah blah blah blah blah
Family Dynamics
Common Beliefs in Families with Addiction
It’s not okay to talk about feelings.
Indirect communication is best
It’s not okay to express feelings freely.
Unrealistic expectations.
Don’t be selfish.
Do as I say, not as I do.
It’s not okay to play or be playful.
It’s not okay to play or be playful.

Do as I say, not as I do.

It’s not okay to talk about feelings.

Don’t rock the boat.

It’s not okay to express feelings freely.

Don’t be selfish.

Unrealistic expectations.

Indirect communication is best
Educational Challenges

- Learning disabilities
- Repeated grades
- Attend more schools
Educational Challenges, cont.

COAs tend to have higher rates of:

- Truancy
- Delinquency
- Drop-Out
- Pregnancy
- Expulsion
- Institutionalization
Bag of Rocks

FEELINGS
Angry           Hurt
Confused        Scared
Ashamed         Sad
Embarrassed     Shy

FAMILY PROBLEMS
Fights
Abuse
Addiction

SECRETS