

# IT'S NOT THE BRADY BUNCH



## FAMILY EFFECTS OF ADDICTION



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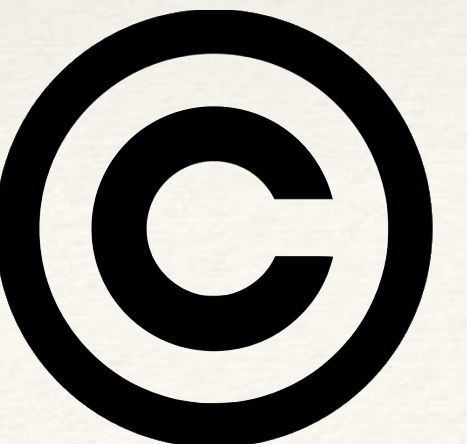


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# DRAW A PICTURE OF YOUR FAMILY

WHAT VALUES DID  
YOU LEARN FROM  
YOUR FAMILY?

WHAT WERE THE  
MESSAGES YOU  
RECEIVED?





# FAMILY

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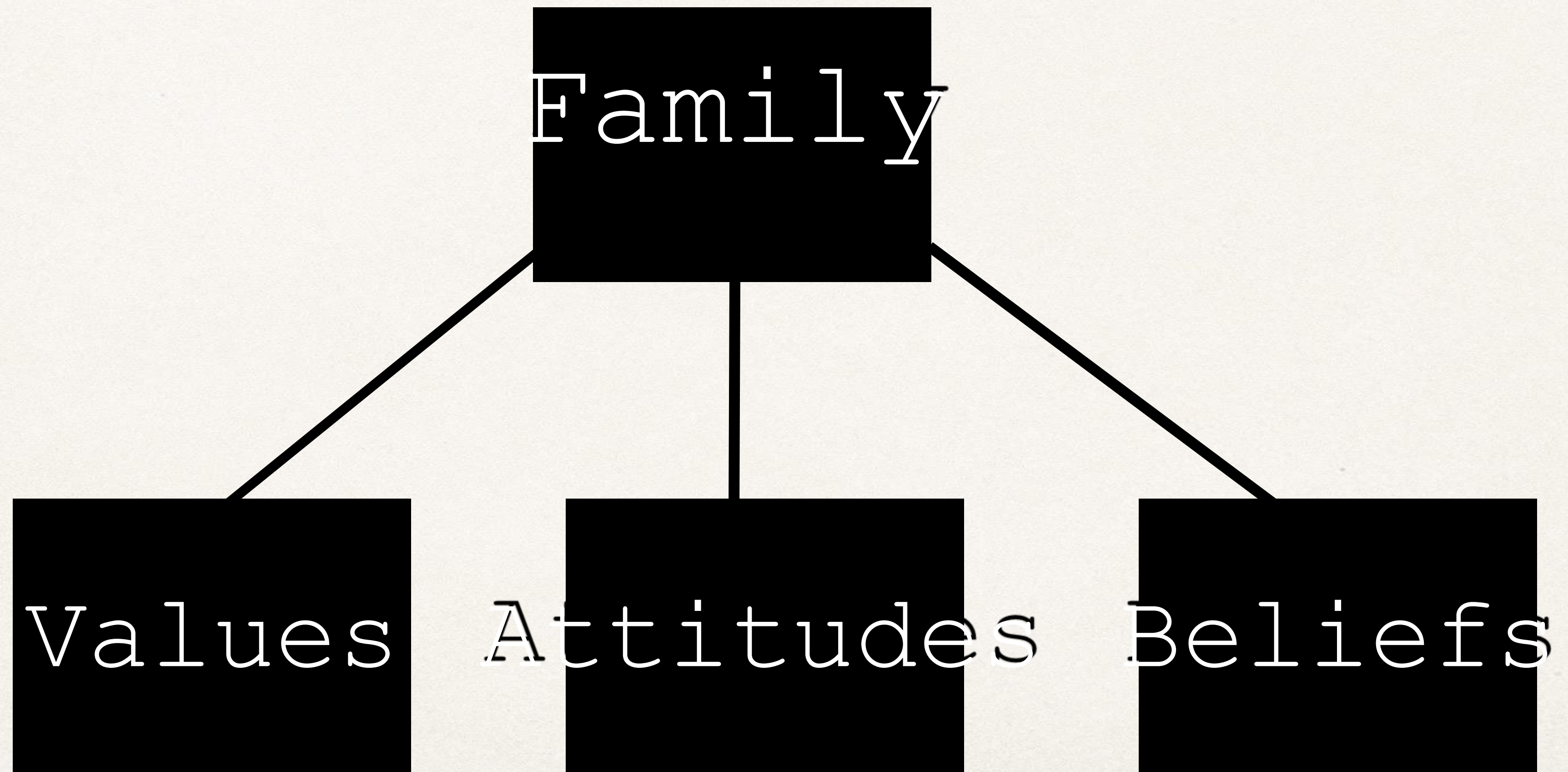
- **How do you define the concept of family?**
- **What do we learn from our families?**





# FAMILY

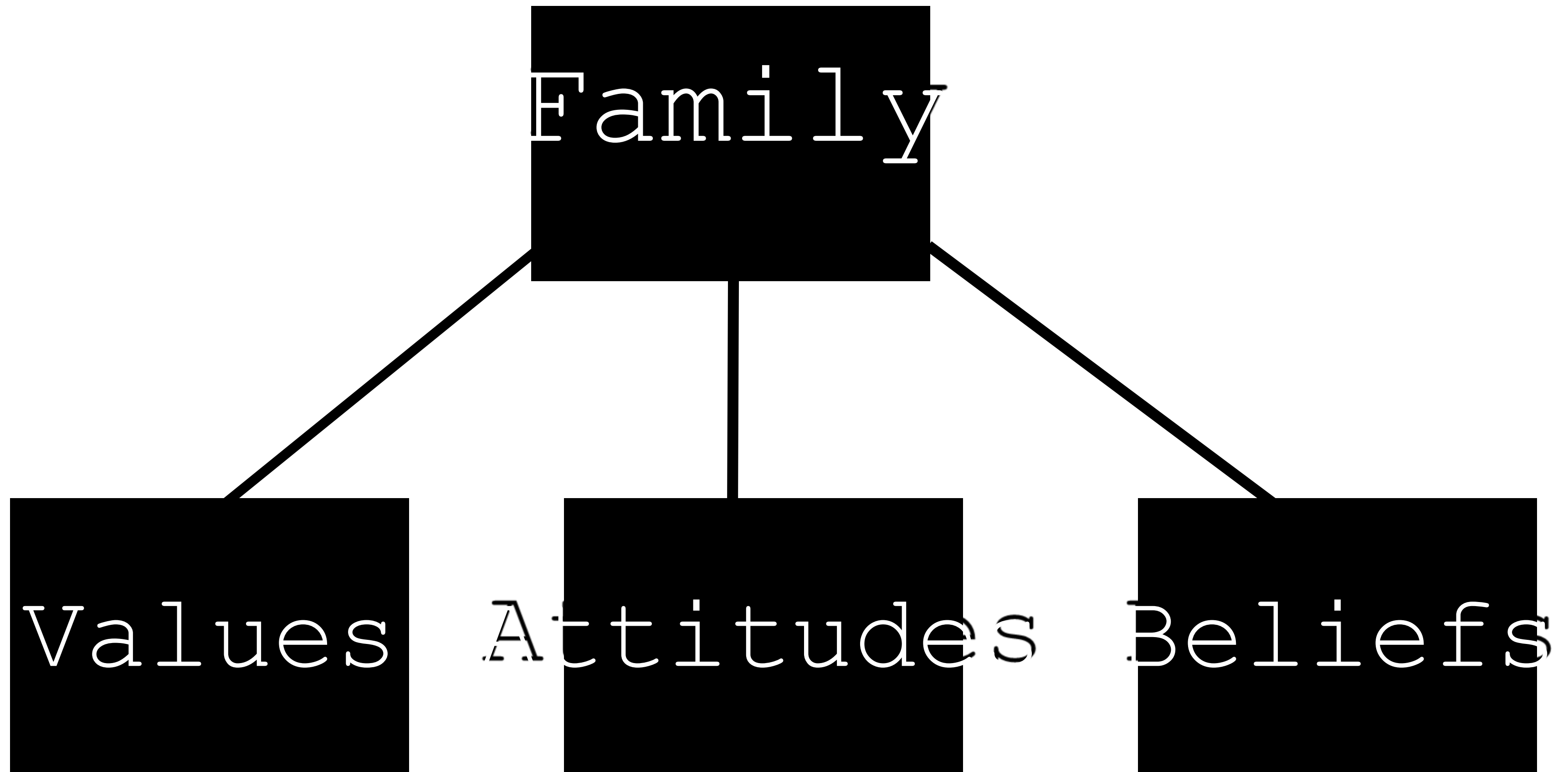
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# FAMILY

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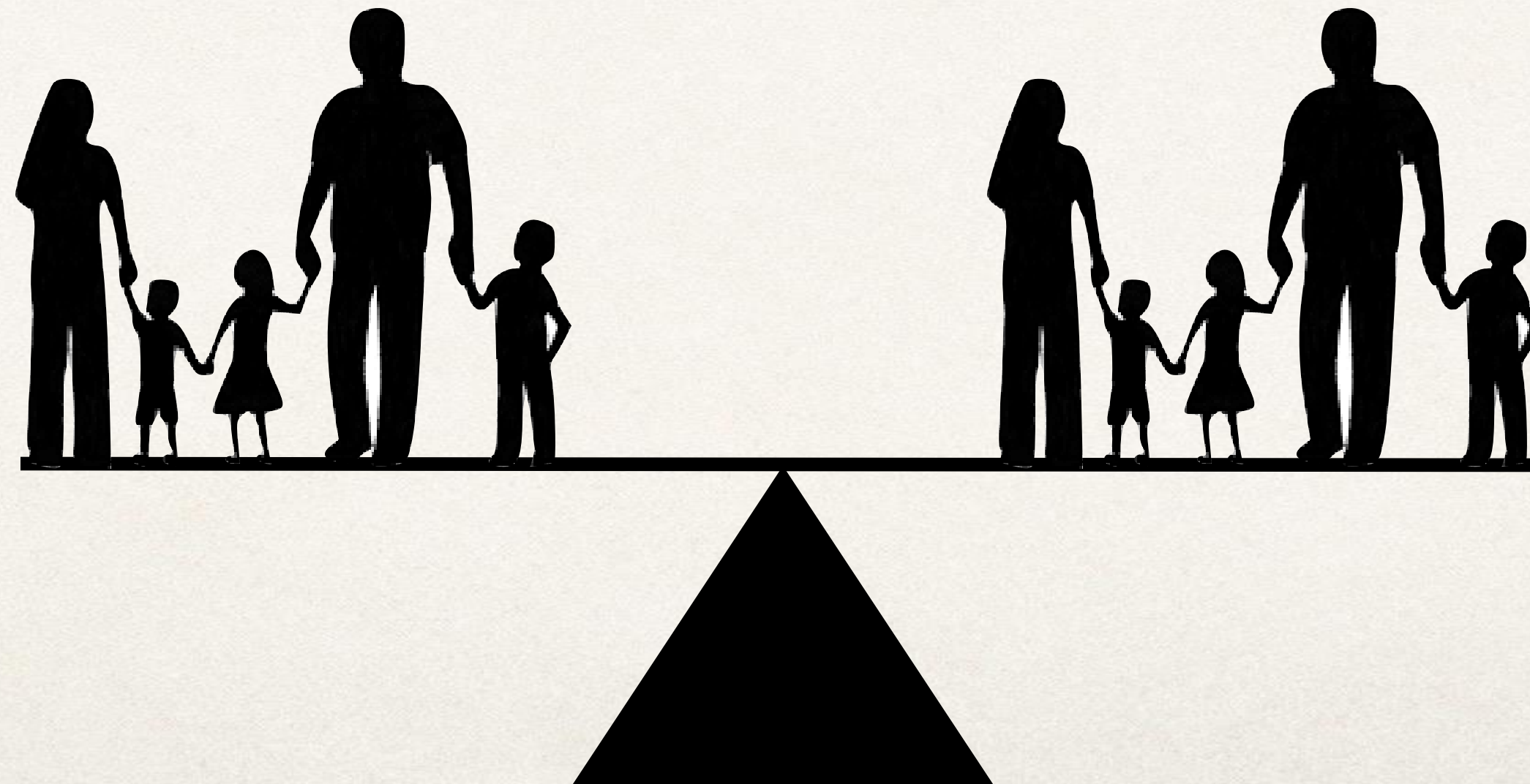




# FAMILY

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- **Every family operates to find balance.**





# ADDICTION

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- **Substance Use Disorders throws off the balance within a family system.**





# ADDICTION

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- **(Latin) Addictus- attached to something, positive**





# ADDICTION

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- **Today substance use disorders are classified as a brain disease.**





# GROUP ACTIVITY

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- **Based upon your professional experience(s), what do you consider to be the most challenging aspects of parental substance use disorders?**



# ADVERSE EXPERIENCES

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- ADVERSE CHILDHOOD EXPERIENCES (ACEs) FALL INTO THE MAIN CATEGORIES OF :
  - physical abuse
  - psychological/emotional abuse
  - sexual abuse
  - neglect (physical/emotional)
- On average, the more ACEs a person has suffered, the more problems s/he is likely to have in adult life.









# MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



**Abraham Harold Maslow** (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

**Self-Actualization** - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS

## SELF-ACTUALIZATION

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS

## ESTEEM

FRIENDSHIP, FAMILY, SEXUAL INTIMACY

## LOVE/BELONGING

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY

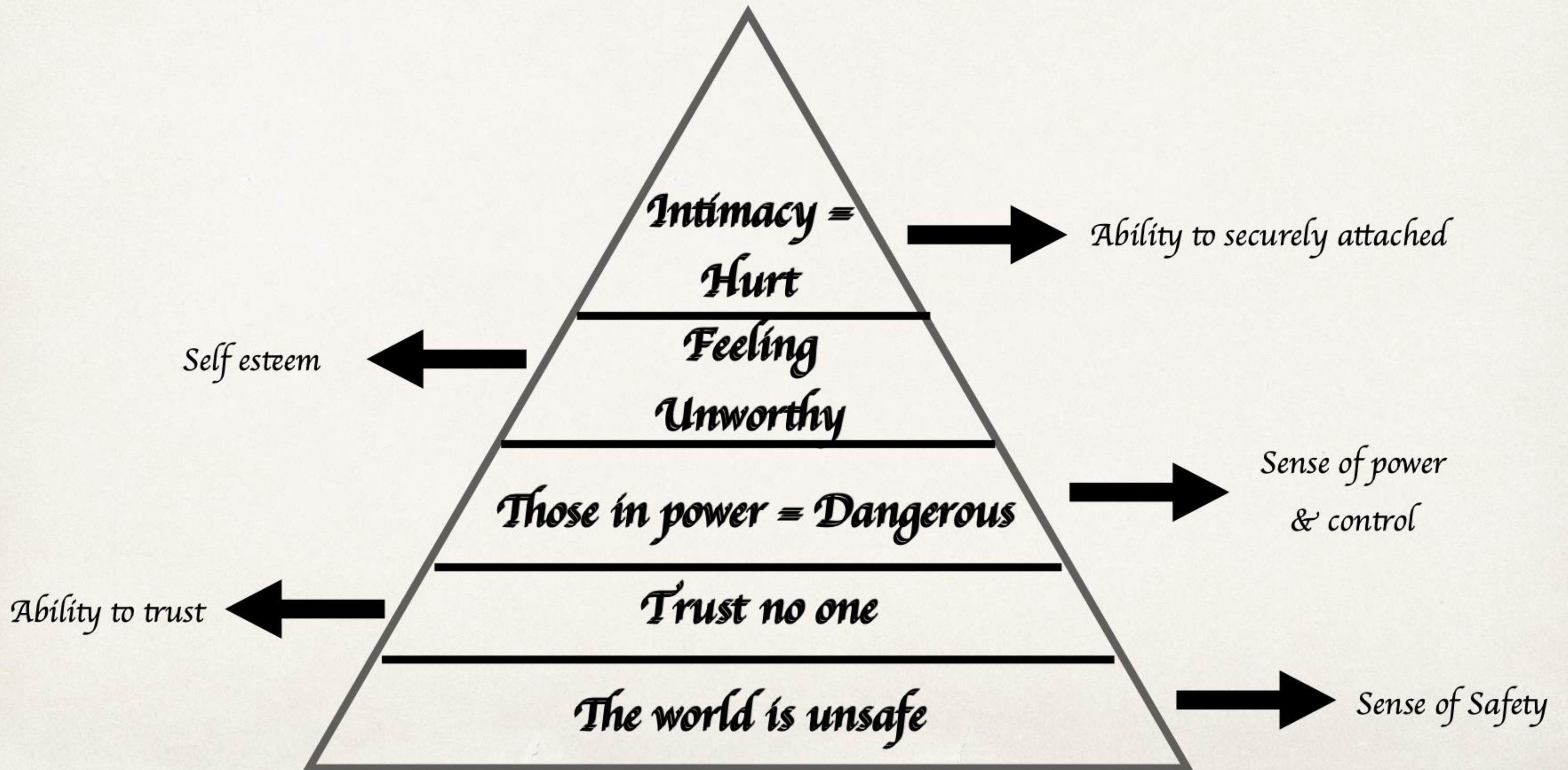
## SAFETY

BREATHING, FOOD, WATER, SEX, SLEEP, HOMEOSTASIS, EXCRETION

## PHYSIOLOGICAL



# ***“Stuck Points” In Trauma***





# ADDICTION

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- **Substance Use Disorders will force new rolls to be formed within the family to relieve the pain, restore the balance and keep the family together.**





# ADDICTION

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- **The new rolls will also take attention away from the addict unintentionally allowing him or her to avoid facing the real problem.**





# PREVALENCE

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# PREVALENCE

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- **An estimated 21.6 million children live with a parent misusing some substance in the past year.**





# PREVALENCE

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- **This represents 16.2 percent of all children.**





# PREVALENCE

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- **Over two million children lived with a parent with a substance use disorder, representing 1.9 percent of all children.**





# PREVALENCE

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- **Despite the government and community efforts to reduce addiction through the state, almost 700,000 Ohio residents ages 12 and above required drug rehabilitation services each year.**





# PREVALENCE

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- **In 2023, up to 35.9 per 100,000 people in Ohio died as a result of drug abuse.**





# PREVALENCE

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- **Since 2000 an extra 1.2 million children have entered the foster care system because of parental substance use disorders.**



# PREVALENCE

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- **More than 321,000 U.S. children have lost a parent to drug overdose during the years of 2011-2021.**



# PREVALENCE

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- **Children who grow up seeing a parent addicted to drugs or alcohol are more likely to develop SUDs in their adulthood. They are also 3 times more likely to be neglected or physically and/or sexually abused.**

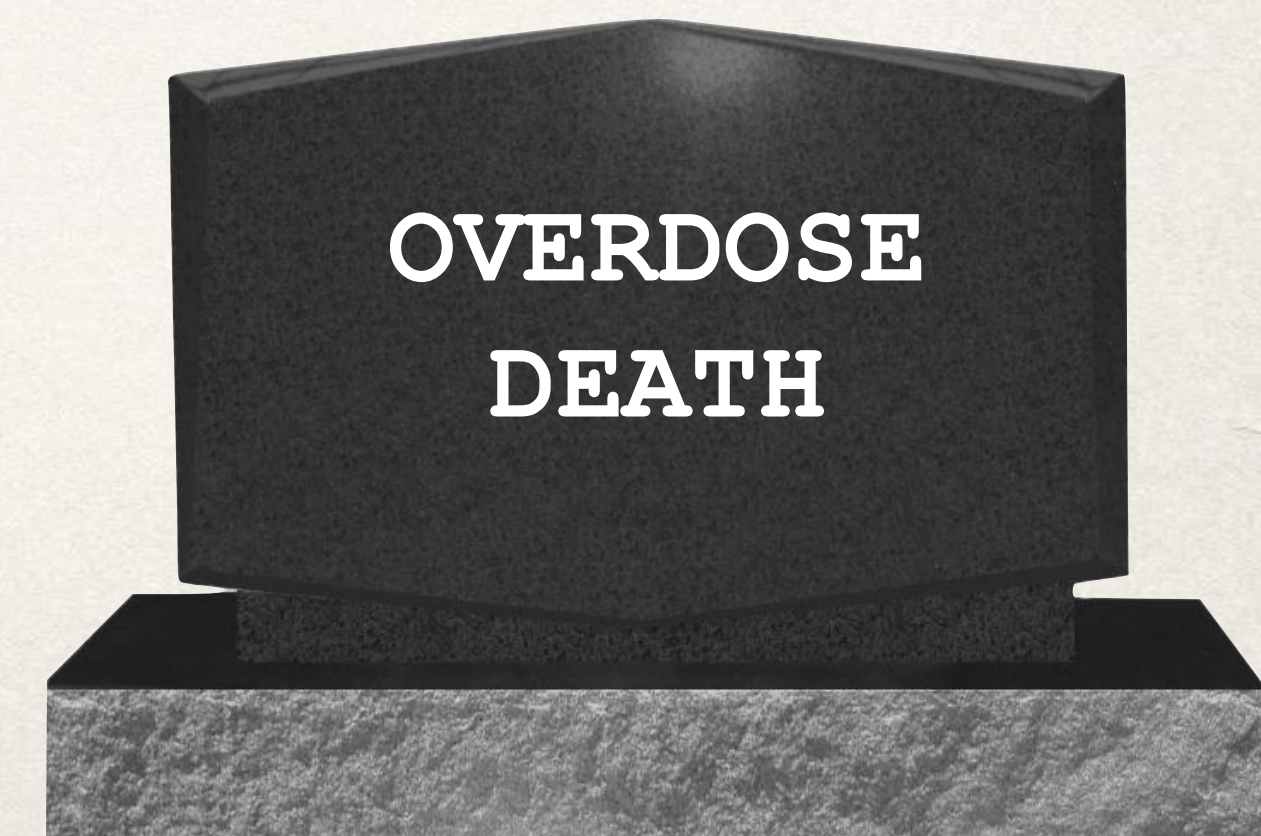




# PREVALENCE

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- **Overdoses are the number one cause of accidental and preventable death in our country. According to provisional CDC data, there were more than 107, 000 drug related deaths in the 12 month period ending in December 2023.**





# PREVALENCE

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- **Less than 5 percent of people who need treatment ever receive it and even fewer receive high-quality care that's rooted in scientific evidence.**



# PREVALENCE

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- **Approximately 137,000 people are in state prisons or jails in the United States on any given day for drug possession.**



# PREVALENCE

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- **Substance use disorders costs our country more than \$532 billion each year.**





# Addiction and The Child Welfare System?



# CHILD WELFARE

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- **Neglect is the major reason that children are removed from homes where the parents experience a substance use disorder.**





# CHILD WELFARE

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- **Children of parents with substance use disorders stay in the child welfare system longer.**





# CHILD WELFARE

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- **Children of parents with substance use disorders are three to four times more likely to become an addict.**

**3-4 TIMES**



# CHILD WELFARE

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- **Children of parents with substance use disorders are three times more likely to be abused and four times more likely to be neglected compared to their peers with no family history of addiction.**





# THE OUTCOMES

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- **What are the outcomes of children living in homes with parents who are dependent upon drugs and alcohol?**





# **RISK CONTRIBUTOR**

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- **An element is considered a risk contributor when it:**
    - **Creates the likelihood of maltreatment to a child.**
- or**
- **Increases the likelihood of maltreatment to a child.**



# PROTECTIVE CAPACITIES

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- **Behavioral**
- **Cognitive**
- **Emotive**

**ODJFS, 2012**





# BEHAVIORAL

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- **Supervision**
- **Poor Self Control**
- **Protects Child**
- **Adjust to Change**
- **Stress of Parenting**
- **Provide Structure**
- **Basic Needs**
- **Empathy for Child**
- **Safe Coping**
- **Utilizes Supports**



# COGNITIVE

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- **Reality Oriented**
- **Aligned with Child**
- **Stressors**
- **Accurate  
Perceptions**
- **Problem Solving**



# EMOTIVE

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- **Expresses Love**
- **Healthy Attachment**
- **Reacts Appropriately**
- **Emotionally Stable**
- **Strong Bond**
- **Desire to Care**
- **Emotionally able**
- **Experiences Empathy**
- **Addresses Own Needs**
- **Promotes Growth**



# PROTECTIVE CAPACITIES

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- **Substance Abuse = Risk Contributor**
- **Evaluate each adult's substance use.**
- **Effects the use has had emotionally, physically, and his/her ability to control interactions with child**



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# CHILD VULNERABILITIES

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# CHILD VULNERABILITIES

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- **Physical**
- **Emotional**
- **Cognitive**
- **Behavioral**
- **Historical**

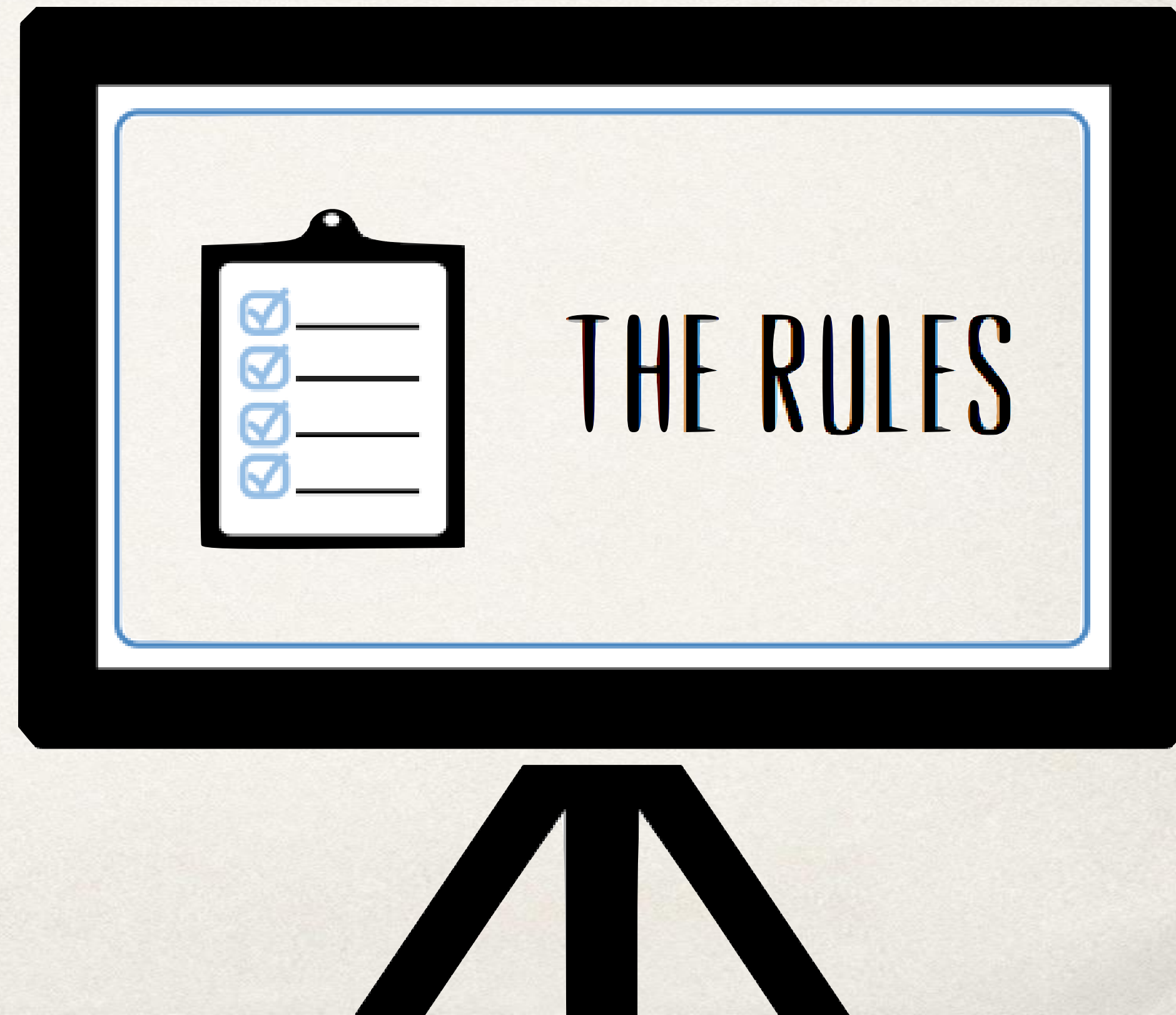




# FAMILY RULES

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- **Don't Talk**
- **Don't Trust**
- **Don't Feel**





# ROLES OF THE ADDICT FAMILY





# THE ROLES

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- **All families have roles.**
- **In families with substance use disorders these roles are more pronounced.**



# ENABLER

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# ENABLER

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- **Allows the addict to use.**
- **Attempts to meet everyone's needs.**
- **Usually a spouse.**



# ENABLER

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- **Taking over their responsibilities.**
- **Continuing to provide financial support.**
- **Helping to resolve legal problems.**
- **Promising rewards for abstinence.**
- **Suggesting a program or job change.**
- **Threatening to kick them out.**
- **Provoking arguments.**
- **Avoid getting help for themselves.**



# THE HERO

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# THE HERO

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- **This child fulfills the family dreams.**
- **If the family values emphasize the need for advance education and career success, this child will be the perfect student and win elite scholarships.**



# THE HERO

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- **Attempts to take the heat off the addict by being good.**
- **Typically the oldest child**
- **May marry an addict**





# THE SCAPEGOAT

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# THE SCAPEGOAT

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- **This Scapegoat often acts out in front of others.**
- **They will rebel, make noise and divert attention away from the addict.**
- **They cover or draw attention away from the real problem.**



# THE SCAPEGOAT

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- **Underlying feelings:**

- **Shame**

- **Guilt**

- **Emptiness**





# THE SCAPEGOAT

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- **Attempts to take the heat of the addict by acting out.**
- **Typically a male child**
- **Usually the first child seen in treatment.**



# LOST CHILD

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# LOST CHILD

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- **The Lost child is “silent” out of the way.**
- **They are quiet and reserved, never to make any kind of problems.**





# LOST CHILD

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- **Attempts to take heat off addict by being invisible.**
- **Typically female.**
- **Last child seen in treatment.**



# MASCOT

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# MASCOT

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- **The mascot's role is that of the jester.**
- **They will often make inappropriate jokes about those involved.**
- **Though they bring humor to the family roles, it is often harmful humor, and they sometimes hinder addiction recovery.**



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# **THERAPIST ROLE**

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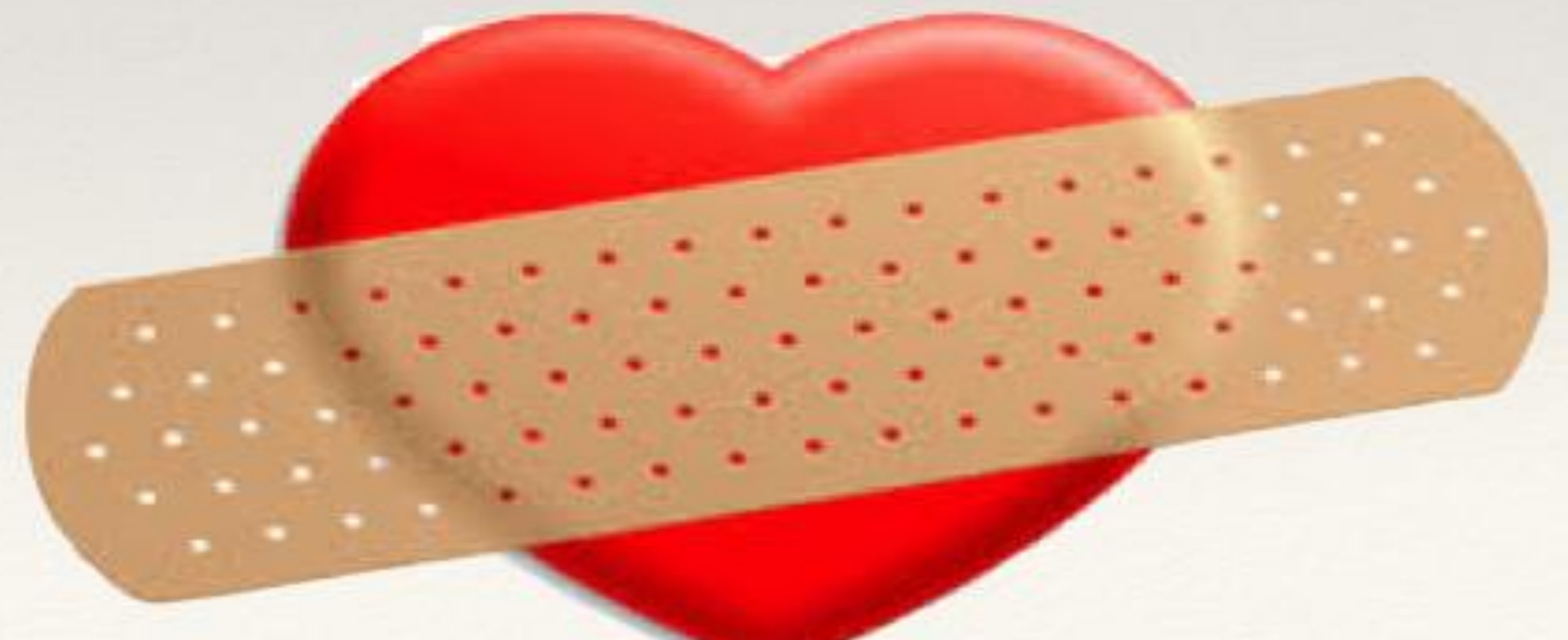
- **Accurate assessment protocols**
- **Desensitization and integration**
- **Effective treatment should use avoidance to promote awareness**
- **Knowing feelings, not just sensing them as indications of threat to be avoided**
- **“Wholebrain”, mindfulness, awareness, and understanding of inner experience**
- **Attachment, attunement and adaptation**



# EVIDENCED-BASED

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- **Cognitive Behavior Therapy**
- **Trauma Focused Cognitive Behavior Therapy**
- **Play Therapy**
- **Psychological First Aid**
- **12 Step Approaches**
- **Eye Movement Desensitization and Reprocessing (EMDR)**
- **Medication**





*The End*