



Office for Victims of Crime

Enhancing Community Responses to the Opioid/America's Addiction Crisis:
Serving Our Youngest Crime Victims

Session 1: Why Focus on Children of Addiction?

Webinar Date: June 2, 2021

QUESTIONS & COMMENTS SUBMITTED VIA THE CHAT

Q&A Discussion

1.	<p>How can a child or teenager who has one parent in recovery be helped when the other parent is not? I've experienced this situation twice and in both instances the teenagers were self-harming and were encouraged to see me by the parent in recovery.</p>	<p>It is important to have the child/adolescent seen individually by a skilled clinician to be assessed and evaluated for safety and ongoing care. Attending Alateen meetings/chats in-person or online is a secondary option.</p> <p>Suggested reading: <i>The Alcoholic Family in Recovery: A Developmental Model</i> Authors: Stephanie Brown & Virginia Lewis</p>
2.	<p>As an adult child of addiction, I used to think I stopped the generational cycle. But the truth is, PTSD of a parent impacts parenting. We all need healing and support even those of us who escaped addiction and became resilient.</p>	<p>Help and healing is necessary especially if doing this work is a trigger. Adult children of Alcoholics may find Al-Aanon helpful or some other specialized help. It is important to remember that when you have a child, the child needs a lot that you never got. It is important that you recognize what that is and nurture your child better in those areas. Be sure to celebrate where you are and how far you have come. Classes such as Circle of Security Parenting or more formalized psychotherapy that address the parent-child relationship like Child Parent Psychotherapy or Parent Child Interaction Therapy may be helpful.</p>
3.	<p>I'm wondering if you have recommendations for specific strategies and goals in supporting infants & toddlers within utero drug exposure and/or parents struggling with addiction.</p>	<p>For parents struggling with addiction, please view Session 2: Facilitating Recovery for Parents and Children Impacted by Addiction Using a Whole Family Recovery Strategy. NACoA's <i>Celebrating Families!</i>[™] educational support program will be discussed, and an order form included in the resources section of the webinar. In addition, for children exposed in utero, consultation with a pediatrician or developmental specialist to assess the child's needs and provide intervention strategies and additional assistance is recommended.</p>

Q&A Discussion

4.	Can someone discuss a little more about methods to address the trauma at the individual/community level?	<p>Trauma and Substance Use have a complex relationship. Trauma is a risk factor for substance abuse, but substance abuse is also a risk factor for trauma and may make it harder to cope with a traumatic event. The National Child Traumatic Stress Institute (NCTSN) offers the challenges to assisting youth with both substance use and exposure to trauma (Making the Connection: Trauma and Substance Abuse The National Child Traumatic Stress Network (nctsn.org)). Also provided is their guide for treatment for these co-morbid issues. (Treatment for Youth with Traumatic Stress and Substance Abuse Problems The National Child Traumatic Stress Network (nctsn.org)). NCTSN also provides resources on creating trauma-informed systems (Creating Trauma-Informed Systems The National Child Traumatic Stress Network (nctsn.org)).</p> <p>Many communities are attempting to address trauma.</p> <ul style="list-style-type: none"> • California has an initiative (Beyond Screening: Achieving California's Bold Goal of Reducing Exposure to Childhood Trauma Prevention Institute) to help not only understand adverse childhood experiences but prevent exposure. • Omaha Nebraska has trainings and events focused on understanding trauma and its effects on the community with Trauma Matters Omaha (Trauma Matters Omaha Building Resilience Together) <p>Seek out interested stakeholders in your community to see how they are currently addressing trauma.</p>
5.	How can we get these prints of the comic book characters? and the comic books	Unfortunately, the posters are no longer in print.
6.	How does a mom educate her children about their increased risk of addiction with her being in recovery? The children are 9, 7 and 6.	<p>Please see NACoA's Kit for Kids: (https://nacoa.org/resource/kit-for-kids-2019/)</p> <p>The kit contains information and skills that can help protect the emotional survival of a child dealing with parental addiction.</p>
7.	Are there any changes with how we address THC use now that it is legal in many states?	<p>Suggested reading: Counselor Magazine Article: Parental Cannabis Addiction Impacts Children (Vol. 20 No. 6) Author: Timmen L Cermak, MD</p>

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