



*Building a safe and healthy environment
by effectively educating the community
on positive life choices.*

"PREVENTION WORKS"



COA AWARENESS WEEK 2019
February 10- 16

Greetings!

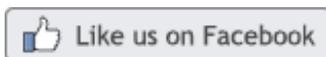
Childhood can and should be a time of joy, pleasure, wonder and discovery. But for children of alcoholic parents, life is often filled with shame, suffering, and fear. These children may find themselves trapped by the same disease that affects their parents unless there is outside intervention from caring adults.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), children of alcohol-addicted parents can suffer from physical illness and injury, emotional disturbances, educational deficits, behavioral problems, and alcoholism or alcohol abuse later in life. ***Perhaps the most troubling, however, is the fact that one in four children in the United States are exposed to alcoholism or drug addiction in the family.*** More than 6 million children live with at least one parent who abuses or is dependent on alcohol or an illicit drug. You will not have to look far to find a child to help. These children live in our neighborhoods and may be among our children's friends. Children of alcoholics (COAs) are at a significantly increased risk of becoming problem drinkers and continue the addictive practices of their parents.

Children of Alcoholics Week is observed each year during the week of February 14th, raising awareness of children affected by parental alcohol problems.

Chautauqua Alcohol & Substance Abuse Council (CASAC) wants every COA to know they are not alone and help and support is available by contacting us. To others in our community, CASAC encourages every adult to do more to meet the needs of COAs and find simple ways to help them develop into healthy adults. Here's how:

- Ask them to hang out at your house where they feel safe and welcome
- Invite them over for dinner
- Include them in a family outing
- Compliment them and tell them something you like about them
- Talk to them a little extra now and then
- Encourage them to share your peaceful, loving and predictable home



CASAC Offices are located at:

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Jamestown, NY 14701
(716) 664-3608
Fax (716) 664-3661

and

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Suite 2
Dunkirk, NY 14048
(716) 366-4623
Fax (716) 366-4624

Visit our website.

Children who live with alcoholism or drug addiction need models of what a happy home looks and feels like so they can set goals for their own lives. They need to spend time not worrying about their parents and what might be going on at home. Simple acts of kindness and compassion can make a difference for COAs. By making yourself available to listen, discuss feelings, share interests, and support their efforts to make friends, you can help them cope with their present situations and develop the resilience and skills necessary for their futures. Tell them they are not alone, that support is available, and that millions of others have had similar experiences and have grown up to lead healthy, satisfying lives. It is also important to remind them that their families' problems are not their fault and it is not their responsibility to solve. Their jobs are to be children and help take good care of themselves.

By providing these children with experiences in which they have opportunities to succeed, COAs can learn to respect themselves and cope with their situations.

About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.

