

PREVENTION



Educate ■ Collaborate ■ Motivate

February, 2021

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

Monthly Media Campaign: Children of Caregivers with Substance Use Disorders

Did you know...

1 in 4 children under the age of 18 are touched by the adverse effects of a parent misusing alcohol or other drugs.

National Association for Children of Addiction (NACoA) www.nacoa.org



For children who are trying to be their own caregivers or who are parenting their parents, it isn't always easy to find help outside the home. Children of addicted adults are often discouraged — sometimes through outright intimidation or emotional manipulation — from talking with other grownups about problems they're experiencing.

How Can You Help?

When a child's family struggles with alcohol or other drug problems, the most powerful assistance to the child can come from a caring adult in their lives. Often the child turns to a relative, friend of the family who has acknowledged in some way that they are concerned and available, thus making it feel safe for the child to talk.

Mention coping strategies for the child to help build self-confidence:

Find an adult to confide in. Think of at least one older person you respect and trust, someone who understands you and makes you feel valuable. It could be a teacher, a coach, a favorite aunt or uncle, or a neighbor. Let them know about your fears, and ask them if they would be willing to help.

Keep a journal. Writing down your feelings and recording the things that happen to you might feel scary at first, but it's a good way to work through your fears. A journal can also be a good way to remember things that have happened when you make the decision to talk to someone.

Participate in activities that make you feel good about yourself. Are

Be a consistent support and listening ear to the child.

Be an advocate for the child by helping the addicted parent get the help they need.

Remind the child of The Seven C's:



THE SEVEN C'S

I didn't CAUSE it.
I can't CURE it.
I can't CONTROL it.
I can help take CARE of
myself by
COMMUNICATING
my feelings, making
healthy CHOICES, and
CELEBRATING me.

you a fast runner? A gifted photographer? A music lover? Find the activities that make you feel confident and happy, and spend more time participating in those things.

Stay close to your friends. When you're feeling embarrassed or frightened about things that are happening at home, it's tempting to isolate yourself and lie to your friends about how things are going. Don't turn your friends away in these tough times; find at least one person your age who makes you feel good about yourself, and keep in touch with them.

Collect emergency phone numbers. Make a list of people you could contact in a crisis, and keep their phone numbers in a safe place. These numbers could include emergency services, teen hotlines, relatives who have helped you in the past, concerned neighbors, teachers, or anyone else you feel you could turn to if things get really bad.

American Addiction Centers
www.americanaddictioncenters.org

Remind the child it's not their fault. When a child finds themselves feeling guilty or upset about their parent's substance use, remind them that they are not the cause of their parent's problem. We can't control another person's substance use. We can't cure them of the disease of addiction. What we can do is build our own strength by reaching out for help. Support groups like [Al-Anon and Alateen](#) are great places to turn when feeling overwhelmed by another person's addiction.

Download the NACoA Kit-for-Kids & Check out their Website for more information

Here at Prevention Works we offer confidential Intervention Services for youth ages 5-19 years old. Intervention services entail drug and alcohol education referrals if needed.

- Children of Caregivers with Substance Use Disorders
- Basic Alcohol and Other Drug Information and Referrals
- Family/Friends Substance Use Disorder
- Life Skills Education (Goal Setting, Decision Making, Communication Skills, Social Skills, Refusal Skills and Coping Skills)

Prevention Works Online Referral Form

February Events

February 15th - Presidents' Day

Prevention Works Offices Closed

Upcoming Parenting Classes

(held virtually via Zoom)

Active Parenting - First Five Years

Dates: February 3, 10 & 17 and February 25, March 4 & 11

Time: 12:00 pm - 2:00 pm

Active Parenting - Teens

Dates: February 4, 11, & 18

Time: 12:00 pm - 2:00 pm

Active Parenting Ages 5-12

Dates: February, 24, March 3 & 10

Time: 12:00 pm - 2:00 pm

About Us

Since 1974, Prevention Works, a United Way partner agency, has provided social emotional learning and the prevention of risky behaviors in Chautauqua County School Districts and our local community. Prevention Works is the only New York State Office of Addiction Services & Supports (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about Prevention Works programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to Prevention Works' website, www.preventionworks.us.

Visit our website

Donate to keep our community thriving.

716-664-3608

716-366-4623

email: info@preventionworks.us

website: www.preventionworks.us

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