

I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?

Talk to an adult you trust about the problem.

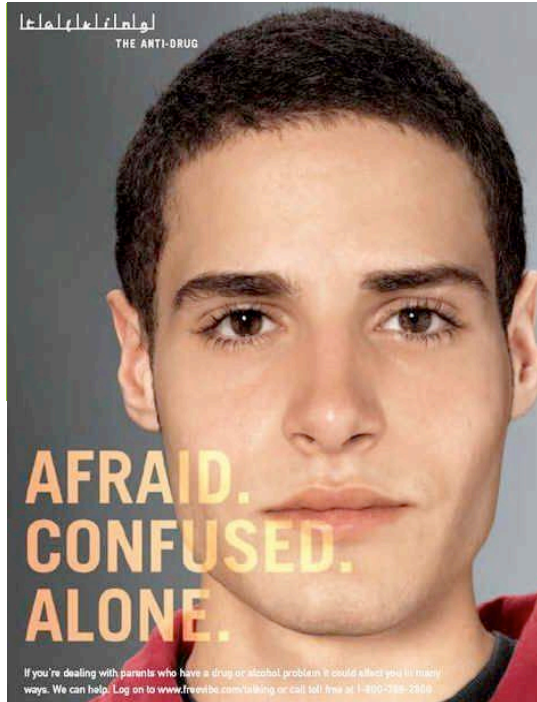
- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called **Alateen**. Alateen has meetings, like a club, and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

Alateen Support Group

<http://al-anon.alateen.org>

Telephone: (757) 563-1600



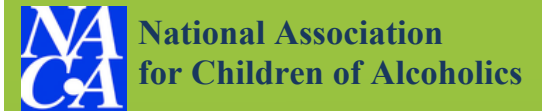
If you're dealing with parents who have a drug or alcohol problem it isn't easy. That's why we're here to help.

For More Information
www.nacoa.org



National Association for
Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
www.nacoa.org

**Use brochure with
February worksheet.**



**You Didn't
Cause It**

**You Can't
Control It**

**You Can't
Cure It**



Just 4 Kids



Addiction Q & A

What is alcoholism / drug addiction?

Alcoholism is a disease. People who have this disease cannot control their drinking. They need help to stop. Sometimes, they also lose control over how they act when they drink.

How does this disease start?

Doctors do not know all the reasons why people become addicted. Some people start drinking a little bit and cannot stop wanting the feeling. When a person cannot stop on their own, they need help.

If the addicted person is sick why doesn't he or she just go to the hospital?

At first, the person does not know that he or she is sick. Even when the person does know that something is wrong, he or she may not think that alcohol or drug use is the problem. An alcoholic might keep blaming things on other people, or might blame their job, or their children and other family members. But it is the alcohol or drug use that is the biggest problem.

What is the cure for alcoholism / drug addiction?

There is no cure except stopping the disease process by stopping the drinking or drug use. People with alcoholism or drug addiction can stop and recover when they get help. Recovering people can lead healthy, happy, productive lives, if they do not drink or use drugs again.