

# HOPE AND HEALING FOR CHILDREN

Proven, trauma-sensitive, culturally informed educational support programs to address the unmet needs of children and nurture resiliency are essential for kids and teenagers impacted by familial addiction. NACoA's Children's Program Kit is a powerful tool to help these children that includes 100+ skill-based and developmentally appropriate lesson plans to create customized programs for your community.

Programs created with this kit provide the early prevention and intervention needed to help kids aged 5-18 years:

- Learn about substance use disorders in age-appropriate ways
- Understand who the safe people are who can help them grow and thrive despite a parent's addiction
- Realize they are not alone when working in peer-to-peer educational support groups

[Learn more about NACoA's Children's Program Kit>>](#)

## WHY CHILDREN DESERVE RECOVERY, TOO

1 in 4 children live in families with a parent/caregiver suffering with an alcohol or opioid use disorder. These children are so often the first hurt and last helped, yet the impact of living in a household with addiction can be lifelong. Children are desperate for the support and understanding that can bring them hope and healing.

### Impact of Alcohol/Opioid Use Disorder on Children

Youth with a parent who misuses substances are:

- At risk of lifelong negative mental and physical health consequences
- 3x more likely to be physically, emotionally, or sexually abused
- 4x more likely to be emotionally or physically neglected, with higher rates in rural populations
- Less likely to set healthy boundaries within relationships
- More likely to lack self-awareness
- More likely to experience anxiety, depression, confusion, and anger
- More likely to experience unexcused absences and drop out of school
- More likely to have difficulty with direct communication
- Less likely to effectively regulate emotions
- More likely to be involved with the juvenile justice system
- 38.9% avg (or as high as 69% depending upon the child protective services is due to substance misuse in the home environment
- More likely to take on parental responsibilities at home



# IMPACT OF THE PANDEMIC

According to the American Psychological Association, the pandemic has increased the impact of alcohol and opioid use in this country:

- 25% Increase in all alcohol-related deaths between 2019 and 2020—from 78,927 people to 99,017 people.
- 39.7% Increase in deaths with an underlying cause of alcohol-related mental and behavioral disorders between 2019 and 2020. Meanwhile, deaths from alcohol-related liver diseases rose 22.4%.
- 35.1% Increase in alcohol-related deaths between 2019 and 2020 for people ages 35–44. That's the largest increase among all age groups, followed by 37% for those ages 25–34.
- 40.8% Increase in opioid overdose deaths between 2019 and 2020 that involved alcohol as a contributing cause. That percentage rose to 59.2% for overdose deaths specifically related to synthetic opioids other than methadone.

Many of those affected by increased use of alcohol or opioids -or have died from such use- are parents, with children desperately in need of healing and support. Communities who are under-supported and underrepresented are feeling this impact to a greater degree. Without the appropriate education and support, these children often assume that this life of despair and fear is normal and are at higher risk of developing addiction themselves as adults.

**At a time when the need to bring recovery to adults struggling with addiction is paramount, we must remember that Children Deserve Recovery, Too!**

