

HOPE AND HEALING FOR CHILDREN IMPACTED BY SUDS

1 in 4 children live in families with adults with a substance use disorder (SUDs). 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.

These kids and teens are vulnerable to pain, isolation, and fear every single day. But it doesn't have to be that way! With the support of caring adults, children can find hope and healing, and live in a healthier way. With appropriate services, children can learn how to live without shame. **With hope and healing, resilience is possible.**

IMPACT OF SUBSTANCE 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 state) child protective services is due to substance misuse in the home environment
- More likely to take on parental responsibilities at home



Many of those affected by increased use of alcohol or opioids -or have died from such use- are parents. **More than 320,000 children in the United States have lost a parent to a drug overdose** from 2011 to 2021, according to a recent NIDA study released in May 2024. These children desperately need healing and support.

We are the National Association for Children of Addiction (NACoA). Our mission is to eliminate the adverse impact of alcohol and substance use on children and families. We envision a world in which no child who struggles because of family addiction will be left unsupported.

Help us make a difference in the lives of children impacted by SUDs.
Together, we can transform these children at risk into children of promise.



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