### Resources

- Your school social worker/counselor/ psychlogist/nurse
- · Community treatment facilities and counseling agencies/practitioners in the yellow pages of the phone book.
- Ala-Non/Ala-Teen: Understanding and support for people that have had or have a relationship with a family member or friend that abuses alcohol/substances. No fee.
- For meeting times/place: 888-4AL-ANON (888-425-2666)
- http://nebr-al-anon-alateen.org/Lists/ Meetings/By%20City.aspx
- http://www.al-anon.org/





### **CHILDREN'S BOOKS:**

- · When a Family is in Trouble: Children Can Cope with Grief from Drug and Alcohol Addiction, Marge Heegaard
- · My Dad Loves Me My Dad Has A Disease, Claudia Black
- For Teenagers Living With A Parent Who Abuses Alcohol or Drugs, Hornik-Beer
- Emily's Question, Jeannine Auth (age 9+)

### **ADULT BOOKS:**

- · How Al-Anon Works for Families and Friends of Alcoholics, Al-Anon Family Groups
- Addict In The Family: Stories of Loss, Hope and Recovery, Beverly Conyers
- The New Co-Dependency: Help and Guidance for Today's Generation, Melody Beattie
- Secret Tips: How to Survive and Help the Alcoholic You Love, Randy Young





## 1-888-866-8660

For the hearing and speech impaired with TTY equipment call 1-888-556-5117

### www.nebraskafamilyhelpline.ne.gov

- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

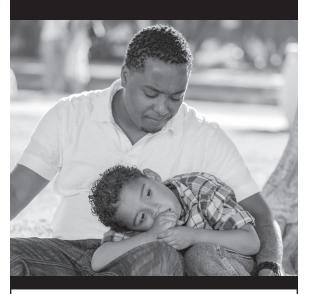
Need help? Don't know where to start? Dial 2-1-1 or go to www.ne211.org.

> Provided by LPS School Social Workers **BECAUSE FAMILIES MATTER**



5905 O Street . Lincoln, NE 68510 coln Public School District does not discriminate on the basis of race, religion, sex, marital status, sexual orientation, disability, age, genetic tizenship status or economic status in its programs, activities and emp

# **Alcohol/Substance Use in Families**



The difference between alcohol/substance use, abuse and addiction can be difficult for family members to determine.

When there are concerns for family relationships and the behaviors and social, emotional development of children, a family member's use of alcohol/substances could be negatively affecting children.

Families can take steps to make positive changes whether or not the family member stops drinking/using. There are resources to assist family members, and, if desired, support a family member in making changes in their alcohol/substance use.

Your school social worker can help.

Lincoln Public Schools **Department of Student Services** 

# Alcohol/Substance Use Can Affect:

- · Behaviors of family member
- · Family relationships
- · The consistency of parent expectations
- The availability of parents to meet their children's emotional and/or physical needs
- Routines and predictability of what will happen at home
- Children's acceptance of their parents' authority
- Children's responsibilities with their siblings, chores, finances
- · Feelings of tension in the home
- Ability of family members to meet their own physical, emotional, social, spiritual needs

### CHILDREN'S SOCIAL DEVELOPMENT

Children may:

- Avoid being at home or inviting friends to their home
- Have difficulty trusting within relationships
- Have difficulty setting limits in relationships
- Avoid attending school events with parents

### CHILDREN'S EMOTIONAL DEVELOPMENT

Children may:

- Have feelings of low self esteem, confusion, guilt, depression, anxiety, anger
- Struggle to recognize their feelings
- Have difficulty coping and expressing their feelings in healthy ways
- Feel confused about what goes on at home
- Choose risky and/or negative behaviors

# You Can Help Your Children

DO:

- Model healthy ways to express and cope with feelings
- Allow your child to talk about feelings, even when negative about a family member
- Make sure children know a safety plan for when they are scared
- · Listen to your child
- Let your child know it isn't their fault and they can't make another's drinking/use stop
- Talk to your child about your expectations about their alcohol/substance use
- Talk to someone you trust about your feelings, fears and concern
- Get help from community agencies to meet your children's physical and emotional needs
- Learn about the realities of alcoholism as a disease and its impact on families

### DON'T:

- Don't pretend that everything is fine in the family when it isn't
- Don't tell your child not to talk about their family and feelings
- Don't allow your child to be emotionally or physically abused
- Don't focus all your energy on the family member's alcohol/substance use and behavior
- Don't let children get in the middle of a fight between adults

### **CONSIDER:**

- Sometimes what family members do to help the person using alcohol/substances actually assists them in continuing to use by interfering with the natural consequences of their negative use.
- Family members can sometimes give so much attention and energy to keeping up appearances or keeping one person happy and calm that other family members' needs go unmet.
- It can be easy for parents to focus on a child's problem behavior without recognizing or addressing the impact of a family member's drinking/use.
- Emotional and physical abuse of adults in the home significantly impact children in a negative way.
- Substance use includes not only illegal drugs, but also prescription drug abuse.
- Adults that grew up in a home where alcohol/ substances were abused found ways to cope and survive as children. As adults, they can experience challenges to their emotional well-being or behave in ways that are not healthy for them or that interfere with having positive relationships.
- Even if a family member stops drinking/using, actions, beliefs and attitudes used to cope and survive can continue and cause problems in relationships, emotional well-being and behaviors in all family members.