

Resources

- Your school social worker/counselor/psychologist/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-Ber
- *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*

LINCOLN BOARD OF EDUCATION

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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

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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.