

African American Children and Adolescents of of Parents With Substance Use Disorders: Protective Factors and Counseling

Presenter
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Great Lakes (HHS Region 5)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Impact of Parental Substance Use Disorders on Children and Adolescents



IMPACTS
ACADEMIC
FUNCTIONING



EMOTIONAL,
BEHAVIORAL
AND SOCIAL
PROBLEMS



EARLIER
ONSET OF
SUBSTANCE
USE



FASTER
ACCELERATIO
N OF
SUBSTANCE
USE PATTERNS

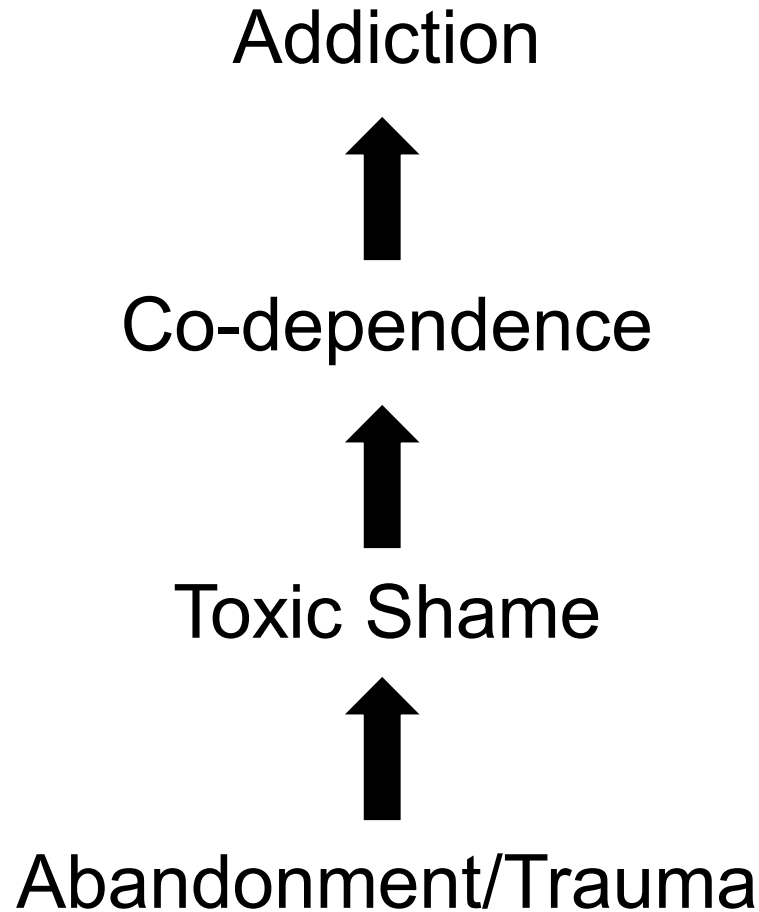


HIGHER RATES
OF SUBSTANCE
USE DISORDERS



ABANDONMENT
ISSUES

Iceberg Model



John Freil

Guilt vs. Shame

- Guilt: Behavior
 - I've done wrong
 - I've done bad
 - I made a mistake



Shame

Your “Being”

- “There is something wrong with me”
- “I am bad”
- “I am a mistake”





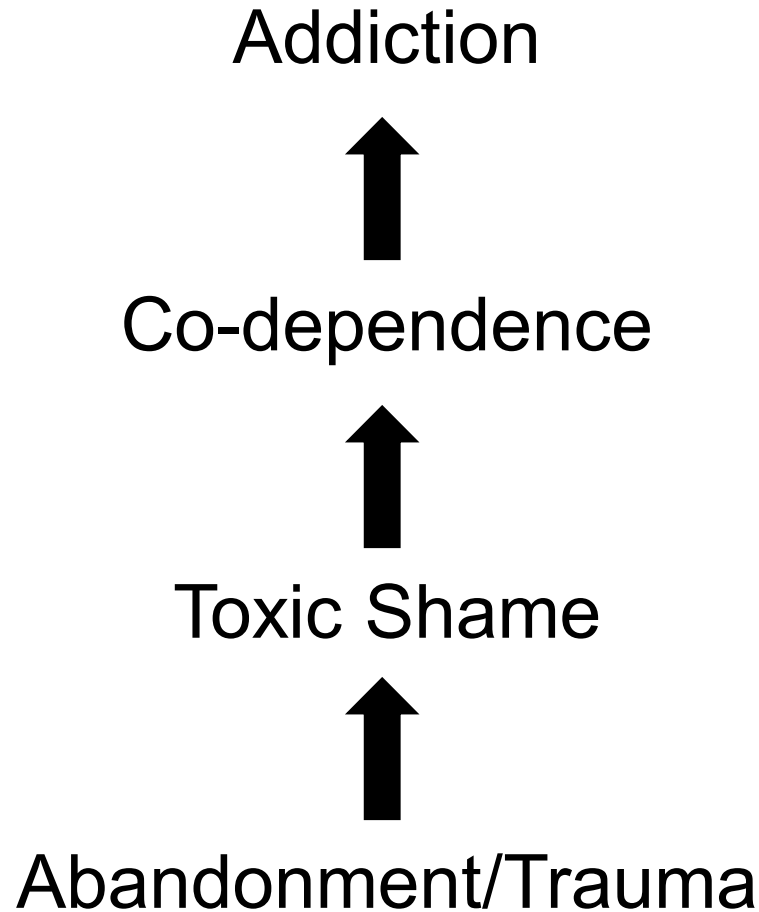
Shame:

The belief that I am unlovable
and unworthy
of belonging.

Brené Brown, Ph. D.



Iceberg Model



John Freil

Co- dependence

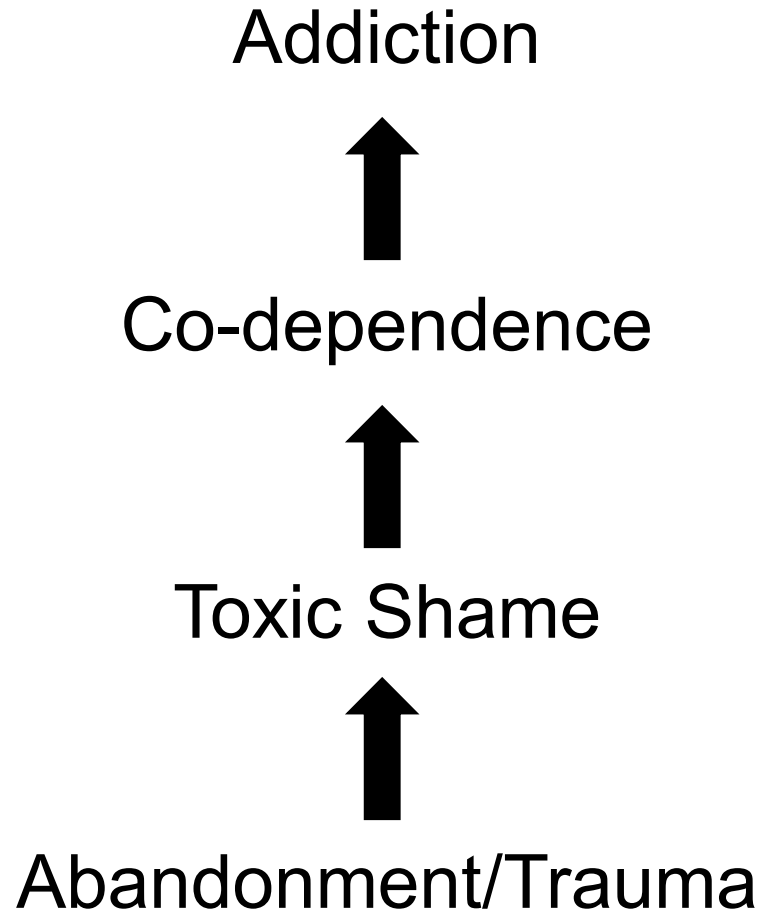


An over involvement with things outside of us and an under involvement with things inside of us.


Left untreated codependence can lead to addiction.

John Friel

Iceberg Model:



John Freil



Impact of Parental Substance Use Disorders on African American Children and Adolescents

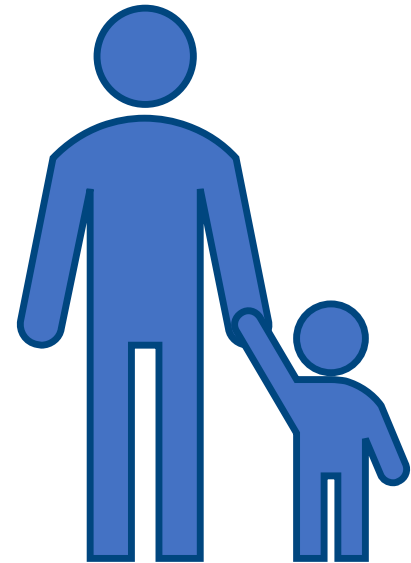
- Early marijuana use
- Negative labels: “crack babies”
- Increased involvement in the child welfare system

Impact of Parental Substance Use Disorders

- More likely to live with one parent (numbness and “father hunger”)

Sources:

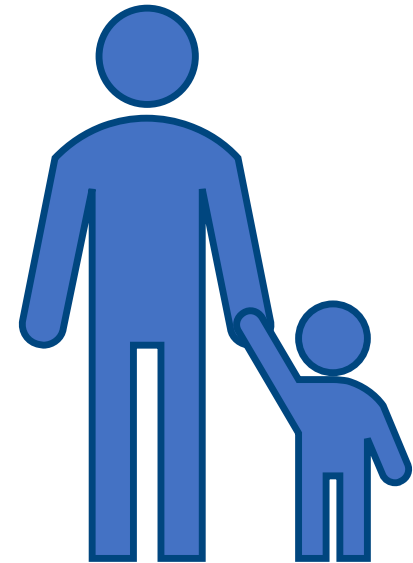
Carl Bell, M.D. 2010; Sharon Johnson, 2012



Increased risk of:

- Gang affiliation
- School expulsion
- Involvement with the criminal justice system

Sources: Carl Bell, M.D. 2010; Sharon Johnson, 2012



Adult Children of Parents With SUDs:

We guess at
what is normal

We lie when it
would be just
as easy to tell
the truth

We judge
ourselves
harshly

We have
difficulty
having fun

Adult Children of Parents With Substance Use Disorders

- We have difficulty with intimate relationships
- We over-react to changes over which we have no control
- We are approval seekers
- We either put the needs of others ahead of our own or spend our lives believing the world owes us
- We feel alone and different from other people

Characteristics of Adult Children of Parents With SUDs

- We are either super responsible or super irresponsible
- We are extremely loyal, even when there is evidence that the loyalty is underserved
- We have a tendency towards perfection
- We have a tendency towards procrastination

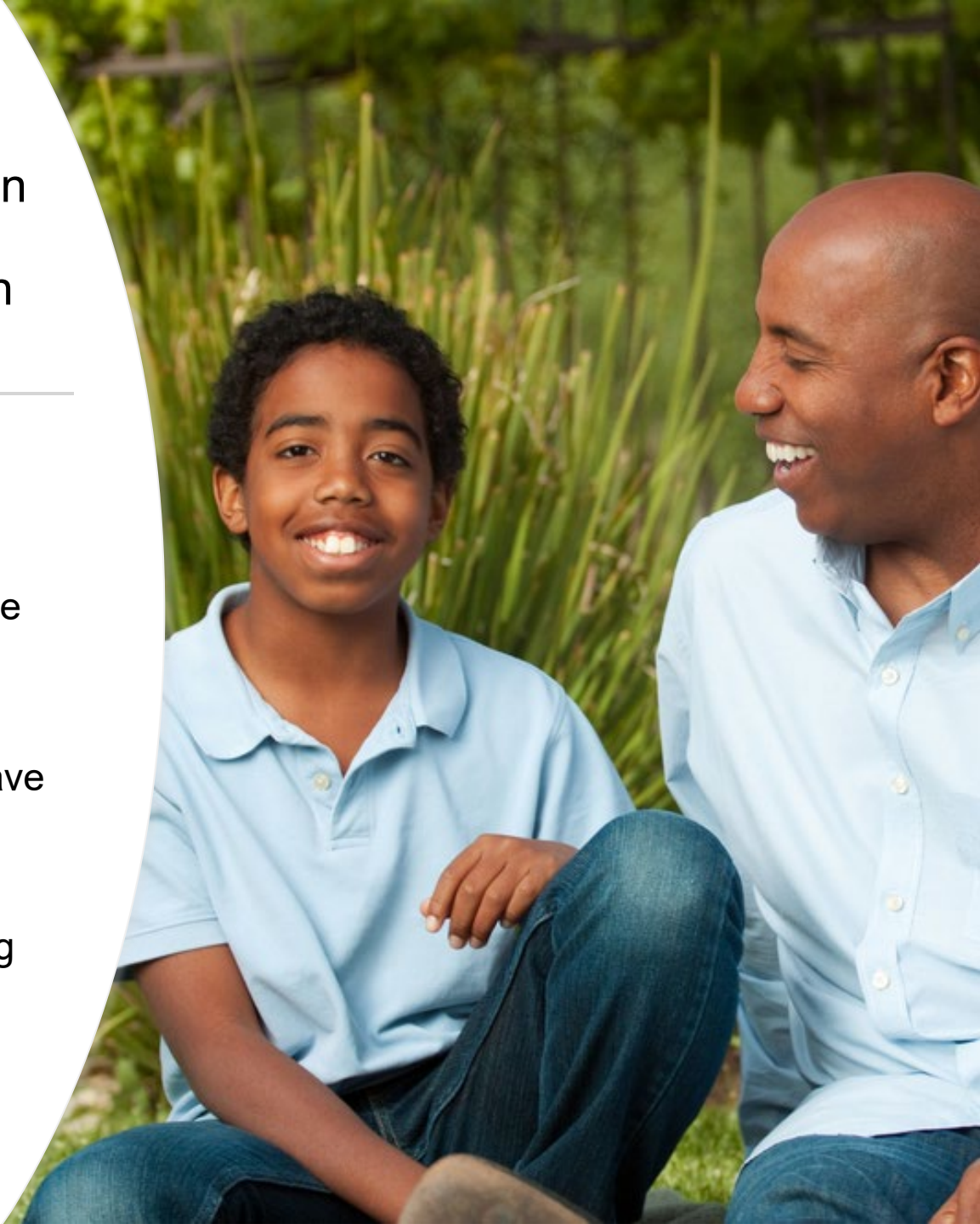
Characteristics of African American ACOAS

- We continue to be impacted as adults by our disproportionate representation in the child welfare system
- We continue to be impacted as adults by our involvement in the juvenile justice system
- We can continue patterns from our childhood through multiple generations

Protective Factors for African American Children and Adolescents of Parents With Substance Use Disorders

3 Parenting Styles

- Autocratic – children have no voice
- Democratic – children have a voice
- Laissez – faire – anything goes



Protective Factors, Continued:

- Family celebrations
- “A praying grandmother”
- Mentorship
- A membership
- Later onset of substance use
- Early counseling of mental illness and trauma





Protective Factors:

- Cultural knowledge and cultural pride
- The adult protective shield and extended family orientation
- A Matrix
- Constant & predictable routines
- The ability to get adopted by surrogate families
- Lot of activities and sports

Sports





Why Basketball?

- Movement
- Creativity
- Bonding
- Camaraderie
- Release of dopamine
- Laughter
- Human touch
- Legal aggression
- Stress relief

Protective Factors:



ADDRESS THE
FETAL ALCOHOL
SPECTRUM



SPIRITUALITY



A SENSE OF
BELONGING



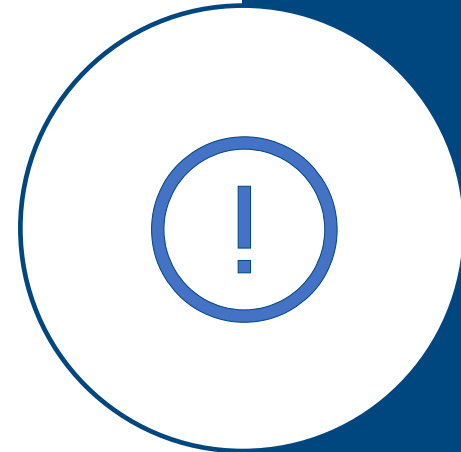
LATER ONSET
OF SUBSTANCE
USE



INSIGHT

My parent has a disease

characterized by **emotional unavailability**, **broken promises**, and **inconsistency**. I did not cause this problem. **I am not the problem or the situation.**



Protective Factors:

- An affirming mirror
- An adult who has high expectations
- Later onset of substance use
- Encourage excellence rather than perfection
- The chance to express their feelings

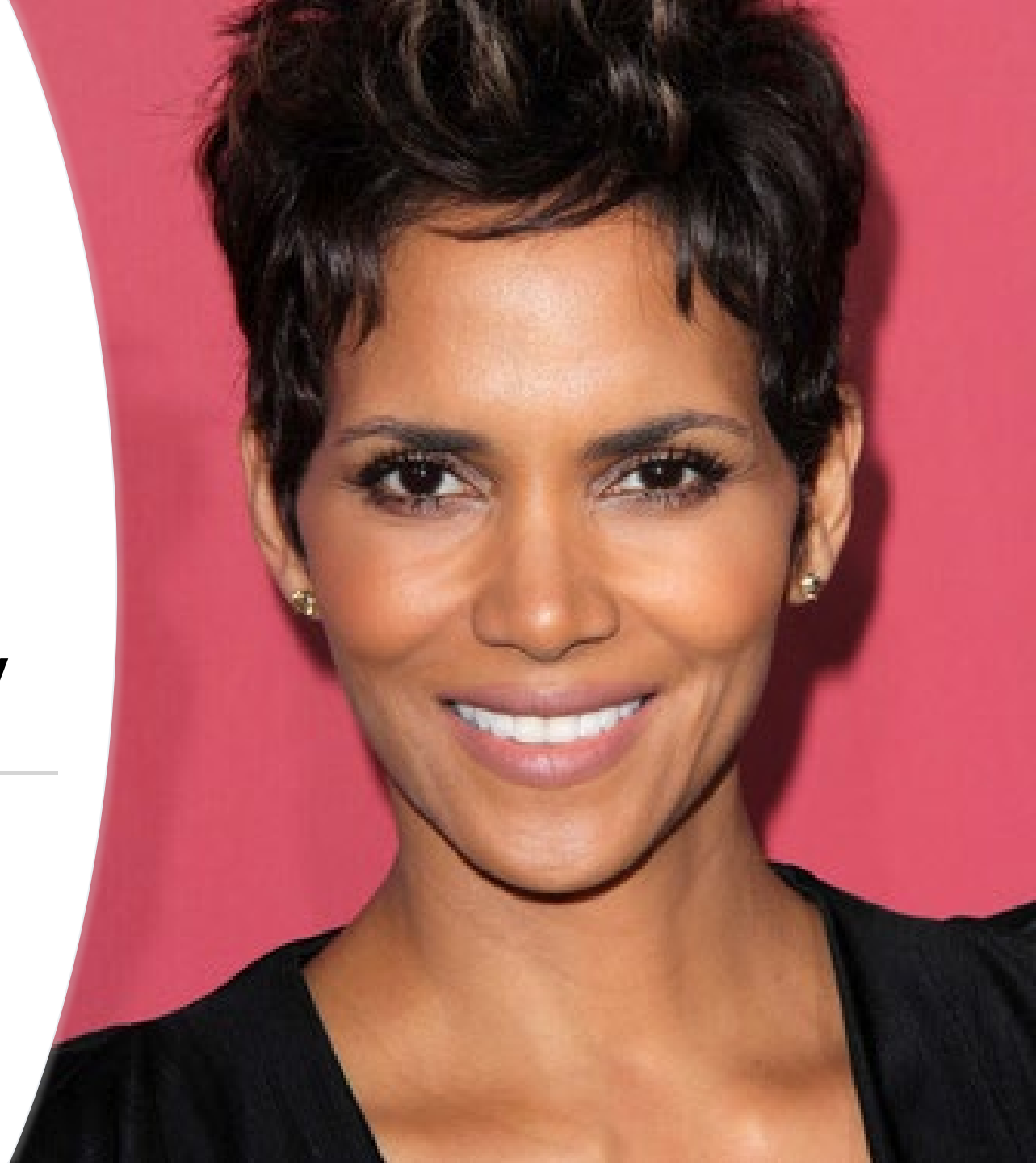
Appropriate Response to the Feelings

- “I believe you.”
 - Normalization of the feelings
 - Reflection of feeling
 - “I could see how you would feel that way.”
 - “You are not alone.”
-



Halle Berry

Her father had alcohol use disorder and physically abused her mother and sister.

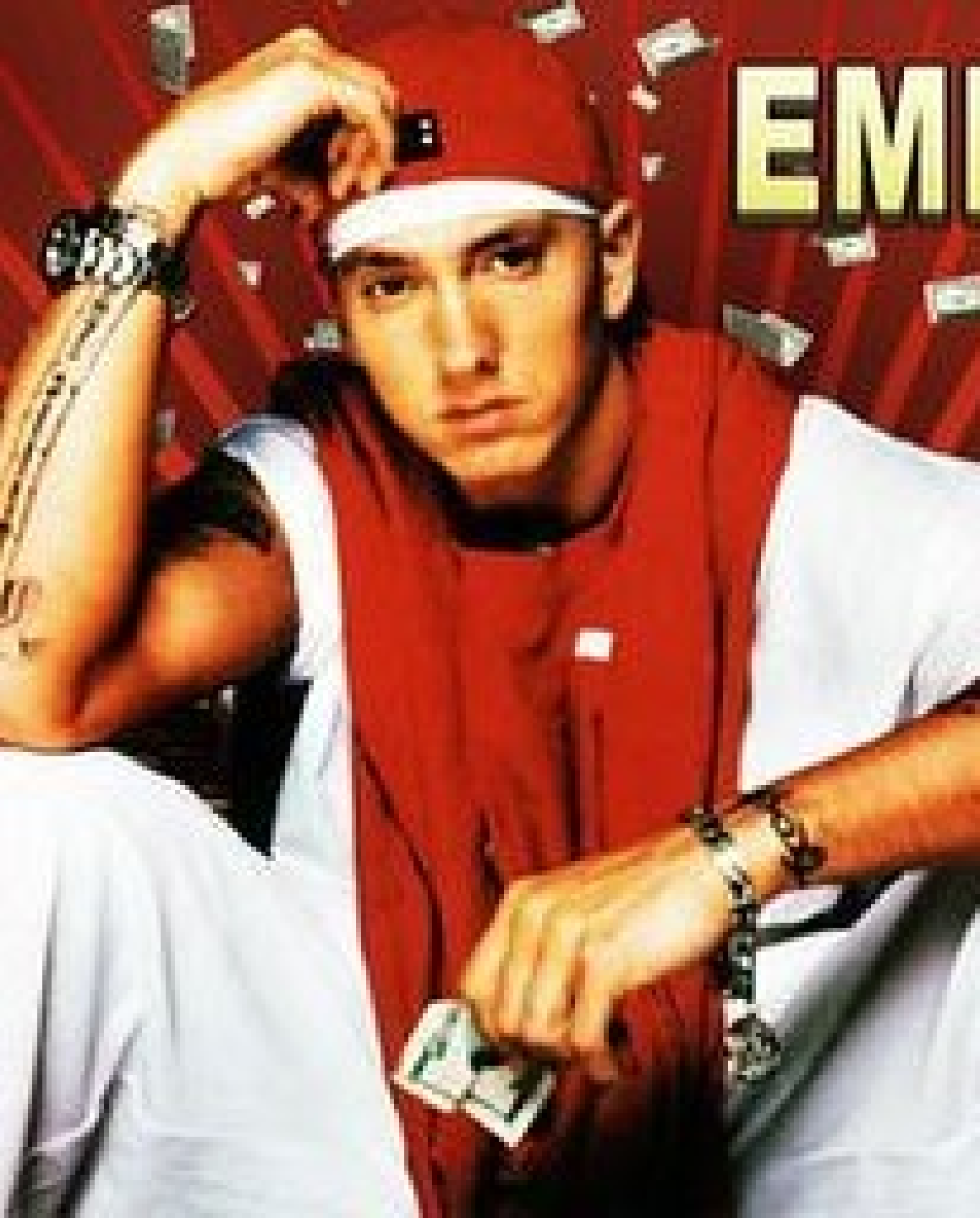




Mario
(Singer):
His mother is
addicted to
heroin.



Tupac
Shakur's
mother was
addicted to
crack cocaine.



Eminem

Flickr.com



Jay Z

—

Nicki Minaj:
Her father
was
addicted to
alcohol and
other drugs.





Rihanna's
father is
addicted to
crack cocaine
and alcohol.



President Barack Obama

Online Museum of African American Addictions, Treatment and Recovery

-
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 - Celebrities In Recovery
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WELCOME The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.