“Innovative Strategies to Empower Parents of Teens and Young Adult Addicts in Continuum of Care”

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“Parent support during the first year of recovery is imperative to helping families reorganize and separate from the web of addiction that has permeated the family system”
GOALS OF TODAY

- DEMONSTRATE affects of addiction on parenting

- LEARN 5 key strategies that help parents detach from the addiction and reclaim their parenting

- EXPLORE interventions on parenting support through the continuum of care for adolescents and young adults

- PERSPECTIVES of adolescents and young adults through survey responses
Addiction robs parents of their strengths-

Their foundation becomes weakened
When you plant lettuce, if it doesn’t grow well, you don’t blame the lettuce. You look for reasons it is not doing well.

It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet, if we have problems with our family, friends, often we blame them.

If we know how to take care of them, they will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience.

If you understand, and show you understand, you can love, and the situation will change.”

Thich Nhat Hanh
WHAT DOES THIS POEM HAVE TO DO WITH THE FAMILIES YOU WORK WITH?
How did addiction pull parents away from their children?
STAGES OF ADDICTION

1. EXPERIMENTATION
   How does this affect relationships in the family

2. REGULAR USE
   How does this affect relationships in the family

3. RISKY USE/ABUSE
   How does this affect relationships in the family

4. ADDICTION/DEPENDENCY
   What is taking place with other family members/parents

5. TREATMENT/RECOVERY
   How is everyone affected
How do parents become absorbed and stuck in their addicted family?

Family atmosphere: Unpredictable, inconsistent, Uncertain, Changed roles, Shame, fear, loss of attention, loss of emotional safety.
Drugs/alcohol are now like the parents of the family.

They take control of everyone
THERE ARE ALSO MANY LOSSES IN THESE FAMILIES

✓ Loss of childhood
✓ Loss of future
✓ Loss of predictability
✓ Loss of certainty
✓ Loss of safety
✓ Loss of roles
✓ Loss of parents attention
HOW CAN PARENTS UNLEASH FROM THE ADDICTION

WHAT IS THE ANECDOTE

“THE 5 STEPS OF FOUNDATIONAL PARENTING”
“FIVE STEPS OF FOUNDATIONAL PARENTING”
The 5 main strategies to teach parents are:

- Practice being present with your children
- Develop Emotional attunement
- Act and respond non judgmentally with your kids
- Create sacred family time and recreate rituals
- Clarify values, rules and boundaries
0 >>>>>>>> 0> 0>>>>>>> Addiction
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“Support provided to a family through the transition from active addiction to stable recovery can enhance the development and emotional health of children in the family.”

Dr. Stefanie Brown-The Alcoholic Family)
The post-treatment home environment plays a significant role in recovery and relapse.
What are the supports necessary for parents as they begin to redesign their families and shift to recovery.

1. Parent support groups
2. Parent education
3. Parent to parent mentoring
4. Parent coaching
5. Parent relapse planning
Entry Points on Continuum of care

- Community/case management/therapist referrals
- Pre Intake
- Intake
- Family days, weekends, therapy
- Relapse planning
- Exit planning
- Aftercare programming
“Our tendency is to be interested in something that is growing in the garden, not in the base soil itself. But if you want to have a good harvest, the most important thing is to make the soil rich and cultivate it well.”

Suzuki