



Did You Know?

February 2018

Children of Alcoholics Awareness Week (Feb. 11th-17th): Every February, the National Association for Children of Addiction (NACoA) hosts Children of Alcoholics Awareness Week. This week is internationally recognized as a time to start conversations about growing up with a family member who has an Alcohol or Substance Use Disorder (SUD) and provide support and resources to those who have been affected.

What You Should Know:

- According to NACoA, 1 in 4 children live in a family affected by an Alcohol Use Disorder.
- Studies show that the earlier an adolescent initiates substance use, the more likely they are to develop a Substance Use Disorder or progress to using additional substances.
- Increasing a young person's protective factors can positively influence their decision to **avoid** alcohol and other drugs. Adults can be positive role models, have conversations about not engaging in substance use and get involved in their day-to-day lives. The more support and skills they have, the less likely young people are to use these substances, even if they are seeing it within their own family.
- Adult family members of those with Substance Use Disorders may continue to need support, regardless of whether they were exposed as a child or once they reached adulthood. NACoA recommends four steps to help adult children heal from their past experiences:
 - Explore past history
 - Connect the past to the present
 - Change internalized beliefs
 - Learn new skills.

What You Can Do:

- Help prevent underage drinking and substance use
- Offer support
- Provide resources such as:
 - **National Association for Children of Addiction (NACoA)** – www.nacoa.org
 - **ECCPASA** – www.eccpasa.org



Information obtained from: <http://www.nacoa.org>; www.niaaa.nih.gov; www.samhsa.gov

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