Kansas Governor's Public Health Conference
Manhattan, Kansas
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Through a Child’s Eyes: Understanding Addiction and Recovery

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Betty Ford Center
I miss you dad!!!
NEVER AGAIN
He promised
"You are too much."
"I am leaving."
Addiction

A Family Disease
The Multi-Generational Cycle

Where Does it Stop?
Resilience

Successful Adaptation Despite risk

Draw upon inner strengths, skills and support to prevent adversity from derailing one’s life.
Healing For Children
Learning About Addiction

• Not Your Fault
• Not To Blame
• At Risk
Opening Doors

- Breaking the Family Laws
- Getting It Out
- Validation
Self Care

- Safe People Map
- Body, Mind, Feelings, Spirit, Kid
- Safety
Celebration

• Finding the Buried Treasure
• Beauty and Worth
• Gifts
Important Messages

• It’s Not Your Fault
• You Are Not Alone
• There Are Safe People and Safe Places to Help
• You Can Talk About the Problem
Resources

Alateen

www.Al-anon.org

Teen Corner: A place just for teens affected by someone else’s addiction

Alateen Chat: On-line meeting with other teens

Books: Courage to Be Me
Just 4 Teens
Just 4 Kids
Kit for Kids
Kit for Parents
Free, downloadable resource
Kit for KIDS

- A Letter to Kids
- Questions and Answers about Alcohol Problems
- What Can Kids Do?
- The Seven Cs
- People Who can Help Me
- Books for Kids to Read