

# Kansas Governor's Public Health Conference Manhattan, Kansas April 4<sup>th</sup>, 2019

## Through a Child's Eyes: Understanding Addiction and Recovery

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**Betty Ford Center**

Part of the Hazelden Betty Ford Foundation









+ ADDICTION

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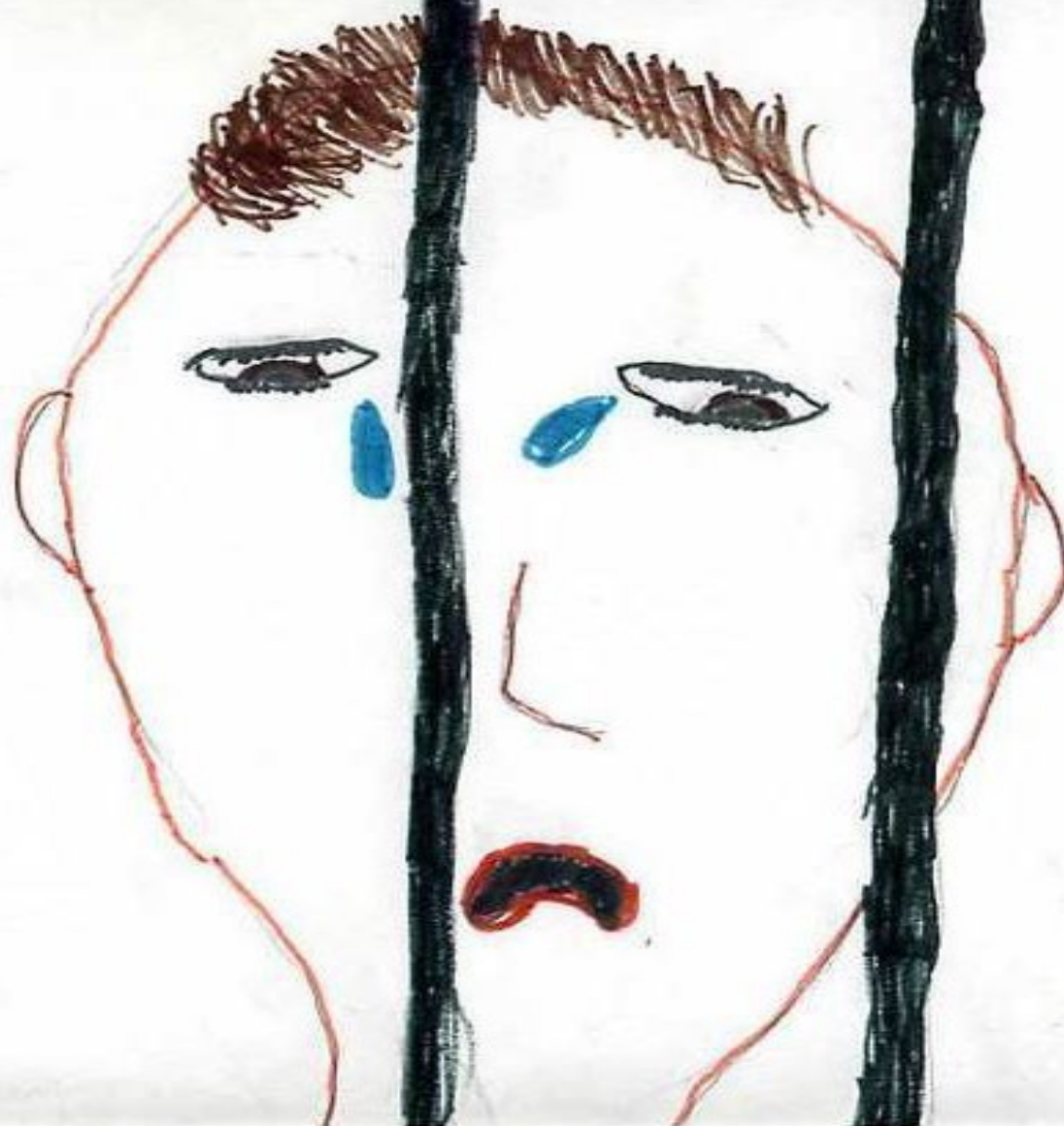


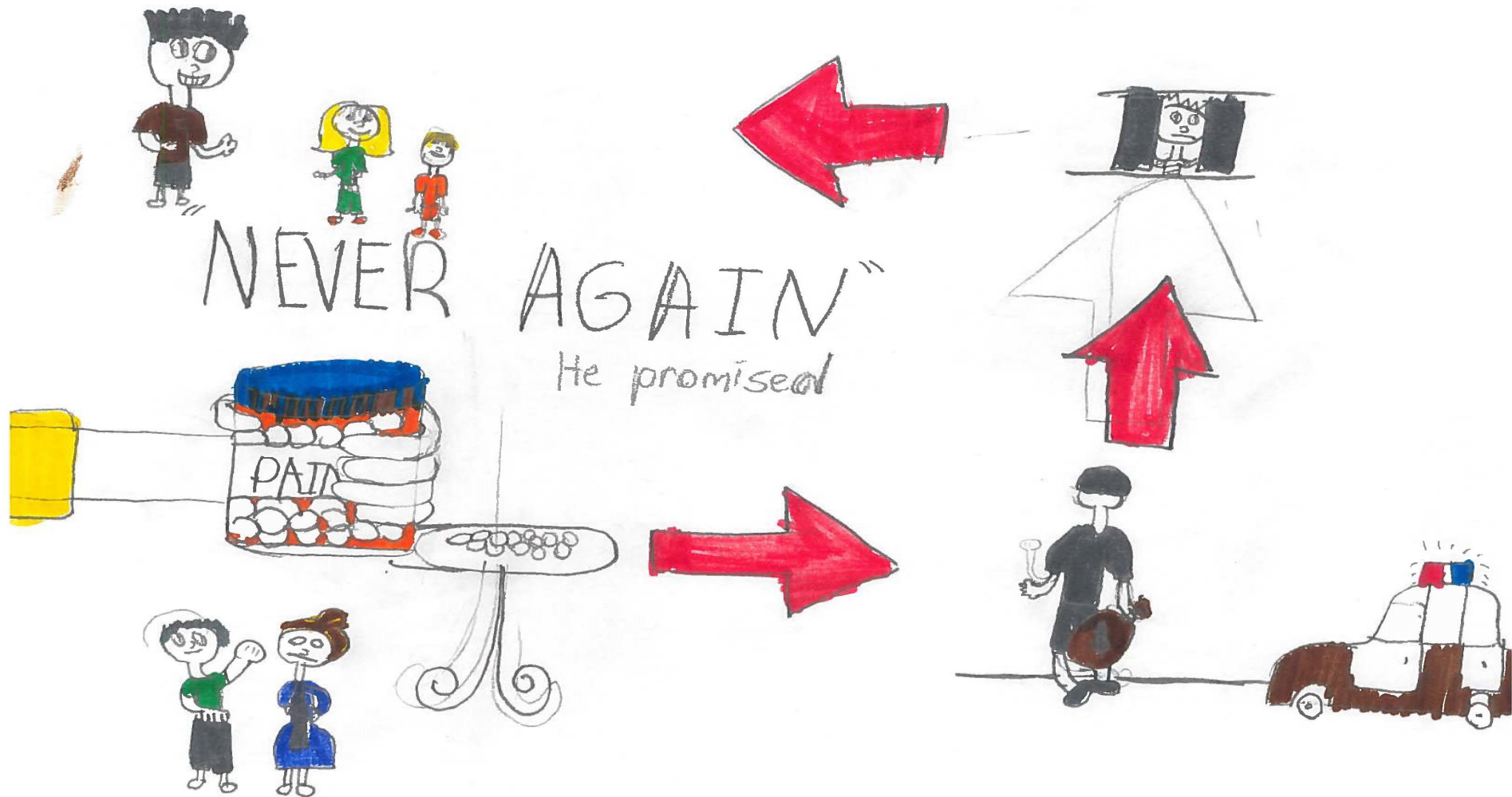
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I miss  
you dad!!!









# 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](http://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**

# National Association for Children of Addiction NACoA

[www.nacoa.org](http://www.nacoa.org)

**Just 4 Teens**

**Just 4 Kids**

**Kit for Kids**

**Kit for Parents**

**Free, downloadable resource**



National Association for Children of Alcoholics

# Kit for



- 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



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