

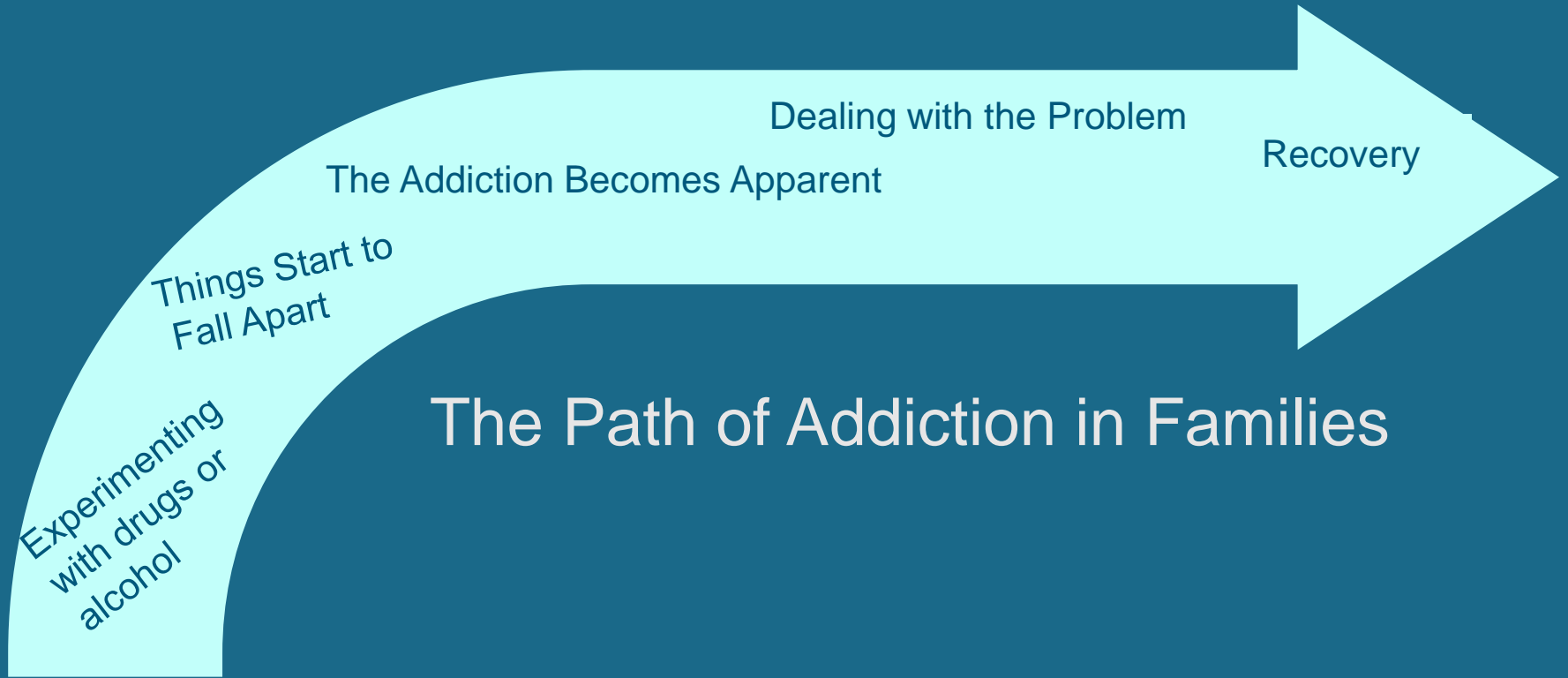


Finding Compassion, Help and Hope for Parents of Young People Struggling with Addiction

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Hazelden Betty Ford
Foundation



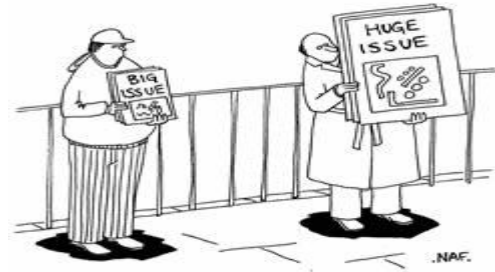
The Path of Addiction in Families



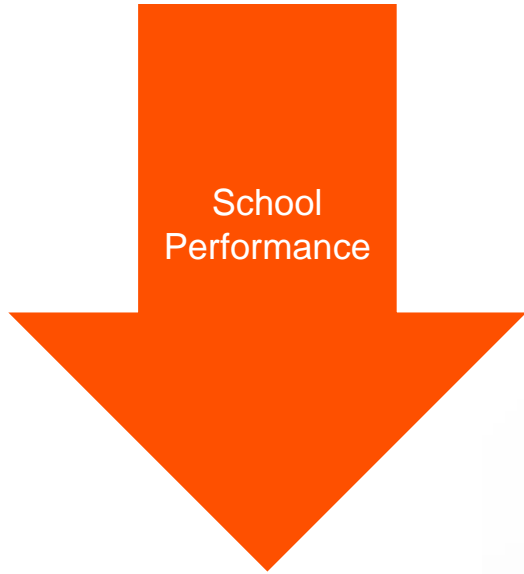
Adolescence and Young Adulthood

Going thru the Normal Stages

- Independence
- Authority
- Power
- Agreeing on what the problem is



Things Start to Fall Apart



The Addiction Becomes Apparent

Loss of Hopes and Dreams



Facing the Risks and Realities

The Costs to Parents

- Physical Health
- Stress
- Job
- Relationships
- Mental Health



The Cultural Stigma of Addiction



“To have a chemically dependent child is even more threatening to a parent’s self esteem than to have a dependent spouse. When a husband is alcoholic, society holds him responsible; when a child is alcoholic, society blames the parents.

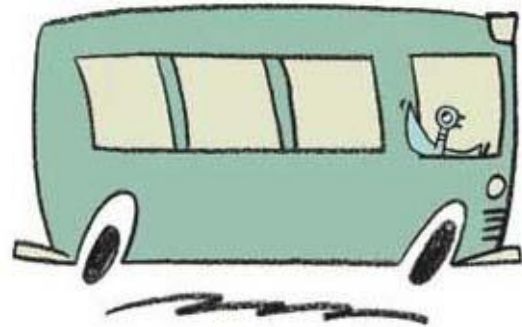
-Wegscheider, 1981

The Effects of Cultural Stigma



Dealing with the Problem

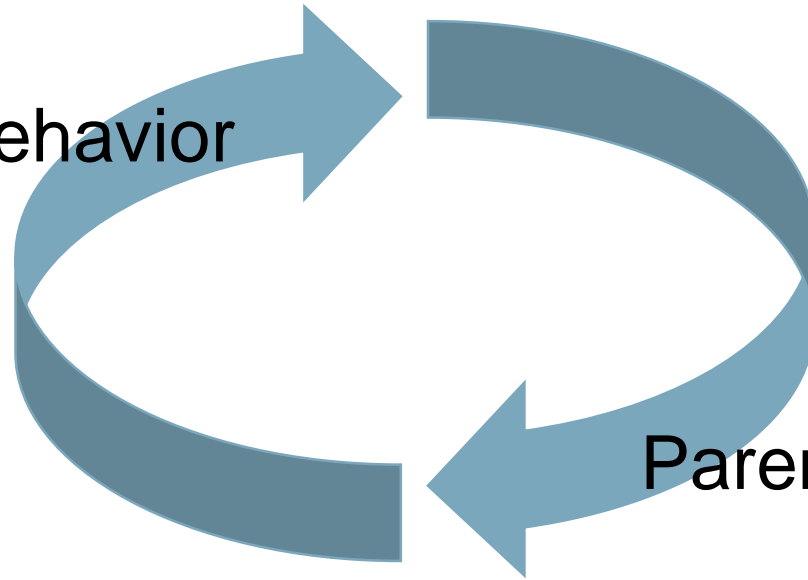
Trying to keep
the wheels on
the bus



Parenting

Addiction Context

Addictive Behavior



Parenting Tactics

Complementary Behavior Patterns

Over-functioning vs. Under-functioning (Enabling)



Fuzzy Emotional Boundaries (Enmeshment)

Complementary Behavior Patterns

“Cat and Mouse” Chase

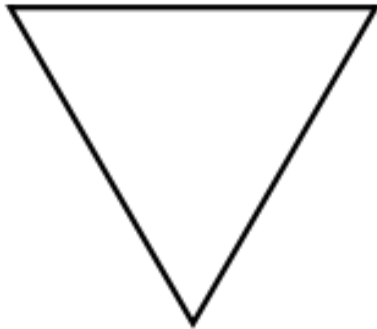


Reactive Interactions

Triangulation

Persecutor

Protector



Blamer

- **Persecutor**- “more control or punishment is needed to fight the addiction”
- **Protector**: “more love or nurturing will fix the addiction”
- **Blamer** “It’s _____’s fault”

Parallel Process: Parent's Drug of Choice is the Addicted Child

Adolescent

- Denial: "I don't have a problem"
- Blaming parents and society
- Emotional rollercoaster
- Emotionally stunted or immature
- Loss of trust in self, others
- Irrational actions
- Poor cognitive functioning
- Fear of letting go of the drug

Family Member

- Denial: "It's just a phase"
- Blaming self, "bad friends"
- Emotional rollercoaster
- Parents not acting in age appropriate roles
- Loss of trust in the addict, self
- Irrational actions
- Poor cognitive functioning
- Fear of letting go of the addict

Family recovery requires a paradigm shift.....

Old Paradigm

- I'm responsible for my adolescent's actions. I need to find the right answer and then everything will be okay.
- I'm supposed to protect my adolescent
- Society holds me accountable by reinforcing these beliefs

New Paradigm

- I can only be responsible for my own actions
- I will support and guide my adolescent. I cannot protect or control them
- I will set clear expectations and hold my child accountable for his or her choices

Filters for parents

Recovery Filter

- How do I want my household to be?
- How do I want to use my assets?
- Role models effective parenting and good boundaries

Relapse Filter

- How do I keep my adolescent sober or alive?
- Fuels chaos, robs adolescent of opportunities to learn and implies they are not capable

What can Parents do?



What can Parents do?

Make room for
your experience



Find help to Support
your efforts to
change



A photograph of two women sitting at a table, laughing heartily. The woman on the left has long dark hair and is wearing a light-colored, textured sweater. The woman on the right has blonde hair and is wearing a dark sweater. They are both looking towards the right side of the frame. The background is slightly blurred, showing what appears to be an outdoor setting with trees. The entire image is overlaid with a semi-transparent teal color.

Questions?



Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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