

PROTECTING FAMILIES FROM SUBSTANCE USE

Ana M. Martinez, MSW, LSW

Priscilla Mendoza, MSW

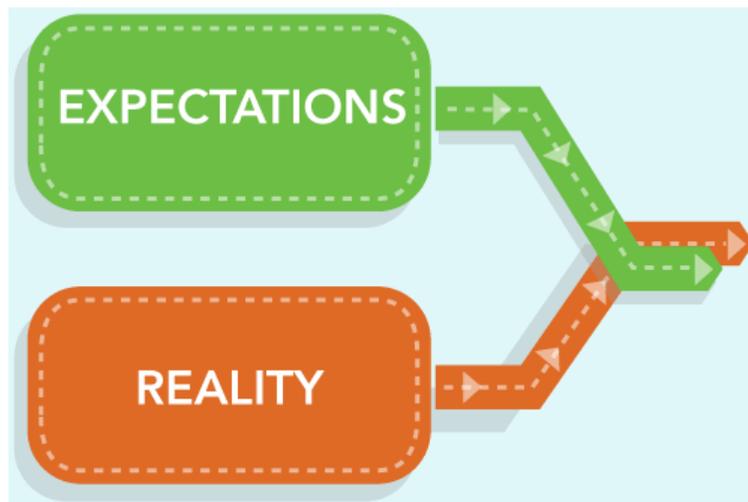
WORKSHOP OBJECTIVES



After attending this workshop, participants will:

1. Have learned about the various factors that influence addiction
2. Have gained a better understanding of the family's role in substance use prevention
3. Be able to identify the 4 parenting styles and their impact on substance use prevention
4. Have learned effective ways FSCs work to prevent substance use

EXPECTATIONS



What do you hope to walk away with after this session?

Why the focus needs to be on the family?

- Environmental factors can prevent or interrupt the progression of the disease of addiction.
- Family members can effectively support their loved ones by educating themselves on substance use and other addictive behaviors.
- Through addiction education, family members can learn about the myths and facts about substance use and clarify the difference between helping and enabling.
- Research shows that individuals that enter in recovery and engage their family in this process increase their chances of success long-term.



Recovery:

It's a Family Affair –
and Everyone's Invited!

Genetic Factors

“A person does not inherit substance abuse, they inherit a susceptibility to it.”

- Approximately 50% can be attributed to biology (genes).
 - Gender, history of mental health disorders, and environmental factors have been found to override genetic predisposition.
- **Facts about genes include:**
 - 1) Place the individual at a higher risk of developing an addiction.
 - 2) The individual may find it more difficult to quit compared to a person without a genetic predisposition.
 - 3) Withdrawal symptoms tend to be severe.

Are drug addicts born susceptible?

- <https://www.youtube.com/watch?v=dvnJhtw15HA>

Influential Factors

- Many factors influence a person's chance of developing a mental and/or substance abuse disorder. Effective prevention focuses on reducing those risk factors, and strengthening protective factors, that are most closely related to the problem being addressed.
- According to SAMSHA (Substance Abuse and Mental Health Administration)

Risk and Protective Factors

- **Risk factors** are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.
- **Protective factors** are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events.
- Some risk and protective factors are fixed: they don't change over time. Other risk and protective factors are considered variable and can change over time. **Variable risk factors** include income level, peer group, adverse childhood experiences (ACEs), and employment status.

Protective Factors for Youth

While divorce alone doesn't increase risk of substance use, family conflict does.

Family transition and mobility can contribute to risk.

- Individual Factors
- **Family Factors(Today's Focus)**
- Environmental Factors

* But, in each domain family can play an active role in preventing substance use.

Individual Factors

- Individual factors include behavior and personality as well as genetic and physical makeup.

Family Factors

- Family factors include the way that parents and children behave and relate to each other.

Environmental Factors

- Environmental factors include circumstances outside of the family such as school experiences, peer influences, and community conditions.

Primary Prevention



- Focus on Parenting education and Substance use/abuse information
- Focus on young children and their families before negative behaviors and family problems become deep-rooted

What does Research say about Parenting Styles & Substance Use?

- Research found that certain parenting styles can increase the chances of substance use and abuse in children and adolescents.

This presentation is intended to help understand family patterns that have been found to increase the risks of substance use and abuse among children and adolescents.

Research Findings have Discovered 4 Different Parenting Styles

- The four parenting styles are dependent on what the parent feels the child needs from them.
- Each parenting style impacts the relationship between parent and child.
- (1) Authoritarian, (2) Permissive, (3) Authoritative, (4) Uninvolved/Neglectful.

Authoritarian Parenting Style

Examples

- This form of parenting is characterized by high or unrealistic demands placed by parents.
- Authoritarian parenting does not view children as children, but as mini-adults.
- Low or no affection to the child- (it does not mean that they do not love the child).
- Rule “Do what I say, not what I do.”
- “Everything has to look perfect;” (Unrealistic expectation, shame takes root, children adopt a false sense of responsibility)
- “The child must be controlled, guidance is not enough” (everyone wants to feel that they have some type of control over their lives- it is part of development)
- “Showing Emotions is a Sign of Weaknesses”

Permissive Parenting Style

- This form of parenting does not offer much discipline, structure, or natural consequences for their children's behavior.
- Permissive parents often take the friend role or tend to be lenient.
- Permissive parenting values freedom over responsibility and often bribe their children to behave (usually bribes are given upfront with the child promising to behave later).
- Examples: “Kids will be Kids,” “I don't want to be mean, I want to be the cool parent”
- **What messages are children receiving when there are no clear and consistent rules and expectations?**
- This form of parenting does not offer the opportunity to learn the association between appropriate behavior and internal reward (feeling proud) or challenging behavior and natural consequences.
- Addictive behaviors (e.g. over eating, substance abuse, overspending) are characterized by instant gratification – activating the part of the brain that controls pleasure that overrides logic (behaviors and consequences).

Uninvolved/Neglectful Parenting Style

- Uninvolved parents often do not provide for their children's basic needs and expect them to raise themselves.
- Lack of knowledge of parenting and child development is found in uninvolved parenting style.
- Parents who are active in their addiction or suffer from untreated mental health related disorders often engage in this form of parenting style.
- Permissive parents often do not have capacity or the time to establish expectations, provide attention, supervision, and affection to their children.
- **Key Point to Remember:**
- Neglect is not always intentional
- How does an uninvolved parenting style impact children's self-esteem and sense of safety?
- How can psychosocial related factors such as poverty increase the chances of children being neglected?

Authoritative Parenting Style

- Set rules and expect children to follow them, but are also flexible when needed.
 - This form of parenting suggests that love and affection does not interfere with discipline, and highly encourages the expression and validation of emotions
 - As children get older parents encourage responsibility and independence within clear boundaries. Children from authoritative parents grow up to be independent, socially successful, and respectful of authority.
- **Findings:**
 - 1) This form of parenting is associated with lower levels of substance use among boys and girls.
 - 2) Parents are able to model appropriate behavior when expressing their emotions because they tend to have good self-regulation skills (e.g. emotional competence).

Parenting Styles Influences Family Dynamics

- **Addiction** is not only recognized as a brain disease, but also as a **family disease**.
- In an addicted family system, the disease becomes the organizing principle.
- Family systems become **unpredictable, frightening, chaotic**.
- As a result of this home environment, family members start developing their own symptoms – which are very similar to those found in individuals using or abusing controlled/illegal substances.

Comparison in Symptoms

The Individual with the “Problem”

- **Preoccupation:** Repetitive focus connected to addictive behaviors.
- **Increased Tolerance:** Needs more of the substance to achieve the same effect.

The Family Member

- **Preoccupation:** Inability to focus on other things, and constantly worries about the individual.
- **Increased Tolerance:** Becomes more tolerant of the individual’s behavior

Comparison in Symptoms

- **Loss of Control:** Cannot control behavior under the influence of substance.
- **Craving:** A severe physical or psychological urge or craving to reengage in the substance abuse OR behavior.
- **Loss of Control:** Family member loses control over their emotional reaction to the individual.
- **Craving:** A psychological craving or desire to “help,” rescue, protect, and/or control the individual.

Comparison in Symptoms

- **Compulsive Behavior:** Driven/obsessed to engage in addictive behaviors respectively.
- **Decreased Tolerance:** Cannot engage or use to the extent he/she once did, experiences negative symptoms more quickly.
- **Medical Problems:** Physical problems escalate due to unsafe practices etc.
- **Compulsive Behavior:** Driven/obsessed to engage in compulsive behaviors such as snooping, spending, eating,
- **Decreased Tolerance:** Less likely to stay in denial, may experience emotional bottom.
- **Medical Problems:** Stress related symptoms as a result of focusing on the other individual instead of practicing self-care and other healthy habits.

So, how can we prevent substance use from impacting families?

- Understanding the different **parenting styles**.
- Understanding differences between **helping and enabling**.
- Creating opportunities that raise awareness about substance use and early warning signs.

Disposition is not Destiny

- <https://www.youtube.com/watch?v=TAFqr2zUWkM>

What role does the FSC play



- ❑ Learn what are the resources in your community
- ❑ Partner with organizations to provide workshops at the FSC
- ❑ Provide Parenting classes and other family strengthening programs
- ❑ Embed protective factors in FSC programming

References

- Center for Substance Abuse Treatment. *Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No 39. HHS Publication No (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.
- Coombs, R.H., and Landsverk, J. Parenting styles and substance use during childhood and adolescence. *Journal of Marriage and the Family*, 50, pp.
- U.S Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) HHS Publication No. (SMA) 10-4120 revised 2017. Focus on Prevention: Strategies and Programs to Prevent Substance Use.
- Substance Abuse and Mental Health Services Administration (SAMHSA); Center for the Application of Prevention Technologies Newsletter; Risk and Protective Factors.
- Presentation adapted from workshop offered by Denise Pertuz, MSW, LSW in Union City NJ Winter 2017