

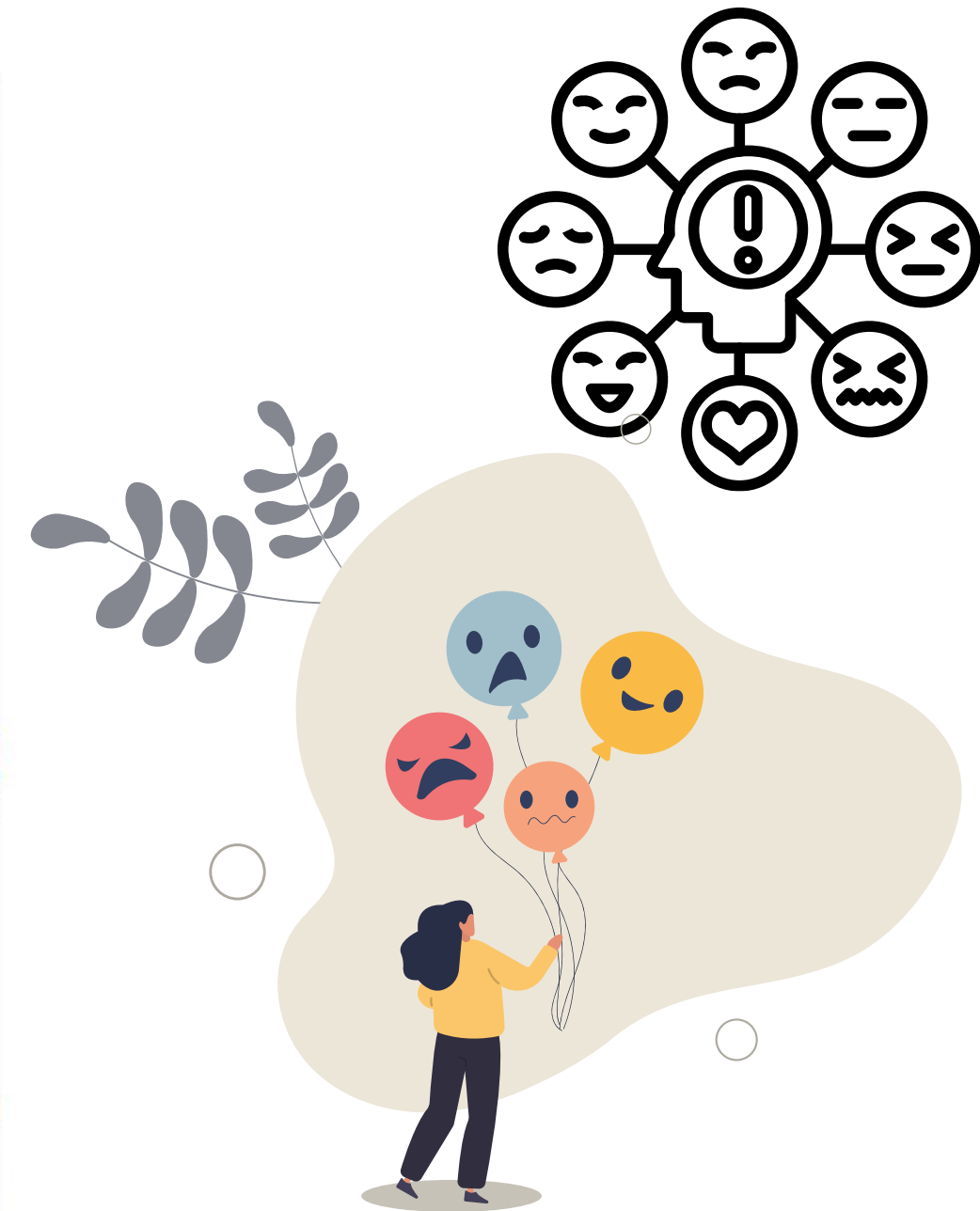
KIDS HAVE FEELINGS

DELAWARE ASSOCIATION FOR CHILDREN OF ALCOHOLICS (DACOA)



Mission

To increase public awareness and recognition of the special needs of children of alcoholics (COA's) of all ages – especially those who are too young to speak for themselves.



Researched and Developed by

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DACOA stands for the Delaware Association for Children of Alcoholics.

The organization is an affiliate of the National Association for Children of Alcoholics and the United Way of Delaware. The organization does not provide treatment of any kind, but directs people to appropriate self-help and professional resources.

The Delaware Association for Children of Alcoholics' mission is to increase public awareness and recognition of the special needs of children of alcoholics (COAs) of all ages, especially those who are too young to speak for themselves.

There are 18 million alcoholics in our nation. Another 29 million, or one out of every eight, are affected by parental alcoholism. In Delaware, 85,000 adults suffer from the effects of family alcoholism. Another 27,000 to 40,000 school-age children have at least one alcoholic parent. Family alcoholism has a devastating impact: 55% of all family violence occurs in alcoholic homes. Incest is twice as likely among daughters of alcoholics. Children of alcoholics are three to four times more likely to become alcoholic than the general population. 70% of COA children develop patterns of compulsive behavior as adults, including alcoholism, drug abuse or overeating. For years, this condition was kept secret. One steadfast rule in the alcoholism, drug abuse, or overeating.

For years, this condition was kept secret. One steadfast rule in the alcoholic family is never to talk about the problem.

DACOA speaks out.

Compiled and Edited by

Barbara P. Ridge, Ph.D., LCSW

Executive Director, Delaware Association for Children of Alcoholics

FOREWARD

Children raised in a home where there is a history of alcoholism or drug abuse have a increased risk of developing alcohol and drug problems themselves. The risk is evident in children as young as 5 years of age (Hawkins, 1989). These children are likely to develop a wide range of physical, psychological, and emotional problems that impact on all aspects of their lives.

The Delaware Association for Children of Alcoholics (DACOA), has recognized problem characteristics in children and has, for the past 11 years, provided prevention and intervention programs throughout the State of Delaware. The "Kids Have Feelings" program is a by-product of our prevention/intervention efforts. It is a blue-print; a curriculum designed to address family alcoholism. The curriculum was developed by two students interning at the DACOA agency; one was a student studying alcohol and drug counseling and the other human services. The program and text were compiled and edited by DACOA staff.

I found compiling this program, with its evaluation component, an enjoyable task.

Particularly impressive was the insight of the interns who worked on this project. Their comments and observations were a refreshing addition to the program. Both students showed great insight when they said, "The most destructive feeling associated with children from dysfunctional homes is the overwhelming feeling of confusion".

The program is available in English and Spanish. It is DACOA's goal to make the program available to children of all cultures and aid educators in their task of helping children survive the effects of family substance abuse.

PROGRAM GOAL

To guide children through the process of discovering and understanding their feelings, and to provide helpful guidelines concerning appropriate feelings.

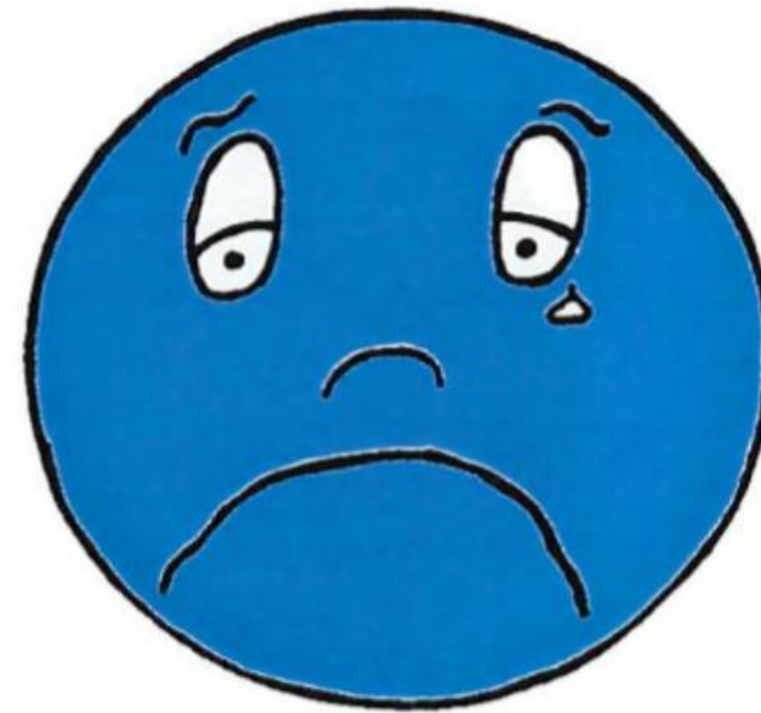
PROGRAM OBJECTIVES

To get familiar with feelings

To provide an opportunity for children to talk about their feelings and experiences.

To let children know that their feelings are okay.

To help them grow into healthy adults.

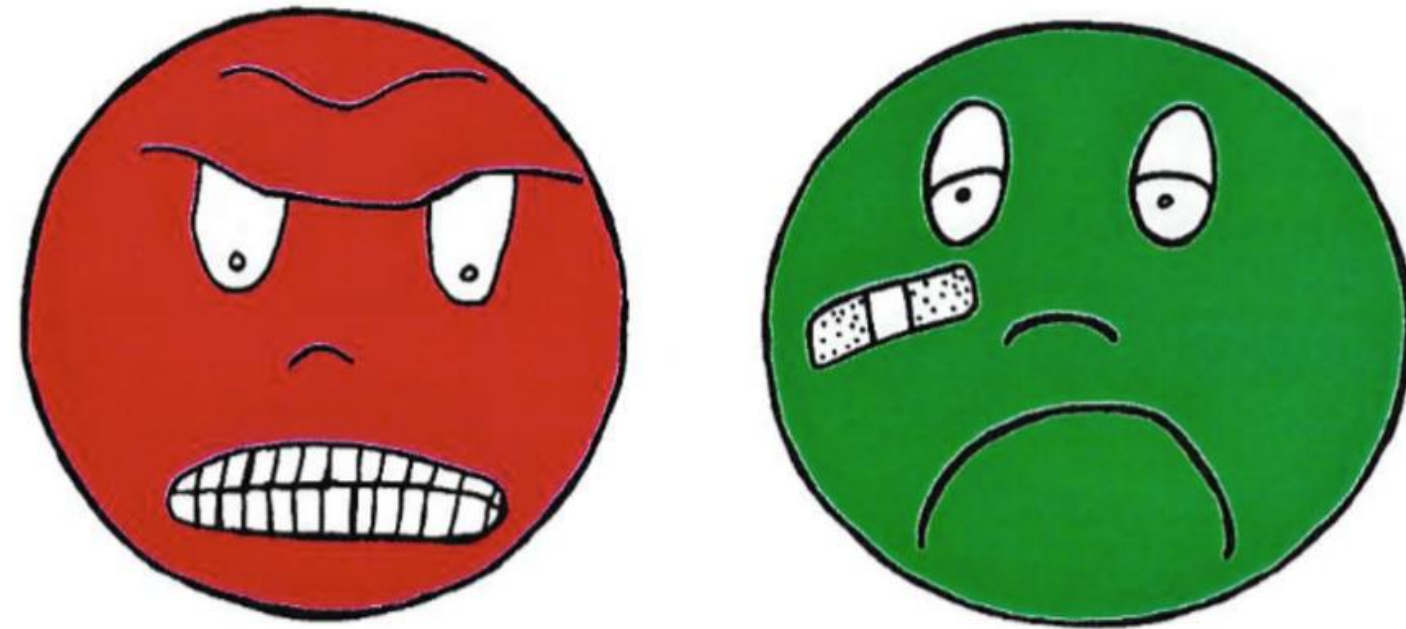


HAPPY and SAD FEELINGS

What makes you feel this way?

Who makes you feel this way?

Why do you feel this way?

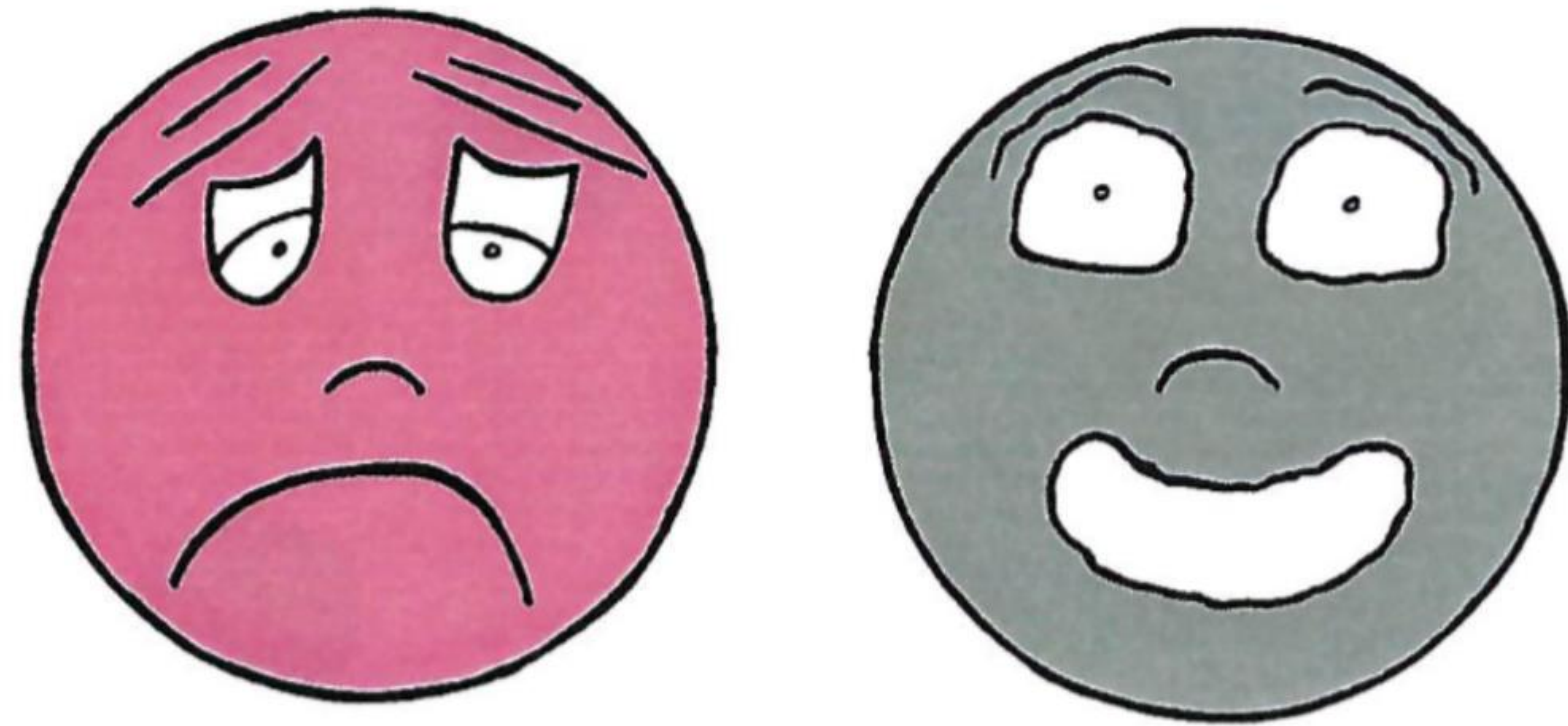


ANGRY AND HURT FEELINGS

What makes you feel this way?

Who makes you feel this way?

Why do you feel this way?

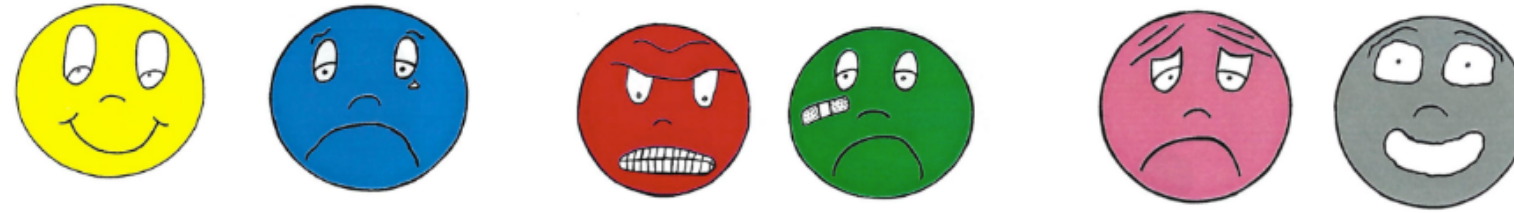


EMBARRASSED AND SCARED FEELINGS

What makes you feel this way?

Who make you feel this way?

Why do feel this way?



MY MAIN FEELING

How do you feel most of the time?

Draw the face that shows your feelings most of the time.

Happy or Sad

Angry or Hurt

Embarrassed or Scared



CELEBRATING

THE 7 C's

I didn't **C**ause it.

I can't **C**ontrol it.

I can't **C**ure it.

But I can learn to take care of myself by

Communicating feelings

Making healthy **C**hoices, and

Celebrating myself



Group Work to offer to Students.

Draw a picture that Shows You and Your Family.

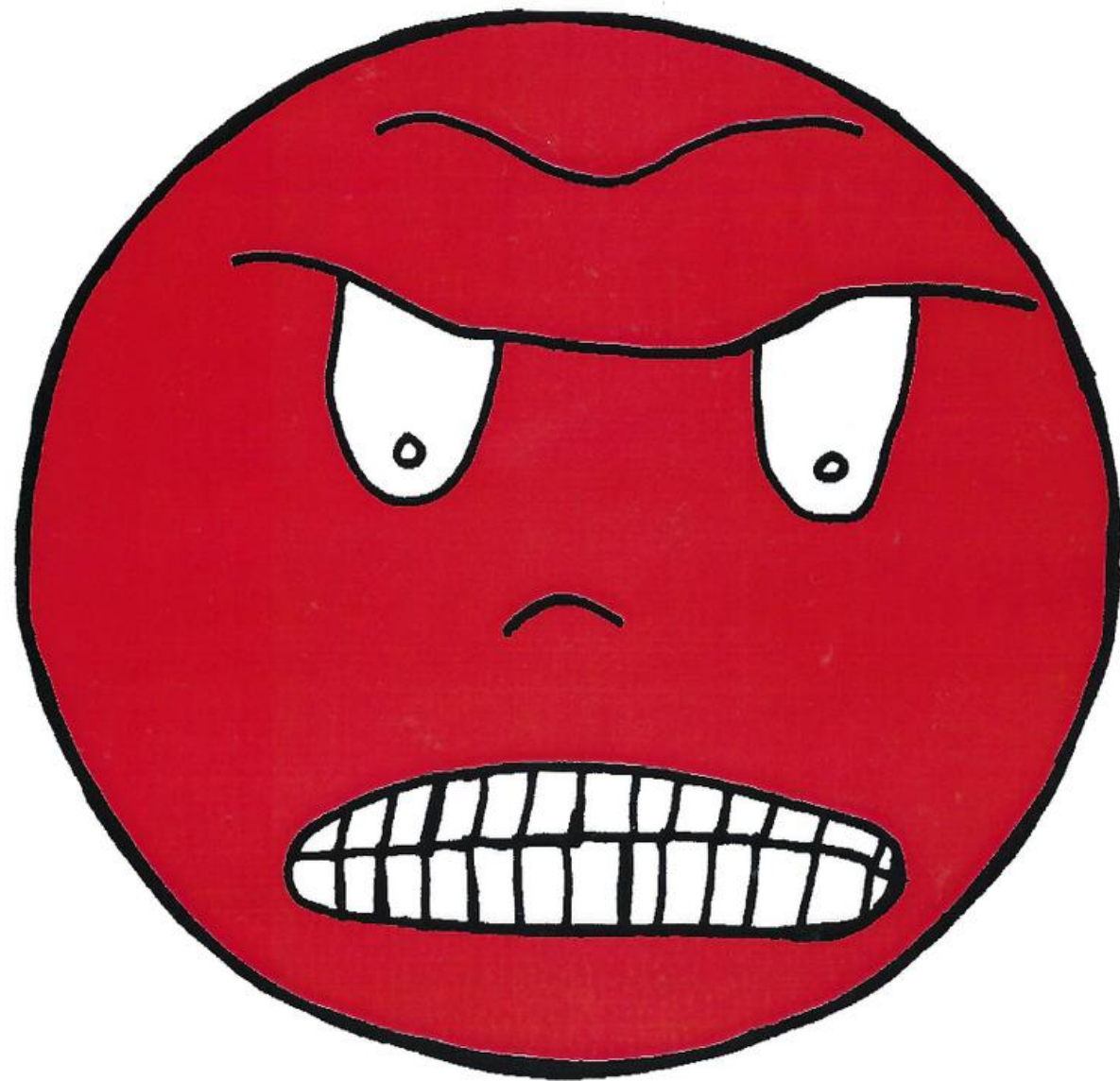
Children Can Share their Pictures with the group (Optional).



What do you see when you see this face?

What makes you feel this way?

Who makes you feel this way?



What do you see when you see this face?

What makes you feel this way?

Who makes you feel this way?



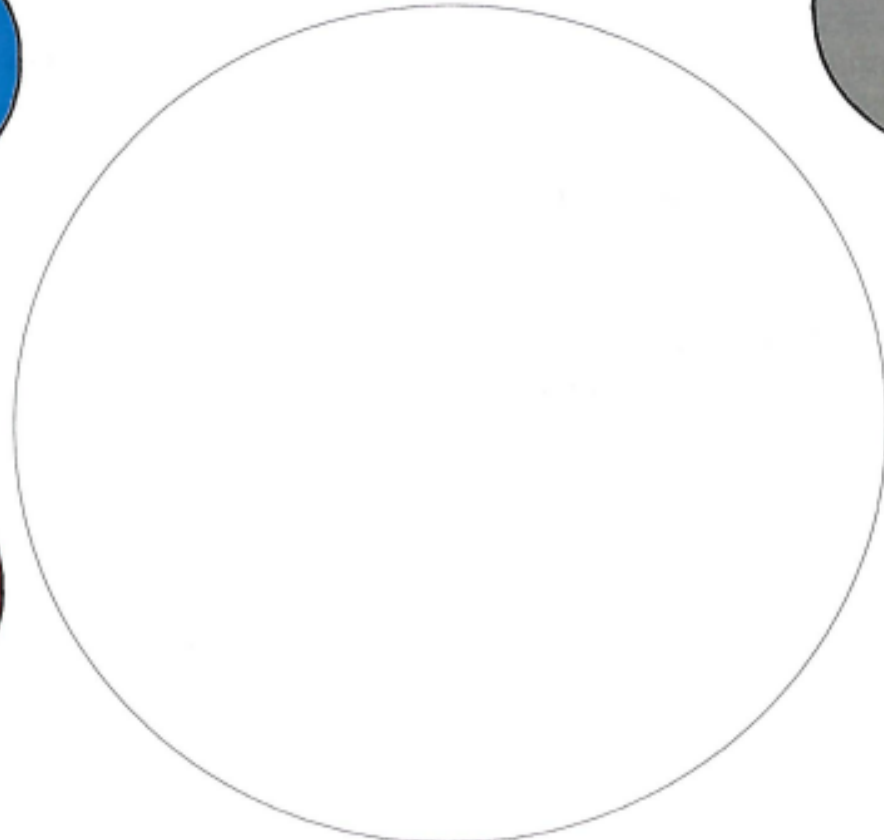
What do you see when you see this face?

What makes you feel this way?

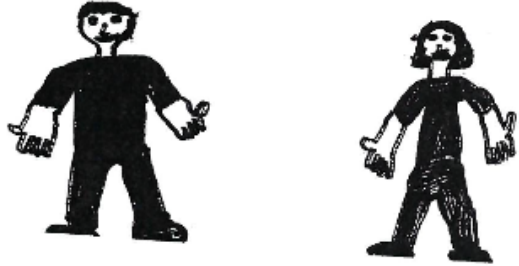
Who makes you feel this way?



**The way I feel most
of the time looks like this**



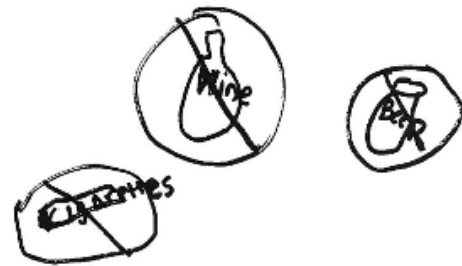
If you do drugs you
will forget alot of things.



DO NOT take drugs



Don't DO DRUGS



*Drawings from children attending
the Delaware State Fair*

References

- Cohen, D.H., Stern, V., & Balaban, N. (1958). Observing and Recording the Behavior of Young children. New York: Teachers College Press.
- Hawkins, D. (1989). Rick Factor Approach To Drug Abuse Prevention Program. Washington: Drug Information and Strategy Clearinghouse.
- Moe, J. (1993). Discovery: Finding the Buried Treasure. Arizona: STEM Publications.