

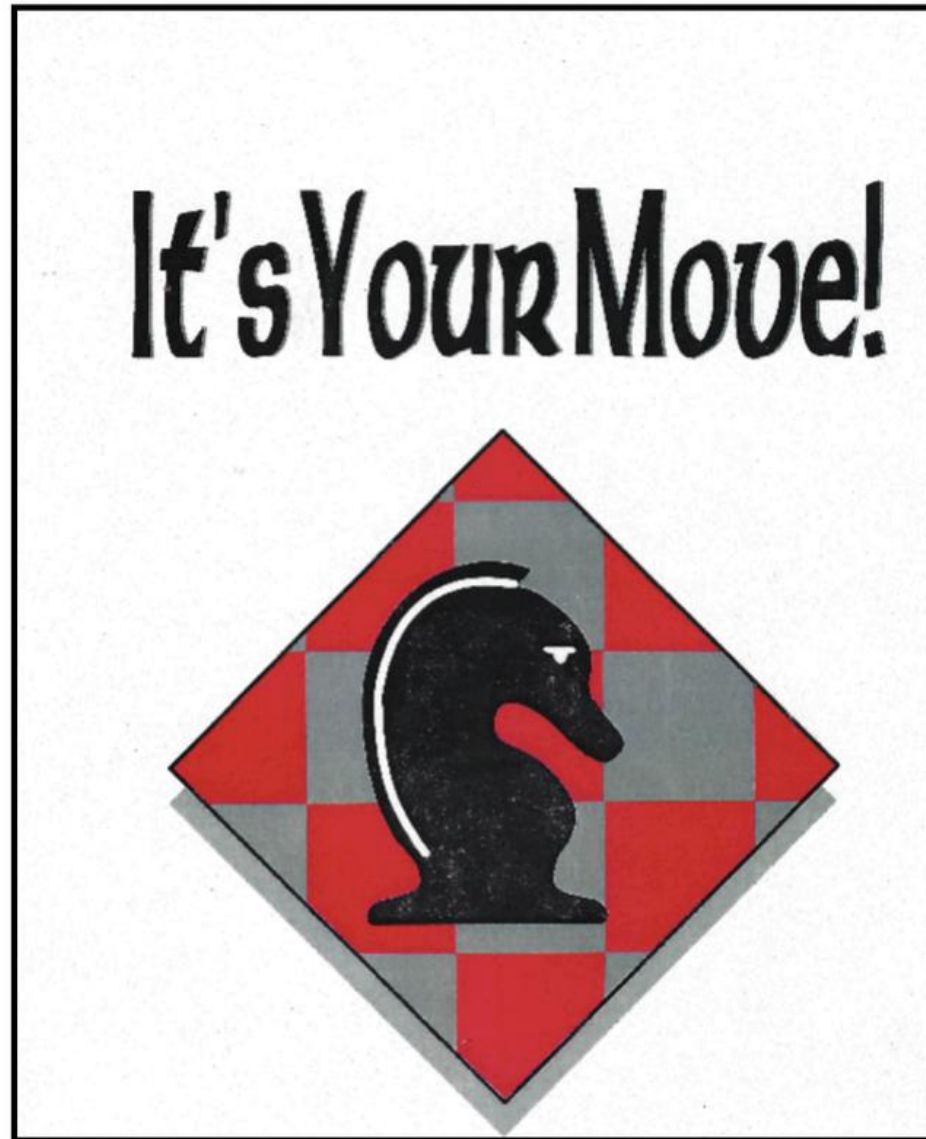
IT'S YOUR MOVE!

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.



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

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PROGRAM GOAL

To create a climate for learning about the risks associated with alcohol and other drugs.
To encourage healthy attitudes and foster acceptable behavior for adolescents to achieve healthy, happy lives.

PROGRAM OBJECTIVES

To understand the risks associated with alcohol and drug use.
To get in touch with our feelings
To understand how our feelings effect our actions
To provide an opportunity for individuals to dialogue about their feelings and experiences.
To develop a positive self image.
To set goals.
To decide what steps are necessary to achieve the goals.
To achieve the goals.

INCREASED RISK FROM ALCOHOLISM

ALCOHOLISM

THE FAMILY DISEASE

- The American Medical Association (AMA) recognizes alcoholism as a disease.
- Scientific evidence confirms a genetic cause for alcoholism passing from generation to generation: Grandchildren of Alcoholics.
- This disease impacts all family members to some degree, not just the alcoholic.
- Alcoholism Anonymous (AA), the oldest, most successful organization to effectively treat alcoholism, defines the affliction as having 3 components:
 1. A physical addiction.
 2. A mental obsession.
 3. A spiritual collapse.
- An alcoholic has difficulty stopping drinking once started; he or she has one or more problems due to drinking alcohol.
- A drug is a drug; alcohol is a legal drug.



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**INCREASED RISKS
FROM ALCOHOL OR DRUG USE**

Physical

Emotional

Behavioral

Sexual

Academic

Legal



The Hero

THE RESPONSIBLE CHILD

1. Frequently the oldest child
2. Responsible and reliable
3. Takes charge
4. Neglects own needs for others
5. Sense of stability and control



The Lone Child

THE WITHDRAWN CHILD

1. Ignores chaos
2. Quiet...solitary
3. Unwilling to make decisions
4. Adapts by detaching
5. Goes along to get along





The Scapegoat

ACTS OUT ANGER

1. Always getting into trouble
2. Has no boundaries
3. Risk taker
4. Attention seeking
5. Vents in anger



The Mascot

ACTS LIKE A CLOWN

1. Uses humor to reduce tension
2. Well liked
3. Conflict resolver
4. Sensitive to people's feelings
5. People pleaser



FEELINGS

- Feelings are okay.
- We are capable of a wide range of feelings.
- We cannot change or control other people's feelings.
- We can make choices about how we feel.
- We should learn how to express our feelings.
- We should not try to coverup our feelings by using alcohol or drugs.
- We can discuss our feelings with **SAFE PEOPLE.**



SAFE PEOPLE



TEACHERS

GRANDPARENTS



DOCTORS

CLERGY



COUNSELORS

NURSES



SAFE PEOPLE



TEACHERS

GRANDPARENTS



DOCTORS

CLERGY



COUNSELORS

NURSES



SAFE PEOPLE:

- Listen to you
- Hear you
- Make eye contact
- Accept you
- Validate your feelings
- Non-judgmental
- Clear
- Appropriate boundaries
- Direct
- Supportive
- Loyal
- Relationship is authentic

UNSAFE PEOPLE:

- Don't listen
- Don't hear
- No eye contact
- Reject you
- Invalidate your feelings
- Judgmental
- Unclear
- Inappropriate boundaries
- Indirect
- Competitive
- Betray
- Relationship is superficial



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FEELINGS

- What are feelings?
- Where do they come from?
- Are feelings always facts?
- How do you deal with your feelings?
- Do you bury them / handle them / act them out?

ABANDONMENT
ANGER
DECEPTION
DISAPPOINTMENT
EXCITEMENT

FEAR
GUILT
HAPPINESS
HATE
HOPE

HUMOR
JOY
LOVE
NO DIRECTION
REGRET

SADNESS
SCARED
SHAME
SORROW

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ANGER

What causes anger?

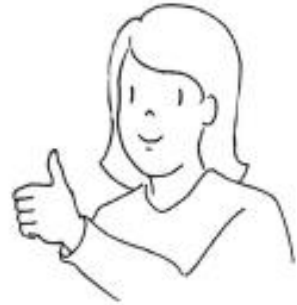
Is it a natural human emotion?

How do you react to anger?

How can you control your anger?

WHAT IS SELF-ESTEEM?

IT'S THE WAY YOU FEEL ABOUT YOURSELF



When you feel good about yourself, you have **HIGH SELF-ESTEEM.**



When you feel bad about yourself, you have **LOW SELF-ESTEEM.**

TO IMPROVE YOUR SELF-ESTEEM



Think Positively
Be Proud of Yourself
Take Time for Yourself



SET GOALS –

they help make our dreams come true!



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SELF-ESTEEM

What do we mean by self-esteem?

When does it develop?

What factors determine self-esteem?

Can self-esteem be changed?

Is your self-esteem high or low?





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SELF-IMAGE/ SELF-LOVE

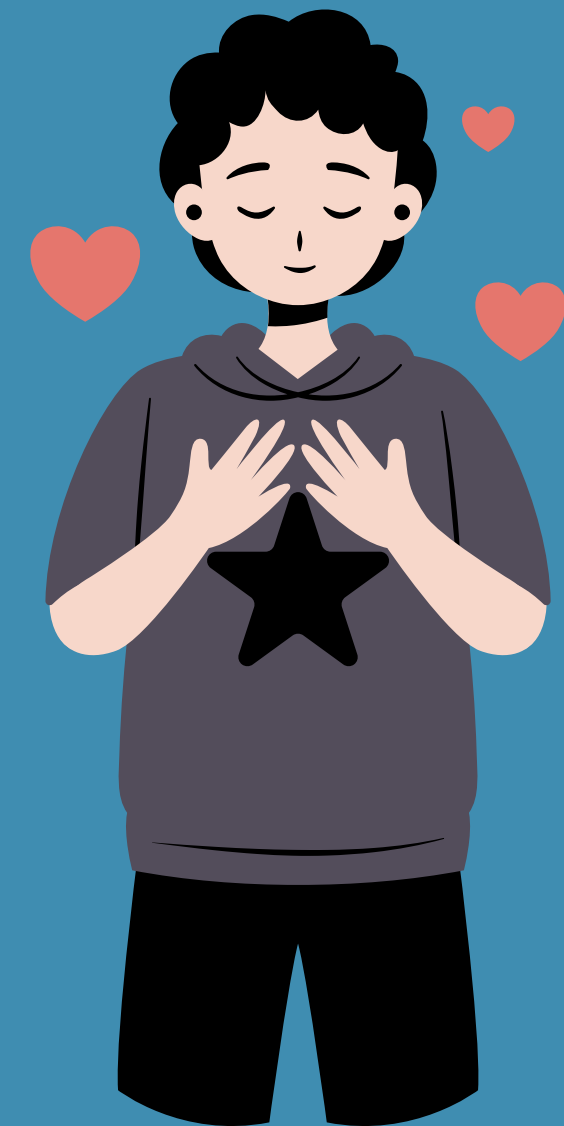
What do we mean by self-image and self-love?

How does it develop?

Is self-love being selfish?

Reflect on your self-image. Is it positive or negative?

How can it be improved?





GOALS

- What are goals?
- Who sets your goals?
- What are “short-term” goals?
- What are “long-term” goals?
- Taking gradual steps towards your life goal.
- Dealing with “detours” on the road to your life goal.

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EVALUATION.

Do you understand the risk associated with alcohol or drug use?

Are you able to deal with your feelings?

Can you control your anger?

Has your self-esteem improved?

Have you set achievable life goals?

Where do you go from here?

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