

# HOPE FOR CHILDREN GROWING UP IN FAMILIES IMPACTED BY SUBSTANCE USE DISORDER



VIRTUAL PROGRAM

Caron offers a virtual program for children ages 7 to 17 that provides education, coping strategies, and support.

Substance use disorder is a family illness. Children and teens, especially, are impacted when growing up in a family with parents, grandparents, aunts, uncles, or siblings who have substance use disorders. These children are at a greater risk of developing a substance use disorder and/or other behavioral health issues, such as:

- Low self-esteem/loneliness
- Aggressiveness
- Depression/anxiety
- Poor academic performance
- Relationship problems

## Hope for Recovery

The Satell Family Children and Teens Virtual Program at Caron provides a unique experience for children to learn that they are not alone and that there is hope, for both themselves and their loved one. The program provides education on the disease of addiction and helps children learn that their loved one's disease is not their fault.

In a safe virtual setting, children begin to learn that they can trust others and that it is okay to talk about how they feel. Program leaders encourage children to understand that they didn't cause their loved one's substance use disorder and they aren't responsible for curing it, either. The program also helps them to:

- Process their feelings about how substance use disorder has impacted their family member, themselves, and their family unit as a whole.
- Understand treatment and recovery.

## Registration/Referral Information

**Dates:** Thursdays – 10/1, 10/8, 10/15 and 10/22

Register by calling **800.678.2332** or emailing **CProgram@Caron.org**.

- Identify a support system.
- Develop healthy coping and problem-solving skills.
- Make healthy choices.
- Communicate effectively with their family members.

A variety of activities are incorporated into the program including crafts, team-building exercises, recreation, and educational groups. At the end of the program, each family is provided with a list of resources in their hometown that can provide ongoing support and education about substance use disorder for their child.

