Treatment Guide for Children of Addicted Parents – Infographic

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TREATMENT GUIDE FOR CHILDREN OF ADDICTED PARENTS

The people who raise us deeply influence our lives in so many ways.

Children who are raised by parents who are addicted, end up with many issues whether physically, mentally, or emotionally.

How to Deal with Addicted Parents

Young people who find themselves entangled in such situations need to feel empowered to get help for themselves and break free of their caregiver roles.

If you are dealing with your parent's substance abuse, you need to know that it's **not your fault.**

What you need to do is build self-confidence and get past the fear that keeps you from speaking out and seeking help.

Here are some suggestions on how to do that.

Confide in an adult.
It can be scary to open up to someone but confiding in an adult you trust can ease the burden and make you feel valuable.

Keep a journal.
Writing down your thoughts can help clear your mind.

Take part in activities that you enjoy.
Having some activities that you're good at can boost your confidence and happiness.

Make friends and stay close to them.
Making friends can be hard and it might be tempting to withdraw but that will only worsen things.

Keep emergency numbers close.
Know who you can contact in case a crisis comes up. This might include the numbers of a teen crisis center, emergency services, or concerned teachers, neighbors, or relatives.

Have a list of safe places to go.
Know where to go if you need to leave in a hurry. Maybe a friend's place, family shelter, or a teen center.

Talking to Your Parents About Seeking Help

It can be difficult and intimidating to talk to your parents about getting help for their substance abuse.

To make this conversation more successful, try doing the following:

Putting down your feelings on paper.
That way, should they get angry or try to divert the conversation, you can refer to what you've written to keep the conversation on track.

Asking for help.
When holding an intervention with an addicted person, it's always helpful to have backup.

Choosing the appropriate time.
Choosing the right time to have this conversation is critical. You want to pick a time when there are minimal distractions and both you and your parents are calm.

Getting help to make sure your parents follow through.
You need someone with you to ensure that they stick to their promise of going to rehab and that they follow through with their treatment.

Remind yourself that you are only **looking out for them and acting in their best interests.**

At the Evolve Indy addiction treatment center in Indiana, we have a team of addiction specialists that can help your parents get sober and remain that way.

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The environment in which we grow up plays a pivotal role in shaping our lives. For children raised by parents battling addiction, the challenges can be multifaceted, affecting them physically, mentally, and emotionally.

Navigating the Challenges of Having Addicted Parents

Children in such situations must be equipped with the tools and resources to advocate for themselves and potentially break free from the cycle of addiction.

Understanding Your Situation

First and foremost, if you're grappling with a parent's substance abuse, remember:

> **It's not your fault.** Empower yourself to rise above the fear, voice your concerns, and seek the help you need.

Steps to Empowerment and Self-Care

1. **Confide in a Trusted Adult:** Sharing your feelings with a trusted adult can provide relief and validation.
2. **Maintain a Journal:** Documenting your thoughts can be therapeutic and offer clarity.
3. **Engage in Uplifting Activities:** Pursue hobbies and activities that boost your self-esteem and joy.
4. **Cultivate Strong Friendships:** While it might be challenging, maintaining close friendships can be a source of support and comfort.
5. **Keep Emergency Contacts Handy:** Be prepared with contacts for crisis centers, emergency services, or trusted individuals.
6. **Identify Safe Havens:** Know places you can retreat to in emergencies, such as a friend's house or a community center.

Initiating a Conversation About Rehabilitation

Approaching parents about their addiction and the need for treatment can be daunting. However, with the right strategy, you can facilitate a constructive dialogue.

Tips for a Successful Intervention

1. **Document Your Feelings:** Having a written account can help steer the conversation and prevent diversions.
2. **Seek Support:** When confronting an addicted individual, having allies can be beneficial.
3. **Choose the Right Moment:** Opt for a time with minimal distractions and when emotions are stable.
4. **Ensure Follow-Through:** Having someone to hold your parents accountable can ensure they commit to rehabilitation.
5. **Reiterate Your Intentions:** Emphasize that your actions stem from concern and love.

Seeking Professional Assistance

At **Evolve Indy** addiction treatment center in Indiana, our dedicated team of addiction specialists is committed to helping individuals overcome addiction and embark on a journey of sustained sobriety.