

Chemical Dependency and the Family

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Special thanks to Claudia Black, PhD



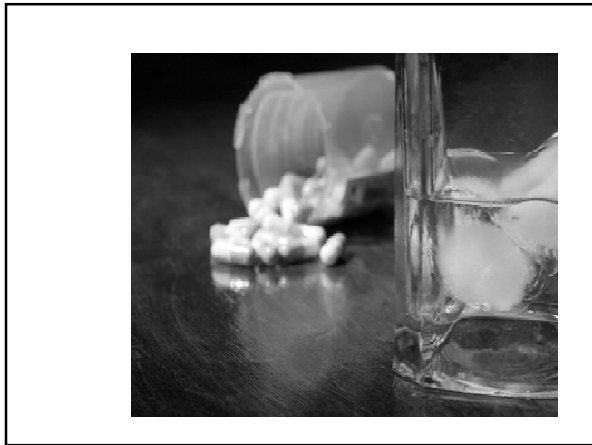
Chemical Dependency and the Family

- Chemical dependency overview
- Definition of family
- Effects of chemical dependency on families
- What can you do?
- Resources



What is CD...addiction?

- *Addiction is characterized by inability to consistently abstain, impairment in behavioral control, and craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.*



Addiction is a disease.

- *It has defined **signs and symptoms**
- *It is **chronic**
- *It is **progressive**
- *It is **fatal**, if not treated

What is CD...addiction, according to NIDA?

- *Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.*

Biological/Physical Effects

- Chemical tolerance
- Withdrawal symptoms
- Chemically dependent people crave drugs and physically do not feel normal without them

Signs and Symptoms

- Frequent intoxication
- Once user starts, can't stop
- Blackouts
- Behavior changes while using
- Begins to miss work or other obligations, like family

Addiction is Chronic

- Symptoms arise and last over time
- Interrupts the developmental cycle
- Time not spent developing talents, skills, interests
- Time spent in detention, jail, prison
- May begin with an acute event (or more than one)
- Eventually just becomes 'routine'

Signs and Symptoms

- Legal troubles
- Drug taking in larger amounts than intended
- Inability to cut down on drug use
- A great deal of time spent in activities necessary to obtain the drug and
- Continued use despite negative consequences

Addiction is Progressive

- **Stages**
 - **Early**
 - May be asymptomatic
 - **Middle**
 - Tends to be when use affects relationships, life, work, etc.
 - **Late**
 - Obvious symptoms

Psychological Effects

- Drugs control mind, thinking, attitude, beliefs
- Drugs control their moods
- Believe life is not possible without drugs
- Obsessive thoughts about drug
- Love relationship with drug

Addiction is Fatal

- If left untreated, addiction to drugs will eventually kill by disease, overdose, or accident or lead to incarceration or institutionalization.
- Drug related car and other accidents,
- Violent activities, dangerous behaviors, gangs, fights, burglaries, homicide
- Overdose
- Suicide, attempted suicide
- Diseases related to drug use



family [ˈfæmli ˈfæmli] *n pl -lies*¹. (Sociology) *a.* a primary social group consisting of parents and their offspring, the principal function of which is provision for its members

What is missing here?

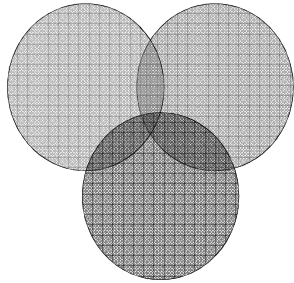
This disease is a FAMILY DISEASE! Whether the alcoholic is a parent or child, the other family members are often taken hostage!

The years of living with an alcoholic is almost sure to make any wife or child neurotic. The entire family is to some extent ill.

- *Alcoholics Anonymous* – p.122

- ### Common features of families
- Unique roles
 - Shared roles
 - Rules—spoken or unspoken
 - Values and beliefs
 - Shared history

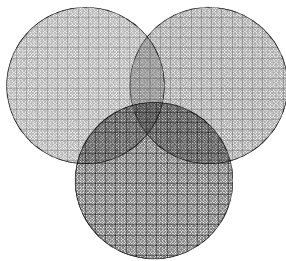
Families are Systems



And everything reflects the change

- Role shifts
- Changed responsibilities
- Rules are broken
- Upended values and beliefs
- Loss of history
- Denial sets in

Until something changes...



Chemical Dependency Changes:

- How it feels to live in the family
- How people communicate
- How family members relate to each other and get along
- How family members deal with problems and conflicts



Chemical Dependency Changes:

- How family members meet each other's needs
- How members assume roles and meet the demands of these roles
- How family members relate to the outside world: We often recreate our family relationships in other relationships!

The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil.

Alcoholics Anonymous – p.82

Characteristics of the Alcoholic or Chemically Dependent Family

- The Centricity of the Alcoholic
- Denial and Shame
- Inconsistency, Insecurity and Fear
- Anger and Hatred
- Guilt and Blame
- Resentments develop



It brings misunderstanding, fierce resentments, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents. Anyone can increase the list.

Alcoholics Anonymous – p. 18

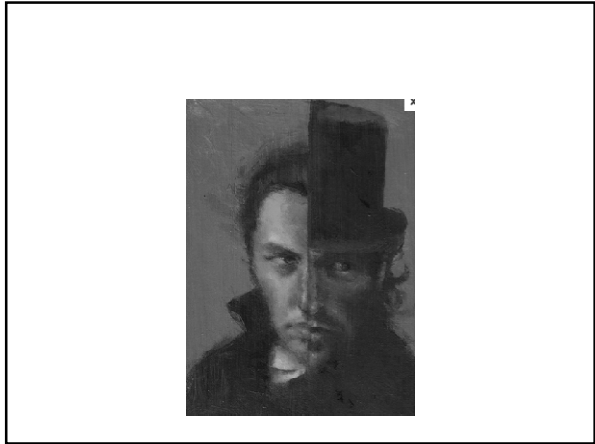
Resulting Disappointment

- o The chemically dependent person is unable to live up to his or her commitments and promises.
- o Broken promises and unfulfilled expectations are common.
- o Members of the family are constantly having their high hopes turn into great disappointments.

Denial and Shame



Anger and Hatred



Guilt and Blame



Embarrassment



Resentment is like taking poison and waiting for the other person to die.





3. Don't Feel.



1. Don't talk.

"How are you?" ✕

Broken. Useless. Alone. Clueless. Refused. Betrayed. Fragile. On the verge of tears. Depressed. Anxious. About to break down. Really, I've been so pathetic and annoying. I'm just a burden. Distasteful. Bitter. I don't know. Lonely. Dejected. Crushed. I feel like I'm going to just fall apart at any moment. Empty. Defeated. Never good enough.



2. Don't trust.

Ways Family Members Reduce Stress

- Ignoring the problem behaviors, conflict, and pain
- Using defense mechanisms (both the chemically dependent person and other family members – denial, minimization, approval seeking, victimization)
- Taking on new roles to stabilize the family – children caring for children, protecting the family secret

Family Roles

- The Hero
- The Scapegoat
- The Lost Child
- The Mascot
- The Chief Enabler

The Scapegoat



The Hero



The Scapegoat

* Behaviors:

- * Tests limits, breaks rules, gets in trouble, acts aggressively, uses substances as an outlet/relief, inappropriate language, behavior, dress, usually has most realistic picture of the family.

* Feelings:

- * Anger, confusion, resentment, inadequacy, self-blame for family problems, "out of control"

* As an adult:

- * Typically has progressive substance abuse problems; problems throughout life; progressive involvement with the criminal justice system

Offers the family a sense of purpose by providing someone to blame

The Hero

• Behaviors:

- High achiever, excels, leads, very busy, almost never says no, responds to adult, controlling

• Feelings:

- Anxiety, inadequacy, unworthiness, resentfulness, self-blame, loneliness

• As an adult:

- Unrealistic sense of control, needs to control, needs approval, feels overly responsible or may act irresponsibly when overwhelmed

Offers the family a sense of being okay

The Lost Child



The Lost Child

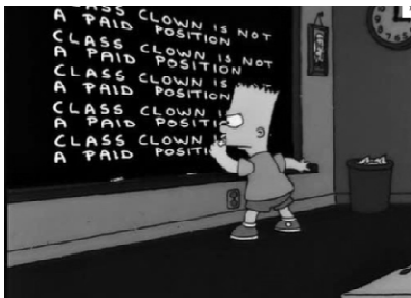
- *Behaviors:
 - * Quiet, daydreamer, isolates, fantasizes, avoids conflict, passive
- *Feelings:
 - * Loneliness, fear, unworthiness, inadequacy, lack of fulfillment
- *As an adult:
 - * May have problems with depression, difficulty with interpersonal relationships, alcohol or drug problems usually due to inability to cope

Offers the family a sense of relief and success, and is not a trouble to the family

The Chief Enabler



The Mascot



The Chief Enabler

- Behaviors:
 - Shelters and shields the using family members, makes excuses for and may lie to protect the user, minimizes negative consequences, blames others for the problems, sometimes sabotages progress towards recovery
- Feelings:
 - Anger, hurt, guilt, resentment, anxiety, fear, desperate to control everything, helpless, exhausted

Offers the family a sense of stability and protection

The Mascot

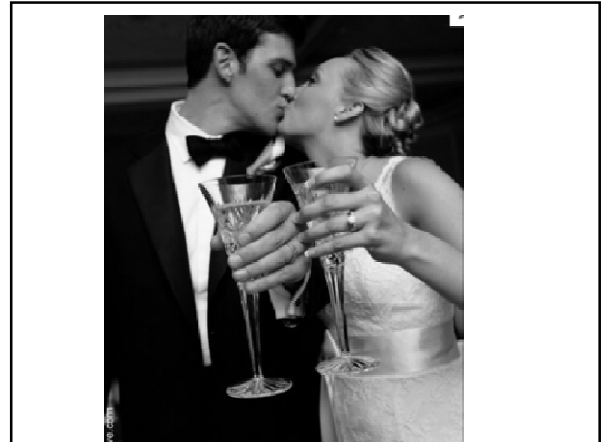
- Behaviors:
 - Class clown, seeks attention through humor and acting out, uses humor to keep people at a distance, seldom serious
- Feelings:
 - Anxiety – measures self-worth by how others see him or her; anger; hurt; loneliness
- As an adult:
 - Problems in school and at work, seldom forms intimate relationships, “clowns around” or “life of the party,” may develop SA problems

Offers the family a sense of comic relief from the pain

One in four children live in a home where alcoholism or alcohol abuse is present *daily*.
Can be a parent/guardian or a sibling!

Children in CD homes are:

- 3 times more likely to be verbally, physically, or sexually abused
- 4 times more likely to be neglected
- 4 times more likely to develop chemical dependency problems of their own



Children in CD homes are at great risk for:

- Emotional problems
- Physical health problems
- Learning difficulties



What if...

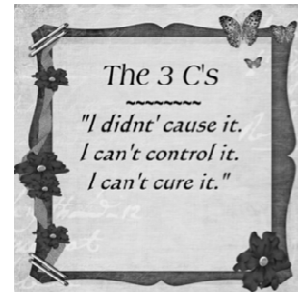
my child has a problem with drugs or alcohol?

From parents who know:

- Horrible to have alcoholic husband...way more difficult and confusing to have an alcoholic child.
- ALanon helped in the process of helping get him in treatment without blame or shame.
- Interventionist really helped.
- Give them the dignity to experience the consequences and as parents, recognize the consequences as good news.

What's a family to do?

Develop an understanding and acceptance that addiction is a disease.



More wisdom from experience

- Kicking her out saved her life! Someone told me to go to Alanon...took me 6 months from the time of kicking her out to go back to alanon. Then I got healthy.
- In the middle of all of it, the important thing for me was recognizing that when things unfold, the consequences of their use and action... those consequences are good news. .
- I don't need to make the connections for them, those consequences are motivators.
- From a recovering young son, "God and mom are alike, they both never turned their back on me."



Is there hope?



- A systemic disease needs systemic treatment
- Chemically dependent families have choices and can break the unhealthy norms of the family.
- It doesn't matter why these roles were developed, they do not have to be maintained!

- ### Enabling
- "Standing between a person and his or her consequences."
 - "Doing for someone something he or she should be doing for him or herself."
 - "Engaging in actions that ultimately perpetuate someone's problematic behavior."

Recovery...

The alcoholic may find it hard to establish friendly relationships with his children....
 They cannot seem to forgive and forget...
 In time they will see he is a new man and in their own way they will let him know it. From this point on, progress will be rapid.

Alcoholics Anonymous – p. 134 (The Family Afterward)

Al-Anon

We who live or have lived with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon we discover that no situation is really hopeless, and that **it is possible to find contentment, even happiness, whether the alcoholic is still drinking or not.**

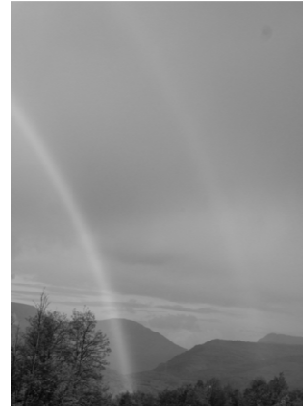
How Al-Anon Works – p. 8

- ### Parent of an addicted child? Spouse of an addict?
- Seek professional help
 - Attend AlAnon or Families Anonymous
 - Learn about co-dependency and enabling. Learn to NOT ENABLE.



The family situation is bound to improve as we apply the Al-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

How Alanon Works – p. 8



It's work!

The battle against alcoholism has become the basis for many of our relationships. Putting an end to this battle requires completely redefining what we believe about ourselves, others and our relationships.

How Alanon Works – p. 46



Love the person, hate the disease

Resources/references

- It Will Never Happen to Me – Claudia Black
- Codependent No More – Melody Beattie
- Broken Bottles, Broken Dreams – Charles Deutsch
- www.dawnfarm.org
- <http://www.adultchildren.org>
- <http://www.al-anon.alateen.org>
- <http://www.afgdistrict5.org>

Data were obtained from the following sources:

U.S. Department of Health and Human Services. SAMHSA's Center for Substance Abuse Treatment. You Can Help: A Guide for Caring Adults Working with Young People Experiencing chemical dependency in the Family. (PHD878, (SMA) 01-3544) Washington, DC: U.S. Government Printing Office.

University of Pennsylvania Health System: <http://www.uphs.upenn.edu/>