

PARENTING & RECOVERY

We are the ancestors of the future

Rural Domestic Violence and Child Victimization Conference

October 7-9, 2009
BP Conference Center
Anchorage, Alaska

Tia M. Holley RHS, AAS, CDCII, NCACI

WONDERFUL TO BE HERE

Welcome,

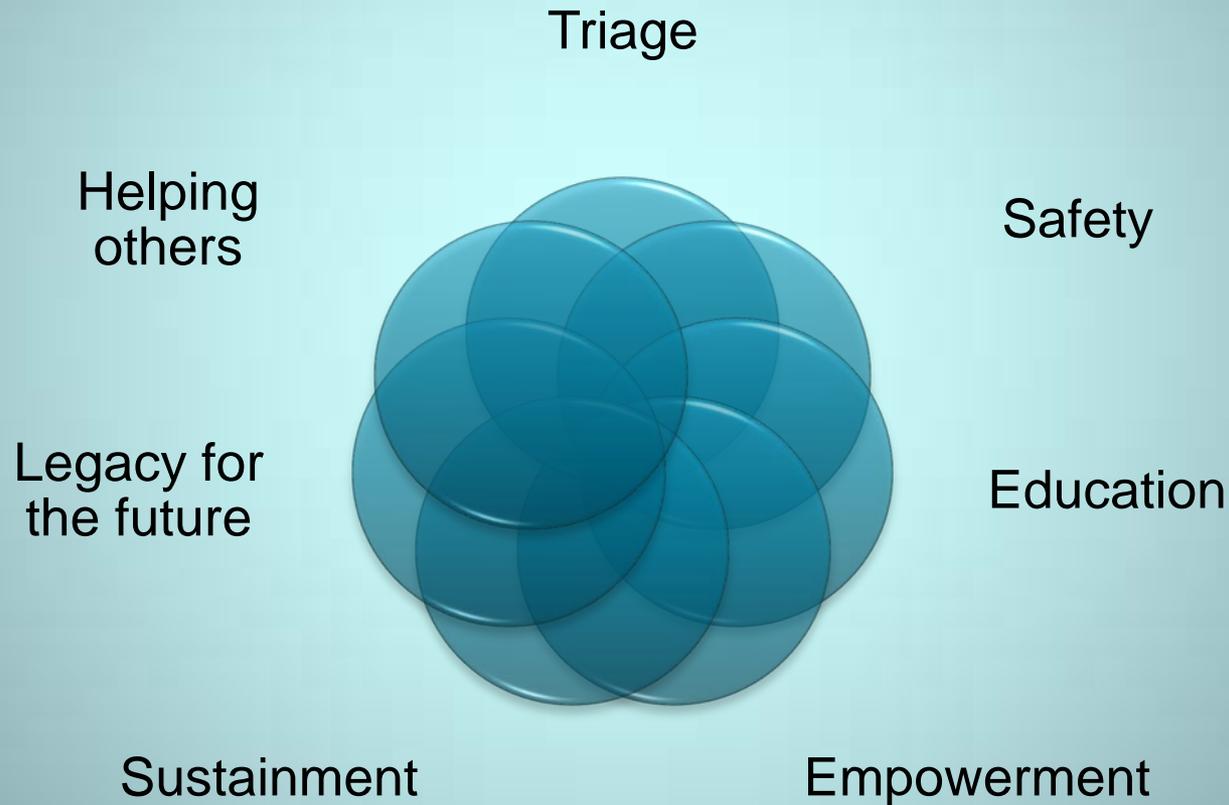
Please feel free to ask questions, and share your experience as we take this journey together.



Introductions

- Who are we?
- Who are you?
- What is a question you have on this topic?

ADVOCACY BASICS

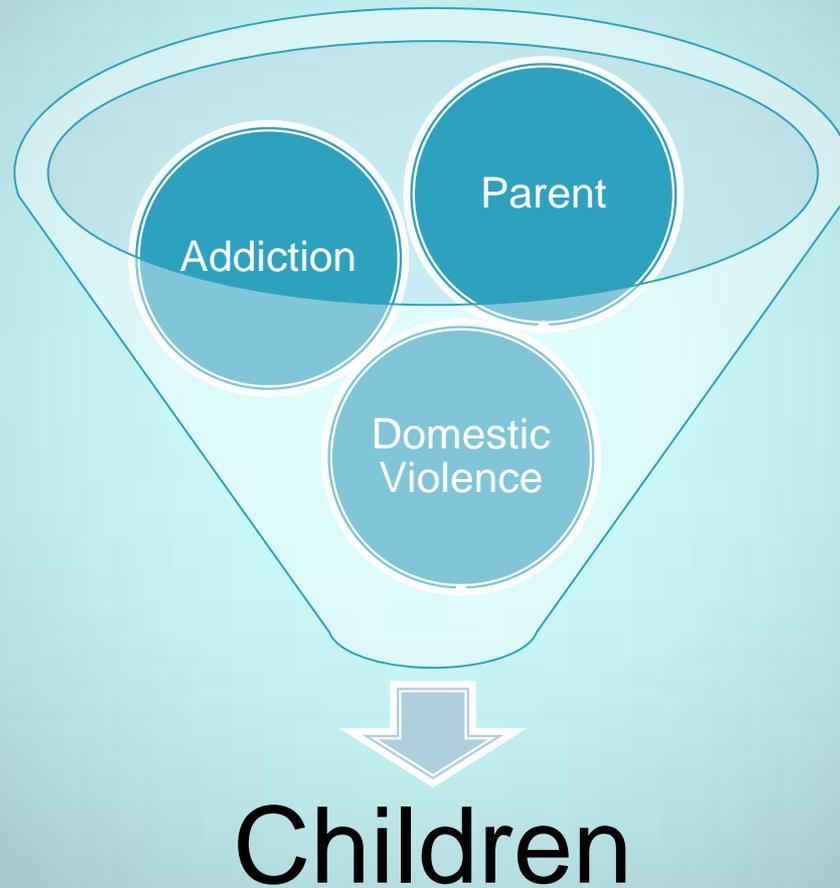




INDEX

- Triage
- Safety
- Education
- Empowerment
- Sustainment
- Legacy for the future
- Helping others

Addiction and Violence effect the



Addiction reality

Deadly progressive disease

- Overdose, physically morbid
- Suicide, homicide, violence, victimization
- High rates of Domestic Violence
- Kids in state custody
- 3 month wait list for treatment
- Medical/dental care neglected
- Legal involvement, Felony crimes



ACTIVITY

- Share one example of how addiction affects a child.

We are going to focus on addiction and recovery issues.



TRIAGE

- Acute Intoxication/Withdrawal
- Poor Health/lack of self care
- Lack of healthcare/care for children
- Risk for HIV/HepC/TB
- PAWS (Post Acute Withdrawal)
- Lack of TX services
- Poor parenting skills



SAFETY

- Get Medical attention for client and family
- Refer or facilitate entry into detox program for **Alcohol** and **Anxiolytics, Sedatives, and Hypnotics.**
- Client and Family may need shelter
- Client may have legal or
- OCS involvement
- Client may need Parenting skills

ACTIVITY

- Name one Triage or Safety resource in your community related to addiction and recovery.



EDUCATION

- Outpatient or Inpatient (residential) TX
- Parenting classes
- Domestic Violence/Sexual Assault groups
- Basic Living Skills
- Recovery Groups
- Employment Skills
- GED/Higher education



Basic needs

- Did they lose their home
- Did they lose their family
- HX of addiction or abuse in family
- Do they have food and water
- Can they prepare a healthy meal
- Are they employable
- Do they have clothing and shoes



TX-Treatment

- Entry takes time and \$\$\$\$
- Client 1st needs an ASESMENT
- There may be a waiting list
- If going to residential client will need to find childcare
- Outpatient and Continuing Care *aftercare* may be intensive.



Legalities

- Does the parent have a felony
- Does the parent have a drivers license
- Are they involved with ASAP
- Have a Probation officer
- Have child custody issues
- Have any court fees or community service
- Have restraining orders for or against



ACTIVITY

- Take weekly schedule;

Add 3 outpatient TX group times 1 ½ hour each, 1 parenting class, 1 OCS meeting, 5 1hour support groups, 1 ATAP meeting, 1 trial/court appointment, and your agencies recommended groups.



EMPOWERMENT

- You are a foundation of your clients life
- Support and Encourage success
- Everyone, including you deserves to be treated with dignity and respect
- Recovery is a choice, addiction is a disease.
- The substance use is only a symptom.



PAWS

Post Acute Withdrawal Symptoms

- Happens to everyone in recovery
- Can last more than a year
- Effects cognitive, emotional, spiritual and physical wellbeing.
- Clients can appear to get worse.
- Clients get cranky and forgetful.
- Puts client at higher risk for relapse.



SUSTAINMENT

- Address body, mind, emotional and spiritual healing.
- Include family and support persons.
- Longer tx attendance increases success.
- Encourage support group attendance.
- Set up ongoing individual support.
- Follow up

HOW

- Honesty
- Open-mindedness
- Willingness

If the client is asking you for help it shows they are willing, and beginning their honesty....



RELAPSE

- Addiction is a relapsing disease...
- Most people relapse several times
- Relapse can be deadly
- Long term treatment involvement lessens relapse risk
- Substance choice can increase relapse time from 1 year to 10 years.



LEGACY FOR THE FUTURE

- We are the ancestors of the future
- So are our children
- Include elders and grandparents
- Recognize traditional values
- Validate healthy traditions
- Encourage individuality as well as
- Community healing

HELPING OTHERS

- Become familiar with 12 Step Recovery
- Get 12 step resource list
- Get community activity list
- Get church list
- Encourage clients to volunteer
- Build resources list



Bring it home

- Team up

- Brainstorm:

Make a list of 10 local resources available in your village/town relevant to parents in recovery

- Share



When working with clients in recovery





Special Considerations

- FAS
- Separation
- HX of Trauma
 - DV, SA
 - Perp, or victim
- Lack of resources
- Lack of skills



ART EXPERIENTIAL

- Draw tree
- Draw fence
- Draw snake
- Draw sun
- Draw a river
- Draw a house
- Draw a road