



The Riley Foundation Team Answer Questions About Addiction From Kids

Resource: NACoA's Facts for kids page



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mental health
director



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program director



Q. What is addiction?

John, "Addiction is an illness. Addiction means a person has lost control over drugs or alcohol and are not able to stop without help."

Q. How does alcoholism start?

Lauren, "Doctors don't know all the reasons why people become addicted. Some start out using a little bit and end up "stuck" on alcohol or drugs. A person might start taking drugs or alcohol to deal with problems or to feel less nervous. Some people after a while of using end up needing drugs or alcohol to feel normal. Once a person becomes addicted they need help to stop."



Q. If addiction is sickness, why don't they just go to the Dr?

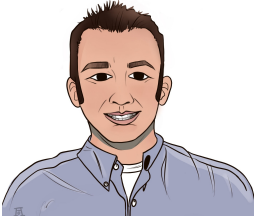
John, "In the beginning they don't know that there is a problem or that they are ill. Even when they realize something is wrong they may not believe that alcohol or drugs are the problem. They might blame the problems on other people or other things in their life. But, really, it's the alcohol or drug that is the biggest problem."

Q. Are people with addiction bad?

Lauren, "No. They are good people that have an illness that affects the brain. When a person is stuck in addiction they may make bad choices, or say and do hurtful things. But when they get help for the addiction their brain can heal and they go back to making healthy choices. Addiction can happen to any person rich, poor, female, male, old, young, religious or not religious, Even super smart people can end up having the illness of addiction."



Q. Can family members make an alcoholic stop drinking?



John, "No. It is a medical problem that requires help from someone trained to treat the illness. And no one can make a person want to get help. No matter how hard you try or what you do, the person with addiction is in charge of whether they get help or stay sick."

Q. How many kids have a parent with addiction?

Lauren, "There are millions of kids that come from homes like yours. You are not alone. There are probably kids in your classroom at school in similar situations at home. It's a pretty common problem in families but people have a hard time talking about it."



Q. I know I can't make my parent stop using drugs or alcohol, so what can I do?



John, "Having a loved one with addiction can feel really difficult and lonely. The good news is there is a lot that kids can do to be ok. We have 7 things we like to teach kids from homes with addiction issues to help them feel better. Those are on the other sheet."

Q. What is the cure for addiction?

Lauren, "There isn't a cure for addiction but with help people with the illness can lead healthy and happy lives. Like other diseases, addiction can be treated and managed. When a person stops drugs or alcohol and works on being healthy they are "recovering from addiction." If a person starts using drugs or alcohol again it's called a "relapse." People can get healthy again after a relapse."



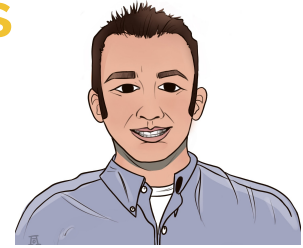


The Riley Foundation Class of 2019

Share the Seven Cs

The Seven Cs were created by Jerry Moe to help children homes with addiction issues.

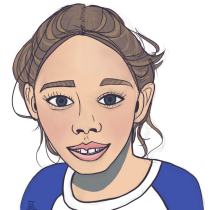
"These smart kids come from homes with addiction issues. They are going to tell you about the Seven Cs."



Micah: "The **Seven Cs** are the main things kids need to remember about their parent's addiction."

1. You Didn't Cause it.

Lily: "The first **C** stands for **CAUSE**. Kids are **NEVER** the cause of their parent's problem with drugs or alcohol. If your parent has an addiction it's not your fault, you didn't cause it!"



2. You Can't Cure it.



Caleb: "The second **C** stands for **CURE**. It means that kids **can't** cure their parent's illness. It's not the kid's job to help their parent, the person with the addiction is responsible for getting better."

3. You Can't Control it.

Alexia: "The third **C** stands for **CONTROL**. Kids can't control whether their parent gets better or stays stuck on drugs or alcohol. You can't control other people but kids can do things to help themselves."



4. You can help CARE for yourself.

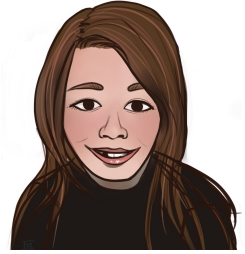


Tearsa: "**C** number four stands for **CARE**. It means that kids deserve to care about themselves by "just being a kid" and taking time to have fun. Taking care of yourself also means finding safe friends and adults feel like you can ask for help when you need it."



5. You can COMMUNICATE your feelings.

Akaisha: "The fifth C stands for **COMMUNICATE**. It means that it is ok to talk about your feelings. It also means it's helpful to learn to understand your feelings. You can practice by noticing what it feels like when you are Hungry, Angry, Lonely, or Tired (HALT). Those are difficult feelings that take practice talking about."



6. You can make healthy CHOICES.



Jackson: "The sixth C stands for **CHOICES**. Making healthy choices means learning how to build friendships and find safe adults to be around. Learning how to be a good friend to yourself and others helps you make healthy choices. Practicing to stop and think before you make a decision or act is a big part of healthy choices."

7. You can CELEBRATE YOU!


Sama: "The seven C stands for **CELEBRATE**. It means that you are a great kid just the way that you are! You are the very best at being you and there is no one else like you. You have special things that you like and can do that make you unique, extraordinary, remarkable, and amazing! Every kid should feel proud of themselves and love themselves. If you grew up in a home with addiction problems it might feel like you don't have much to celebrate sometimes, but you can always celebrate YOU!"



The Seven Cs

I didn't **cause** it.
I can't **cure** it.
I can't **control** it.

I can help take **care** of myself by
communicating
my feelings, making healthy
choices,
and **celebrating** me.



The National Association for Children of Addiction's "7Cs of Addiction."

X E C V E U U I H D
C M E M O S X Y T Z
C F L R O U U J V C
F N E Y Z P G A O M
E I B U D Y E N C U
R Q R Y R A T G N W
U Y A B V R F F N E
C O T X O Z A A R W
F B E L A W Q A A Q
S E C I O H C P R E

Can you find the Seven Cs in the word search?

- Cause
- Cure
- Control
- Care
- Communicate
- Choices
- Celebrate



Riley Reminders

"These are a few things we want you to remember."



Lauren is a mom in recovery from addiction and she is on our workshop team!

Fun Dip:

Kids deserve to "just be kids." It's important to make time to have **FUN!**

Playdoh:

Addiction is an adult problem. Your job is to **PLAY!**

Eraser:

Everyone makes mistakes. Mistakes are an important part of learning. Everything worth learning takes practice.

Smarties:

You are a Smartie that can solve tough problems.

Hug & Kiss:

It's ok to ask for support when you need it!

Gum:

You are a part of our team and Riley kids "Stick" together.