

Features

3 Children of Alcoholics: Risk and Resilience

By Cara E. Rice, M.P.H., Danielle Dandreaux, M.S., Elizabeth D. Handley, M.A., and Laurie Chassin, Ph.D.

This article reviews the factors that influence the development of substance abuse and other negative outcomes among children of alcoholic parents. It reviews several pathways that may lead to the development of substance disorders for COAs, then explores protective factors that may decrease their risk for future negative outcomes.

7 Parental Substance Use and Adolescent Adjustment: A Micro-Level Approach

By Christine McCauley Ohannessian, Ph.D., Victor M. Hesselbrock, Ph.D., Kyrianna Ruddy, B.A., and John Kramer, Ph.D.

Most research uses a family systems level approach to examine the long range impact of parental substance abuse on the family. In this article, a micro-level approach is used to examine the immediate impact of parental substance use on adolescent adjustment.

10 Effects of Parental Substance Abuse on Youth in Their Homes

By Valarie Schroeder, B.S., Michelle L. Kelley, Ph.D., and William Fals-Stewart, Ph.D.

This article discusses the potential differential effects of parental alcohol versus drug abuse on the family environment, dyadic adjustment, and parent functioning. How these differences may be associated with development and adjustment differences of youth in these homes is then examined.

14 Impact of Family Recovery on Pre-Teens and Adolescents

By Virginia Lewis, Ph.D., and Lois Allen-Byrd, Ph.D.

Beginning with an introduction to the concept of family recovery, this article explores its stages and three distinct types of families in recovery. The primary focus, however, is the impact family recovery has on pre-teens and adolescents who are the "forgotten" family members in this radical and traumatic long-term process.

18 Supporting Adolescent Children of Alcoholics

By James Emshoff, Ph.D., and Leanne Valentine, M.A.

While some children may experience negative consequences as the result of growing up with an alcoholic parent, the majority will never develop any difficulties. This article examines how adolescent children of alcoholics can be supported by using positive, strengths-based approaches which focus on existing skills and abilities, rather than interventions which may be stigmatizing.



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From the Editor's PC

Dear Colleagues,

About 6 million youth in the U.S. live in a home in which a parent abuses alcohol or some other drug. This issue of *The Prevention Researcher* will explore how parental abuse of alcohol and other drugs affects their teen-aged children, and what we can do to help.

This issue begins with an article by Ms. Cara Rice and colleagues which explores the effects of parental alcohol abuse and outlines the pathways which may lead to the development of substance disorders for their children.

Most research on parental substance abuse focuses on the family systems level and the long range risk to youth in the home. To provide a different perspective, Dr. Christine Ohannessian and colleagues examine this subject from a "micro-level" approach, focusing on the immediate effects on adolescent children, including

trying to overcompensate in hopes of stopping a parent from drinking, or leaving the house because of a parent's drinking.

While most research on the effects of parental substance abuse focuses on alcohol abuse, it is important to consider the effects of parental drug abuse as well. To address this, Ms. Valarie Schroeder and colleagues compare the limited available research on the effects of parental drug abuse to what is known about the effects of parental alcohol abuse.

It is often assumed that once a parent enters recovery, all problems within the family will be resolved. However, this is often not the case. Drs. Virginia Lewis and Lois Allen-Byrd present their research which shows that the beginning stages of recovery are actually a traumatic time for adolescent children as they frequently become "forgotten" when parents focus on recovery.

Finally, while 13–25% of children of alcoholics may become addicted, we have to ask why the majority do not become addicted, and in fact, do well. Factors related to resiliency are featured throughout this issue and we conclude with an article by Dr. James Emshoff and Ms. Leanne Valentine who provide us with practical strategies for supporting adolescent children of alcoholics to facilitate their positive growth.

I hope this issue broadens our understanding of not only the effects of parental substance abuse on adolescent children, but also how we can support youth who are struggling through these difficult times.

All the Best,



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