



NACoA's Children's Program Kit

NACoA's ***Children's Program Kit*** is a powerful tool to help children impacted by parental addiction. It provides over 100 skill-based and developmentally appropriate lesson plans along with everything needed to offer a strong and effective educational support program to school age children of addicted parents.

Through the implementation of the lessons in the Kit:

- Children learn they are not alone, they didn't cause it, they can't cure it, but they can learn to cope with it.
- Children can learn skills such as problem solving, finding safety, and seeking supportive services.
- Children can learn to build on their strengths and to develop resilience to overcome their difficulties.
- Parents can learn how to better understand their children's needs and how to make use of supportive services for the entire family.

Young people are able to learn about substance use disorders in age-appropriate ways and that there are safe people who can help them grow and thrive despite a parent's addiction. Improved affective and behavioral changes are noticeable as children complete programs using this comprehensive program kit.

The Children's Program Kit provides all the tools needed to establish an educational support program.

In Treatment and Recovery Programs: The Kit is designed to facilitate establishing a children's educational group program as a critical part of a treatment and recovery support plan for clients in treatment. (Rationale: when the family, including the children of clients, begin to learn, understand, and heal from the hurt of addiction in the family, the primary client is far less likely to relapse and far more likely to stay with his/her own recovery plan. In addition, it can help to break the curse of the generational transmission of addiction and the trauma it engenders.)

In the Schools: The Kit is designed to be used as an educational support group program at the elementary, middle, and high school levels. Such groups have consistently helped meet school system goals of improved attendance, reducing tardiness, increasing academic success, reducing classroom distractions, and thus improving academic success for both the participant in the group but also in the classroom. It could be a pivotal part of a Student Assistance Program.

In Faith Organizations or Weekend/Summer Community Camps: The Kit, with its flexibility and comprehensive choice of age-appropriate educational lessons, is helpful in church hosted educational programs and in weekend and summer camps as part of general information programs. The lessons are beneficial to *all* children and teens since one in four of the students in their class, or in their church, or at their camp is suffering from parental addiction. The Kit's lessons teach the nature of addiction, its impact on their peers and how to respect their pain and "be a friend." Children are also taught that it is not their fault, that there are lots of kids in the same trap, and that there are safe, caring, and responsible adults who can help.

In Recovery Community Centers: The Kit is effective for an ongoing educational support experience for the children of parents attending the center for their own recovery and can then give their children the gift of recovery as well – in an age-appropriate comfortable and safe environment.

