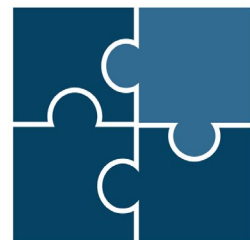


**Module 6:
Understanding the Needs of Children
and Adolescents Affected by Parental
Substance Use & Co-Occurring Disorders**

Child Welfare Training Toolkit



National Center on
Substance Abuse
and Child Welfare

Acknowledgement

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National Center on
Substance Abuse
and Child Welfare

Learning Objectives

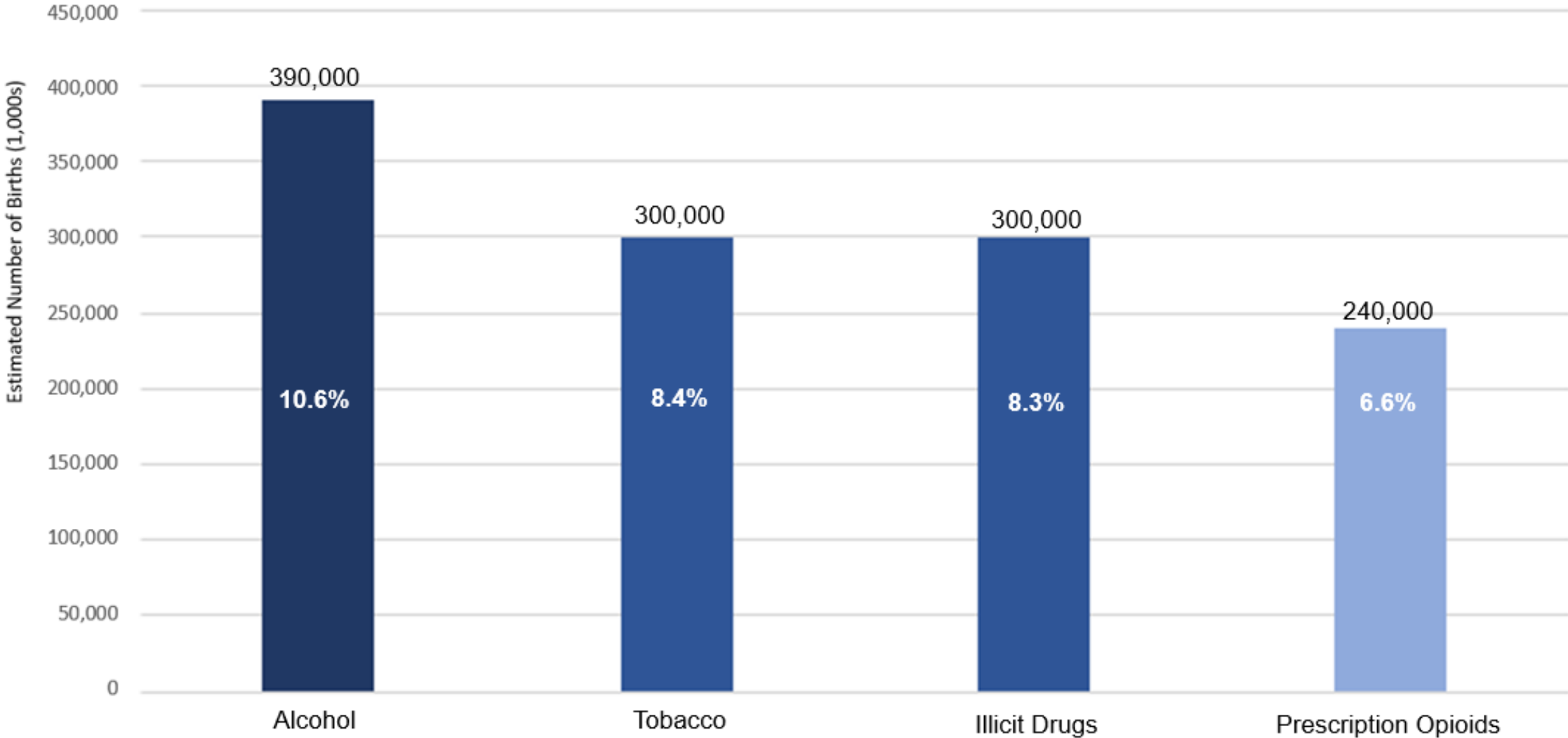
After completing this training, child welfare workers will:

- Identify the short- and long-term effects of parental substance use and co-occurring disorders on the prenatal, postnatal, childhood, and adolescence periods
- Discuss the prevalence of fetal alcohol spectrum disorders with information on symptoms, differences in disorder classifications, and treatment options
- Engage children, youth, and adolescents with age-appropriate tools and strategies for increased rapport and understanding of their individualized needs
- Utilize best practice screening tools for early identification and intervention for all indicated developmental, mental health, trauma, and substance use needs
- Understand the long-term effects of adverse childhood experiences including strategies to prevent or reduce toxic stress

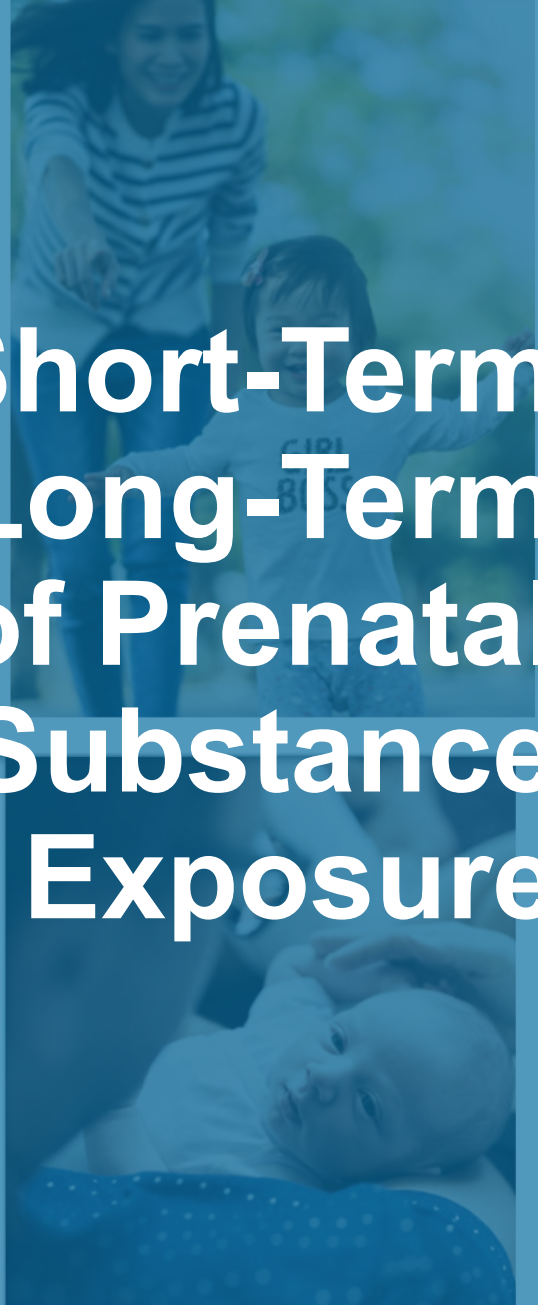


Effects of Prenatal Substance Exposure

Estimated Number of Births with *Prenatal Substance Exposure*, Based on Substance Use Reported During Pregnancy



(Ko et al., 2020; Osterman et al., 2022; Substance Abuse and Mental Health Services Administration, 2021)



Short-Term and Long-Term Effects of Prenatal Substance Exposure

Short-Term Effects of Prenatal Substance Exposure

Substance	Growth	Anomalies	Withdrawal	Neurobehavioral
Alcohol	Strong effect	Strong effect	No effect	Effect
Nicotine	Effect	No consensus	No effect	Effect
Marijuana	No effect	No effect	No effect	Effect
Opiates	Effect	No effect	Strong effect	Effect
Cocaine	Effect	No effect	No effect	Effect
Methamphetamine	Effect	No effect	Lack of data	Effect

Long-Term Effects of Prenatal Substance Exposure

Substance	Growth	Behavior	Cognition	Language	Academic Achievement
Alcohol	Strong effect	Strong effect	Strong effect	Effect	Strong effect
Nicotine	No consensus	Effect	Effect	Effect	Effect
Marijuana	No effect	Effect	Effect	No effect	Effect
Opiates	No effect	Effect	No consensus	Lack of data	*
Cocaine	No consensus	Effect	Effect	Effect	No consensus
Methamphetamine	Lack of data	Lack of data	Lack of data	Lack of data	Lack of data

Fetal Alcohol Spectrum Disorders (FASD)

FAS

Fetal Alcohol Spectrum

ARND

Alcohol-Related
Neurodevelopmental Disorder

ARBD

Alcohol-Related Birth Defects

ND-PAE

Neurobehavioral Disorder
Associated with
Prenatal Alcohol Exposure

Prenatal Effects of Parental Co-Occurring Disorders

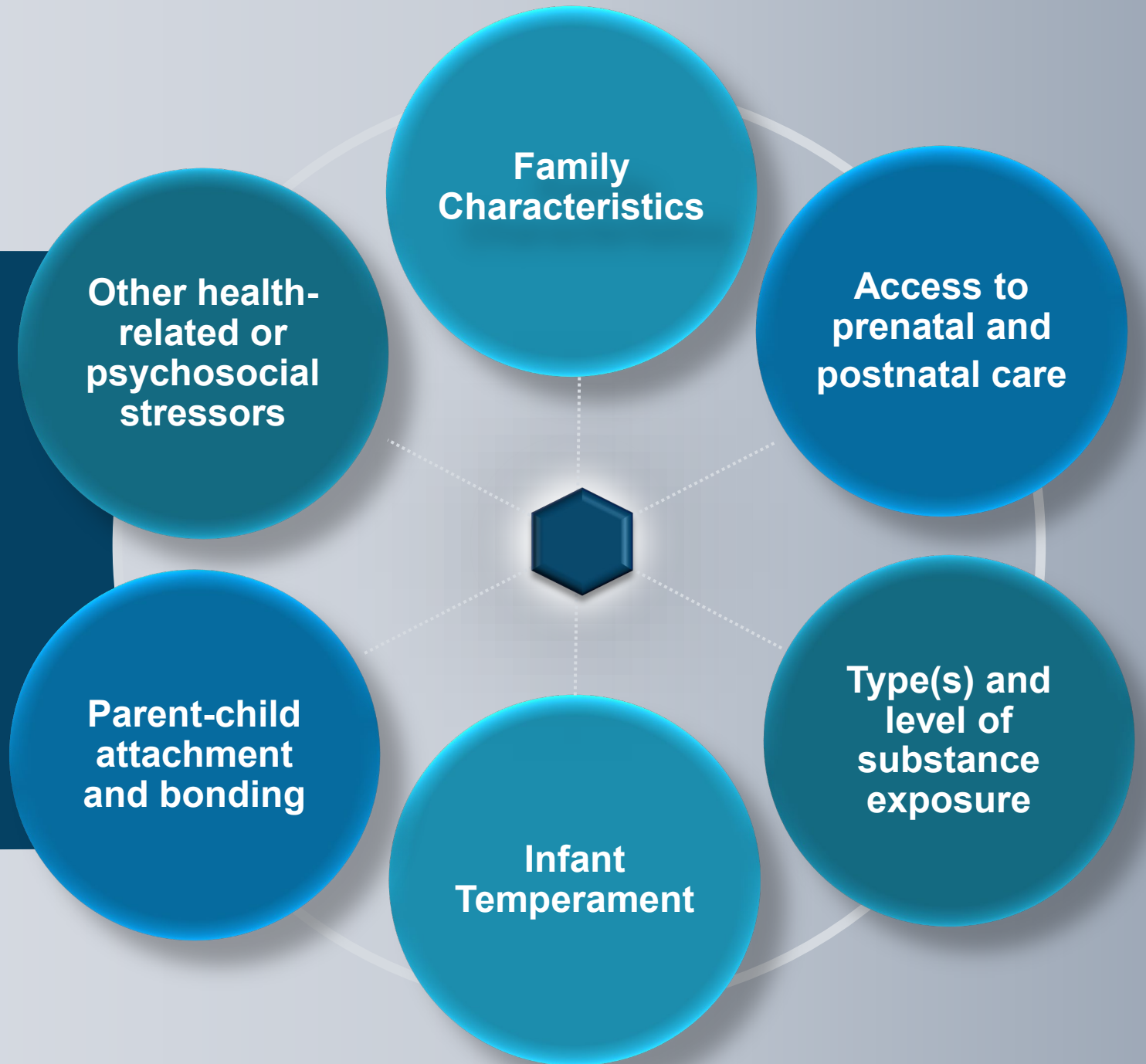
Genetic Predisposition

Prenatal Physical Development

Perinatal Trauma

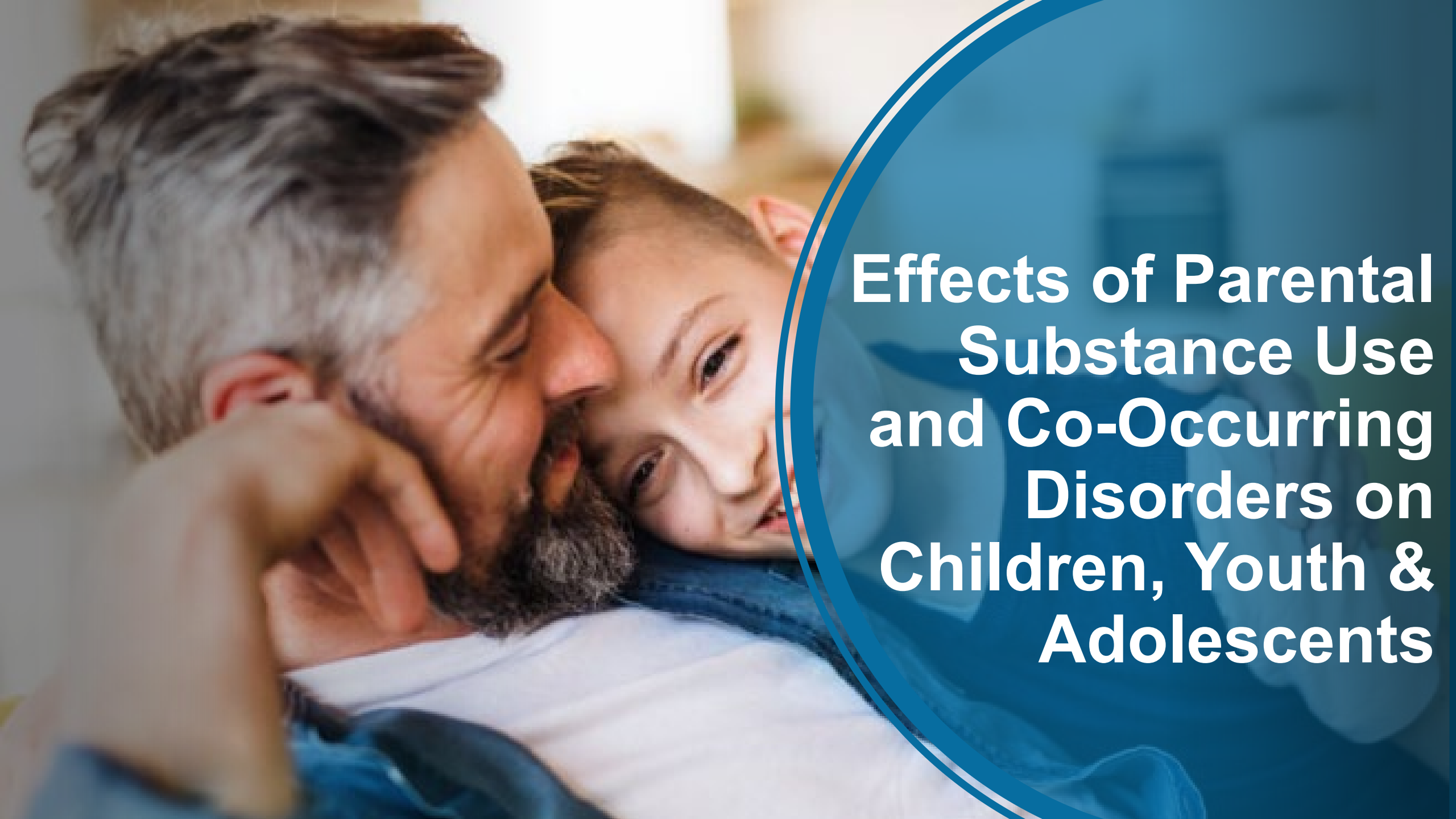


Complex Interplay of Prenatal & Environmental Factors



Prenatal & Postnatal Effects— What Would You Want to Know?

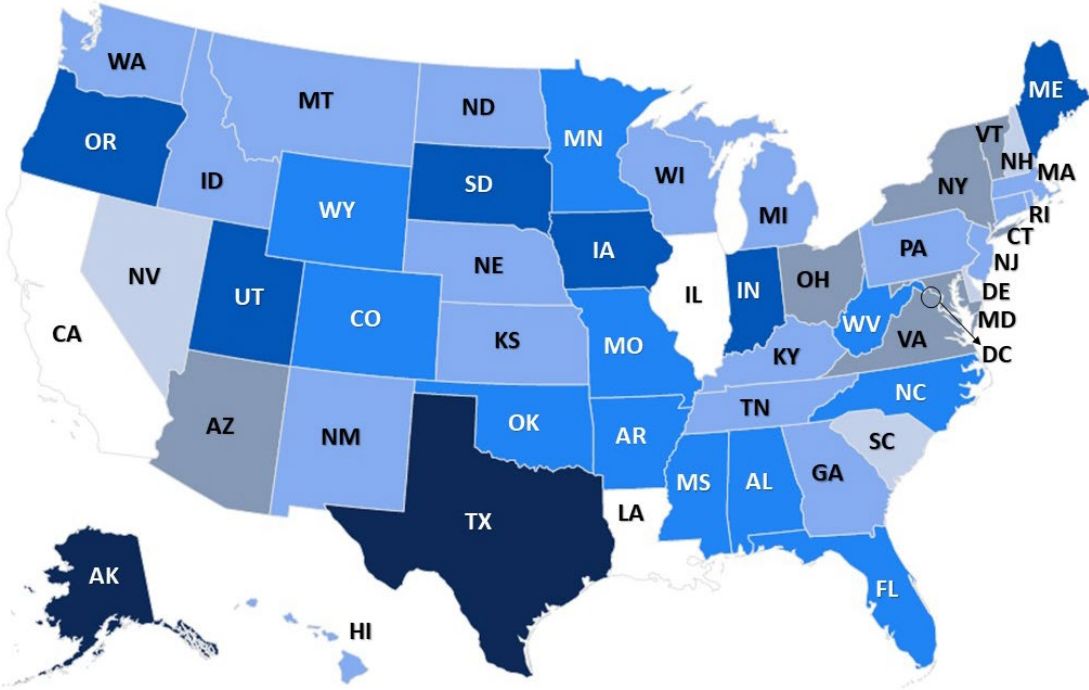
Small Group Activity



**Effects of Parental
Substance Use
and Co-Occurring
Disorders on
Children, Youth &
Adolescents**

Parental Alcohol or Drug Abuse as a Condition Associated with Removal for Children by Age, 2021

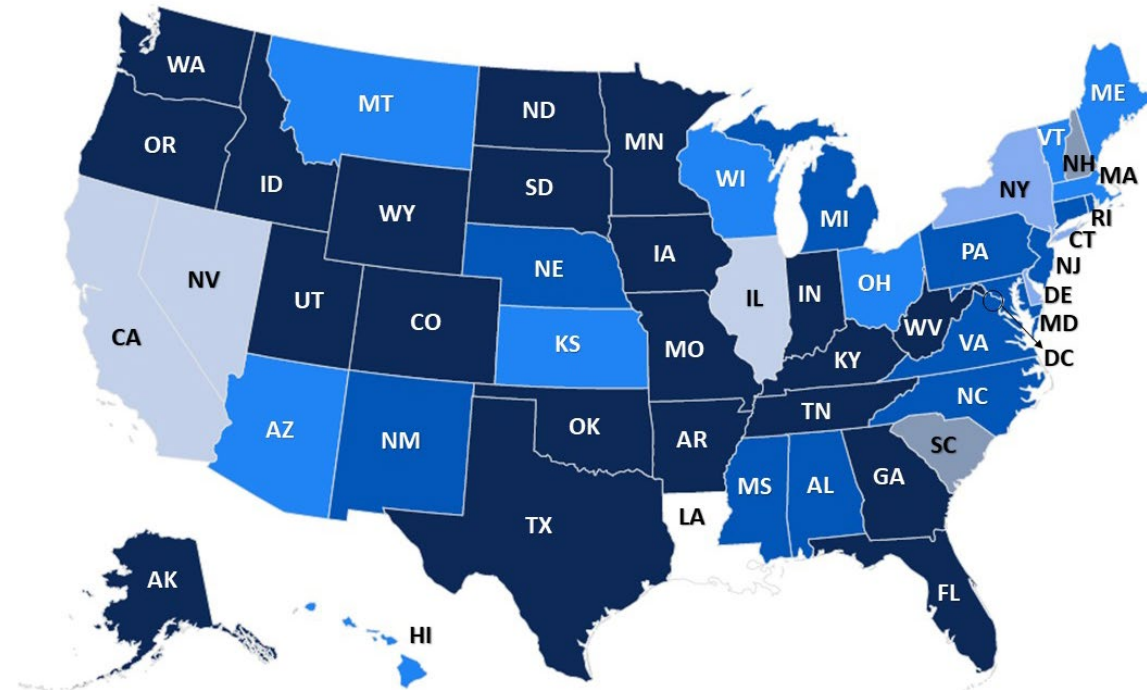
N = 606,187



Age 1 and Older

National Average: 36.0%

N = 480,645



Under Age 1

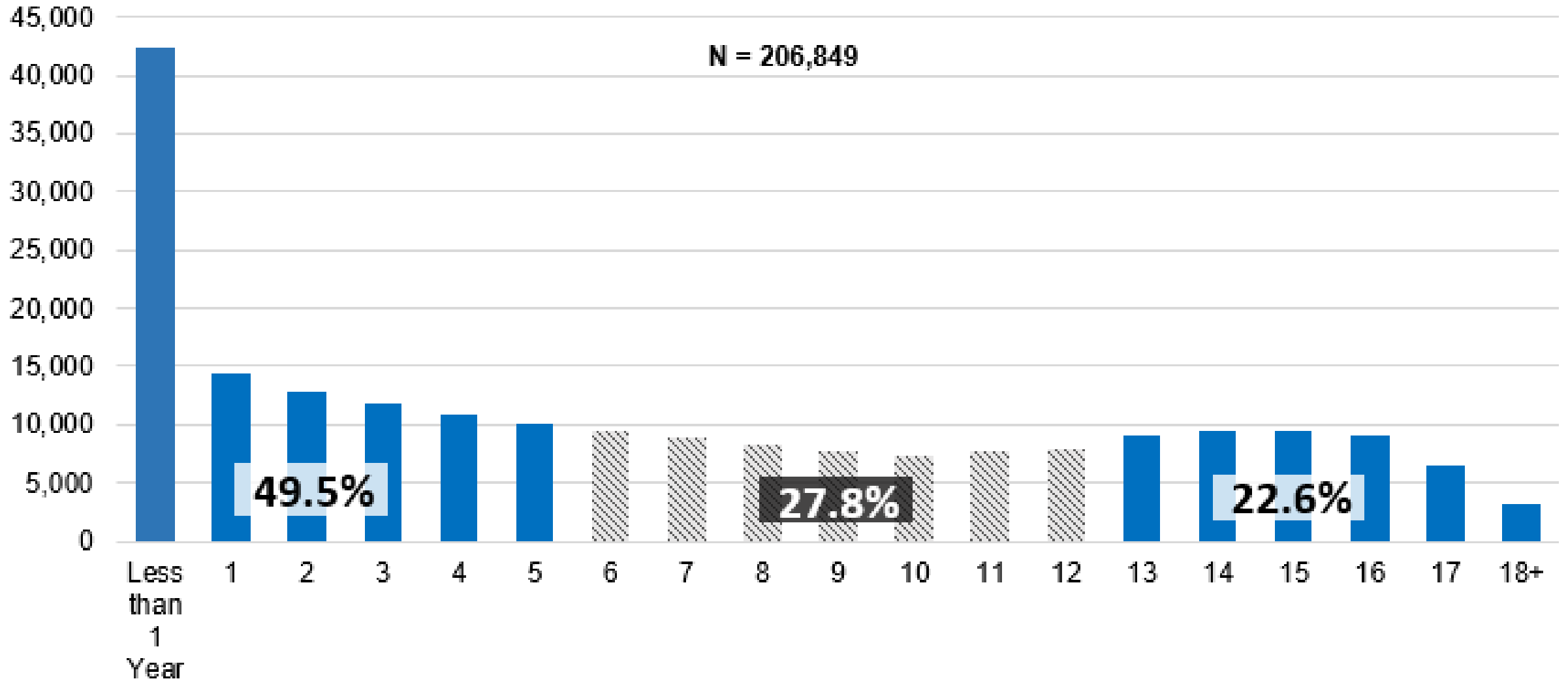
National Average: 51.3%

N = 123,178

Note: Estimates based on all children in out-of-home care at some point during Fiscal Year

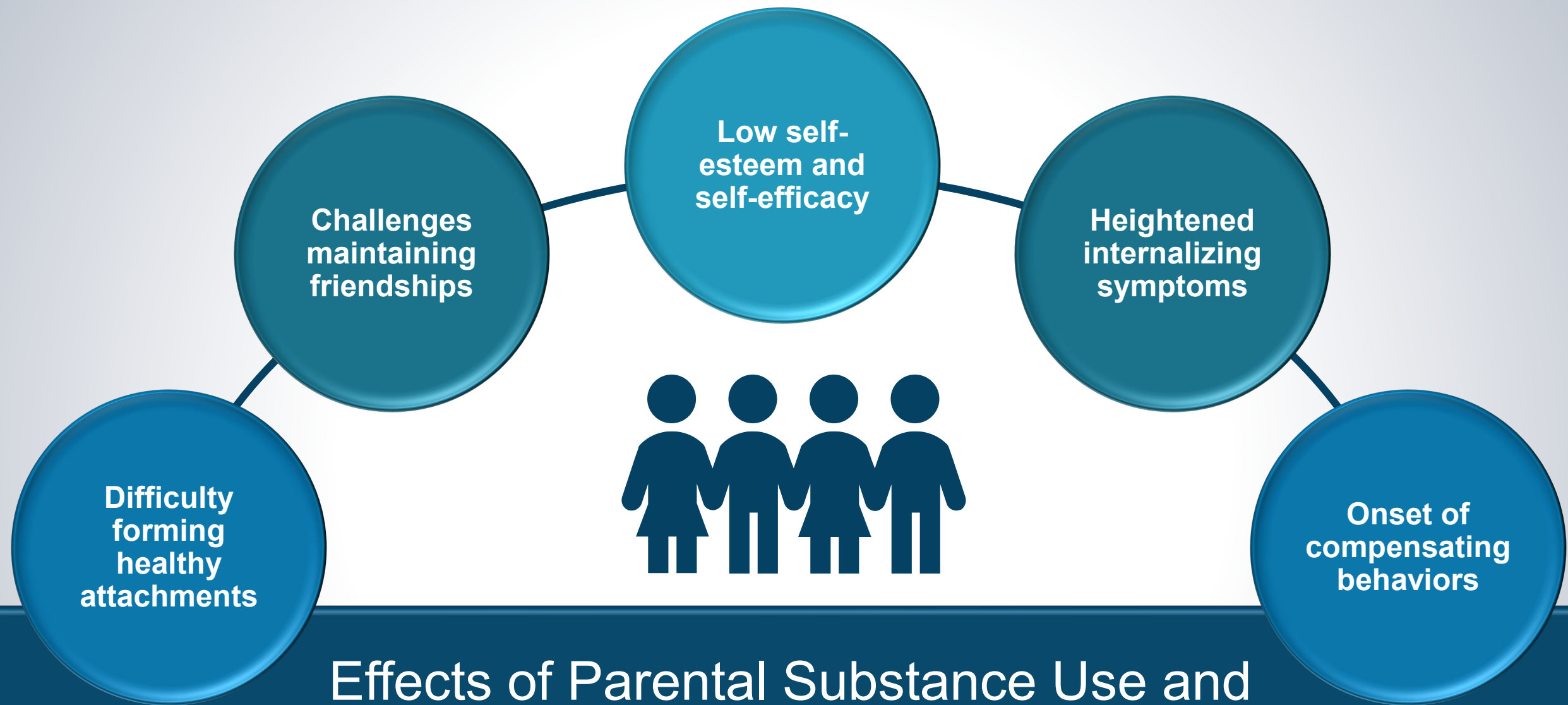
Source: AFCARS Data 2000-2021, as of 03/21/23

Number of Children Who Entered Out-of-Home Care, by Age at Removal in the United States, 2021

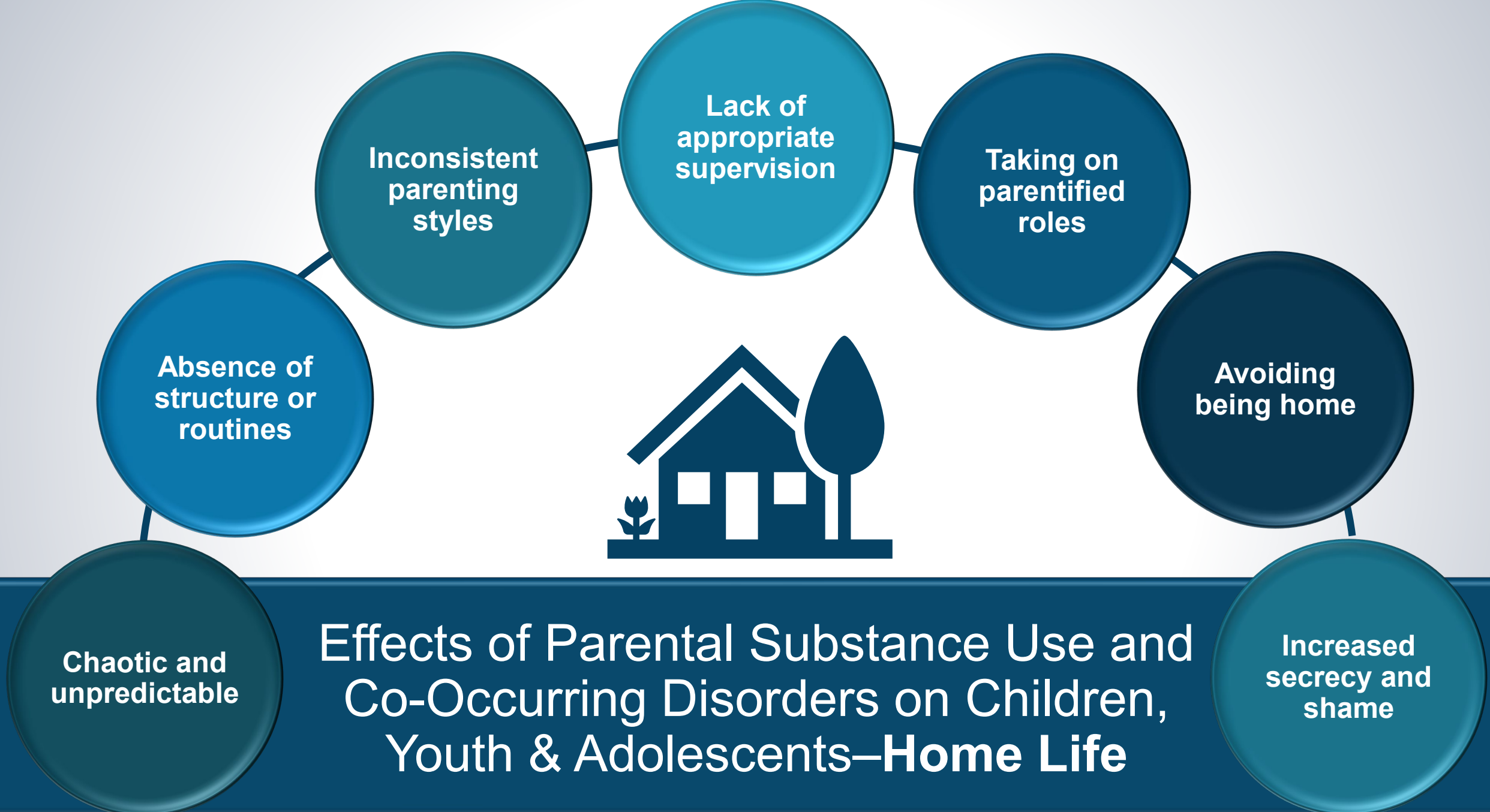


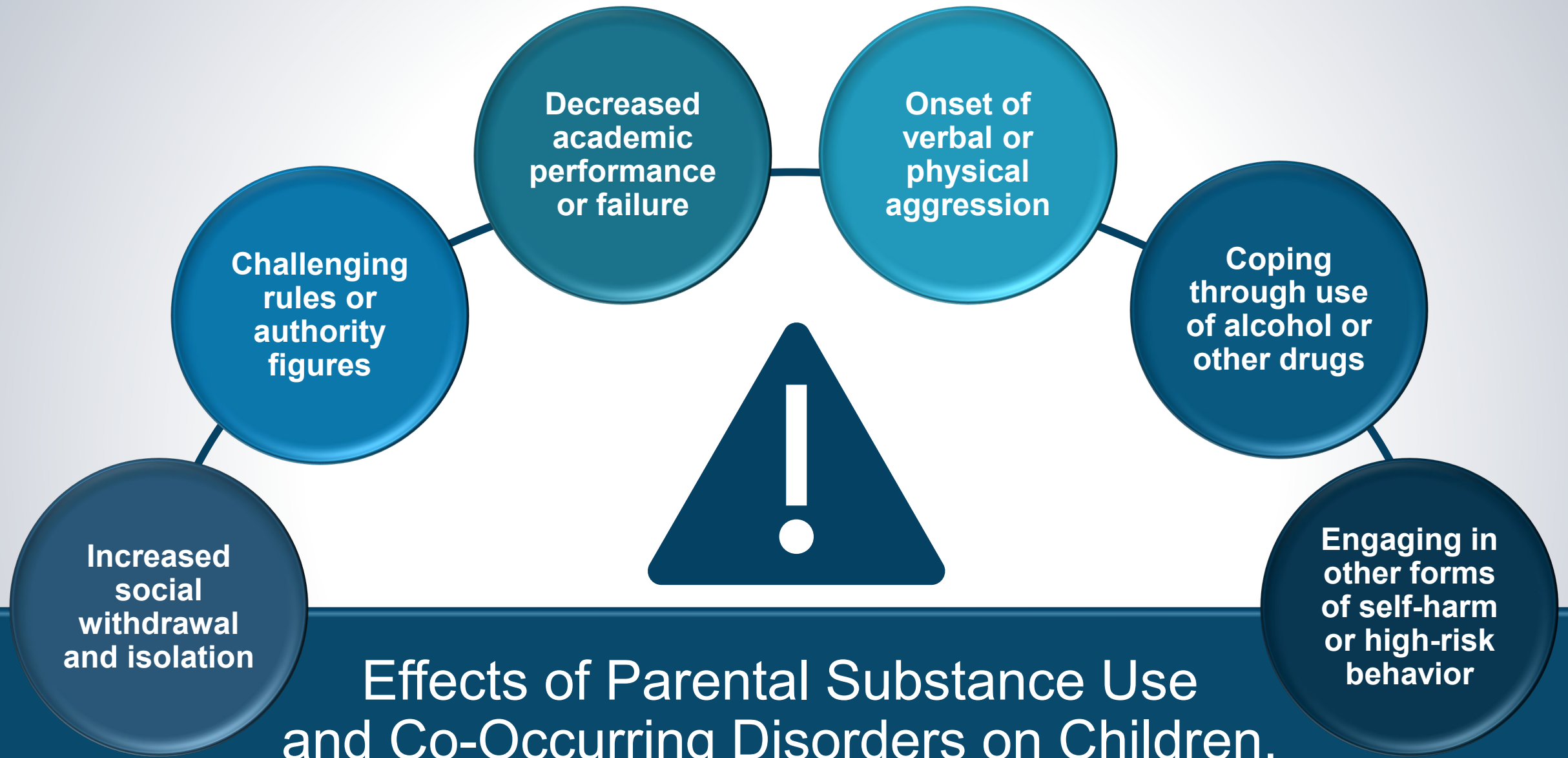
Note: Estimates based on **children who entered out-of-home care during Fiscal Year**

Source: AFCARS Data 2000-2021, as of 03/21/23



Effects of Parental Substance Use and Co-Occurring Disorders on Children, Youth & Adolescents—Emotional Challenges





Effects of Parental Substance Use and Co-Occurring Disorders on Children, Youth & Adolescents—Adjustment Challenges



**Tools for Talking
About Parental
Substance Use &
Co-Occurring
Disorders**

The Seven C's to Helping Children Cope with Their Parent's Substance Use or Co-Occurring Disorder

You didn't **Cause** the problem.

You can't **Control** it.

You can't **Cure** it.

But...

You can help take **Care** of yourself.

You can **Communicate** your feelings.

You can make healthy **Choices**.

You can **Celebrate** yourself!



Tips from the National Association for Children of Addiction

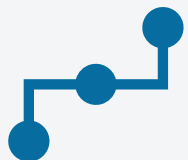
Provide age-appropriate awareness about substance use and mental disorders

Remind children that it's not their fault



Let them know they are not alone

Introduce new coping strategies or skills



Link to supportive people and resources

Allow them the space to be children

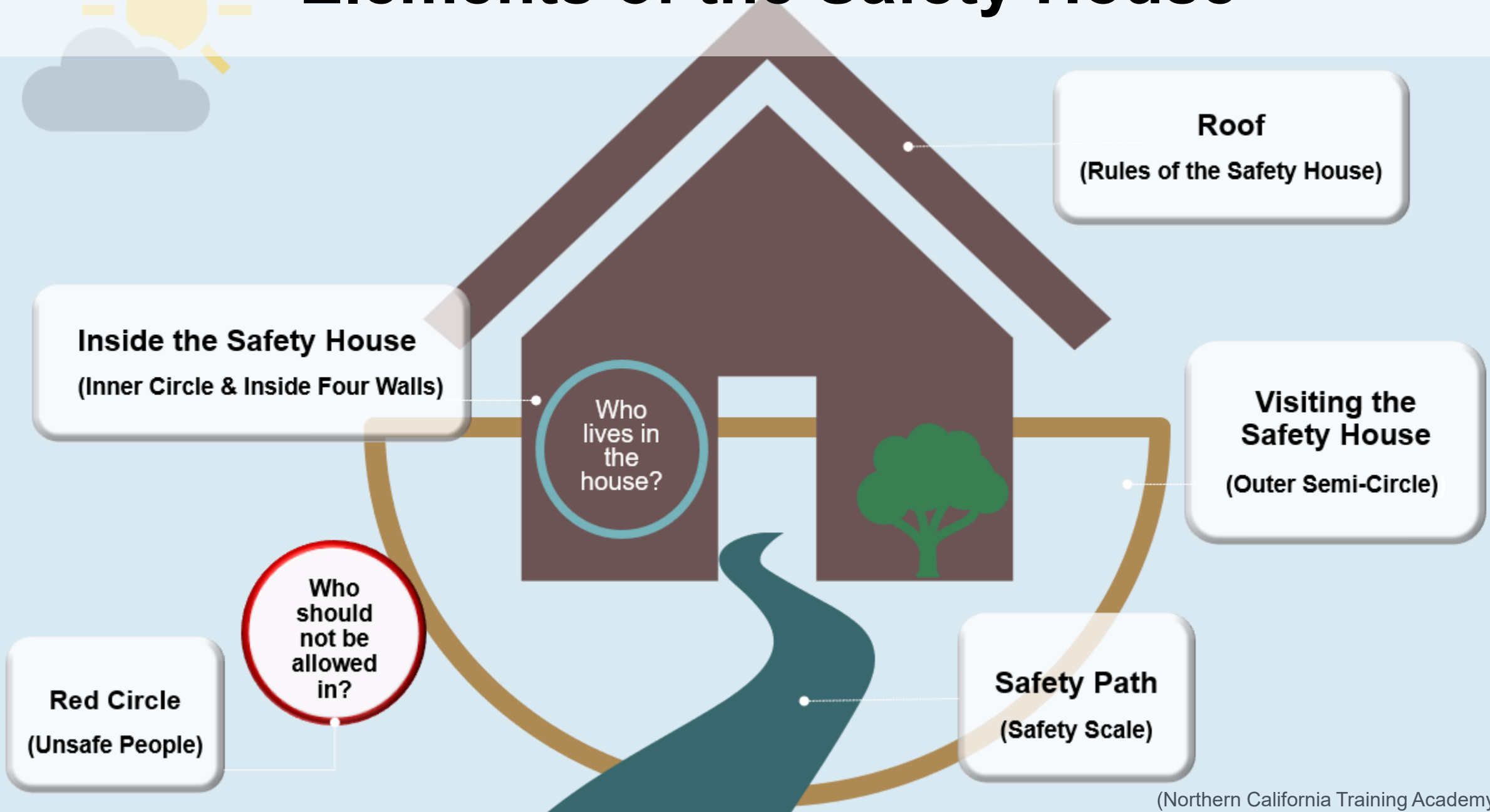




The Safety House Tool



Elements of the Safety House



Roof
(Rules of the Safety House)

Inside the Safety House
(Inner Circle & Inside Four Walls)

Who lives in the house?

Red Circle
(Unsafe People)

Who should not be allowed in?

Safety Path
(Safety Scale)

Visiting the Safety House
(Outer Semi-Circle)

Strategies to Support Authentic Youth & Adolescent Engagement



Engage



Assess



Team



Empower



**Meeting the
Developmental
Needs of Children
Affected by Parental
Substance Use &
Co-Occurring
Disorders**



Physical



Emotional

Developmental
Domains



Social



Cognitive

Developmental Screening Tools



Ages and Stages Questionnaire,
3rd Edition*

Early Screening Inventory-
Revised*

Ages and Stages Questionnaire:
Social-Emotional, 2nd Edition*

Learning Accomplishment
Profile-Diagnostic Tools*

Brigance Early Childhood
Screens III*

Parents' Evaluation of
Developmental Status*

Developmental Assessment of
Young Children, 2nd Edition

* Indicates availability in
different languages

Mental Health & Trauma-Specific Screening Tools



**Patient Health
Questionnaire***

**Strengths and
Difficulties
Questionnaire***

**Child PTSD
Symptom Scale***

**Children's Revised
Impact of Event Scale***

**Pediatric Symptom
Checklist***

**Acute Stress Checklist
for Children***

Child Trauma Screen*

**Screen for Child
Anxiety Related
Disorder (SCARED)
Brief Assessment of
PTS Symptoms***

*** Indicates availability in different languages**

Adolescent Substance Use Screening Tools



**Alcohol Screening and Brief
Intervention for Youth:
A Practitioner's Guide***

**Brief Screener to Tobacco,
Alcohol, and Other Drugs
(BSTAD)**

**Screening to Brief
Intervention***
(S2BI)

**Youth Screening,
Brief Intervention, and
Referral to Treatment
(YSBIRT)**

**** Indicates availability in different languages***



**An Important
Reminder About
This Need...**

In 2022, an estimated **4.8 million** adolescents **aged 12-17** experienced a major depressive episode.



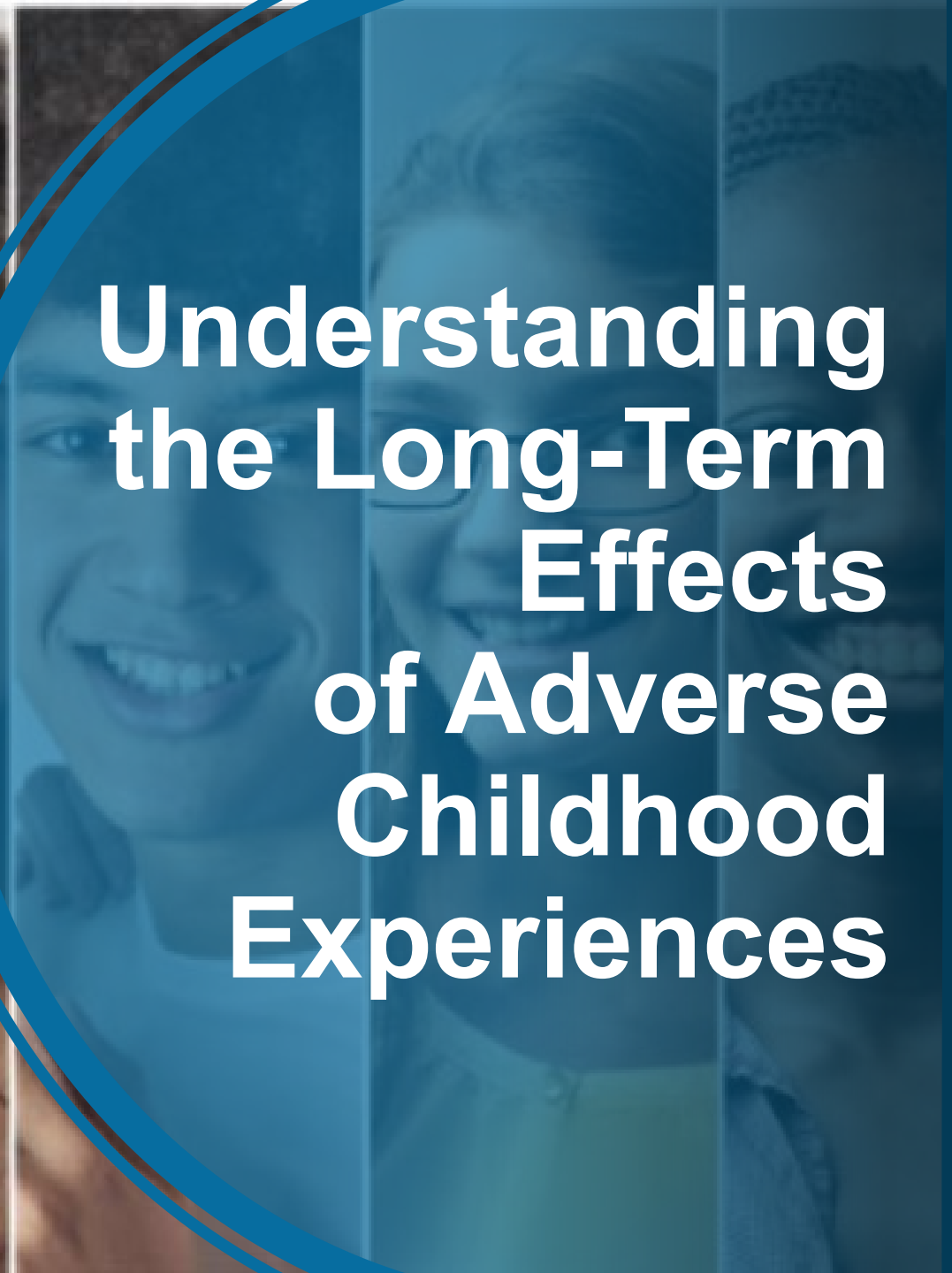
3.4 million adolescents also experienced serious thoughts of suicide with **1 in 15** making plans and nearly **1 in 25** making attempts in the past year.

(U.S. Department of Health and Human Services, 2023)



"The future well-being of our country depends on how we support and invest in the next generation."

~ Dr. Vivek H. Murthy, US Surgeon General



**Understanding
the Long-Term
Effects
of Adverse
Childhood
Experiences**



Acute



Chronic



Complex



Types of Childhood Trauma

The Relationship Between Childhood Trauma & ACEs

What is toxic stress?

How does it impact health
and development?



Understanding the Effects of Adverse Childhood Experiences



As total number of ACEs goes up, so does the level of risk for negative health outcomes.

ACEs: Risk Factors for Substance Use & Mental Disorders

[Video by SAMHSA](#)

The More We Know...



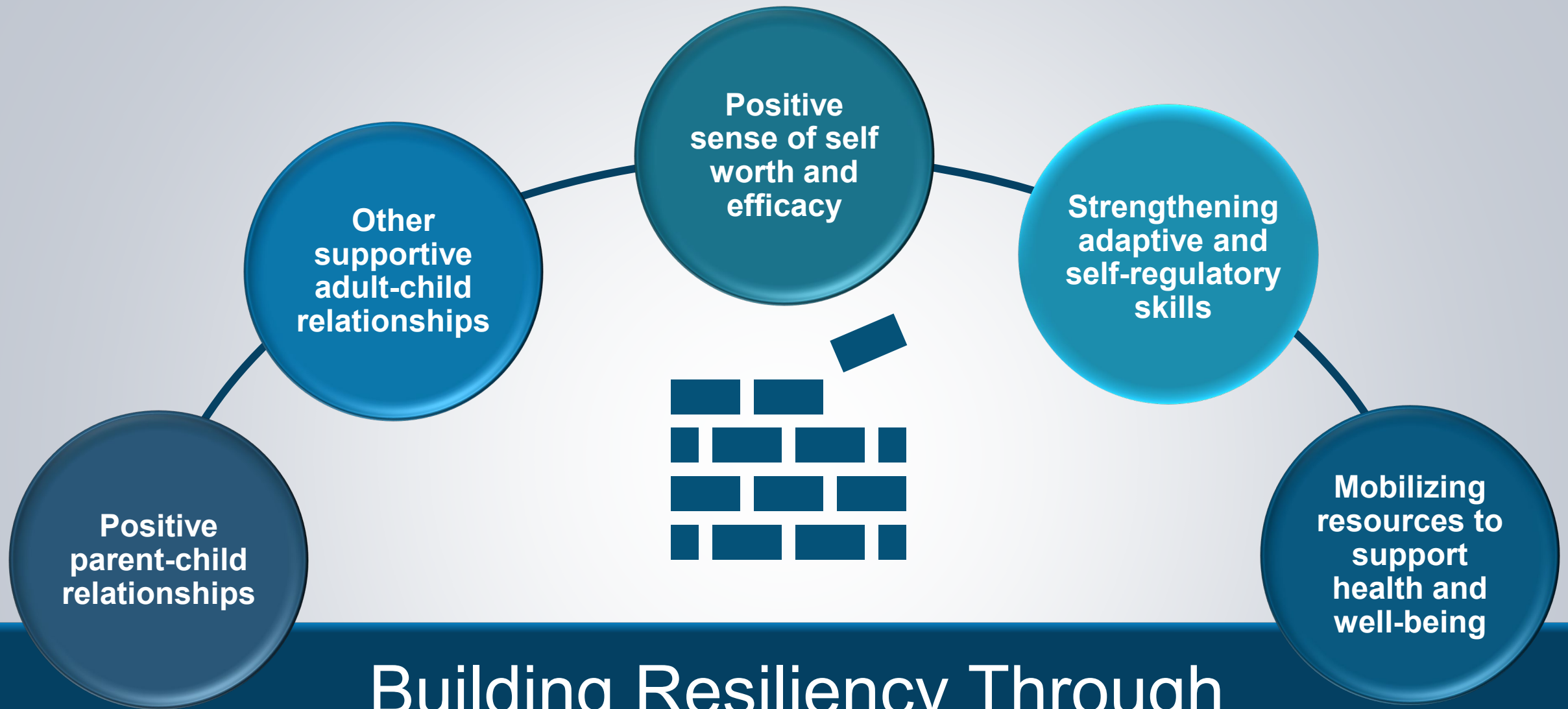
5x more likely
to have depression



7-10x more likely to
have a substance use disorder



Preventing & Reducing Toxic Stress



Building Resiliency Through Protective Factors

Practice Examples of Protective Factors for Optimal Child, Youth & Adolescent Well-Being

Individual



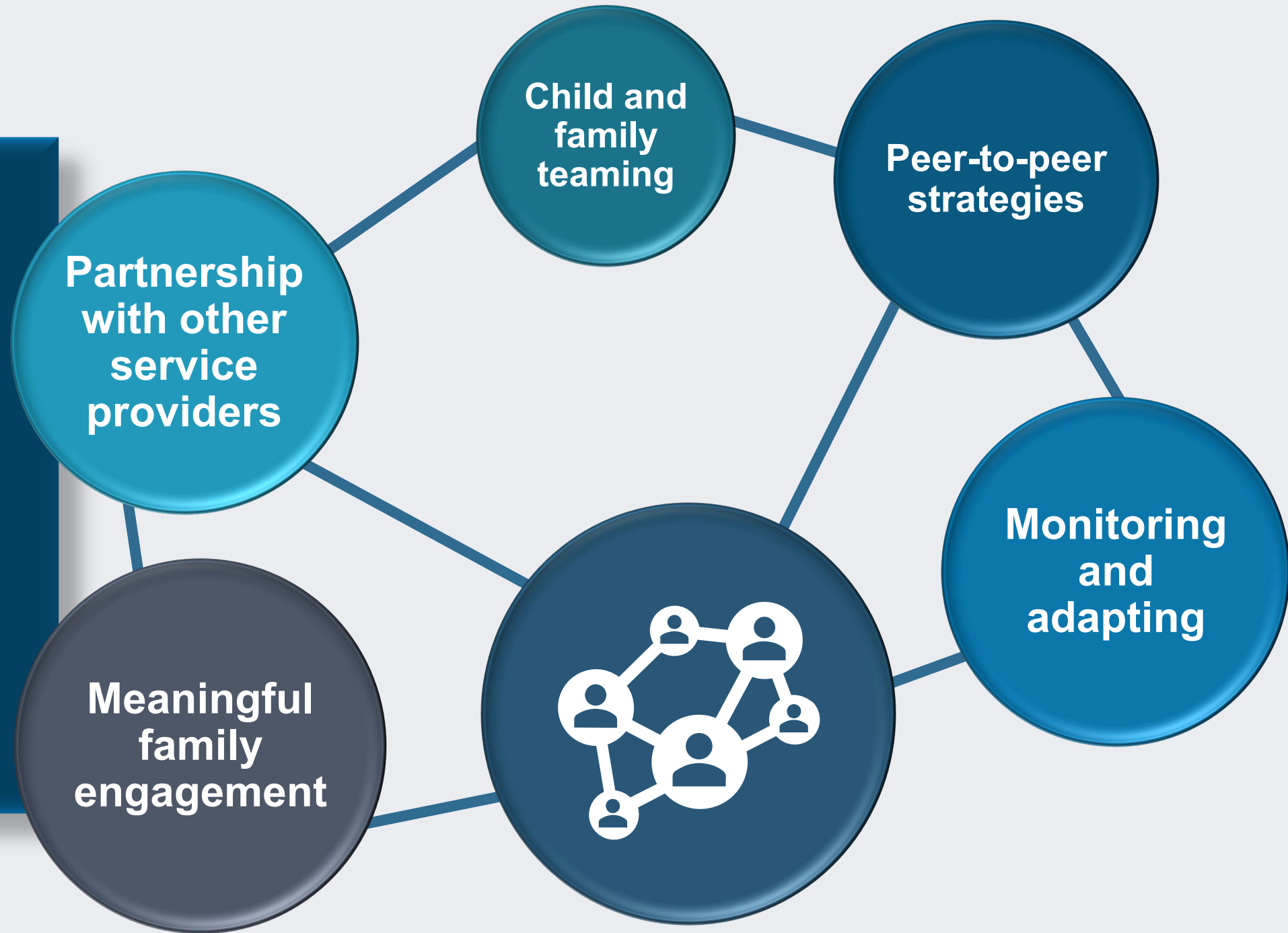
Family



Community



Strategies for Ensuring Continuity of Care



Doorway Recovery Videos

Permission to Use & Video Credit provided by
New Hampshire Department of Health and Human Services

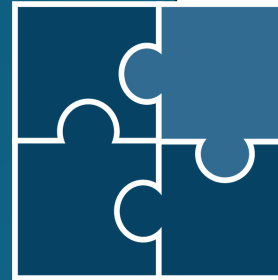
[Jessica's Story: Connections Changed Her Life](#)

Contact

Contact the NCSACW TTA Program

Connect with programs that are developing tools and implementing practices and protocols to support their collaborative

Training and technical assistance to support collaboration and systems change



National Center on Substance Abuse and Child Welfare



<https://ncsacw.acf.hhs.gov/>



ncsacw@cffutures.org



Toll-Free @ 1-866-493-2758

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Resources

Resources, 1 of 2

- Centers for Disease Control and Prevention: [Developmental Milestones](#) (updated 2023)
- Centers for Disease Control and Prevention: [Youth Risk Behavior Survey: Data Summary & Trends Report](#) (2011-2021)
- [Children of Parents with a Mental Illness Website](#) (2021)
- Division X Technical Assistance: [Tip Sheet on Responding to Youth and Young Adult Mental Health Needs](#) (2023)
- Health Resources & Services Administration, Maternal & Child Health: [Early Periodic Screening, Diagnosis, and Treatment](#) (2016)
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- National Academies of Sciences, Engineering, and Sciences: [Promoting Positive Adolescent Health Behaviors and Outcomes: Thriving in the 21st Century](#) (2020)
- [National Association for Children of Addiction Website](#) (2024)
- National Center on Substance Abuse and Child Welfare: [Common Developmental Trajectories of Children with Fetal Alcohol Spectrum Disorder Webinar](#) (2022)
- National Center on Substance Abuse and Child Welfare: [Engagement and Safety Decision-Making in Substance Use Disorder Cases Webinar](#) (2023)
- National Center on Substance Abuse and Child Welfare: [Engaging Parents and Youth with Lived Experience: Strengthening Collaborative Policy and Practice Initiatives for Families with Mental Health and Substance Use Disorders](#) (2022)
- National Center on Substance Abuse and Child Welfare: [Infants with Prenatal Substance Exposure and their Families: Five Points of Family Intervention](#) (2023)

Resources, 2 of 2

- National Center on Substance Abuse and Child Welfare: [*Newborns Exposed to Substances Understanding Their Needs and Supporting Their Caregivers Webinar*](#) (2022)
- National Center on Substance Abuse and Child Welfare: [*Planning for Safety in Cases When Parental Substance Use Disorder is Present*](#) (2023)
- National Center on Substance Abuse and Child Welfare: [*Screening, Assessing, and Treating Pregnant Women with Substance Use Disorder*](#) (2022)
- National Center on Substance Abuse and Child Welfare: [*Understanding Fetal Alcohol Syndrome Disorders: Child Welfare Practice Tips*](#) (2022)
- National Center on Substance Abuse and Child Welfare: [*Working with Adolescents: Practice Tips and Resource Guide*](#) (2021)
- National Council for Mental Wellbeing: [*Youth Mental Health First Aid*](#) (n.d.)
- Sesame Workshop: [*Remember the 7 C's!*](#) (2019)
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- Substance Abuse and Mental Health Services Administration: [*Talk They Hear You Campaign*](#) (2023)
- U.S. Department of Health & Human Services, Administration for Children and Families, Administration on Children, Youth and Families: [*Prevention Resource Guide: Keeping Children Safe and Families Strong in Supportive Communities*](#) (2018)