

# Presentation Outline

**Class:** Family Support

**Curriculum:** Effects of Drugs and Alcohol

**Time Frame:** 1hr. and 30 min.

**Facilitator:** Lauren Davis

**INTRODUCTION:** In today's fast-paced and stressful world, substance abuse is at an all-time high. The pressures and demands of life for parents and children alike are often overwhelming. And in many cases, with family support absent and community programs often underfunded or ineffective, the abuse of drugs and alcohol is inevitable. But aside from numbing our pain, the misuse of these substances is destroying our lives and further destabilizing our families.

**MAJOR PROBLEMS:** Here are three basic areas that substance abuse effects our families.

- **Parents**
  1. Poor health
  2. Financial instability
  3. Parental neglect
- **Children**
  1. Poor health
  2. Poor grades
  3. Acting out
- **Family**
  1. Confusion - family roles become reversed or unstable.
  2. Division - outside interests replace family commitment.
  3. Domestic violence - substance abuse leads to physical, verbal and emotional abuse.

## **SOLUTIONS:**

- **Admit the problem exists - Denial is a formula for defeat.** Abusing legal drugs only, or partaking with good intentions, or knowing that moderate drinking is socially acceptable are no rationales for ruining our lives and destroying our families. If you or your children have a problem, admit it.
- **Draw closer to your higher power - We must know and understand that a problem of such magnitude cannot be overcome without the help of a power greater than ourselves.** Call upon yours, by whatever name you call him.
- **Seek help through counseling and support groups - Families need families.** Don't hesitate to seek support from extended family, along with other families, friends and support groups.

## **INTERACTION:**

- **Read some key points on drugs and alcohol, and the effect they have on the family.**
- **Choose family members to act out a scene on substance abuse as it plays out in the home.**
- **Open the floor for discussion.**

**CONCLUSION:** In order to overcome drug and alcohol abuse, we must first of all acknowledge that the problem exists and that it's affecting our lives and families. Secondly, as parents and young adults, each of us must accept full responsibility for our own actions and their consequences. We must then realize that only through the help of a higher power can such a problem be overcome, and begin to call upon that power in sincerity and humility. And finally, we must recognize that only through the love and support of caring families, friends and support groups will we find the strength to maintain a happy and successful life free of substance abuse.

