



National Association for Children of Alcoholics



Kit for Parents

Kit for Parents

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National Association for Children of Alcoholics (NACoA)

10920 Connecticut Ave, Suite 100

Kensington, Maryland 20895

1-888-55-4COAS

Fax (301) 468-0987

nacoa@nacoa.org

www.nacoa.org

A Message to Parents

There are millions of children under the age of 18 in the United States who are growing up in homes with at least one alcoholic parent. There are about 21 million adult children of alcoholics, and some experts estimate that millions of Americans are problem drinkers or suffer from the disease of alcoholism. We do not know exactly how many children in the U.S. have parents who are addicted to other drugs, but this number significantly increases the number of confused and suffering children. Many research studies suggest that the children of alcohol and other drug dependent parents are at great risk - both genetically and because of their family environment - for later problems, and that they, too, deserve significant attention, education about alcoholism and alcohol abuse, and support.

Your children are not alone, and neither are you.

The National Association for Children of Alcoholics (NACoA) has assembled this kit to help you and your children learn more about this disease and to provide information for you about resources others have found to be helpful. As you read these materials, keep these things in mind:

Alcoholism affects every member of the family, including the children from early childhood through adulthood. It is a family disease.

While all children are affected by being raised in an alcoholic home environment, some are able to bounce back from it and learn to cope with life's difficulties, especially if they are given a little help. We can help children to be more resilient.

As a parent, you need support, too. Learning about alcoholism and related problems, and how they affect all family members, and discovering the available resources in your community to help families cope with alcohol-related problems, are good beginning steps. Remember, the chances of recovery from alcoholism are very good with proper treatment. Armed with knowledge and information about alcoholism, you can help reduce the risks of future alcoholism in your children.

We hope that you will find this information useful. Please let us know. We would like to hear from you.

Suggestions for Parents*

Although it would be great if the alcoholic parent stopped drinking, they don't have to in order for the nonalcoholic spouse to help their children. Sobriety might not occur until after their children are grown. Although much of what parents can do to help their children depends upon the family conditions, there are a few things that all parents can do. These suggestions are offered for mothers and fathers, even though only one of them may be alcoholic:

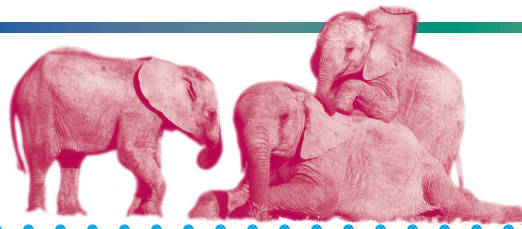
- Avoid pressuring your children to take sides in fights or conflicts you have with your spouse. This causes more problems for them. Their childhood shouldn't be taken up with your conflicts. Give them back their childhood.
- Avoid using the opinions of your children. Do not get them in the middle of your arguments by using their opinions in order "to get back at" the alcoholic. Using your children against your spouse might cause your child not to share feelings with you in the future. It also places your child in a bad position; they love both of you. Use your own opinion.
- When the home situation is excessively disruptive or verbally abusive and your children go off to be alone, seek them out and comfort them. During family drinking episodes many children hide. They hide because they are upset, afraid, and lonely. Find them, talk to them, comfort them. Try to avoid letting your children go to sleep under these upsetting conditions. If this occurs, talk with them at the first opportunity.
- Avoid placing an older child in the position of being a confidante or substitute parent to replace your spouse as parent. What kind of a childhood can children have if you talk to them like they were your replacement spouse? How much of a childhood can children have if they have to "parent" the other kids in the family lots of the time? No matter how 'mature' older children might be, the reality is that they really aren't parents and they really aren't replacements for a drinking parent. Give them back their childhood.
- Encourage and support your children to become involved in school and community activities. Your children need outlets and chances to develop needed relationships with safe people in activities outside of your home. Outside activities can help them accomplish many things on their own and support their independence and sense of value and worth.
- Try to arrange times for your children to have their friends visit regularly. This is their home; help them feel "at home." Some alcoholics drink in patterns and provide some opportunity for normal family conditions. However, if your child has friends over and the alcoholic spouse is drinking, do not further embarrass your child or his or her friends by confronting the alcoholic when they are present.
- Educate yourself about alcoholism and community resources. Much family frustration in alcoholic families arises from fear. You can prepare yourself for survival in an alcoholic family with knowledge and information.

- Become involved in community resources or self-help groups for family members of alcoholics. Organizations such as Al-Anon and Alateen will greatly benefit the family. These groups let you talk to other people in similar situations. This is an important way for you to take care of yourself. Families of alcoholics need not be alone unless they choose to be.
- Consider the process known as “intervention.” There are trained professionals who specialize in convincing alcoholics to get help for their drinking. The sooner the alcoholic gets help, the better the chances are for successful sobriety. You can get a referral to one of these professionals through treatment facilities listed in the phone book.
- If your alcoholic spouse seeks help, try to become involved as a family in the treatment process. Alcoholism affects the entire family. When the alcoholic enters treatment, he or she should enter with the family. This gives everybody a support structure for sobriety. Family members have adapted to alcoholism and often ignore their own needs while dealing with all the problems. If the family members enter treatment with the alcoholic, everyone gets support while learning to live with sobriety. Total recovery from alcoholism requires a total family effort. [Note: Not all treatment programs offer the developmentally appropriate education and support services that children need. Ask a counselor at the treatment program or a school social worker for a referral to such services if they are not provided.]

Remember: *If your children are to grow up and have healthy and satisfying lives, they will need help from people in their community, but most of all, they need you.*

**Modified with permission from Robert J. Ackerman, Ph.D.*





Letter to Kids

Hello:

I'll bet you feel all alone when your mom or dad drinks too much or uses drugs, because maybe you think that no one else's mom or dad drinks like yours. Or maybe you think that no one knows how you feel. Do you know that there are plenty of kids your age who feel exactly like you, because their parents drink too much? I know how you feel, because one of my parents is an alcoholic too.

It's not easy. When I was your age, I felt so alone. Every time my parent started drinking, I had that funny feeling in my stomach that something wasn't right. I was scared to tell anyone. I wondered why I had a parent who drank so much.

I always wondered if I did anything to make my parent drink. None of my friends could spend the night at my house because I never knew when it would start. I didn't want my friends to know what went on in my house; besides, when my parent started to drink I never knew what would happen. I didn't want anyone to know what a mess it was when the drinking started. I felt ashamed, and believed my house was REALLY different from everybody else's.

When I grew up I moved away from my confusing house, and I began to meet other people who had alcoholic parents. I talked a lot to these people about how it was in my house, and I didn't feel embarrassed because they talked about what went on in their houses when their parents started drinking. I realized that other people had the same kinds of confusing things happen to them.

Some people came from homes that were more messed up than mine, and other people came from homes that didn't have as many problems as mine did. Many thought their parents' drinking was their fault, even though it really wasn't. But I realized one thing: that all the time when I was a kid, when I thought I was alone and the only one with parents who drank too much, I WASN'T.

You aren't the only one with parents who drink too much or use drugs. There are a lot of us here.

But now, I want to tell you some things about alcoholism that I wish someone had told me when I was a kid. Maybe these things will help you understand a little bit better, and maybe you won't blame yourself the next time your parents drink too much.

Fact #1 Alcoholism is a disease. Your parent is not a bad person; he or she has a disease that makes him or her lose control when drinking. Alcohol does that; when you drink too much, you do and say things that you normally wouldn't. Maybe the disease makes them do mean, hurtful or stupid things that they would not do if they didn't drink.

- Fact #2** **You cannot control your parent's drinking. It is not your fault.** Don't hide the bottle or try to be perfect; you can't do anything about your parent's drinking. You are not the reason why your parent drinks. You did not cause the disease. You can't make it stop or start up again.
- Fact #3** **You are not alone.** There are lots of kids just like you. We know there are some in your class at school—kids you would never think might have a parent who drinks like yours. Maybe you know some of them because you've seen what goes on in their houses. In fact, from all the surveys done in the United States, we know that there are millions of children with alcoholic parents living in our country. You really aren't alone.
- Fact #4** **You CAN talk about the problem.** Find someone you trust that will talk to you. It could be a teacher, a friend's parent, a big brother or sister, or someone else who will listen to you. These are the 'safe people' in your life. You can fill out the sheet we have here called "People Who Can Help Me". Just keep this list with you so that you can call someone if you feel like talking. We also have a list of phone numbers here that you can call if you need someone to talk to or for help of any kind. The phone numbers are on a card that you can keep in your bookbag or other safe place. These numbers are on the same page as your personal list "People Who Can Help Me." All of the numbers are free; just dial 1-800- and then the number. Also, there is a group for kids called "Alateen". This group has meetings, like a club, and the kids there share tips on how to make their lives easier. Some schools have Alateen meetings on the school grounds during the day or after school. Maybe your teacher could help you find one. Or, you could look for the phone number of Alateen in the phone book or call directory assistance and ask for the number. (Sometimes you need to call Al-Anon or Alcoholics Anonymous to find Alateen meetings in your area.) Maybe a grown up you can trust will help you get to a meeting if transportation is a problem for you.

Please don't forget the four facts. They come in handy when you least suspect it.

Your friend,
An adult child of an alcoholic



People Who Can Help Me

Name	Phone Number

Cut out this card and keep it in a place where you can get to it easily, like in your bookbag, pencil case, or in with collector cards.

Phone Numbers for Kids to Call If They Need Help

Remember that these calls won't cost you anything because they have an area code of "800". Be sure to dial the "1" first.

Boystown National Hotline **1-800-448-3000**

CHILDHELP USA Child Abuse Hotline **1-800-422-4453**

National Runaway Switchboard **1-800-621-4000**

Questions and Answers about Alcohol Problems

Question: What is alcoholism?

Answer: Alcoholism is a disease. People who have the disease have lost control over their drinking and are not able to stop without help. They also lose control over how they act when they are drunk.

Question: How does alcoholism start?

Answer: Doctors don't know all the reasons why people become alcoholics. Some start out drinking a little bit and end up hooked on alcohol. A person might drink to forget problems or to calm nerves, but then they end up needing alcohol to feel normal. Once a person loses control over drinking, he or she needs help to stop drinking.

Question: If the alcoholic is sick why doesn't he or she just go to the doctor?

Answer: At first, the alcoholic is not aware that he or she is ill. Alcoholism is a disease that convinces people they don't have it. Even when the alcoholic becomes aware that something is wrong, he or she may not believe that alcohol is the problem. An alcoholic might keep blaming things on other people, or might blame the job, or the house, or whatever. But, really, it's the alcohol that's the biggest problem.

Question: Is there an "average" alcoholic?

Answer: No. There is no such person as the average alcoholic. Alcoholics can be young, old, rich, poor, male, or female.

Question: What is the cure for alcoholism?

Answer: There is no cure for alcoholism except stopping the disease process by stopping the drinking. People with alcoholism who have completely stopped drinking are called "recovering alcoholics". Recovering alcoholics can lead healthy, happy, productive lives.

Question: Can family members make an alcoholic stop drinking?

Answer: No. It is important to know that an alcoholic needs help to stop drinking, but no one can be forced to accept the help, no matter what you do or how hard you try. It is also important to know that family members by themselves cannot provide the help that an alcoholic needs. An alcoholic needs the help of people trained to treat the disease.

Question: How many children in the United States have at least one alcoholic parent?

Answer: About 1 in 4 four children under the age of 18 in our country are growing up with at least one alcoholic parent. There are probably a few in your class right now. And remember, some adults grew up with alcoholic parents too.

Treatment for Alcohol Problems:

How to Find Help

If you have had difficulty identifying a satisfactory community resource for treating alcohol and drug problems, or if there is not an appropriate service in your area, you may wish to contact the following state and national resources for more information.

The National Helpline of the federal Substance Abuse and Mental Health Services Administration offers 24-hour free and confidential information on substance use disorder issues and referral to treatment, in English and Spanish. 1-800-662-HELP

Your State Agency – Each state has a department of alcoholism services, a governmental agency that is responsible for alcohol and drug related programs, resources, and initiatives offered throughout the state. States vary widely in the titles of their alcohol and drug agencies and in their organizational affiliations within state government structures. In some instances, the alcohol and drug abuse agencies are combined with mental health. To locate your state's agency, look in your telephone directory under "State Government" listings. Or contact the National Association of State Alcohol and Drug Abuse Directors, 1025 Connecticut Avenue NW, Suite 605, Washington, DC 20036 at www.nasadad.org or call (202) 293-0090.

The National Council on Alcoholism and Drug Dependence (NCADD) is a nonprofit national agency with a hundred local affiliates that are well acquainted with the problems of alcoholics and are dedicated to helping them. Information about alcoholism and treatment opportunities is available through these local affiliates. In some instances, counseling of alcoholics and their families may be provided through the local unit as well. Look for the listing of your local NCADD affiliate in the telephone directory. If you are having difficulty locating a unit near you, visit NCADD at www.ncadd.org or call (212) 269-7797.

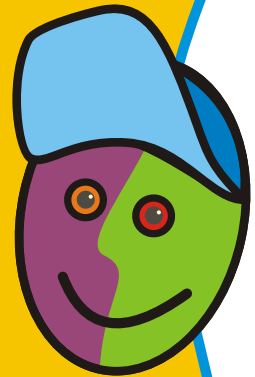
Alcoholics Anonymous (AA) is a voluntary fellowship open to anyone who wants to achieve and maintain sobriety and is an important adjunct to many treatment programs. The fellowship was founded in 1935 by two individuals in an effort to help others who suffer from the disease of alcoholism. AA is the oldest of the organizations designed to help alcoholics help themselves. It is estimated that there are over two million members in local AA groups worldwide. For further information, look under Alcoholics Anonymous in your phone book, or visit www.aa.org

Al-Anon is an organization for spouses and other relatives and friends of alcoholics. The Al-Anon groups help families and friends cope with the problems that result from another's drinking, and help foster understanding of the alcoholic through sharing their experience, strength, and hope. Local groups are listed in your telephone directory under Al-Anon Family Groups, or visit www.al-anon.org for more information.

Alateen, a part of Al-Anon, is for young people, age 11 and above, whose lives have been affected by the alcoholism of a family member or close friend. Members of Alateen fellowships help each other by sharing their experiences and their strength. Alateen is listed in some telephone directories, or information may be obtained by contacting local Al-Anon groups. Alateen meetings are led by experienced members of Al-Anon. If you are having trouble locating an Alateen affiliate near you, contact Al-Anon Group Headquarters at the address listed above. www.alateen.org

Remember to teach the seven Cs:

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



What Can You Do To Help Your Child?

The following is a list of "do's and don'ts" that may guide you in helping your child.

1. **DO** make sure that your child understands three basic facts. First, he or she is not alone; there are millions of children with alcoholic parents under the age of 18 in the United States. Second, your child is not responsible for the problem and cannot control the parent's drinking behavior. Third, your child is a valuable, worthwhile individual.
2. **DO** maintain a small library of books and pamphlets on alcohol-related problems that have been written for children. Many of these are available at low or no cost from Alateen, the National Council on Alcoholism and Drug Dependence, and NACoA.
3. **DO** follow through after the child asks for help. You may be the only person the child has approached. Courses of action you might choose are:
 - Help your child eleven or older to contact a local Alateen group where others who understand and share the problem of alcoholic parents are available for support. (An adult member of Al-Anon facilitates these meetings.)
 - See if educational support groups or other resources are available at school for your child.
 - Assist your child in "thinking through" all the sympathetic adults who play significant roles in his/her life (a favorite aunt or uncle, grandparent, minister, school counselor) who might be able to help; and
 - Refer your child to an appropriate helping professional.
4. **DO** find out who the helping professionals are in your community. Knowing which organizations have resources to help children will make it easier when your child comes to you.
5. **DON'T** act embarrassed or uncomfortable, and don't minimize the child's fears and concerns. It may be discouraging for the child and increase his or her sense of isolation and hopelessness.
6. **DON'T** criticize the child's alcoholic parent or be overly sympathetic. The child may gain the greatest benefit just by having you listen and be understanding of his or her feelings.
7. **DON'T** make plans with the child if you can't keep the date. Stability and consistency in relationships are necessary if the child is to develop trust.

What are some messages I can give my child?

You can tell your child the following things:

- Sharing your feelings is not being mean or disloyal to your family. When you talk to someone you trust, you might feel better. Talking to someone about your feelings can help you feel less alone.
- Get involved in doing enjoyable things at school or near home, like the school band, softball, Boy or Girl Scouts, or other fun activities. Doing these types of things can help you forget about the problems at home, and you could learn new things about yourself and about how other people live their lives.
- When you live with alcoholic parents, feeling afraid and alone is normal. It is confusing to hate the disease of alcoholism at the same time that you love your alcoholic parent. All people have confusing feelings: two different feelings at the same time. This is the way many kids feel about alcoholic parents.
- Remember to have fun! Sometimes children with alcoholic families worry so much that they forget how to be “just a kid.” Find a way to let yourself have fun.
- DON'T ride in a car when the driver has been drinking if you can avoid it. It is not safe. Agree to help protect your child from having to ride with someone who has been drinking. If your child must get in a car with a drinking driver, he or she should sit in the back seat in the middle. Lock the door. Put his or her things on the floor, put on a seat belt, and remain calm.
- Because your parent is an alcoholic doesn't mean you will become one, but you are at greater risk than others. Remember: If you do not drink or use drugs, you can't get this terrible disease.
- You have no control over the drinking. You didn't make the problem start, and you can't make it stop – or start again. What your alcoholic parent does is not your responsibility or your fault.

“When you live with alcoholic parents, feeling afraid and alone is normal.”

**You have no control
over the drinking.**

**Share your
feelings**

**Remember to
have fun!**

**Get involved in doing enjoyable
things at school or near home**

When Parents are in Recovery

By Stephanie Abbott, M.A.

Acknowledgment of children's pain is one of the most poignant aspects of recovery. Such pain can be so difficult to face that parents may try to deny that it is there. The children, sensitive to parental grief, may also deny it.

I knew a man, sober for many years and working in the field, who pronounced that concern for children of alcoholics was a "fad" that wouldn't last very long. I suspected that he didn't want to look very hard at the special difficulties that his sons had with their marriages. Acceptance would mean that the children need healing, and that it doesn't come about "...recovering family. It can sound simply because very much like self-parents can be the parents are justification and the now sane and very intrusive..." children may want sober.

"...recovering parents can be very intrusive..."

In the early years of recovery, many people find enormous challenges in changing those responses to people and events that got them into trouble. They work at being more responsible, letting go of problems they can't solve, and people they can't change, and making amends to those they have harmed. Many think making amends consists only of explaining why they were the way they were, saying they were sorry, and changing behavior.

Some adult children, whose parents are still sick, would be relieved to have that admission, as they struggle with the realities of painful family systems which revolve around active addiction. Or their parents are dead, and the children know some things will never be resolved.

But others cope with their anger about the past, even when their present relationship with their parents is fairly good. Mothers and fathers then have to deal over a period of years with hurt and resentful children with few guidelines. Some have resolved the matter in their own minds with the Amends Step (Ninth Step of AA and Al-Anon), and can't understand why it doesn't heal the resentment. They don't know that this step is mainly for their own benefit and healing.

Listening to many parents and adult children, I have come to understand some of the barriers to forgiveness and letting go of the past. It doesn't seem to be enough to acknowledge the way it was in the no part of it. What they often do want is for the parents to listen to how it was for the children without interrupting and explaining.

Another complaint I hear is that recovering parents can be very intrusive with their own recovery programs. In their anxiety to repair the damage to the children they may be very critical.

Comments such as "you are headed down the path I followed" or "you are very codependent" are rarely appreciated. Another intrusion may be giving more information about their own private life than is appropriate.

There are many good support groups in most areas that can help teenagers and adult children with their struggles; these groups can be found at school, at Al-Anon or Alateen. Going to these groups does not mean there is something wrong with the person who goes, or that attending means the problems are the fault of the child.

Sometimes nothing seems to be enough. The parent has made amends, listened to how it was without self justification and worked at respectful communication. Yet the relationship still is not as good as the parents hope it to be. It may be time "to accept the things we cannot change."

Recovering parents and their children today can:

- Accept what happened, and separate from it, until the grief loses its power over today;
- Remember there is more to their history than alcoholism;
- Make today a new past that will feel good to remember;
- Cherish their hard-won depth and understanding.

Books and Other Materials for Parents to use with Their Children

For children:

- Black, Claudia — *My Dad Loves Me, My Dad Has a Disease*. (Revised) MAC Publishing, Bainbridge Island, WA, 2011.
- Brown, Cathey; LaPorte, Elizabeth and Jerry Moe — *Kids' Power Too! Words To Grow By*. Imagin Works, Dallas, TX, 2001.
- Carbone, Ellsa Lynn — *My Dad's Definitely Not a Drunk*, Waterfront, Burlington, VT,
- Hall, Lindsey and Leigh Cohn — *Dear Kids of Alcoholics*. Gurze Books, Carlsbad, CA, 1988.
- Higgins, Pamela Leib — *Up and Down the Mountain*. Small Horizons. Liberty Corner, NJ, 1995.
- Jance, Judith A. — *Welcome Home: A Child's View of Alcoholism*. Charles Franklin Press, Edmonds, WA, 1986.
- Kenny, Kevin and Helen Krull — *Sometimes My Mom Drinks Too Much*. Raintree Children's Books, Milwaukee, WI, 1980.
- Mercury, Catherine — *Think of Wind*. One Big Press, Rochester, NY, 1996.
- Palmer, Pat — *Liking Myself*, 3rd Edition. Boulden Publishing, Weaverville CA, 2011
- Palmer, Pat — *The Mouse, the Monster and Me: Assertiveness for Young People*, 3rd Edition. Boulden Publishing, Weaverville CA, 2011
- Seixas, Judith S. — *Alcohol: What It Is, What It Does*. Greenwillow Books, New York, NY, 1979.
- Seixas, Judith S. — *Drugs, What They Are, What They Do*. Greenwillow Books, New York, NY, 1987.
- Sinberg, Janet and Dennis Daley — *I Can Talk About What Hurts*. Hazelden Publishing Center City, MN, 1993.
- Stanek, Muriel — *Don't Hurt Me, Mama*. Albert Whitman, and Co., Niles, IL, 1983.
- Thomsa, Jane Resh — *Daddy Doesn't Have To Be A Giant Anymore*. Clarion Books, New York, NY, 1996.
- Vigna, Judith — *I Wish Daddy Didn't Drink So Much*. Albert Whitman and Co., Niles, IL

For adolescents:

- Alateen and its sponsor, Al-Anon, continuously update its booklets, books, pamphlets and other materials. www.alateen.org or call 1-757 563-1600.
- Balcerzak, Ann M. — *Hope for Young People with Alcoholic Parents*. Hazelden Educational Materials, Center City, MN, 1981.
- Brooks, Cathleen — *Secret Everyone Knows*. Hazelden Educational Materials, Center City, MN, 1981.

Hornick-Beer, Edith Lynn — *A Teenager's Guide to Living with an Alcoholic Parent*. Hazelden Educational Materials, Center City, MN, 1984.

Leite, Evelyn and Pamela Espeland — *Different Like Me: A Book for Teens Who Worry about their Parents' Use of Alcohol/Drugs*. Johnson Institute, Minneapolis, MN, 1987.

For parents:

Black, Claudia - *Straight Talk: What Recovering Parents Should Tell Their Kids About Drugs and Alcohol*, Hazelden, Center City MN 2003

H. Stephen Glenn — *Raising Self-Reliant Children in a Self-Indulgent World*, Primo Publishing, Rocklin, CA, 1988.

Moe, Jerry. *Understanding Addiction and Recovery Through a Child's Eyes*, Health Communications, Deerfield Beach, FL, 2008

Porterfield, Kay Marie — *Coping with an Alcoholic Parent*. The Rosen Publishing Group, New York, NY, 1985.

Ryerson, Eric — *When Your Parent Drinks Too Much: A Book for Teenagers*. Facts on File, New York, NY, 1985.

Seixas, Judith — *Living with a Parent Who Drinks Too Much*. Greenwillow Books, New York, NY, 1979.

Sipp, Carey. *The TurnAround Mom - How an Abuse and Addiction Survivor Stopped the Toxic Cycle for Her Family – and You Can, Too*. Health Communications, Inc. Deerfield Beach FL 2007.

Wood, June Rae — *A Share of Freedom*. Putnam, Revised, 1996.

Books on Family Alcoholism:

Ackerman, Robert J. — *Same House, Different Homes: Why Adult Children of Alcoholics Are Not All the Same*. Health Communications, Inc., Deerfield Beach, FL, 1987.

Black, Claudia — *It Will Never Happen to Me*. MAC Publishing, Bainbridge Island, WA, 1982.

Black, Claudia — *Changing Course*. MAC Publishing, Bainbridge Island, WA, 1994.

Brown, Stephanie and Lewis, Virginia. *The Alcoholic Family in Recovery*, Guilford Press, New York, NY, 2002.

Deutsch, Charles — *Broken Bottles, Broken Dreams*. Teachers College Press, New York, NY, 1982.

Diaz, Phil and O'Gorman, Patricia — *The Lowdown on Families That Get High*, Child and Family Press, Washington, DC, 2000.

Al-Anon Family Groups Headquarters has many books, booklets and pamphlets and continuously updates its materials. www.al-anon.org

*Note: Some of the books on this list are out-of-print but they are classics and usually can be found on web-based book distributors.

Health Information Telephone Numbers

AL-ANON Family Group Headquarters

800-356-9996

Alcohol and Drug Helpline

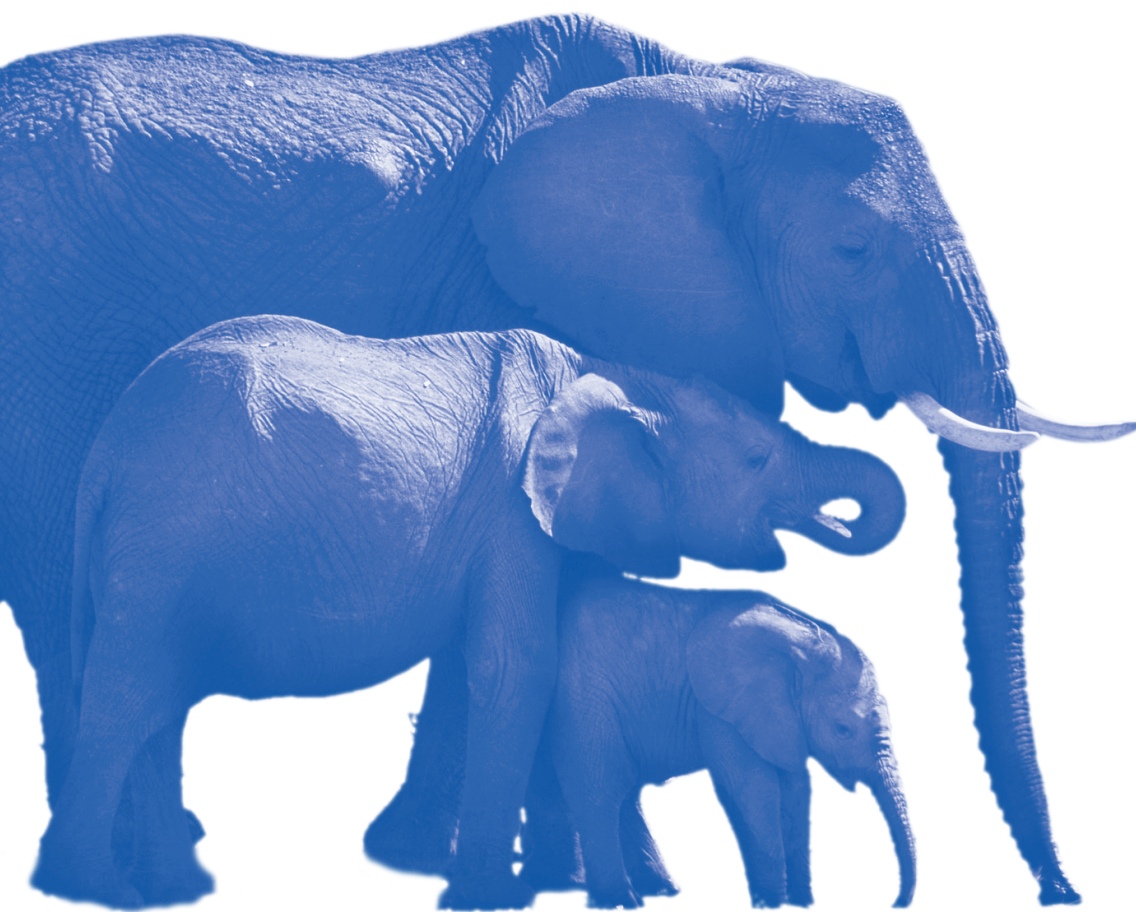
800-821-4357

CHILDHELP/National Child Abuse Hotline

800-4-A-Child

National Health Information Center

800-336-4797





National Association for Children of Alcoholics

Kit for



- A Letter to Kids
- Questions and Answers about Alcohol Problems
- What Can Kids Do?
- The Seven Cs
- People Who can Help Me
- Books for Kids to Read

A separate kit is available for your child
To order:
Call 1-888-55-4COAS
or find it free on www.nacoa.org

Please feel free to be a “copy cat,” and make as many copies as you want.
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National Association for Children of Alcoholics (NACoA)

10920 Connecticut Ave, Suite 100

Kensington, Maryland 20895

1-888-55-4COAS

Fax (301) 468-0987

nacoa@nacoa.org

www.nacoa.org