

WHEN THE ADDICTION WINS

Life With One Parent

Communication during addiction

- Without open communication children can feel like “listeners of the parent’s problems” rather than being apart of the solution (Harverfield, 2016).
- With an alcoholic parent, alcohol is often portrayed as a negative in the family rather than a precautionary substance (harverfield, 2016).
- Having an alcoholic parent can lead to emotion of anger, frustration, disappointment etc (Harverfield, 2016).
- Parents should put their ideal self-concept first because this is how the child will be influenced. Family is the first social exposure children have (Hereyah & Puwanti, 2021).



Communication after death

- It is okay to have these end-of-life conversations before the parent passes. It can introduce the topic and hopefully try to ease children into the concept of death (Seinfeld & Lake, 2021).
- Both parent and child will have to care and protect each other after death to fill the role (Seinfeld & Lake, 2021)
- The family is now in a transition period going from “a whole family to an incomplete family” (Hereyah & Puwanti, 2021).
- Expression of emotion is often not encouraged in these families (Harverfield, 2016. Which is something that needs to be changed in the future.
- About 46% of mothers will talk about death on a weekly basis to help children cope (Zajac & Boyatzis, 2021).

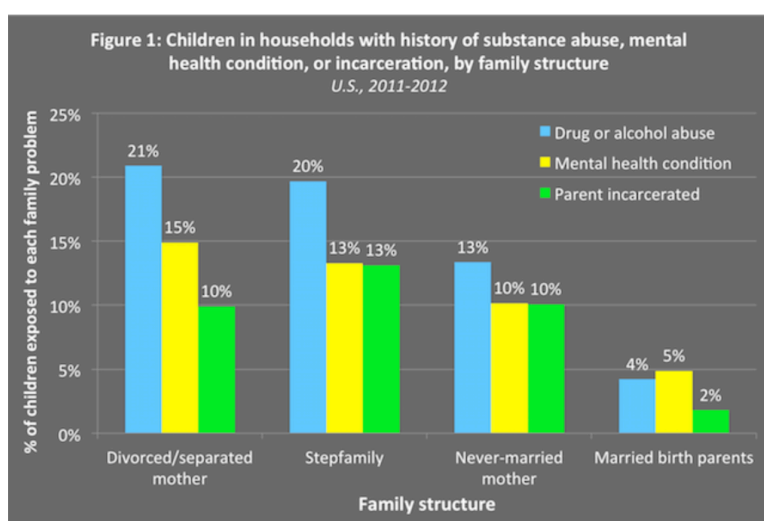
**You are not alone
and you are
stronger than your
addiction**

Where to find help

**Substance abuse and mental health
service administration
1-800-662-4357**

**Btter help in an online counseling
platform that you can consult
better help.com**

**Greif Share is an online platform to
cope with grief through others stories
as well
<https://www.griefshare.org>**



Zill, N. (2015). Substance abuse, mental illness, and crime more common in disrupted families. Institute for Family Studies. <https://ifstudies.org/blog/substance-abuse-mental-illness-and-crime-more-common-in-disrupted-families>

Communication during end of life care

- Understand that you are not a qualified medical professional and you are doing your best.
- Personal and social relationships will be put to the back burner.
- More vulnerable to emotional and physical strain.
- It can make you closer to other family members by having to stay in contact.
- Closer to the end-of-life family member by spending last moments of their lives by their side (fox et al. 2021)
- Communication will influence how this transition goes (Seinfeld & Lake, 2021) .



Coping mechanisms

- Religion can help process the death of a close family member by offering optimism that they will meet again (Zajac & Boyatzis, 2023).
- Gratitude has been proven to reduce feelings of loneliness (Caputo, 2015).
- If you are a EOL caregiver prioritize your mental health. Realize that you just took on a roll that people need a college degree to do (Fox et al., 2021).
- Taking up hobbies to occupy your mind has been proven that a feeling of contribution to society, a meaningful engagement, and using cognitive strategies has been a very successful tool in managing the feeling of loneliness (Kharicha et al, 2021).

Sources

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