



**YEARS OF HOPE  
& HEALING**

 Hazelden Betty Ford  
Foundation



**Changing the Family Legacy**  
Supporting Children and Families Affected by a  
Loved One's Addiction

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## **National Children's Program Director of Operations**

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Helene leads the strategic programming and operations for the Hazelden Betty Ford Children's Program, including program design, development and expansion, along with leading program staff, business development, collaboration with strategic partners and marketing.

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# Childhood Memories





# Childhood Characteristics

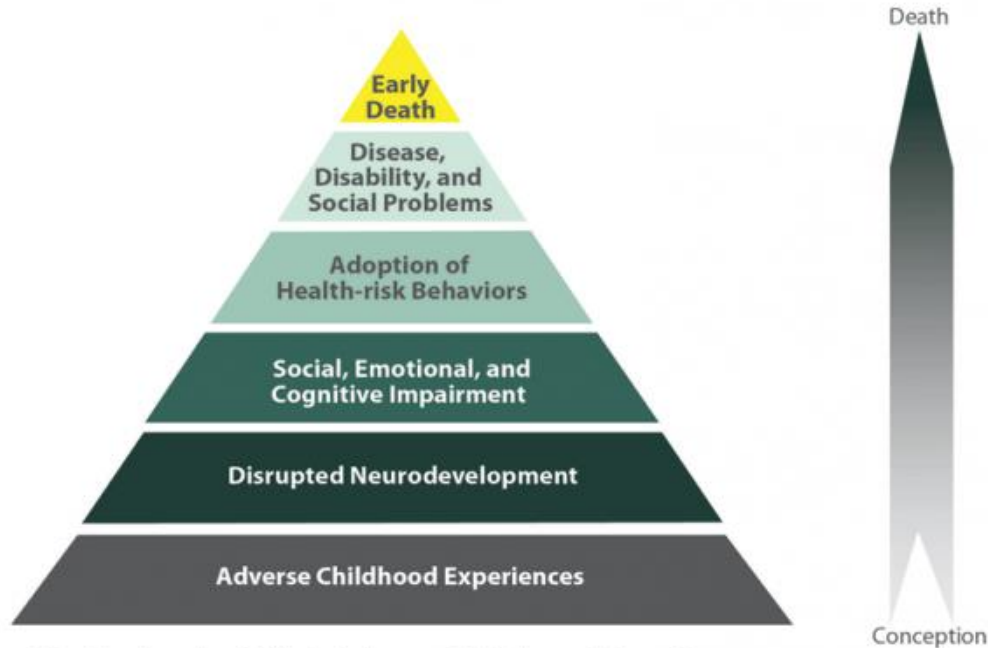
- Joy
- Innocence
- Spontaneity
- Creativity
- Honesty



# Are Children Affected by Addiction?

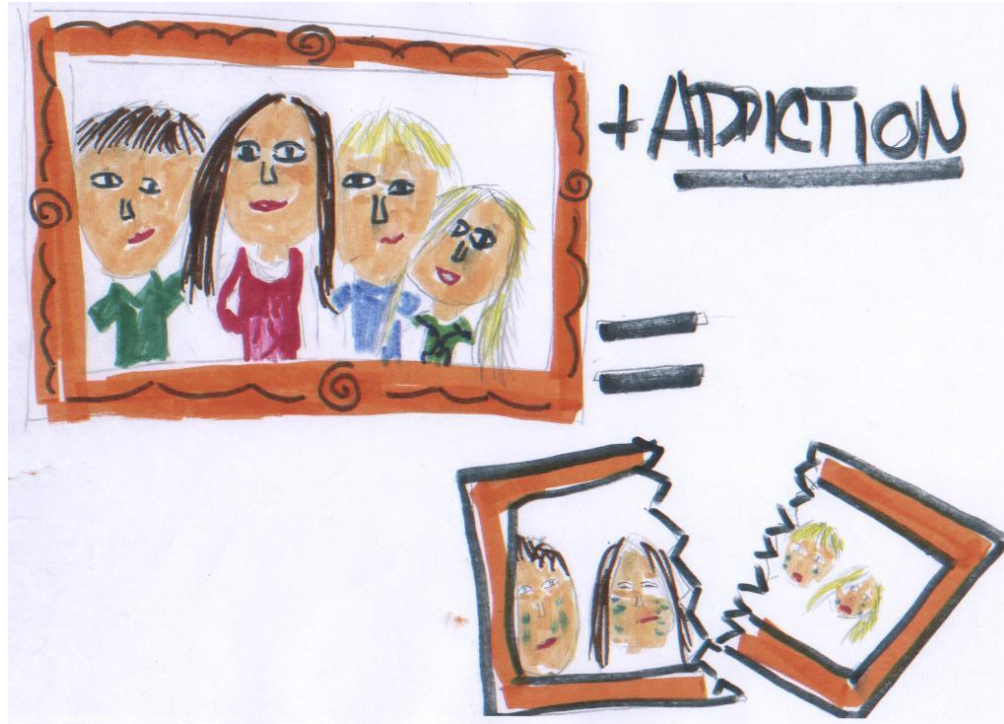


# Adverse Childhood Experiences



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

# Adverse Childhood Experiences



# Adverse Childhood Experiences



- ACEs are common across all populations
- Almost two-thirds of the study participants reported at least one ACE, and more than one in five reported three or more ACEs
- As the number of ACEs increases so does the risk for negative outcomes
- Early adversity has lasting impacts

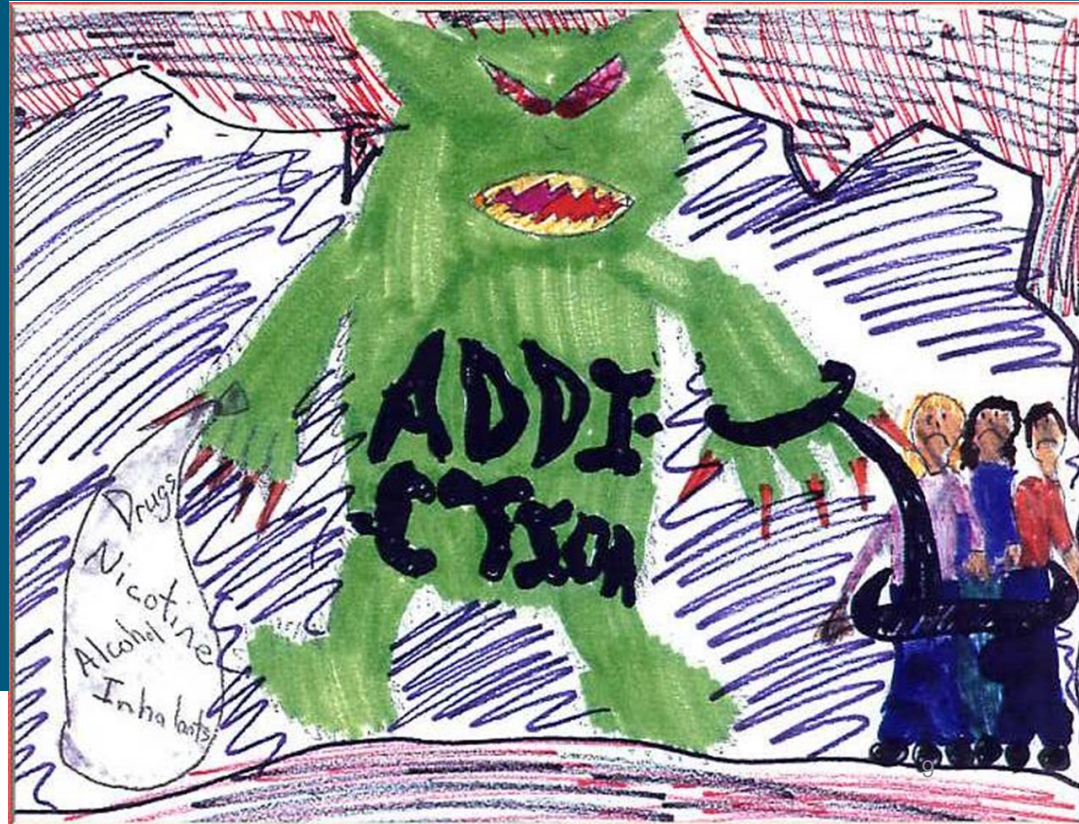
National Center for Injury Prevention and Control, Division of Violence Prevention



# Survival Skills

**Don't Talk  
Don't Trust  
Don't Feel**

*Dr. Claudia Black*



# Survival Skills



# Healing Stages

## Prevention Education

- Learning about addiction
- Opening doors
- Self-care
- Celebrate



# Learning About Addiction



- Not “bad” people
- Addiction is a disease
- Age-appropriate language
- “No” & “Help”
- Multi-generational
- Treatment and Recovery—T & R



# Learning About Addiction



# Opening Doors



# Self-Care

## Five Parts of Self

- Mind
- Body
- Feelings
- Spirit
- Kid





# Finding Safe People





# Celebrate



# What Can I Do?



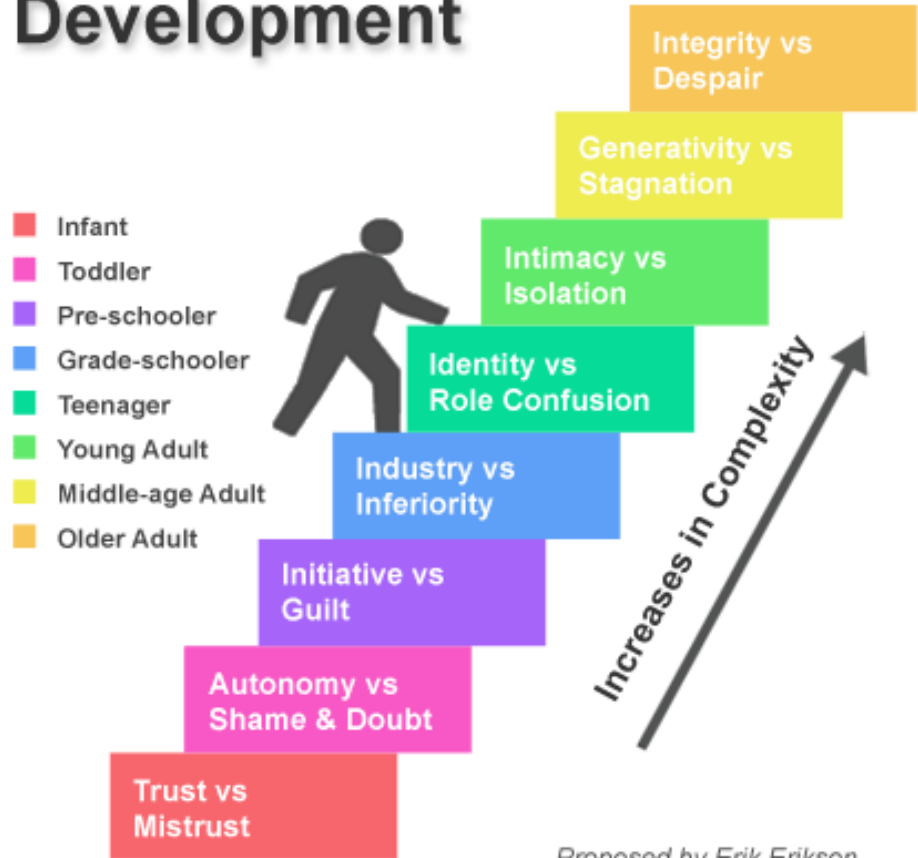


Actively build their resilience  
LOVEE your child



# Age Appropriate

## Stages of Psychosocial Development





# Resilience



- The capacity to spring back and successfully adapt in the face of adversity and exposure to stress
- Draw upon inner strengths, skills and support to prevent adversity from derailing one's life

# How to Build Resilience

## Social Skills

- Communication
- Feelings
- Responsiveness
- Sense of Humor



# How to Build Resilience



## Problem Solving

- Critical thinking
- Flexibility
- Resourcefulness

## Autonomy

- Internal focus of control
  - Degree to which people **believe** they have control over the outcome of events in their lives, opposed to external forces beyond their control
- Self-efficacy
  - How well one can execute courses of action required to deal with prospective situations
- Adaptive distancing
  - “Take a step back” when reflecting on emotional experiences to work through the negativity to promote meaning versus emotional reaction



# How to Build Resilience

Sense of Purpose, Hope & Future

- Hope
- Connections
- Presence of at least one nurturing person



A close-up photograph of a young woman with long, dark hair, smiling broadly with her eyes closed. She is being embraced from behind by a man whose hand is visible on her hair. The scene is set outdoors in bright, natural light, creating a warm and intimate atmosphere. The background is softly blurred, showing hints of greenery and a bright sky.

LOVEE





# QUESTIONS





HELENE PHOTIAS, MA

Let's Continue the Conversation . . .

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**THANK YOU!**





## Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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