

Family Partnerships That Support Change and Healing

RESOURCE GUIDE



When present, substance use and domestic violence have a significant impact on children and families.

"Substance abuse describes people who use a substance excessively on a regular basis, in spite of incurring legal problems, endangering themselves, jeopardizing relationships or falling through on major responsibilities."

– DSM-IV

"Dependence describes a psychological compulsion or physical need to use the substance. People who are dependent on a substance exhibit symptoms including withdrawal, loss of control over use, and continuing use over a period of time."

– DSM-IV

*"Addiction is a complex **brain disease** characterized by compulsive, at times uncontrollable, drug-craving, seeking and use that persist despite potentially devastating circumstances."*

Dr. Nora Volkow, National Institute on Drug Abuse



Domestic violence includes physical, sexual, emotional, economic and psychological abuse. Children who witness domestic violence are also victims and may suffer long-term problems stemming from the abuse relationship of the adults with whom they live.

FSP Role

- Observe and screen for signs of substance abuse and domestic violence.
- Refer families for additional services, if appropriate, including services for children affected by parental substance use or domestic violence.
- Support families to build protective factors.
- Support families to seek help and implement changes in their lives according to their stage of change. See Chapter 9 handouts for additional information on the stages of change.
- Support families navigating recovery.

Protective factors build resilience (the ability to adapt well to adversity, trauma, tragedy or threats (APA, 2011) in families and children. FSPs can support families and children to develop protective factors by:

1. Nurturing and attachment – support attachment and bonding during pregnancy, share information on child development, brain development and social and emotional development
2. Knowledge of parenting and child development – provide information on all aspects of child development; provide regular development screening and appropriate developmental activities
3. Parental resiliency – normalize parent's experiences, concerns, fears and worries; listen and help parent use problem-solving skills to meet the challenges they face; help them set goals and experience success
4. Social connections – make referrals for families that meet needs, address concerns or increase parents' knowledge; encourage parents to reach out in the community to establish social connections.



Developed in Partnership by



Family Partnerships That Support Change and Healing

RESOURCE GUIDE



5. Concrete supports in times of need – help families access formal and informal community supports for concrete needs
6. Social and emotional competence of children – help parents understand their role in supporting their child’s social and emotional development; support them to respond in a nurturing manner to child’s cues, make the environment safe and interesting, keep the child’s level of stress low and allow older children to assert some independence

Resources

Chapter 1: Welcome

Chapter 2: Substance Use/Abuse

- The Power of Addiction, TED Talk – [Video](#) and [Transcript](#)
- Defining Drug Abuse and Addiction - [Handout](#)
- Risk Factors - [Transcript](#)

Chapter 3: Addiction as a Disease

- Addiction as a Disease – [Handout](#)
- Rat Park: Nature vs. Nurture – [Video](#) and [Transcript](#)
- Dual Diagnosis - [Handout](#)
- Dual Diagnosis Fact Sheet – [Resource Handout](#)
- Drug and Alcohol Resource Library - [Handout](#)

Chapter 4: Substance Use in Families with Children

- Prenatal Exposure to Harmful Substances – [Transcript](#)
 - Tobacco Use in Pregnancy - [Webpage](#)
 - Prenatal Exposure to Drug Abuse - [Webpage](#)
 - Smoke Free - [Webpage](#)
 - Fetal Alcohol Syndrome - [Fact Sheet](#)
- Signs of Drug Abuse – [Handout](#)
- Effects of Parental Substance Abuse on Parenting - [Video](#) and [Transcript](#)
- Possible Effects of Substance Abuse on Children – [Handout](#)
- Commonly Abused Drugs – [Resource Handout](#)
- Prenatal Drug Exposure Toolkit – [Resource Handout](#)
- Drug Effects on Mother and Infant - [Resource Handout](#)

Chapter 5: Recovery

- A Working Definition of Recovery - [Video](#)
- Guiding Principles of Recovery - [Handout](#)



Developed in Partnership by



This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Maternal, Infant, and Early Childhood Home Visiting Grant number X10MC29509 for 57,648,351. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Family Partnerships That Support Change and Healing

RESOURCE GUIDE



Chapter 6: Domestic Violence

- Introduction to Domestic Violence - [Video](#)
- Defining Domestic Violence - [Handout](#)
- Why Domestic Violence Victims Don't Leave, TED Talk - [Video](#) and [Transcript](#)
- Nationwide Statistics – [Resource Handout](#)
- Impact of Domestic Violence on Children in Iowa – [Resource Handout](#)
- FWV Children's Exposure to Intimate Partner Violence – [Resource Handout](#)
- ICADV Facts on DV in Iowa – [Resource Handout](#)

Chapter 7: Working with Families

- Warning Signs of Domestic Violence – [Handout](#)
- The Impact of Domestic Violence on Children - [Video](#)
- Domestic Violence 101 - [Handout](#)
- Futures Without Violence - [Website](#)
- The Relationship Assessment Tool - [Handout](#)
- Power and Control Wheel – [Resource Handout](#)
- Equality Wheel – [Resource Handout](#)
- ACE Reporter – [Resource Handout](#)
- ACE Study – [Resource Handout](#)
- Find Your ACE Score – [Resource Handout](#)
- ICADV Facts on Economic Justice and DV – [Resource Handout](#)
- DV and Child Welfare System – [Resource Handout](#)
- Protect Yourself from Domestic Violence (Iowa Law) – [Resource Handout](#)
- Are You Experiencing Domestic Violence? – [Resource Handout](#)

Commented [KR1]: This link does not work in the module

Chapter 8: Resiliency and Protective Factors

- Resiliency and Protective Factors – [Handout](#)
- Family Support Professional Role in Supporting Protective Factors – [Handout](#)
- Supporting Resiliency in Children - [Video](#)
- Overview of the Protective Factors Survey – [Resource Handout](#)
- Protective Factors Survey – [Resource Handout](#)

Chapter 9: Change and Family Strengths

- Introduction to Change – [Video](#)
- Transtheoretical Model of Change - [Handout](#)
- Facilitating Behavior Change – [Video](#)
- Family Strengths Case Scenario Reflective Writing – [Handout](#)
- STEPUP Stages of Change – [Resource Handout](#)