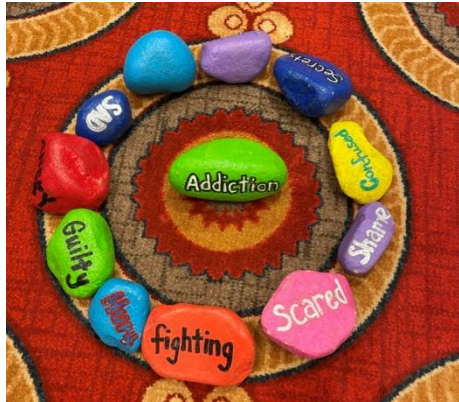


CHILDREN'S PROGRAM

The Children's Program at IDAA provides an opportunity for kids to learn about addiction and recovery in a fun, developmentally appropriate, and empowering way!



Trained staff and volunteers teach and support children ages 7-12 who have been impacted by the effects of substance use in the family. Kids learn that they are not alone (1-4 children love someone with substance use disorder), it's not their fault, and that they can have and deserve their own program of recovery. Essential resilience skills are forefront in the curriculum to empower children to stop the generational cycle of addiction.

While children finish the three-day program with increased knowledge and skill, don't mistake it for its rigor- the group heavily emphasizes play as a child's most important job in recovery. All activities are designed to engage children with fun and creativity.



Resources Used:

The curriculum utilized in the IDAA Children's Program is evidence-informed and designed to support:

- Increased understanding of addiction as a disease
- Decreased feelings of guilt, shame, and loneliness surrounding addiction in the family
- Increased emotional literacy

Program Format and Daily Goals:

Group is held on Thursday- Saturday from 10am-4pm. Children will be served snacks and lunch. Parents/Caregivers must attend a brief orientation on Thursday Morning (and an optional information session on Friday morning at 10 am).

Thursday, Day One - *Learn*

After creating a safe, supportive environment, children learn basic facts and information about the disease of addiction or substance use disorder (SUD). Through a variety of interactive activities, they come to understand key concepts such as loss of control, addiction, return to use, and treatment and recovery (T&R).

Friday, Day Two - *Connect*

Armed with accurate, age-appropriate information about addiction, youngsters begin to examine the impact this disease has had upon them by talking about it and sharing feelings. Children deepen their skills in identifying and expressing their feelings in balanced ways while also learning a variety of accessible coping skills to use in their daily lives.

Saturday, Day Three - *Grow*

Children learn a variety of ways to care for themselves and stay safe. Self-care and coping skills help them let out their feelings and deepen their resilience. Parents and children attend graduation at the end of the program to celebrate their families and their recovery!

Support for Parents/Caregivers:

Kids can't break the cycle of addiction without safe people supporting them. Your child's participation in the children's program includes a special opportunity for you to learn kid-friendly language to use in discussing addiction and recovery with your kids as well as suggestions to increase family and individual resilience in children.



Contact:

Questions about the program? Email info@idaa.org