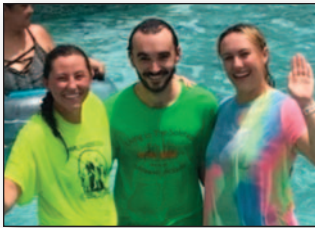


# THE CHILDREN'S PROGRAM AT IDAA



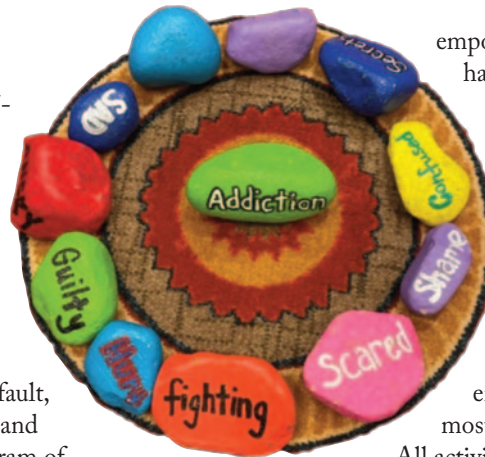
**IDAA FULLY UNDERSTANDS THAT ADDICTION IS A FAMILY DISEASE AND PROVIDES RECOVERY SUPPORT FOR THE WHOLE FAMILY.** Developed in partnership with Jerry Moe and the Betty Ford Center Children's Program in 2002, The Children's Program at IDAA provides an opportunity for kids to learn about addiction and recovery in a fun, developmentally appropriate, and empowering way!



*“The Children's Program is THE reason we attend IDAA.”*



The program staff and volunteers teach and support children ages 7-12 who have been impacted by the effects of alcohol and drug use in the family. Kids learn that they are not alone (1 in 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 in order to aid in



empowering children to live happy, alcohol and drug free lives, and 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, and swimming is an essential part of each day's schedule.



## PROGRAM FORMAT AND DAILY GOALS

**IDAA ANNUAL CONFERENCE:** The Children's Program groups are held Thursday through Saturday from 9am-3pm. Children are served snacks and lunch.



**THURSDAY, DAY 1 —  
ADDICTION IS NOT  
MY FAULT**

After creating a safe, supportive environment, children learn basic facts and information about the disease of alcoholism and other drug addictions. Through a variety of interactive games and play, they come to understand key concepts such as loss of control, addiction, relapse, treatment, and recovery.

**FRIDAY, DAY 2 —  
A FEELINGS DISEASE:  
IT'S OKAY TO TALK**

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.

**SATURDAY, DAY 3 —  
THE HEART OF RECOVERY:  
TAKING CARE OF ME**

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 people to support them. Your child's participation in The Children's Program at IDAA 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. Parents/Caregivers must attend a brief orientation on Thursday morning as well as a Parenting in Recovery session on Saturday morning.

## POST-PROGRAM FOLLOW UP

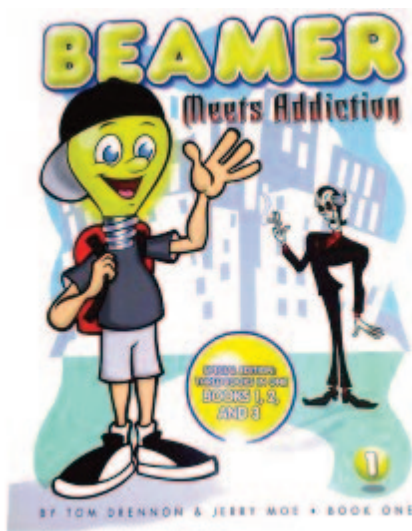
No cost, year-round follow up options are available to all participants including weekly virtual meetings for kids, teens, and caregivers as well as a quarterly newsletter on kid-focused family recovery! Counselors are available all year to help support IDAA families as needed.

## RESOURCES USED

The curriculum utilized in the IDAA Children's Program has been developed through decades of experience and is an evidenced based curriculum, proven to support:

**Increased understanding of addiction as a disease, decreased feelings of guilt, shame, and loneliness surrounding addiction in the family and increased emotional literacy.**

During the program, kids will learn about Beamer — a “lightbulb boy” whose face changes color according to his feelings. While reading and/or watching his story unfold, kids learn key messages and identify with his experiences, allowing them to further process and explore their own. In addition to meeting Beamer, the children's program staff and volunteers utilize materials created by the Hazelden Betty Ford Children's program including activities, games, books, and videos.



## QUESTIONS ABOUT THE CHILDREN'S PROGRAM AT IDAA?

**Call us!** We are happy to talk with you further about how we might be able to serve and support your family. Reach a Children's Program counselor by phone: (303) 745-2275 or email: [childrensco@hazeldenbettyford.org](mailto:childrensco@hazeldenbettyford.org)

**For more information about IDAA**  
visit [www.idaa.org](http://www.idaa.org) or contact IDAA at [executive@idaa.org](mailto:executive@idaa.org).

*“Since attending the IDAA Children's Program, we talk about addiction, recovery and mental health as a family and as individuals. They have a much better understanding of the disease and of recovery.”*

*“This program has turned my recovery into our recovery. My kids are assets in my recovery, not just watching from the sidelines.”*

*“The Children's Program of IDAA has been life-saving for my grandchildren. I only regret we got started late for our younger ones.”*