


cicada
the children's hospital at Westmead
Care and Intervention for Children and Adolescents affected by Drugs and Alcohol

CICADA Centre NSW


Substance Use: A Family Affair The CICADA Family Program



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Outline

- Research into children of substance using parents
 - Harley's story
 - Prevalence
 - Impact
- What is CICADA Family Service?
 - Our experience
 - Intervention
 - Good practice principles




Harley's Story



MY FATHER DIDN'T TELL ME HOW TO LIVE; HE LIVED AND LET ME WATCH HIM DO IT.

Clarenda Sublette Holland



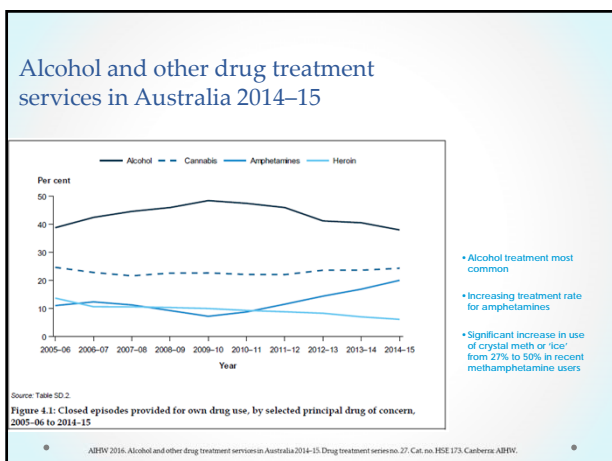
Alcohol and other drug treatment services in Australia 2014–15

- 1 in 200 people in Australia received treatment
- Most clients have more than 1 drug of concern
 - In 54% of treatment episodes client also reported additional drugs of concern
 - 28% had 1 additional drug of concern and 15% had 2 drugs
- Counselling continues to be the most common type of treatment (40%)

In 2014–15, for clients:

| | | | |
|--|--|-------------------------------------|---|
| 2 in 3 were male | 3 in 4 were aged 20–49 | 15% were Indigenous Australians | 87% were born in Australia |
| 1 in 4 were diverted from the justice system | Most (85%) received assistance from 1 agency | 3 in 4 received 1 treatment episode | Most (85%) were in treatment for their own drug use |

ABRW 2016. Alcohol and other drug treatment services in Australia 2014–15. Drug treatment series no. 27. Cat. no. HSE 173. Canberra: ABRW.




Prevalence of Drug use in the Family

International estimates

- ~ 10% children live with an alcohol/substance-dependent parent
- At least half of families known to Child Protection Services have parental substance misuse

Australian estimates



- 13.2% (under 12) live with at least one binge drinking adult
- 2.3% live with at least one daily cannabis user
- 0.8% live with an at least monthly methamphetamine user

ANCD Drug Use in the Family, 2006

Evidence-based risks of parental alcohol & drug use

Genetic & environmental factors interact to contribute to the intergenerational transmission of Substance Use

Genetic risks

- **In utero** exposure impacts development – growth, attention, learning, emotion regulation, behaviour
- Increased **internalising & externalising** problems
- Disruptive behaviours such as CD, ODD, ADHD share a common **genetic link** with substance use


Environmental risks

- Reduced **parenting capacity**, limited developmental stimulation, attachment & emotional responsiveness
- Higher rates of **maternal psychopathology**
- Parental modeling of ineffective **coping strategies**
- **Trauma** exposure: DV, abuse, neglect and abandonment
- Initiate alcohol use **earlier**
- Substance **dependence** later in life



A valuable target for prevention and intervention

- Programs often target very **young children** with a primary focus on **parenting**, rather than direct intervention for the young person
- Programs targeting older children & adolescents tend to be **school-based** with little parental involvement
- **Integrated programs**, combining parental substance abuse treatment with family or child-based interventions, can have a positive effect on parenting and child emotional-behavioural outcomes



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Care and Intervention for Children & Adolescents affected by Drugs & Alcohol

- FASD Clinic**
- Family Service**
- Adolescent Service**

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The CICADA Centre NSW

Brings together **three teams** of experts at The Children's Hospital at Westmead (CHW)

- Fetal Alcohol Spectrum Disorder (FASD) Clinic
- CICADA Family Service – previously known as Teenlink
- CICADA Adolescent Service – previously known as Service of Addiction Medicine for Youth (SAMy)


Key areas of focus

- **Extending** already successful local **programs**
- **Capacity building** and **State-wide Leadership** to promote and support:
 - Sustainable strategies to improve the health of children and young people in metropolitan, regional, rural and remote areas of NSW through **education**
 - **Training** for clinicians within NSW regarding the harmful effects of drugs and alcohol on children and adolescents
 - Patient/family-centred **care**
- **Research** into **diagnostics, treatment and counselling** services of harm to children and adolescents from drugs and alcohol
- **Developing prevention and intervention strategies** to support local services to guide and influence protocols across NSW

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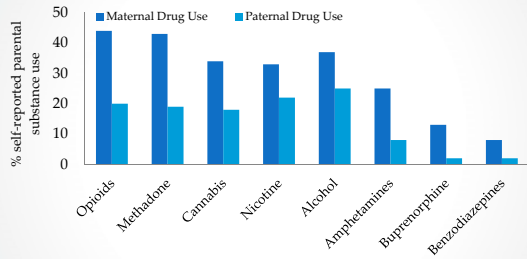
Review of Family Service (Teenlink)

- Retrospective review of children & young people attending Teenlink over the past 14 years
- 238 children referred to Teenlink
- 124 children, from 92 families seen
- Age at referral 5 to 19 years

| | n | % |
|--------------------------------------|-----|-----|
| Gender (females) | 60 | 48% |
| Attending school at referral | 116 | 94% |
| In paid employment at referral | 4 | 3% |
| Documented forensic history | 6 | 5% |
| Current Juvenile Justice involvement | 3 | 3% |
| Mental health diagnosis | 96 | 77% |
| Parental psychiatric history | 118 | 62% |
| Parent(s) in paid employment | 38 | 20% |

Zehner A, Iatrou P, Lampropoulos B, Phillips N. Review of Teenlink: A health service for children and adolescents of parents with substance use. *J Psychiatr Child Health* (2016) doi: 10.1111/jpc.13352.

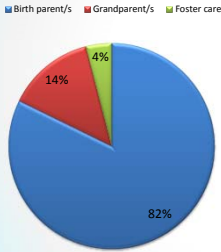
Proportion self-reported parental substance use



- 92 families (93 mothers, 96 fathers)
- 89% of mothers and 57% of fathers a history of substance abuse
- Family psychiatric history found in 39% of mothers, 17% of fathers and 4% of siblings

Care and Contact

Care Arrangements



Percentage of Parent-Child Contact

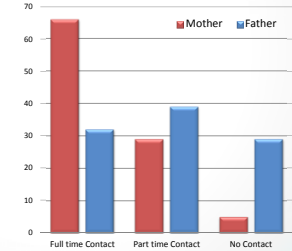
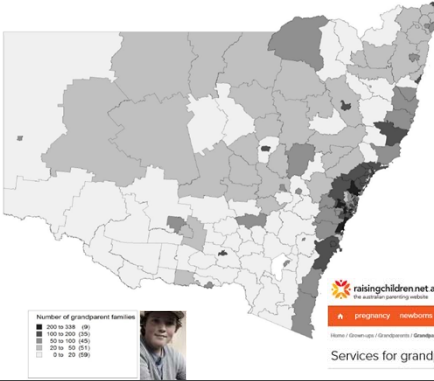
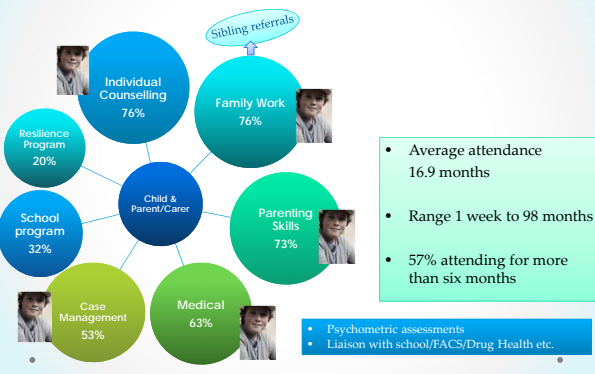


Figure 4-6 Number of grandparent families by SLA, New South Wales

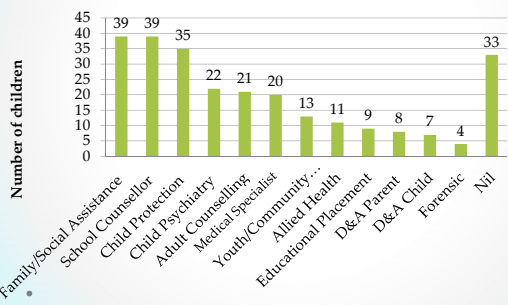
An estimated 22,500 primary care givers in Australia are grandparents



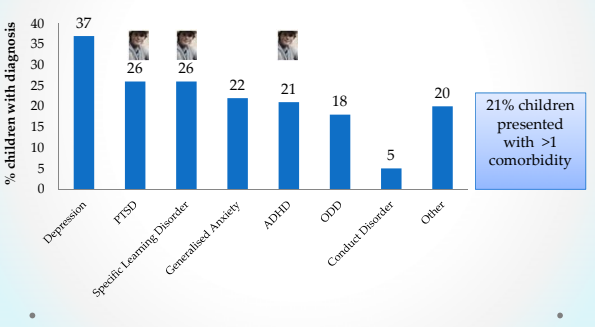
Interventions provided



Number of children referred to other services



Proportion of children presenting with DSM-V diagnosis



Good practice principles

Funding bodies organisations

- Recognise needs of children of substance users as **core business**
- Provide **funding support and training**
- Endorse **multifaceted** treatment model
- Create practice **guidelines** to facilitate **collaboration**
- Be **family friendly**

Clinicians

- **Train** in Family Systems, D&A, attachment, trauma, dual diagnosis
- **Regular supervision**
- **Time** for intensive family-focused interventions

Treatment content

- **Flexible** treatment plan
- **Immediate** access to treatment
- **Assess** family functioning across **domains**
- Attend to the **multiple needs** of family
- **Regular review** to meet changing needs with family
- Work with all **systems** involved
- **Longer engagement** to maintain change
- **Therapeutic alliance** with all family members
- **Program evaluation**

ANCD Drug Use in the Family, 2006

How can your school support children when there is known to be a problem with drugs or alcohol in their family?

Children affected by parental substance use value *reassurance* that:

- they're **not alone**
- they **aren't to blame**
- they're **not betraying** anybody by talking about it

They may also *benefit* from:

- somewhere **quiet to relax**
- extra **support with school work**
- identified **special teachers to talk to**
- **knowing other children** whose parents use drugs/alcohol
- **school nurses** to check they're OK, do home visits, and meet their family
- **access** to existing programmes like breakfast/after school clubs, careers advice, and **extra-curricular activities**

'School may represent a safe haven for these children, the only place where there is a pattern and a structure in their lives'

- Advisory Council on the Misuse of Drugs, Hidden Harm

The CICADA Centre NSW Clinics



The FASD Service offers multidisciplinary assessment for children and young people with suspected Fetal Alcohol Spectrum Disorder (FASD)



The Family Service supports the health and wellness of children, young people and their families who have a parent with a drug and alcohol history



The Adolescent Service is for young people presenting to the hospital with alcohol or drug use, abuse or dependence

Clinics held in Adolescent Medicine at The Children's Hospital at Westmead

Referrals & enquiries:

Phone: 9845 2446 Fax: 9845 2517

Email: SCHN-CICADA@health.nsw.gov.au



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Questions?

