

Kindeswohlgefährdung in suchtbelasteten Familien

Eine Fortbildungsveranstaltung der *Kommission Sachverständigentätigkeit*
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Kinder aus suchtbelasteten Familien

„Die bestehenden Daten legen nahe, dass die Anzahl der Kinder und Jugendlichen aus suchtbelasteten Familien hoch ist. Allein in den Bereichen Alkohol und illegale Drogen ist auf Basis einer konservativen Schätzung von insgesamt mindestens **drei Millionen** Kindern auszugehen, die einen alkohol- oder drogenabhängigen Elternteil haben.“

Die Drogenbeauftragte der Bundesregierung (2017).
Kinder aus suchtbelasteten Familien.
Publikationsversand der Bundesregierung.

Regular Article

The Enduring Effects of Parental Alcohol, Tobacco, and Drug Use on Child Well-being: A Multilevel Meta-Analysis

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Abstract

The effects of psychoactive substance abuse are not limited to the user, but extend to the entire family system, with children of substance abusers being particularly at risk. This meta-analysis attempted to quantify the longitudinal relationship between parental alcohol, tobacco, and drug use and child well-being, investigating variation across a range of substance and well-being indices and other potential moderators. We performed a literature search of peer-reviewed, English language, longitudinal observational studies that reported outcomes for children aged 0 to 18 years. In total, 56 studies, yielding 220 dependent effect sizes, met inclusion criteria. A multilevel random-effects model revealed a statistically significant, small detriment to child well-being for parental substance abuse over time ($r = .15$). Moderator analyses demonstrated that the effect was more pronounced for parental drug use ($r = .25$), compared with alcohol use ($r = .13$), tobacco use ($r = .13$), and alcohol use disorder ($r = .14$). Results highlight a need for future studies that better capture the effect of parental psychoactive substance abuse on the full breadth of childhood well-being outcomes and to integrate substance abuse into models that specify the precise conditions under which parental behavior determines child well-being.

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The effects of psychoactive substance abuse are not limited to the user but extend to the entire family system and society at large. In line with the growing body of research on the detrimental influ-

substance abuse) are more likely to develop a variety of emotional, behavioral, physical, cognitive, academic, and social problems in the short and long run (e.g., Bernard & McKenney, 2004;

A Systematic Review of Research on Children of Alcoholics: Their Inherent Resilience and Vulnerability

Sihyun Park · Karen G. Schepp

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Abstract Parental drinking problem can directly effect on their children. For this reason, children of alcoholics (COAs) tend to show negative outcomes while they are growing up, such as depression, anxiety, suicidal ideation, substance abuse or interpersonal difficulties. However, there are several factors that effect on COAs that minimize or maximize the impact of adverse experiences related to their parental drinking problem, and it is important to understand those factors to prevent or minimize the negative outcomes in COAs. Thus, this study examined both risk and protective factors of COAs, which affect their adverse outcomes. A systematic review was conducted by following PRISMA statement. Three databases—PubMed, CINAHL, and PsycINFO—were searched, and total 39 articles were found and discussed. This study identified risk, protective, and biological factors in COAs, and categorized into four levels: individual, parental, familial and

Introduction

Alcohol misuse is the 3rd-leading lifestyle-related cause of death in the United States (Mokdad et al. 2004). In 2006, more than 1.2 million emergency room visits and 2.7 million clinic visits were related to excessive alcohol drinking (Bouchery et al. 2006); moreover, the economic costs related to excessive drinking totaled approximately \$223.5 billion that year. Problem drinking is a serious problem on its own, but also important is the fact that people who engage in problem drinking are family members and parents to others. Problem drinkers' misbehaviors and unhealthy emotions can directly affect their family members, especially their children.

Children are immature and vulnerable: they are easily affected by the environment in which they have grown up. Thus, many previous studies have focused on the children

RESEARCH ARTICLE

Protective mental health factors in children of parents with alcohol and drug use disorders: A systematic review

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Abstract

Children of parents with drug and alcohol use disorders often grow up under severe stress and are at greater risk of developing psychological and social problems. However, a substantial proportion of affected children adapt to their distressing life conditions and show positive development in terms of their mental health. These children are described as resilient. One difference between resilient and maladapted children is the presence of protective factors. The aim of this systematic review is to provide an overview of the current state of the research concerning protective mental health factors in children of parents with alcohol or drug use disorders (COPAD). For that purpose, the PsychInfo, PubMed, CINAHL and ISI



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Testing Whether and When Parent Alcoholism Uniquely Affects Various Forms of Adolescent Substance Use

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Abstract

The current study examined the distal, proximal, and time-varying effects of parents' alcohol-related consequences on adolescents' substance use. Previous studies show that having a parent with a lifetime diagnosis of alcoholism is a clear risk factor for adolescents' own substance use. Less clear is whether the timing of a parent's alcohol-related consequences differentially predicts the adolescent's own substance involvement. Using a multilevel modeling approach, we tested whether adolescents showed elevated rates of alcohol, heavy alcohol, marijuana and other illegal drug use (a) at the same time that parents showed alcohol-related consequences (time-varying effects), (b) if parents showed greater alcohol-related consequences during the child's adolescence

Zentrale Ergebnisse:

Kinder und Jugendliche aus suchtblasteten Familien weisen signifikant häufiger ...

... Probleme im Bereich *Selbstwertgefühl*, in der *Selbstregulation* und in der *Beziehung zu den Eltern* auf (Parentifizierung, soziale Isolation)

... *Verhaltensauffälligkeiten* und *psychische Störungen* auf

...als altersgleiche Kinder und Jugendliche ohne Suchtstörungen in der Familie.

Mit dem Suchtmittelkonsum in der Familie steigt das Risiko von *Missbrauchs- und Gewalterfahrung* für Kinder und Jugendliche.

Zentrale Ergebnisse:

Kinder und Jugendliche (13-17 Jahre) aus suchtblasteten Familien konsumieren signifikant häufiger Alkohol und illegale Substanzen als eine altersgleiche Vergleichsgruppe.

Zentrale Ergebnisse:

Sichere Bindung / positive Beziehung von Kindern und Jugendlichen zu dem nicht-abhängigen Elternteil hat „schützenden“ Effekt auf die Entwicklung.

Zuverlässige soziale Unterstützung im weiteren Familienumfeld (z.B. Großeltern) minimiert das Risiko für psychische Störungen und aggressiven Verhaltensweisen bei heranwachsenden Kindern und Jugendlichen aus suchtblasteten Familien.

Ich wünsche uns eine
interessante Fortbildungsveranstaltung.