

# Parental Substance Use

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Dependency & Neglect Cases

# Topics of Discussion

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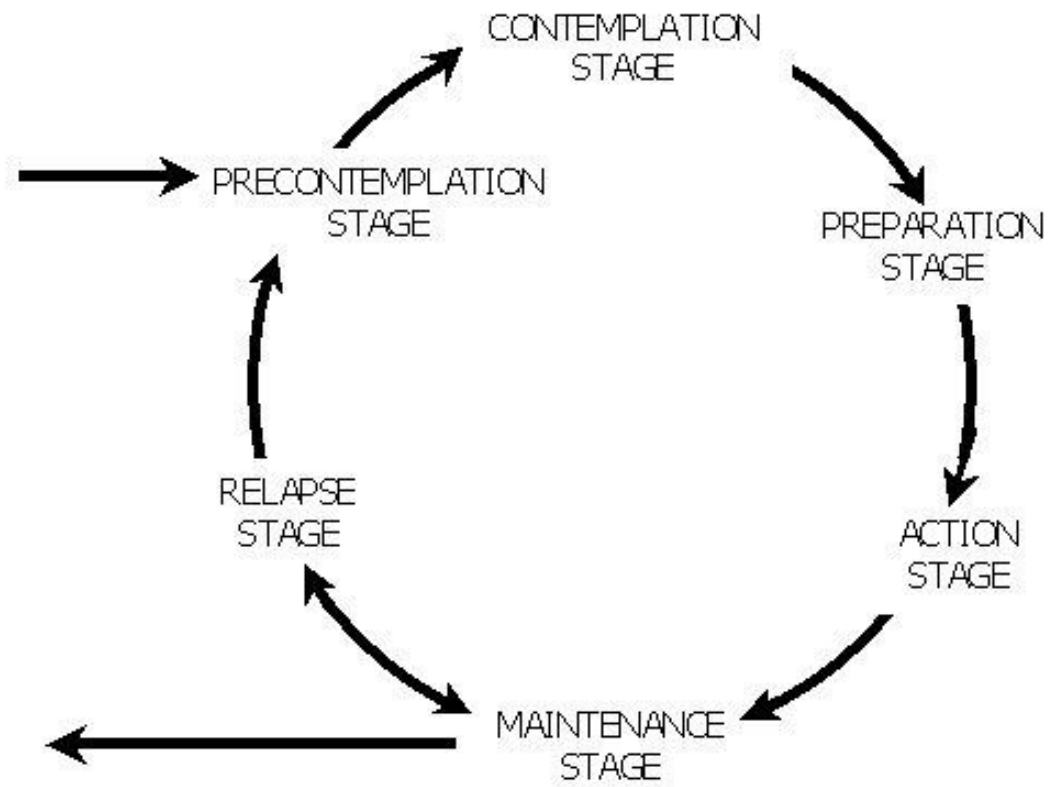
- Timeframes for Getting Sober
- Types of Drugs & Impact on parenting
- Signs of Strength
- Safety Planning
- Race Matters
- Resources





# Timeframes with Substance Use

- Getting Sober (realistically) with courts
- Forced sobriety (Abstinence)
  - Denial & Avoidance
  - Blaming, Comparing, & Rationalizing
- DHS involvement & criminal court involvement
- Change Cycle: Precontemplation Phase (Denial that there is a problem & no clue that there is a problem)
  - i.e. newborn tests positive for substances (positive cord results)
  - Arrest with drug paraphernalia and young children in the car





# Types of Drugs & Measuring Sobriety

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- Prescription Opiates AKA Narcs (oxycodone, fentanyl, buprenorphine, methadone, oxymorphone, hydrocodone, codeine, and morphine)
  - Misuse, legal, and “doctor approved”
- Heroin (naloxone (Narcan), Opiate Blockers-suboxone, Subutex, Methadone)
- Signs of withdrawal: sweating, fatigue, depression, insomnia, etc.
- Alcohol- socially acceptable (Antabuse)
- Methamphetamines (hyper and energetic)
- THC (smoke, edibles).. “legal and less dangerous”

# Path of Sobriety

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ACKNOWLEDGEMENT  
OF ADDICTION- THERE  
IS A PROBLEM.



AWARENESS OF THE  
SUBSTANCE USE AND  
HOW IT MAY BE  
IMPACTING AND  
HURTING THEIR FAMILY  
AND LOVED ONES



EXPLORE RECOVERY  
POSSIBILITIES



START RECOVERY  
(TREATMENT)



ONGOING AFTERCARE  
AND RECOVERY

# Signs of Strengths

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- Acknowledge that there is a PROBLEM
  - Parent's acknowledgement of substance use issues
  - Willingness & Desire to change
  - Protective factors
  - Previous HX of accessing treatment and support (savvier and talk the talk)
  - Extended family and friend support
- Areas of Concerns
  - Lack of healthy nonformal supports, May have “burned bridges”
  - Signs of drug use (they are showing up under the influence)
  - Relapse (imminent)



# Safety Planning

Identify potential  
sober caregivers

Caregivers aware of  
substance use?  
(24/7 & line of  
sight)

Usually includes  
parent leaving the  
home when they've  
used for 24-48 hours

Build relapse into the  
plan

Isolated relapse (one  
time use and get back  
to treatment)

# Race Matters

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- Black single mother abusing THC vs White mother abusing methamphetamine....who would you be most concerned about as far as safety?
- Blacks and Latinx more likely than White parents to be targeted, surveilled, and policed because of THC use
  - 7.8 times more likely to have a substantiated report of abuse or neglect
  - 12.8 times more likely to be removed and placed in foster care
- Racial & Ethnic disparities with accessing and receiving quality treatment

# Substance TX & Resources

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- Detox (3-5 days depends on the drug)
- Treatment Outpatient, Residential & Inpatient (Resada, Crossroads, etc.)
- 30 days-90 days
- Sober Living Homes (monthly rent payment & administrative fee)
- Probation & Parole (Resources to pay for sober living or treatment services)
- Peer Support- The Phoenix & Springs Recovery Connection
- <https://thephoenix.org/> Rock climbing at City Rock, family activities, boxing, weightlifting, yoga, etc. (Not used 48 hours prior)
- <https://srchope.org/>



# Conclusion

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- Questions????
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