

## RESOURCES

**A Family Guide To Keeping Youth Mentally Healthy & Drug Free**  
[www.family.samhsa.gov/](http://www.family.samhsa.gov/)

**Center for Navigating Family Change**  
<http://cnfc.org/>

**National Fatherhood Initiative**  
[www.fatherhood.org/](http://www.fatherhood.org/)

**National Organization of Single Mothers (NOSM)**  
[www.singlemothers.org](http://www.singlemothers.org)

**Parents Without Partners**  
[www.parentswithoutpartners.org](http://www.parentswithoutpartners.org)

### FAMILY ADVOCACY

**NEW PARENT SUPPORT PROGRAM & OTHER RESOURCES:**

**CALL 481-5376**

# Did You Know? Parents: The Anti-Drug

**DRUG DEMAND REDUCTION**

**481-5998**

**August 2011**

## FAMILY SEPARATION & YOUTH DRUG USE

- 1.8 million military children are effected by the unique stresses of military life
  - Even in intact, healthy homes, children of military members may be more susceptible to inability to deal with stress and change in a healthy manner
  - Read the facts below and check out the resources to the left. Children in single parent or stressful homes can be healthy, don't let them be a statistic!
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- Military children experience many of the same outcomes as children who live in father absent homes. Potential outcomes include increased depression, heightened behavior and social problems, lower academic achievement, etc.
  - Negative impact of parental military service on children can be mitigated by how well parents relate with their kids and spouse/partner
  - Today, approximately 40 percent of U.S. children have divorced parents. Of this percentage, 20 to 25 percent display signs of not dealing well with the change in their family structure and are at risk for negative outcomes that can extend into adolescence, such as substance abuse, dropping out of school, risky sexual behavior, and depression
  - Even after controlling for community context, there is significantly more drug use among children who do not live with their mother and father
  - Researchers at Columbia University found that children living in two-parent households with a poor relationship with their father are 68% more likely to drink or use drugs compared to all teens in two-parent households
  - In one study, 54 percent of sixth and seventh graders with divorced parents use alcohol compared to 36 percent of children with parents who never divorced

### EFFECT OF FAMILY ISSUES ON YOUNG CHILDREN:

- Babies tend to be barometers in families; they can sense increasing tension and conflict.
- They often act out the stress and tensions in their families by becoming more irritable or developing sleeping or eating problems
- Take note of your baby's behavior and ask yourself if your family or home life may be contributing to the baby's behavior