

ENDING THE SILENCE AROUND PROBLEM ALCOHOL USE IN THE HOME

AWARENESS RAISING TOOLKIT FOR ISSUES FACED BY
GROWING UP WITH PROBLEM ALCOHOL USE IN THE HOME

#ENDTHESILENCE



200,000

CHILDREN CURRENTLY LIVING
WITH THE TRAUMA OF
PARENTAL PROBLEM
ALCOHOL USE

At least 200,000 children in Ireland are currently living with the trauma of parental problem alcohol use and a further 400,000 adults are living with its legacy, sometimes experiencing lasting difficulties with emotional, mental and physical health. Yet despite these large numbers this Adverse Childhood Experience (ACE) remains a deeply hidden aspect of Ireland's relationship with alcohol.

There are many reasons for this including family dynamics, shame and the wider societal conflict between our image of Ireland as a country which identifies strongly with drinking yet knows there is a huge price to pay for our alcohol use. This toolkit is an awareness raising resource for anyone who works with children, families and adults who have who have experienced this trauma.

This toolkit aims to provide awareness and understanding to the issues people who grow up with problem alcohol use in the home may face.

It is also for anyone interested in learning more about problem alcohol use and its impact, including people who have experienced it themselves.

This resource does not aim to be a therapeutic intervention, but simply provides information and good quality resources based on best evidence available on this issue.

The toolkit was created by AAI with input from experts by experience from our Silent Voices initiative and professionals who work in this field.



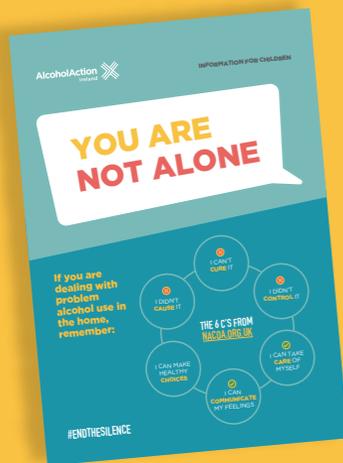
[ALCOHOLIRELAND.IE](https://www.alcoholireland.ie)

LINKS CONNECT TO ONLINE RESOURCES THAT ARE HOUSED ON THE ALCOHOL ACTION IRELAND WEBSITE

Children

Research shows that about 1 in 6 young people in Ireland grow up with problem alcohol use in the home.

These resources have been compiled to help young people but may also be of interest to parents and professionals.



**[CLICK TO DOWNLOAD
THE INFORMATION
PACK FOR CHILDREN](#)**





Adult children

Currently in Ireland around **400,000** adults are living with the legacy of parental problem alcohol use.

These resources are designed to help you start a journey of understanding and healing.



**CLICK TO DOWNLOAD
THE ADULT CHILDREN
INFORMATION PACK**

Professionals

Many different professionals come into contact with children and families and that is why it's important that all professionals can recognise how ACEs can impact young people and respond accordingly.

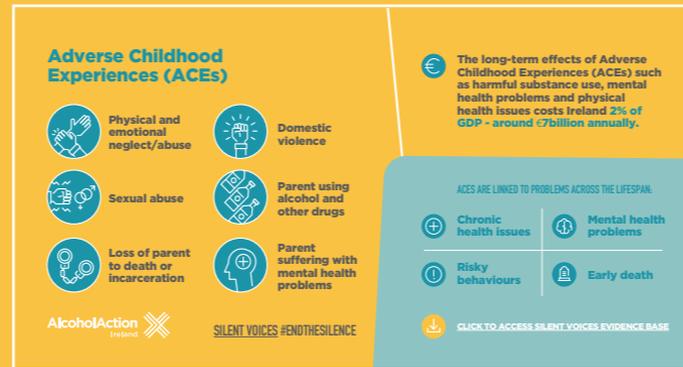


[CLICK TO DOWNLOAD THE PROFESSIONALS INFORMATION PACK](#)

About ACEs

These fact sheets are available for download to help spread the word about this issue in an accessible manner.

Join us in helping to #endthesilence around PPAU, a widespread issue and potentially harmful adverse childhood experience.



Adverse Childhood Experiences (ACEs)

The long-term effects of Adverse Childhood Experiences (ACEs) such as harmful substance use, mental health problems and physical health issues costs Ireland 2% of GDP - around €7 billion annually.

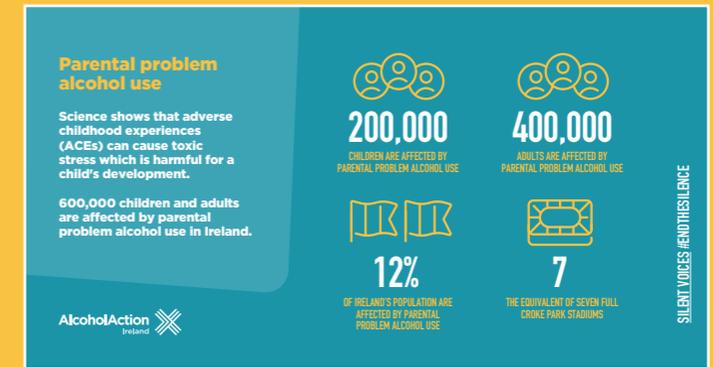
ACEs ARE LINKED TO PROBLEMS ACROSS THE LIFESPAN:

- Chronic health issues
- Mental health problems
- Risky behaviours
- Early death

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[CLICK TO ACCESS SILENT VOICES EVIDENCE BASE](#)

 **ADVERSE CHILDHOOD EXPERIENCES**



Parental problem alcohol use

Science shows that adverse childhood experiences (ACEs) can cause toxic stress which is harmful for a child's development.

600,000 children and adults are affected by parental problem alcohol use in Ireland.

200,000 CHILDREN ARE AFFECTED BY PARENTAL PROBLEM ALCOHOL USE

400,000 ADULTS ARE AFFECTED BY PARENTAL PROBLEM ALCOHOL USE

12% OF IRELAND'S POPULATION ARE AFFECTED BY PARENTAL PROBLEM ALCOHOL USE

THE EQUIVALENT OF SEVEN FULL CROKE PARK STADIUMS

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 **PARENTAL PROBLEM ALCOHOL USE**



Parental problem alcohol use is a gateway ACE

Research has found that children who grow up in households where there is parental problem alcohol use are more likely to experience additional ACEs.

#ENDTHESILENCE

RESEARCH SHOWS THAT PROBLEM ALCOHOL USE IN THE HOME IS OFTEN A 'GATEWAY ACE' THAT LEADS TO, OR IS PRESENT WITH, OTHER ADVERSITIES.

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 **PARENTAL PROBLEM ALCOHOL USE IS A GATEWAY ACE**



Protective factors help to build resilience and mitigate ACEs

- Safe, stable, nurturing relationships
- ACE-aware supports and systems
- Trauma-informed communities, schools and social services
- Concrete supports and services for families and children

THE SINGLE MOST COMMON FACTOR FOR CHILDREN WHO DEVELOP RESILIENCE IS SUPPORT FROM ONE GOOD ADULT.

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 **PROTECTIVE FACTORS HELP TO BUILD RESILIENCE AND MITIGATE ACEs**