

Understanding the Intergenerational Transmission of Substance Misuse and Breaking the Cycle

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Dr. Julia Gunthner DBH, LPC, Associate, National Criminal Justice Training Center of Fox Valley Technical College

Introduction

- According to the Journal of Adolescent Health, adolescents with parents who frequently drank or binge drank were 4 times more likely to drink than adolescents with parents who didn't drink or drank, but didn't binge drink.²
- Most studies have found that 50% of a person's risk of becoming addicted to substances is tied to their genetics.¹

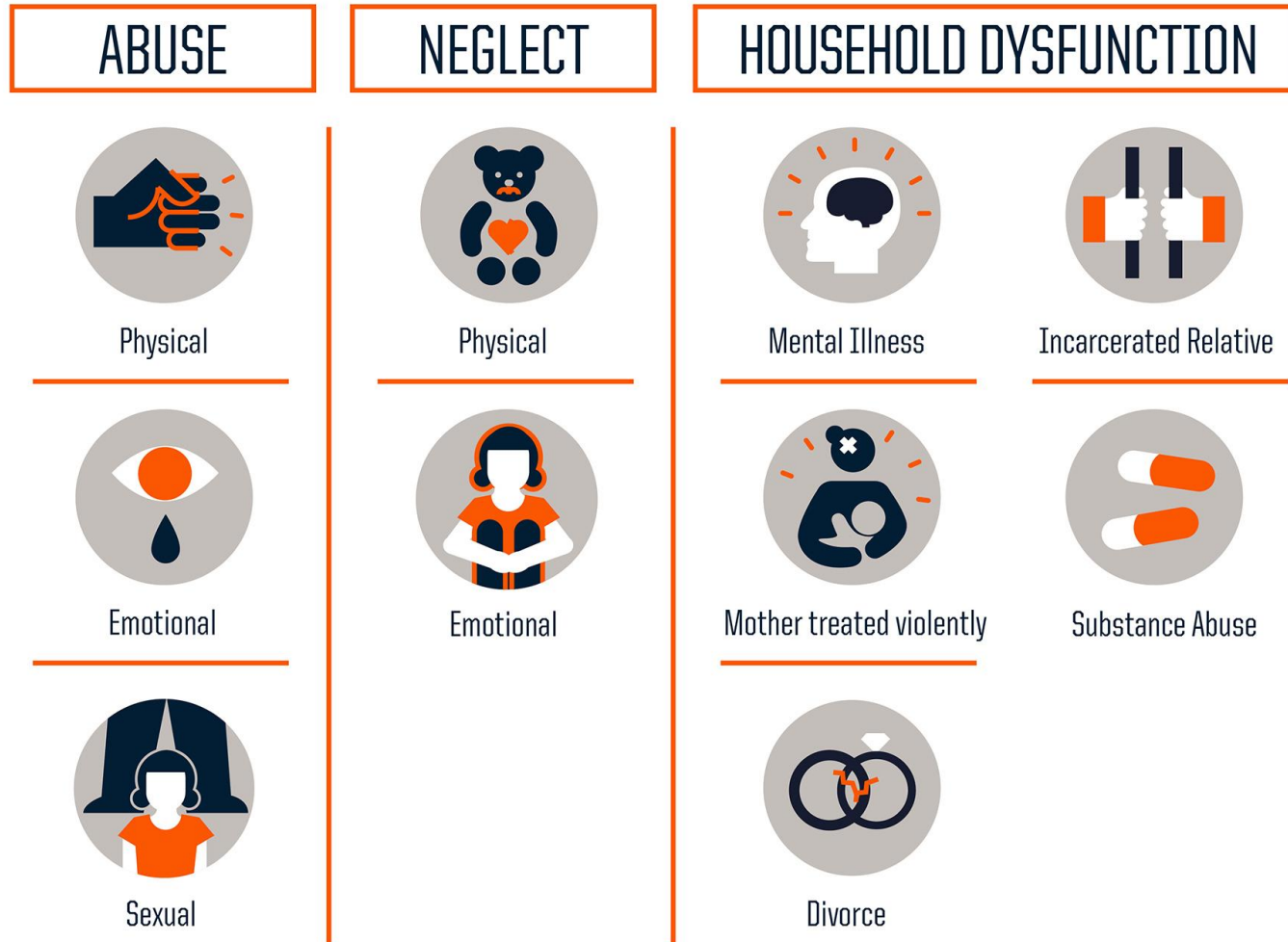
Addiction Risks

- A child's parent's, friends, living environment all effect whether they will end up with future addictions.
- A study found adopted children with biological parents with addictions, criminal convictions or severe mental illness, were at higher risk for future substance misuse.¹

Adverse Childhood Experiences (ACES)

- Adults with increase ACE score have a higher likelihood of developing a substance use disorder.³
- For males any type of ACE increased their risk by 5 times to have illicit drug use disorder.³
- Females have a 6 times higher risk of alcohol use disorder with any ACE.³

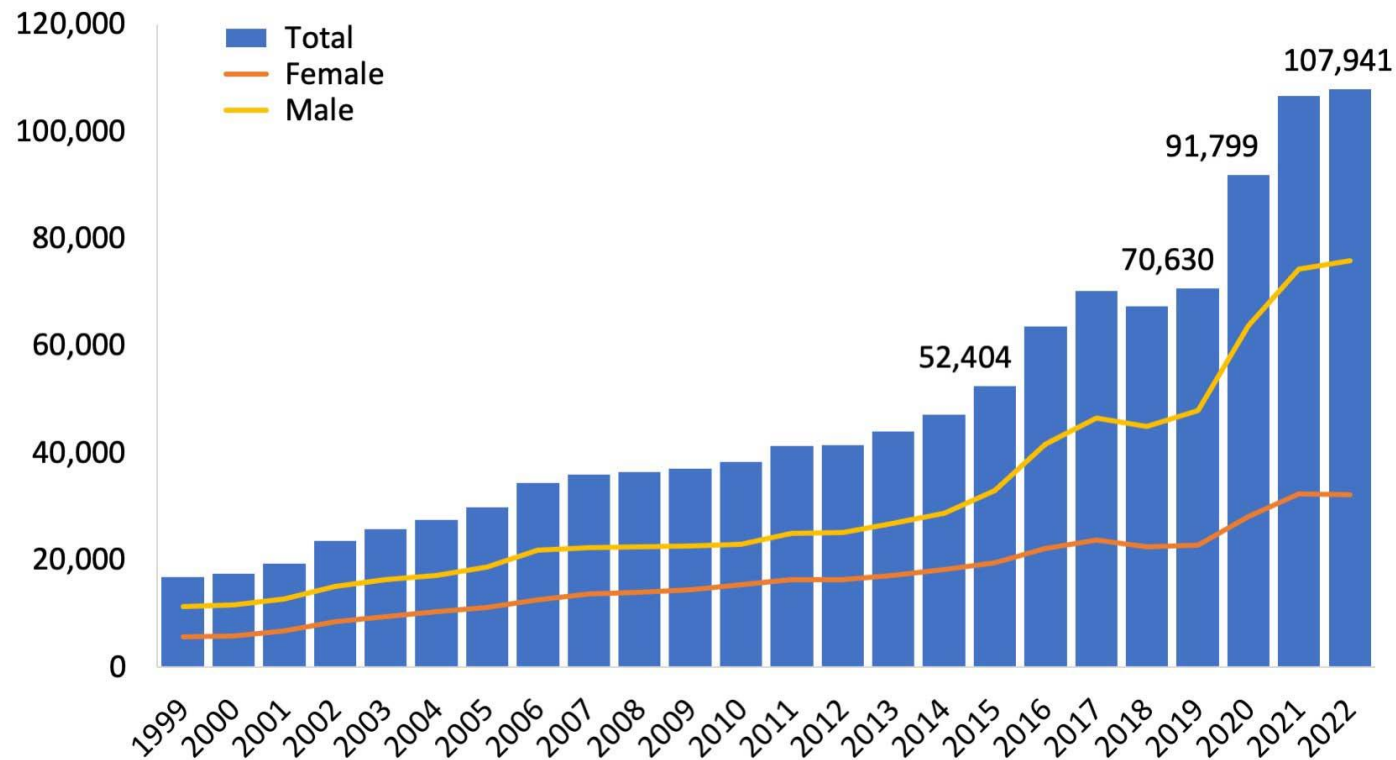
ACE Categories⁷



Substance Misuse Statistics

National Institute of Drug Abuse

Figure 1. National Drug Overdose Deaths*, Number Among All Ages, by Sex, 1999-2022



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.

SAMHSA National Survey on Drug Use and Health⁶

Race/Ethnicity	Alcohol Use	Illicit Drug Use	Substance Use Disorder
American Indian/Alaska Native	21.2%	36.1%	27.6%
Black or African American	9.4%*	24.3%	17.2%
Hispanic or Latino	7.3%*	19.4%	15.7%
White	52.2%	22.5%	17.0%
Multiracial	26.2%	34.6%	25.9%

*Underage Alcohol Use

What Are Actions That Help Decrease Substance Misuse?



Ways to Decrease Substance Misuse

- Provide education to children about genetic disposition
- Provide good examples (do not drink and drive)
- Decrease exposure to substance misuse behaviors
- Do not provide alcohol to your adolescent
- Provide safe environments for youth
- Set clear rules, guidance and boundaries

Breaking the Cycle

Steps that Help Prevent Substance Misuse

Arizona Programs Offered

- Active Parenting Now⁸
 - For parents of children aged 5-12 years old.
 - Focuses on active parenting, cooperation of communities, responsibility, discipline, building courage and self-esteem.
- Too Good for Drugs⁸
 - Curriculum for kids grades 3 to 5.
 - Workshop to create achievable goals, make responsible decisions, communicating effectively and resisting peer pressure.

Southern Arizona Programs

- Trauma-Informed Substance Abuse Prevention Program (TISAPP)⁸
 - Provides free substance misuse and naloxone trainings for parents and community members.
 - Educates on ways to prevent youth from prescription misuse and steps parents can take to prevent youth substance misuse.
- Building Thriving Communities⁸
 - The Keep a Clear Mind curriculum offered to local schools for students and their parents/guardians
 - Educates around alcohol, tobacco, marijuana, and the importance of making good choices.

Discussion & Questions

References

1. Benisek, A. (2022) Drug Addiction, Genes, and Your Environment. [WebMd, Substance Abuse & Addiction Guide.](#)
2. Bohm, M., Esser, M. (2023) Associations Between Parental Drinking and Alcohol Use Among Their Adolescent Children: Findings From a National Survey of United States Parent-Child Dyads. [Journal of Adolescent Health.](#)
3. Broekhof, R., et al. (2023) Adverse childhood experiences and their association with substance use disorders in adulthood: A general population study (Young-HUNT). [Addict Behavior Report.](#)
4. [What You Can Do Prevent Your Child Drinking](#)
5. [Talk They Hear You Handouts](#)
6. [National Survey On Drug Use and Health](#)
7. [CDC Info Graphic](#)
8. [Child & Family Resources](#)