



Impact of alcohol abuse on children and young people

**Eamann Devlin and Charles
Erhabor**

**Alcohol Recovery Centre -
ARC**



Overview of Presentation

- Alcohol in society
- Changes to drinking patterns in UK
- Physical effects
- Psychological effects
- Evidence of impact on children/young people
- M-PACT
- Local service pathways

Role of Alcohol in Society

- Pubs as part of community
- Overcoming inhibitions
- Meeting new people when you are young
- Networks
- Celebration-weddings- parties
- Fun!
- Letting of steam/ coping with stress







Wellcome Images



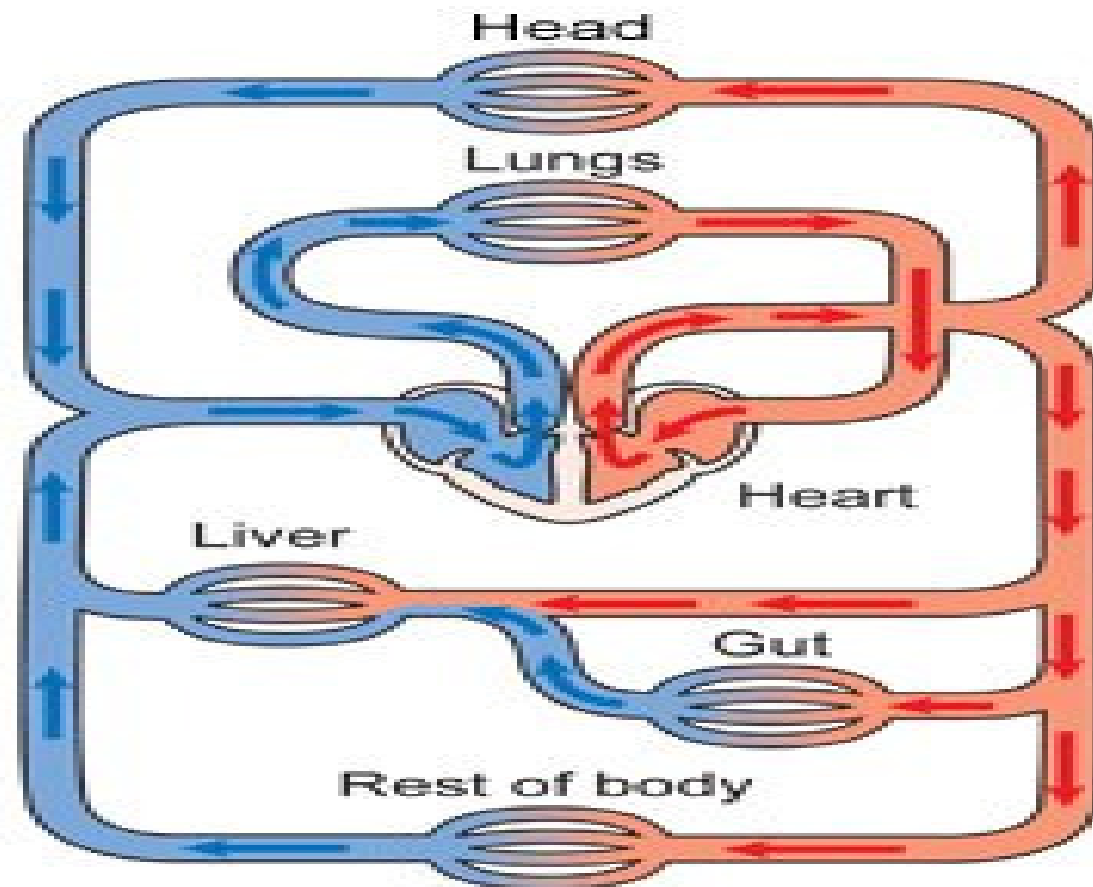


Consumption

- Legal, Easy to Get And Cheap
- Law of Supply/Demand and Price
- Alcohol is now 45% more affordable than in 1980. NHS Scotland
- Why Use Drugs When You Can Drink
- Changing patterns of consumption

Journey of Alcohol Through The Body

- **Consumption**
- **Absorption**
- **Metabolism**
- **Elimination**



- Blood carrying carbon dioxide in veins
- Blood carrying oxygen in arteries

Diagram showing the circulatory system of the body
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EFFECTS OF ALCOHOL

Immediate / Short term

- **Ataxia**
- Euphoria
- Impaired Speech / Vision / Hearing
- **Disinhibition**
- Aggression
- **Dysphoria**
- Black out
- **Impaired Judgment**

HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1.

First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

1

2.

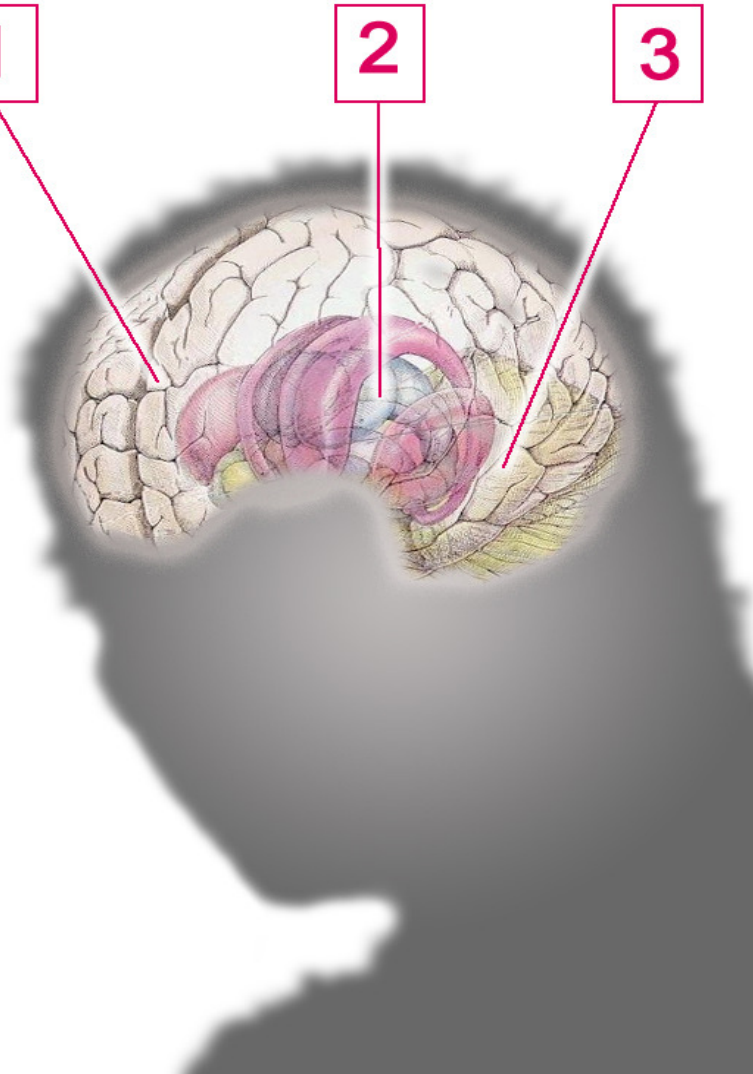
Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**

2

3

3.

Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness**, a dangerous and potentially fatal condition.



Physical Dependency

- Tremor
- Vomiting
- Insomnia
- Anxiety
- Seizures
- DT (Delirium Tremens)
- Increased Tolerance Levels

Psychological Dependency

- **Disguising Levels of Drinking**
- **Cravings**
- **Depression/Anxiety**
- **Dominates Thinking/Planning**
- **Denial**
- **Social Impact-Relationships, Employment, Financial**
- **General Loss of Control**

Impact on Parenting

- ◉ **Neglecting Needs**
- ◉ **Poor Judgement**
- ◉ **Strong correlation with family conflict, with domestic violence and abuse.**
- ◉ **Family Dynamics-Linked to Loss of Parental Control/Power**

Impact on Children

- Different levels of consumption such as binge drinking may affect children
- Impact of violent or chaotic home
- Premature Loss of Influence/Respect Leads to Risk Taking or Destructive Behaviour
- Emotional Disturbance
- Children Take On Role of Carer
- Intergenerational Addiction

Evidence from Services

- **No systematic collection of data on parental substance misuse**
- **Boys are less likely than girls to seek help**
(Silent Voices 2012: Children's Commissioner)
- **Estimates suggest parental alcohol misuse is far more prevalent than parental drug misuse**
- **Children of Problem Drinkers come to the attention of services later than children living with parental drug misuse.**

Protective factors and Support

- Coping is not necessarily equated with healthy or positive outcomes, and therefore with resilience.
- Adult Role Model-inside or outside family
- From Professionals-Children want a patient, empathetic and sensitive approach, based on trust, in which someone who is helpful, caring and encouraging recognises their circumstances and takes the time to get to know them.

CASE STUDY 1

- Parent and main carer of three children- eldest 6 years and youngest 13 months.
- Kept last 3 appointment, reports no alcohol for 4 weeks
- Appears sober, speech, gait, breath, eyes.
- Breath Tested - Blows 270mg/100mls on breathalyser.
- **Potential Impact?**

Case Study 2

- Parent (34 yrs) of 1 child aged 13 yrs
- Parent Long History Heavy Drinking
- Recently Reduced
- Child Appears to Cope Well, Very Grown Up
- Parent Relies on Child
- **Potential Impact?**

Services At ARC

- **Abstinence Day Programme**
- **Reduce Drinking Programme**
- **Counselling**
- **Home Detox**
- **Referral To Rehab**
- **GP Satellites**
- **Psychiatrist and Psychologist**
- **Physical Health**

Other Alcohol Services

- **DEMO (LBH Outreach)**
- **Residential Detox**
- **Specialist Nurses at HUH**
- **GP Screening**
- **Aftercare**
- **Gym Project**
- **M-PACT**

M-PACT Project in Hackney

- **M**oving **P**arents **A**nd **C**hildren **T**ogether
- Therapy and Support for Families
- LB Hackney CSC and Local Addiction Services
- 'The M-PACT programme has improved my relationship with my mum when I didn't think it was possible. It gave me support and confidence - this really does change lives'

Referrals and Local Services

- **Address:** **The Alcohol Recovery Centre (ARC)**
- **17-20 Tudor Grove**
- **London**
- **E9 7QL**
- **Telephone:** **020 8985 3757**
- **Opening times:** **Monday 11.30am – 5.30pm**
- **Tuesday 10.00am – 8.00pm**
- **Wednesday 10.00am – 8.00pm**
- **Thursday 10.00am – 5.30pm**
- **Friday 10.00am – 5.30pm**