

How Teens May Be Impacted by a Loved One's Substance Use Disorder



INCREASED AWARENESS

Heightened awareness of the signs of intoxication. They can see and sense more of the family dynamics.



SECRET KEEPING

Teens may be forced to keep a loved one's substance use disorder a secret, either from other family members or their community



PARENTIFICATION

Often forced to care for parents or younger siblings beyond a reasonable amount. This leads to them neglecting their own needs.



LOW SELF-ESTEEM

Familial dysfunction and substance use at home can damage a teen's self-esteem drastically, making them feel a lack of control, and different than peers.



INCREASED EXPOSURE

Teens are at a bigger risk of developing a substance use disorder themselves when a family member has struggled. This is due to genetic components but also the exposure and accessibility of drugs and alcohol in the home.



OTHER SUD IMPACT

Substance use disorder can often cause a loved one's incarceration, financial concerns, and safety concerns. Minorities are disproportionately affected in terms of socio-economic status, incarceration and caring duties.



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