



FAR SOUTHSIDE ROSC COMMUNITY MEETING

2/24/2025

- o Welcome – What is ROSC – Robert Buford RC, CPBS, NCRS
- o Introduction of Audience – Frederick Buford RC, CPBS
- o Survey Results – Dr. White CADC, NCRS, RCT
- o Presenting of Guest Speaker – De'Shara Shells FD
- o Closing Remarks – Dr. White CADC, NCRS, RCT

Presenter: Ms. Patricia Beamon

The Impact of Addiction on the Adult Children of Substance Users

Please leave your business cards so we can connect.

Thank You



1. **Enabler:** Counterproductive behavior displayed in the action of covering up, making excuses, removing responsibility and accountability of the substance user.

Why is this unhealthy? It plays a vital role in substance user addiction. It sends a false message that the user never has to confront their substance use issues because someone will always be there to save them. This can keep the user in denial and comfortable in their pain.

2. **The Hero:** Typically, this is the oldest child in the family who would take this role. They will typically be model students, career oriented, overachievers, perfectionist. They have made it their mission to overcome the shame and guilt that comes with substance misuse. The child may even take on the role of taking care of or feeling obligated for the parent or parents that misuse substances and/or alcohol.

Why is this unhealthy? Although they are productive and may even be successful, they are emotionally unattached. Also, this can cause unhealthy relationships where there is an imbalance which can cause depression, anxiety, and other mental health concerns as they become an adult.

3. **Scapegoat:** The troublesome child whose behavior displays the levels of dysfunction through bad behavior. This child has taken on the role of creating a focus that is outside of misuse and addiction within the home.

Why is this unhealthy? This can lead the child into substance misuse themselves as well as criminality. The child has not learned how to express themselves in a positive manner; they grow emotionally or mentally.

4. **The Lost Child:** This child feels they have no voice and the best way to survive in the home of substance and/or alcohol misuse is to keep a low profile. They often develop feelings of not being loved, understood, or heard.

Why is this unhealthy? This can lead to patterns of abuse sexually, physically, and emotionally. Creating the norm that not speaking out is the best way to deal with trauma.

4. **Mascot:** This child has developed a norm of "I laugh to keep from crying". This is a child that is cooed and kidded. They have taken on a role of amusement for family members. This may be the youngest or one of the younger children who maybe can't articulate there is a substance use disorder due to older siblings sheltering them. However, they are aware of dysfunction within the family unit.

How is this unhealthy? The child's growth is underdeveloped and as they grow in age the maturity level resembles that of a child. This can lead to criminality because the now adult has no understanding of consequence and how to govern themselves and their actions. It can also lead to unhealthy relationships due to the inability to be emotionally intelligent.

Fact: Through the 5 roles that were discussed if recovery and a healthier and well-being way of living is not presented or acquired the pattern of dysfunction will continue and will show up in many ways that are unhealthy for the next generation to come. Not all children that have parents or caregivers that suffer from substances and alcohol misuse will battle substance use disorder although it is likely. However mental health challenges and behavioral issues will show up in some form of their lives as they become adults.

Suggestions for breaking the cycle:

- Seek Recovery and support services for not just the one in active use but for the whole family.
- Be transparent about what addiction is and how it can affect all those connected to the individual with a substance use disorder.
- Continuing to spread awareness and education on how families are affected and how they can get relief.
- Continue to have conversations that expose the dysfunction of substance use and how recovery works.
- Educate, spread awareness, have those uncomfortable conversations about mental health, emotion regulation, stigma - biases, cultural differences, and recovery.

The Communities Have Spoken



Survey Results

In November 2024, the FSSRI conducted a 21-question survey to evaluate community accomplishments, barriers and gaps, while identifying the necessity for FSSRI's ongoing involvement in these communities. By January 2025, we received 1,348 responses. The survey results, presented graphically, identified significant issues as perceived by those in recovery, their families, friends, and community members. The Far Southside Recovery-Oriented Systems of Care (ROSC) Council plans to address these gaps through education, support, awareness, and resources for individuals in active addiction, recovery, family, friends and the community.

Survey Questions

1. People who use drugs deserve respect.
2. People with a mental illness deserve respect.
3. Medication Assisted Recovery-MAR (which is the use of medication to treat substance use disorders e.g., methadone or buprenorphine to treat opioid use disorder) is an effective treatment for substance use disorders.
4. It is difficult to find healthcare providers who offer Medication Assisted Recovery-MAR (which is the use of medication to treat substance use disorders e.g., methadone or buprenorphine to treat opioid use disorder) in my community.
5. Harm reduction services like Naloxon and syringe service programs reduce the risks of drug use.
6. It is difficult to find harm reduction services like Naloxon and syringe service programs in my community.
7. It is difficult to find mental health and substance use treatment services in my community.

Survey Questions Cont'

8. We should increase government funding on treatment options for mental health and substance use disorders.
9. Everyone in my community can get help for mental health regardless of income level, insurance status, race, ethnicity, primary language, disabilities, gender identity, sexual orientation, or citizenship status.
10. Everyone in my community can get help for substance use regardless of income level, insurance status, race, ethnicity, primary language, disabilities, gender identity, sexual orientation, or citizenship status.
11. I have seen a decrease in overdoses since Harm Reduction and Narcan have been put in my community.
12. I have seen an increase of collaboration with organizations, community members in my communities since the Far Southside ROSC began.
13. There is a need for more recovery support and mental health awareness/services in my community.
14. We need more resources for youths ex., after school programs, activity centers, mentorship.

Survey Questions Cont'

13. I have seen additional mental health amongst youths increase in my community within the past year.
14. We need more resources for youths ex., after school programs, activity centers, mentorship.
15. I have seen additional mental health amongst youths increase in my community within the past year.
16. I have seen crime increase in my community within the past year.
17. I have seen an increase of unhoused (Homeless) in my community within the past year.
18. My community is welcoming to returning citizens, whereas open to providing employment and residential housing.
19. Law enforcement, alderman and legislative have been sensitive to my community needs.
20. I use community platforms to get my voice heard about my community concerns ex., RUSC meetings, block clubs' meetings, CAPS, townhall meetings.

Summary of Survey

Most respondents believe in respecting people who use substances (994 strongly agree, 275 agree) and those with mental illness (997 strongly agree, 306 agree).

Many see MAT as effective for substance use disorders (410 strongly agree, 930 agree) but find it hard to access healthcare providers offering MAT (365 strongly agree, 625 agree).

Harm reduction services like Nacran and syringe programs are believed to reduce drug use risks (845 strongly agree, 422 agree), though access is difficult (153 strongly agree, 378 agree).

There is a significant need for more mental health and substance use treatment services (958 strongly agree, 208 agree), with strong support for increased government funding (1025 strongly agree, 101 agree).

Perceptions indicate that not everyone can access mental health or substance use help regardless of circumstances. Decreases in overdoses have been observed since introducing harm-reduction services.

Increased collaboration within the community has been noted since the Far Southside ROSC began.

There's a strong demand for more youth resources (e.g., after-school programs, activity centers, mentorship) amid rising education and mental health issues among youth.

Crime and homelessness have both increased over the past year.

Opinions on community support for returning citizens and the sensitivity of law enforcement and legislators to community needs are mixed. Many use community platforms to voice concerns about these issues.

Fill In The Blank – Question 21

Surveys are ideal for collecting information, opinions, and insights. While multiple-choice and rating scales questions offer structure responses, Question 21 allowed respondents to express their thoughts in their own words. This open-ended question captured nuanced perspectives and unanticipated insights that might be missed in closed-ended questions. It allowed to make respondents be heard, thus encouraging engagement and providing a more detailed and detailed responses, provided key insights, provided a platform of understanding, and offered flexibility.



21. What are some additional barriers/gaps you would like to be addressed in your community?

Key Areas

Possible Solutions

Question 21

Stigma and cultural competence

Lack of substance abuse and mental health services specifically for women of color

Health equity

Need for COBTO Recovery Housing for young people of color

Services for other language barriers (Spanish)

Housing

Information about programs that can assist the community with accessing the available resources

Tyrring abandoned homes into housing

Housing case management

Resources for tenants

Security alarms

Low housing

Meeting the housing needs of the homeless and working households, including safe, affordable housing

Collaborative efforts with the faith community to encourage comprehensive programming to create a healthier community

Community education and training programs

Establish specialized programs and culturally sensitive support groups

Advocate for policies and funding to address disparities

Create safe and supportive housing options

Provide translation services and bilingual staff

Increase availability of affordable housing

Innovate outreach and communication strategies

Explore community development initiatives

Expand supportive housing programs

Develop set of specific programs and services

Attract and support grocery stores in underserved areas

Invest in affordable housing development

Increase funding for homeless shelters and affordable housing programs

Build partnerships with faith-based organizations

Far Southside Impact on the Communities

Survey responses indicate that the Far Southside ROSC Initiative (FSSRI) has positively impacted local communities through collaborations and partnerships. However, respondents have identified areas for improvement. By addressing these key areas, we aim to create a safer, healthier, and more supportive environment for all community members. Through collective efforts, we can make significant advancements and enhance the quality of life for everyone.

2025 Focus Areas

Based on the survey conducted by the Fat Southside Recovery-Oriented Systems of Care Initiative (FSSRCI), several key areas have been identified that require focused efforts to bring about changes within the community. Here are the nine communities identified as critical focus areas:

1. Increase the Number of MAR Providers
2. Enhance Harm Reduction Services
3. Expand Mental Health and Substance Use Treatment Services
4. Strengthen Community Support for Substance Use Issues
5. Enhance Community Support for Mental Health
6. Boost Recovery Support and Mental Health Awareness
7. Enhance Youth Resources
8. Address Rising Crime Rates
9. Tackle Homelessness

Strategies

1. **Public Awareness Campaigns:** FSSRI will continue conducting public awareness campaigns through various media channels, including social media, local newspapers, radio, and television, to inform the community about our initiatives.
2. **Community Meetings and Forums:** FSSRI will continue organizing community meetings and forums to provide platforms for open dialogue with community members. These gatherings will allow us to share our plans, gather feedback, and address any concerns.
3. **Partnerships with Local Organizations:** FSSRI will continue collaborating with local organizations, such as non-profits, schools, and healthcare providers, to amplify our message and reach a broader audience.
4. **Educational Workshops, Seminars, and Events:** FSSRI will continue hosting educational workshops, seminars, and events on topics related to community concerns. These activities aim to raise awareness and provide valuable information to community members.
5. **Regular Updates and Reports:** FSSRI will continue providing regular updates and reports on the progress of community concerns to keep the communities informed and engaged. This will be achieved through newsletters, websites, and social media.
6. **Engage Community Leaders:** FSSRI will continue involving community leaders and influencers in our efforts to build trust and credibility. We hope they will act as advocates and help raise awareness about community concerns.
7. **Feedback Mechanisms:** FSSRI will continue establishing feedback mechanisms, such as surveys and verbal communication, to understand the community's needs and concerns better. This approach demonstrates that we value your input and are committed to addressing the community's concerns.

Full Scope of the Needs Assessment

<https://www.govst.edu/Recovery-Support/Cook-County-IL-ROSC/ESSRI-ROSC-Council/>

The objective of FSSRI/TEECH is to create communities that are safe, empowered, and flourishing. We strive to build a robust support network within our communities to aid individuals facing mental health challenges, active addiction, and recovery, along with their families, friends, and the broader community. We are dedicated to reconstructing communities that have lost their voices by providing a platform for them to be heard.

Thank You

For Southside ROSC/TEECH Foundation

www.teechfoundation.net

THE IMPACT OF SUBSTANCE USE DISORDERS IN THE FAMILIES

"THE FIVE FAMILY ROLES"





The Impact of Substance Use Disorders in the Families

When there is an substance use disorder in the family, the natural order of things is turned upside down in disarray, and are most times unpredictable. Rules and boundaries that normally help families to function are distorted or abandoned in response to the substance user's disruptive behavior. As a result of these behaviors, the family begins to take on roles that they were never intended to assume. After much time and energy is spent covering up for the substance user, the family loses their way. These changes in rules and roles become the family's vain attempt to find stability and safety in an atmosphere of fear, tension, chaos, mistrust and unpredictability brought on by the substance use disorder.

Addict's Family Survival Roles

Scapegoat



Hero



Lost Child

Enabler



Mascot



THE ENABLER

The enabler means well but their efforts are counterproductive – for the substance user and for themselves. This person is usually the closest to the substance user and their aim is to help the substance user but the reality is that they do things that allow the substance user to continue their behavior without facing the consequences. For example, they might cover up or make excuses for the substance user's behavior at work or school or with friends. Or the enabler will take care of tasks that should be attended to by the substance user: the paying bills, or work around the house, or getting the car serviced – or a hundred other things that the substance user should be taking care of but is unable or unwilling to do. The enabler does all this because it is painful for them to confront the reality of their judgment and is desperate to protect themselves and their family. In the end, though, the enabler is left exhausted and angry – and the substance user is no closer to getting better. In fact, the substance user is getting the message that they don't have to confront their drug problem because someone will always be there to save them.

Enabler



THE HERO

This person is usually the eldest child in the family and their role is to over-achieve, to be over-responsible. They will typically be media students and have very career-oriented, business-orientated by nature and guilt over substance use disorder in the home. There is a family member they can point to with pride. This child may take on the responsibilities of the substance user's mother/father and become the family transmitter at an early age. Or they may become the surrogate adolescent, giving the parent the emotional support, which should be getting from their spouse. Heroes are seen as having it all together, as being mature and responsible. The price for putting all their energy into achieving, though, is that these heroes of the family rarely feel good inside. Instead of being in touch with who they are and what they require, they have sacrificed their emotional lives trying to please the family unit.

Hero



THE SCAPEGOAT

In families made dysfunctional by substance use, one of the children will assume the role of the troublesome child. Here is someone whose bad behavior can be acknowledged by family members — unlike that of the substance user. The scapegoat brings the family together in a perverse way and can make them feel good about themselves by comparison. This child also provides family members with a focus that enables them to avoid facing their own problems. In a situation at the breaking point with stress over the substance user's behavior, the scapegoat becomes a means of releasing anger and frustration.

Scapegoat



THE LOST CHILD

This role is assumed by the child who has decided that the best way of surviving in the home made unsafe by substance use is to keep a low profile.

This child is often the one who has not received as much love and care as his siblings. The lost child goes unnoticed and can disappear for hours. They learn not to ask questions that might upset others, and they recognize that the best way to avoid attracting critical attention is to keep to themselves. Because they are "out of sight, they are also out of mind", and usually feel unimportant.



Lost Child

THE MASCOT

Often the youngest child in the family assumes this role. By the time this child comes along, the family dynamic has deteriorated to a serious state of dysfunction. This is the child who is coddled and kidded, who is a source of amusement for family members. The older siblings are well practiced in their various compensatory survival roles, and their tendency is to want to protect the youngest member. They may withhold information from this child and pretend for his sake that all is well. Yet despite all the efforts to protect this child from the truth, he cannot help but discover over time that something is drastically wrong with his family dynamic. Though he may not be able to name it as a substance use disorder, it affects him just the same.



MASCOT

Addict's Family Survival Roles

Scapegoat



Hero



Lost Child



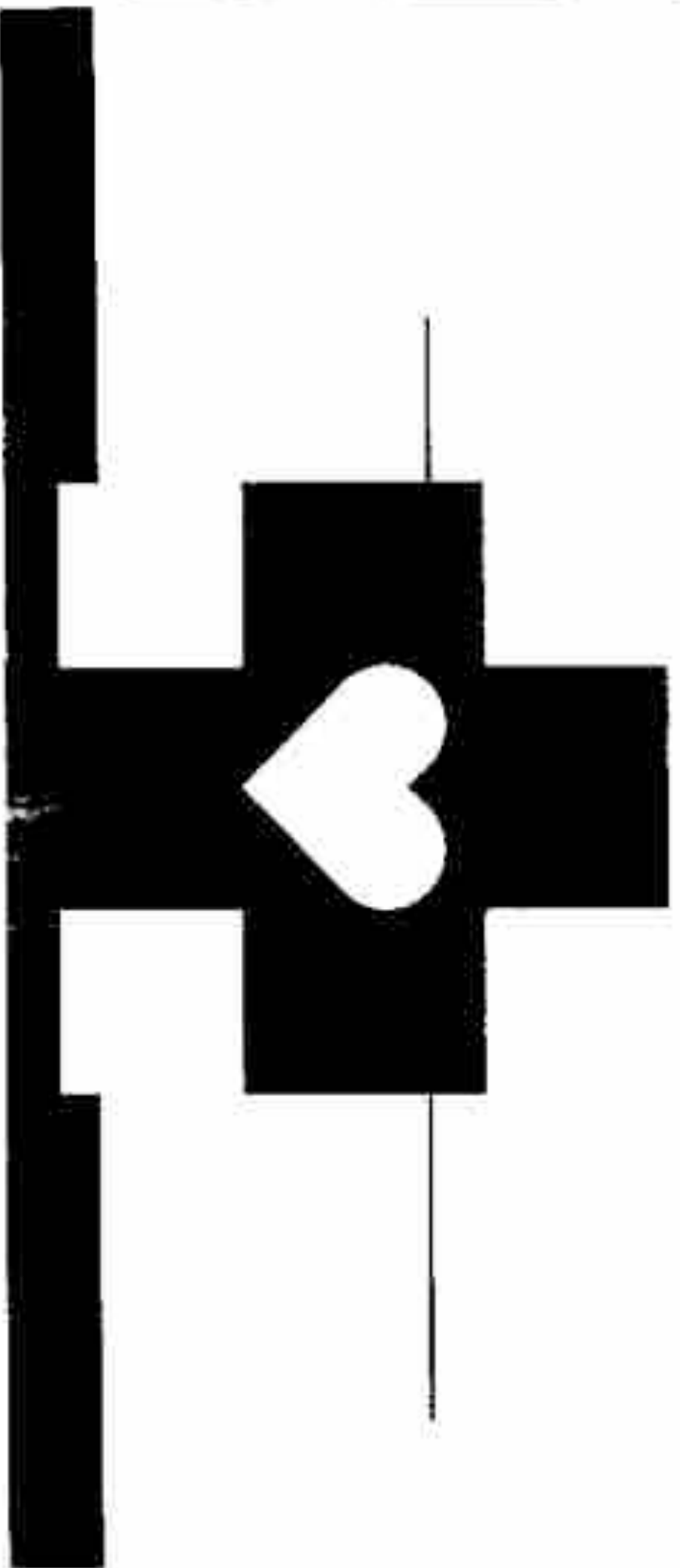
Enabler



Mascot



LET THE HEALING BEGIN





THE TINY SEED KNEW THAT
IN ORDER TO GROW, IT
NEEDED TO BE DROPPED
IN THE DARK. COVERED
IN DARKNESS. AND
TO REACH

THE



THE HEALING PROCESS

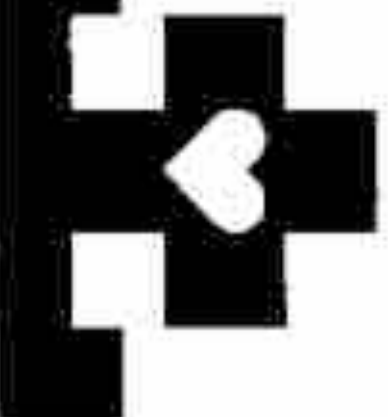
1. MEA Culpa (Latin) to acknowledge error.
2. Acknowledge that wounds have occurred.
3. Have a willingness to change.
4. Respond with your H.E.A.R.T.

H- hear

E- empathize

A- apologize

R- resolve





Questions & Answers



References:

1. <http://hamrah.co/en/pages/addicts-family-roles/>
2. Katherine Schafner - <http://www.katherineschafner.com/the-6-family-roles-in-addiction/>



Thanks for Listening!

The End

