

OPIOIDS: PARENTING AND RESOURCES



The abuse of opioids has led Virginia, like other states across the nation, to declare opioid addiction as a public health crisis. More Virginians now die every year from an overdose than in car accidents.

Addiction or abuse of heroin and prescription drugs commonly prescribed for pain (oxycodone, hydrocodone and fentanyl) will erode a parent's ability to provide good nutrition, supervision and basic care for their child.

Family life with an opioid abuser is often chaotic and unpredictable. This instability increases the risk for adverse childhood experiences, which research shows can seriously affect a child's health and wellbeing as an adult.

If you or someone you know struggles with addiction, it's important to take steps to keep children safe. The first step is to admit you have a substance abuse problem and seek treatment.

Timely access to substance abuse treatments, as well as recovery coaches or mentoring, is available.

Reaching out for help to recover from addiction is the first step toward protecting your child's safety and wellbeing. Be the best parent you can be by overcoming your addiction with determination, guidance and education. **START NOW.**

**GO TO CURBTHECRISIS.COM TO FIND
TREATMENT INFORMATION. ACCESS TO RESOURCES,
AND THE LATEST RESEARCH AND DATA ON THIS CRISIS.**



Funding for developing and sharing this and our child abuse prevention toolkit was provided by the Virginia Department of Social Services with a Community-Based Child Abuse Prevention Grant from the Office on Child Abuse and Neglect, Administration on Children, Youth and Families, U.S. Department of Health and Human Services.
Learn more at familiesforwardva.org.