

For Immediate Release:

Contact: Kimberly Mroziak
Turtle Creek Valley MH/MR, Inc.
412-351-0222 x420

Children of Alcoholics Awareness Week, February 12-18

An estimated 6.6 million children under the age of 18 years live in households with at least one alcoholic parent (Children of Alcoholics Foundation, Inc.)

Do you really know the family of your child's best friend? Most times, the young boy or girl seems like any other kid or teen, but there are warning signs that tell you if they come from a home with a parent who is an alcoholic or substance abuser.

Adults can spot troubled kids by being aware of signs like:

- Withdrawal
- Drop in grades or tardiness/absence from school
- Fluctuating academic or other performance
- Physical ailments such as headaches or stomachaches with no apparent cause
- Family secrets
- Neglect of basic needs, and/or
- Older siblings consistently having the responsibility of caring for their younger siblings

When children grow up in a household with a substance abusing parent, they can develop problems that last a lifetime. They are at risk for serious coping problems, lower IQ/verbal scores, higher depression/anxiety, negative self image and are more likely to develop substance abuse problems than children who don't have an alcohol or drug dependent parent.

Children of substance abusing parents sometimes need someone to talk to. TCV MH/MR, Inc. provides many prevention and treatment programs for adolescents and teens. We also offer Adult D&A programs to help parents with their substance abuse issues. Please go to www.tcv.net or call 412-351-0222 for information on the many programs that TCV offers. February 12-18 is Children of Alcoholics week. Help a child beat the odds.

Established in 1970, Turtle Creek Valley MH/MR, Inc. is a private, non-profit agency which strives to meet the needs of the community in mental health counseling and treatment; mental retardation therapy and activities and drug and alcohol treatment and intervention for families, individuals, children and adolescents. TCV has outpatient locations in Homestead, Braddock, Turtle Creek and Pittsburgh's South Side.