



PEACEFUL  
FAMILY  
OKLAHOMA

ACEs = Adverse  
Childhood  
Experiences

## Positive Stress

The body's normal and healthy stress response to a tense situation/event.

### *Example:*

First day of school or work.

## Tolerable Stress

Activation of the body's stress response to a long-lasting or severe situation/event.

### *Example:*

Loss of family member, but with supportive buffers in place.

## Toxic Stress

Prolonged activation of the body's stress response to frequent, intense situations/events.

### *Example:*

Witnessing domestic violence in the home, chronic neglect.<sup>2</sup>





# **THE EFFECTS ON CHILDREN**

# IN THE FORMATIVE YEARS...

Building muscle &  
growing bone



Honing the senses



Developing  
coordination &  
communication skills







# THE ADRENALINE RESPONSE







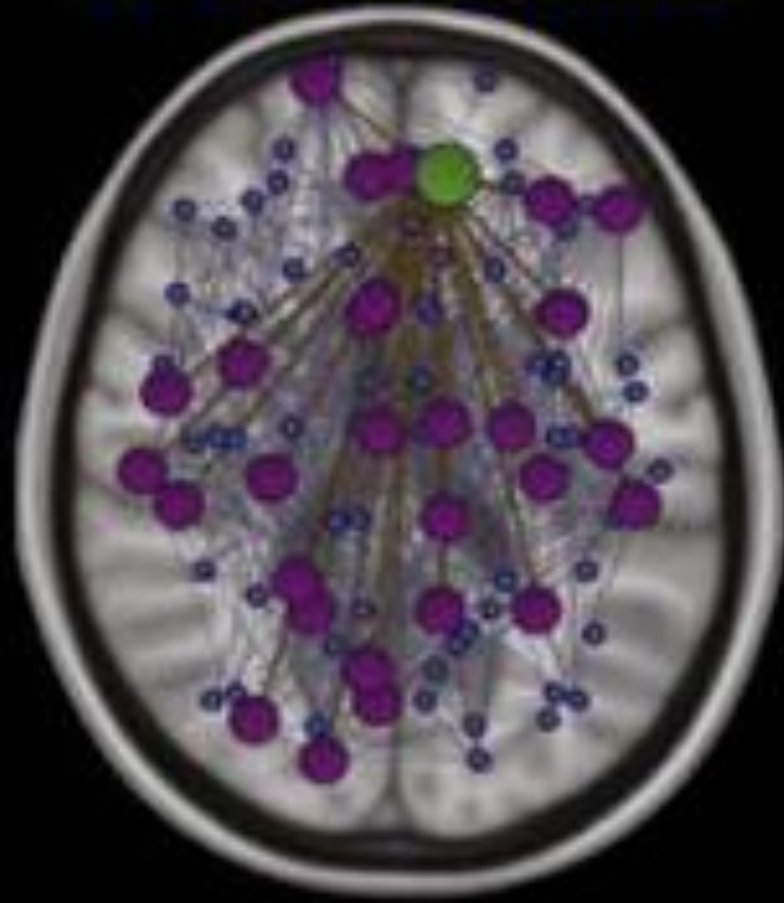




Adrenaline  
triggered  
again and again...



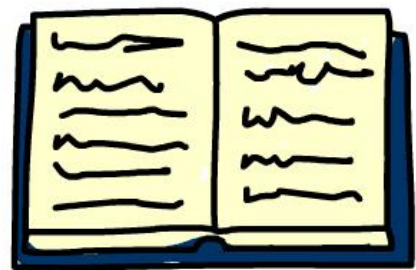
**No Maltreatment**



**Maltreated**



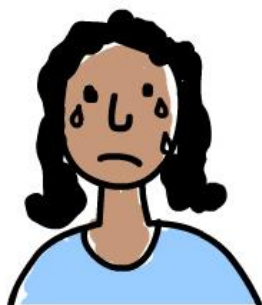




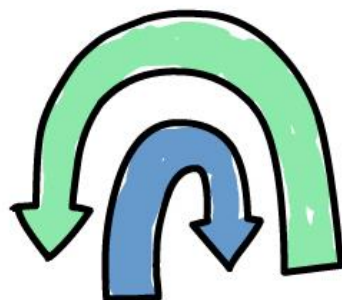
learning



behaviours



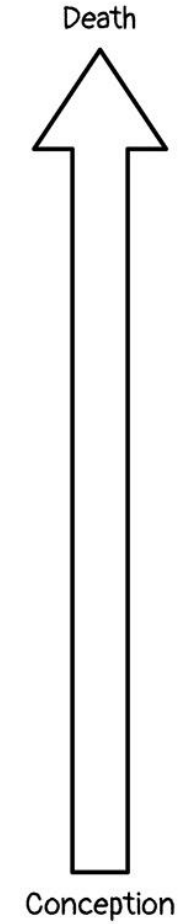
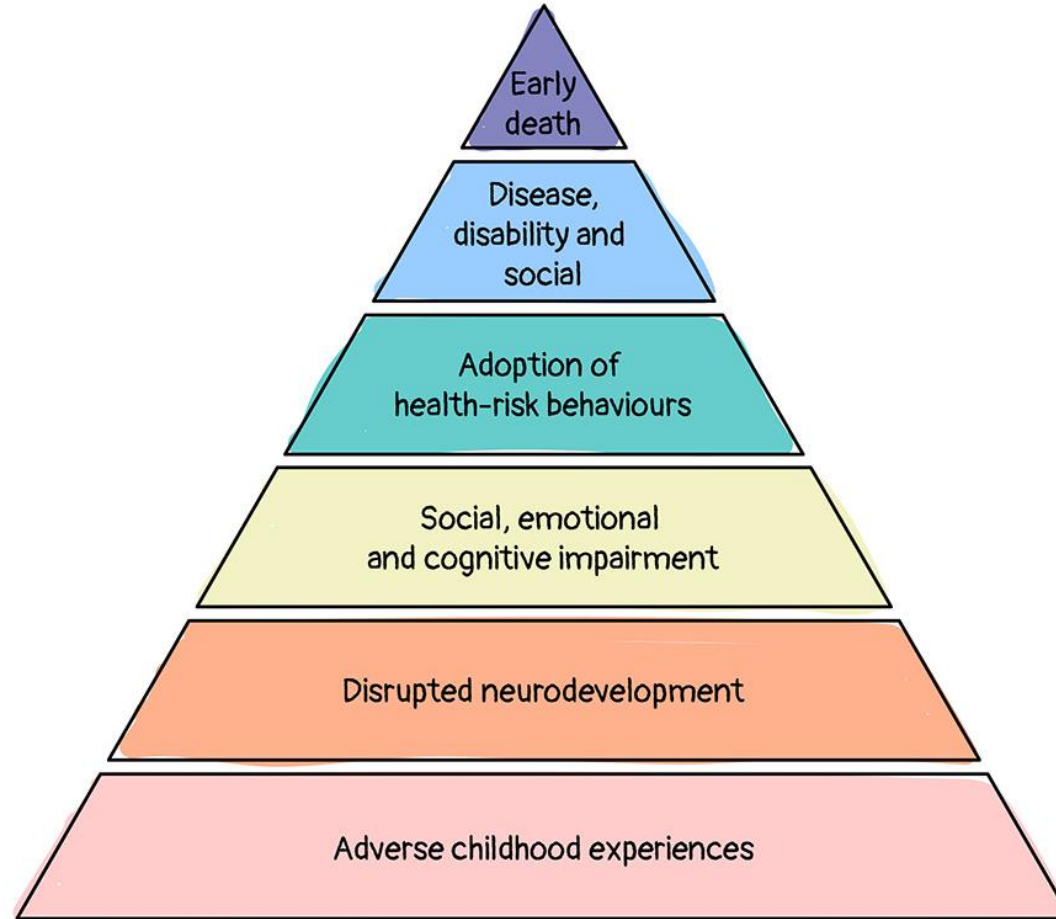
emotions



lifelong  
opportunities



physical  
health







PEACEFUL  
FAMILY  
OKLAHOMA

Recent studies  
show Oklahoma  
ranks as the worst  
in the nation when  
it comes to the  
number of Adverse  
Childhood  
Experiences  
(ACEs).





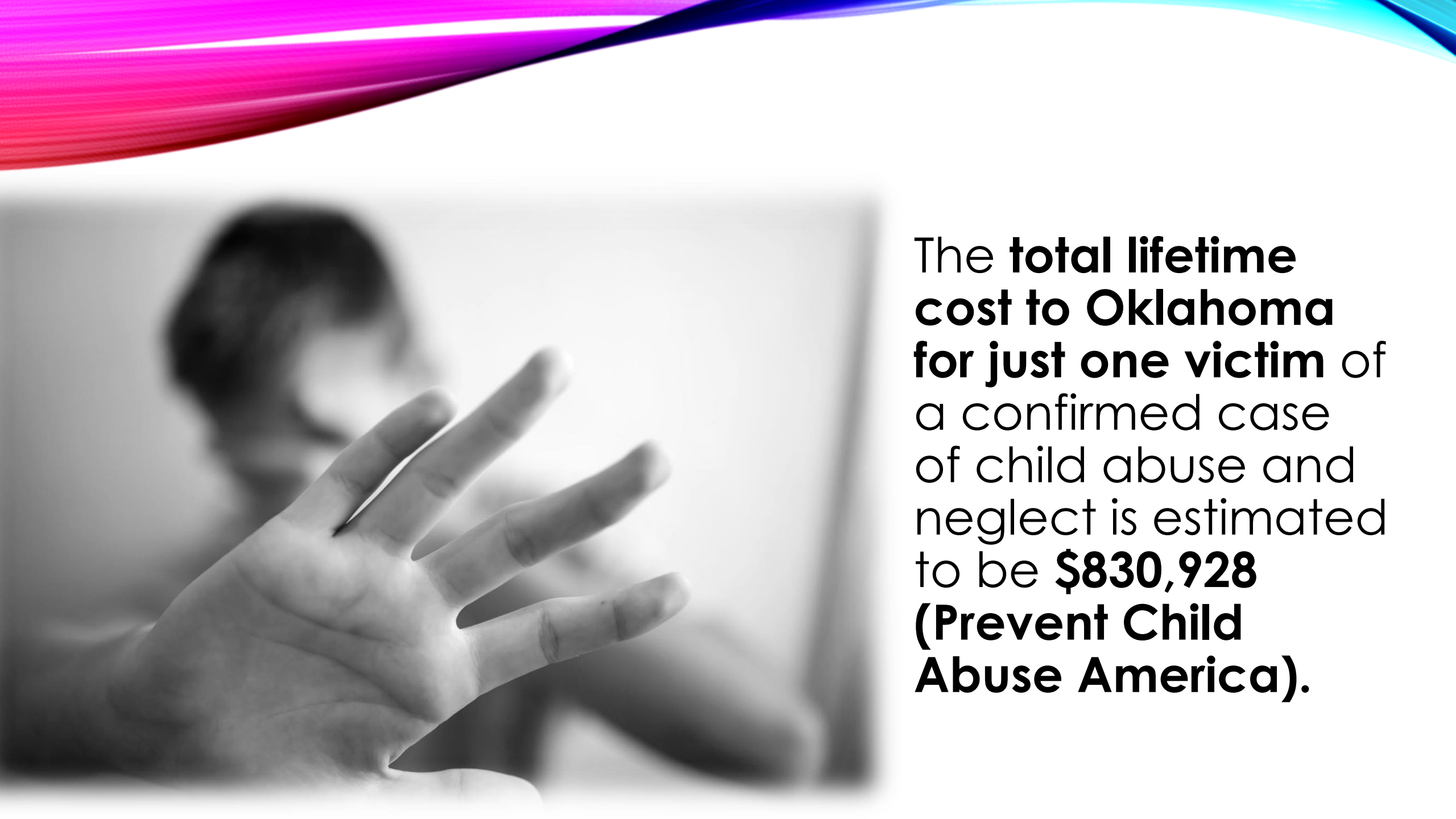
At least **one-in-three**  
of the children who  
enter foster care in  
Oklahoma is  
because of  
parental substance  
use disorders.





**82% of child  
neglect** in  
Oklahoma County  
was due to  
substance use  
disorders in 2018





The **total lifetime cost to Oklahoma for just one victim** of a confirmed case of child abuse and neglect is estimated to be **\$830,928 (Prevent Child Abuse America).**





In FY 2021, 14,466 Oklahoma children were confirmed victims of child abuse and neglect.

That means our state can expect more than \$12 billion of lifetime costs associated with those children identified as maltreatment victims in 2021 alone.



PEACEFUL  
FAMILY  
OKLAHOMA

At risk of experiencing direct effects, such as parental abuse or neglect and a higher risk of physical, verbal or sexual abuse (NIDA), or indirect effects, such as fewer household resources (SAMHSA)

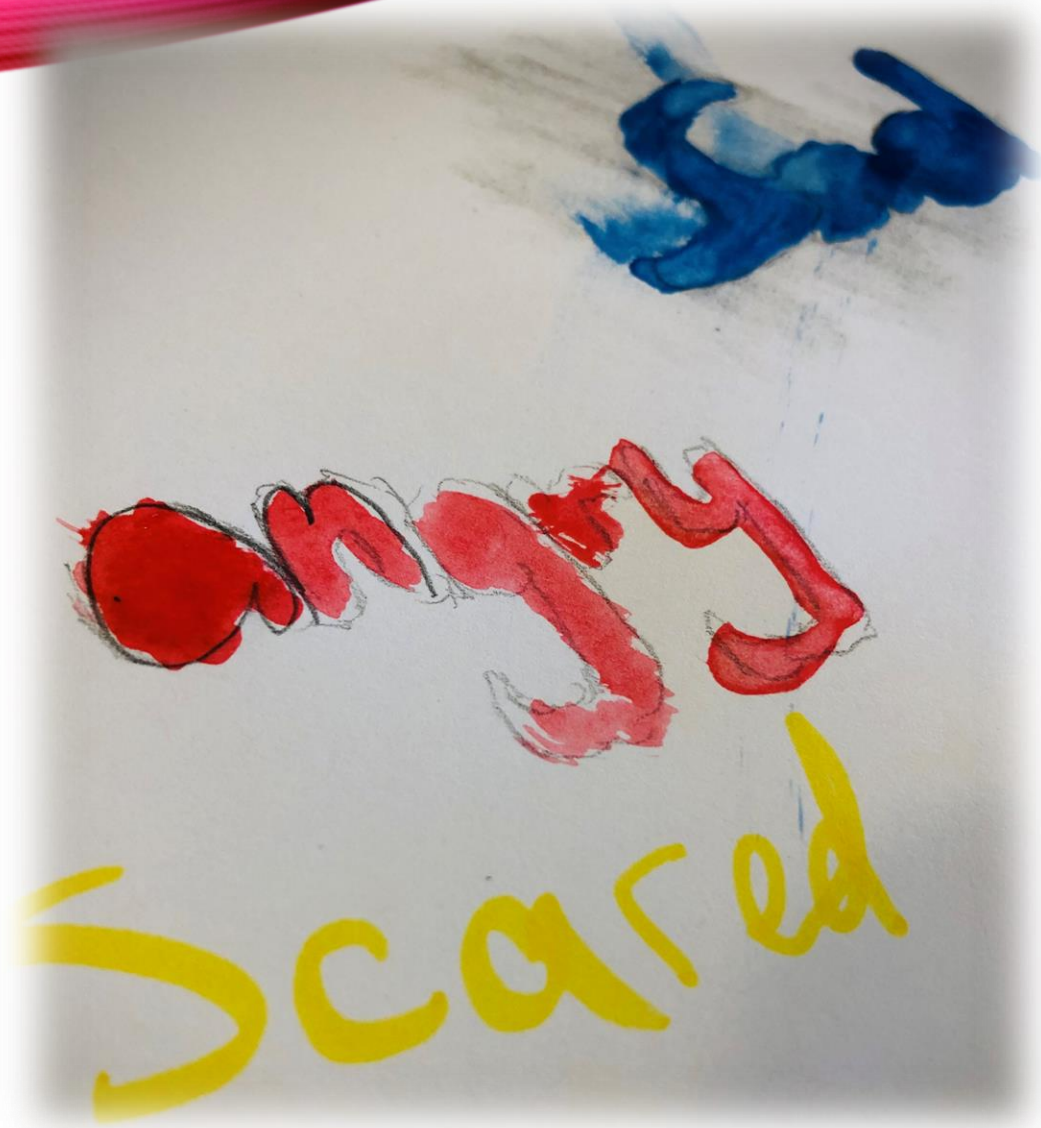






PEACEFUL  
FAMILY  
OKLAHOMA

More likely to experience  
low self-esteem,  
emotional and behavioral  
problems, higher risk of  
developing anxiety or  
depression and earlier  
onset of experimentation  
of drugs or alcohol (NIDA)

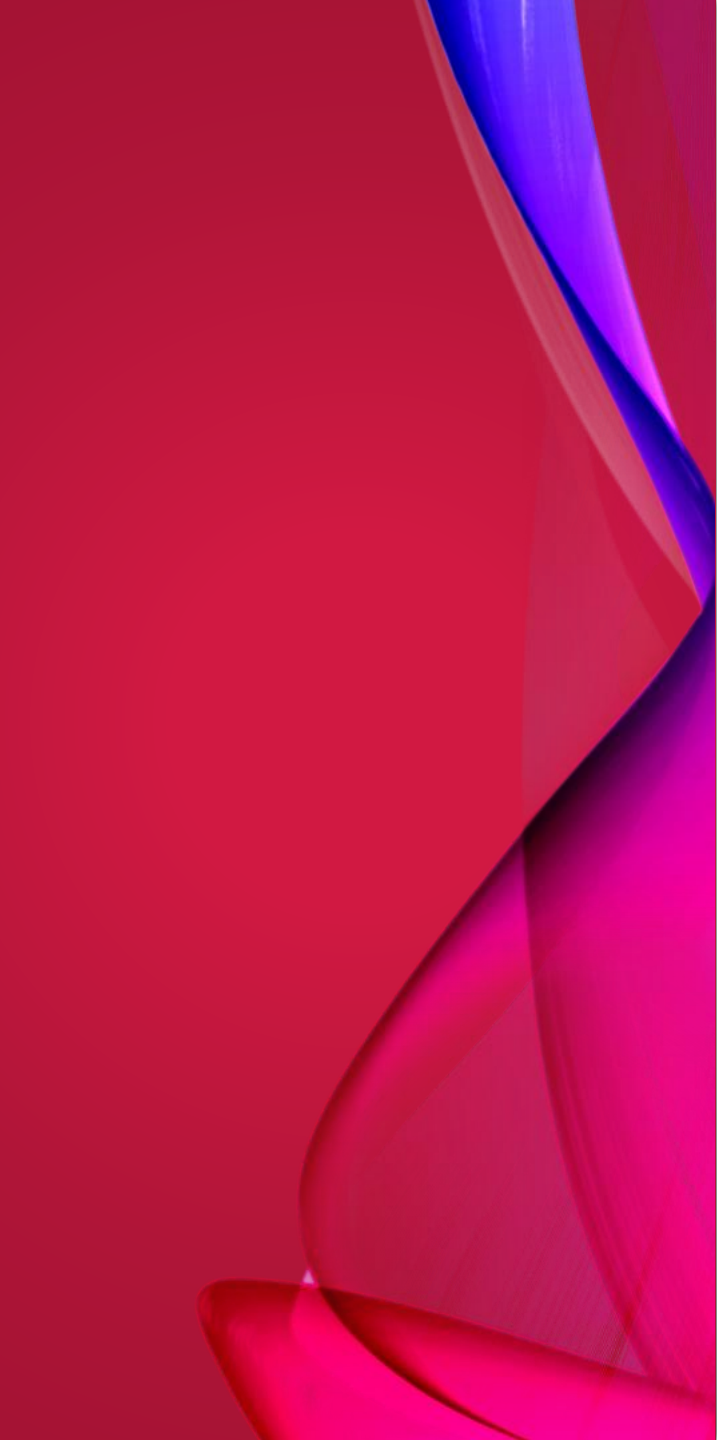


ACE'S DON'T  
HAVE TO DEFINE  
THE OUTCOME...

We have to give extra  
support the children who  
have experienced  
adversity and trauma.

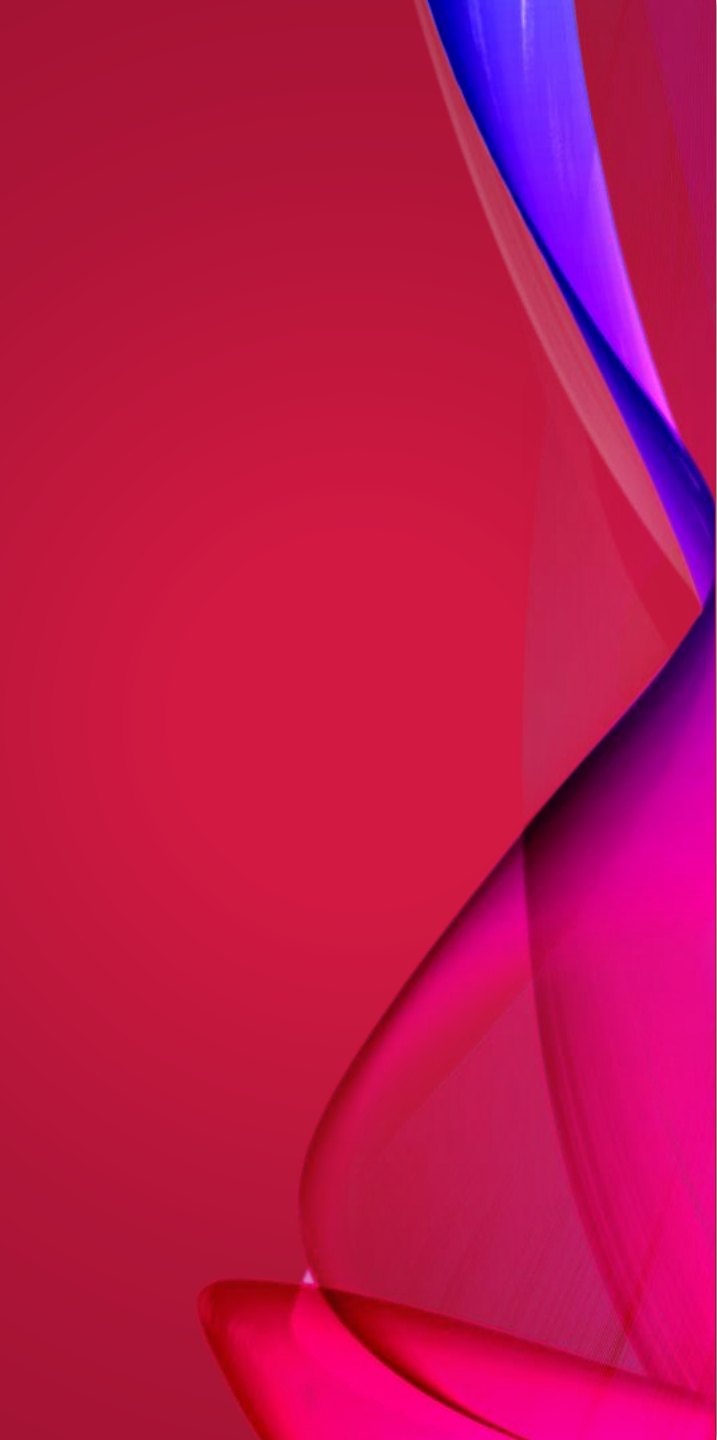






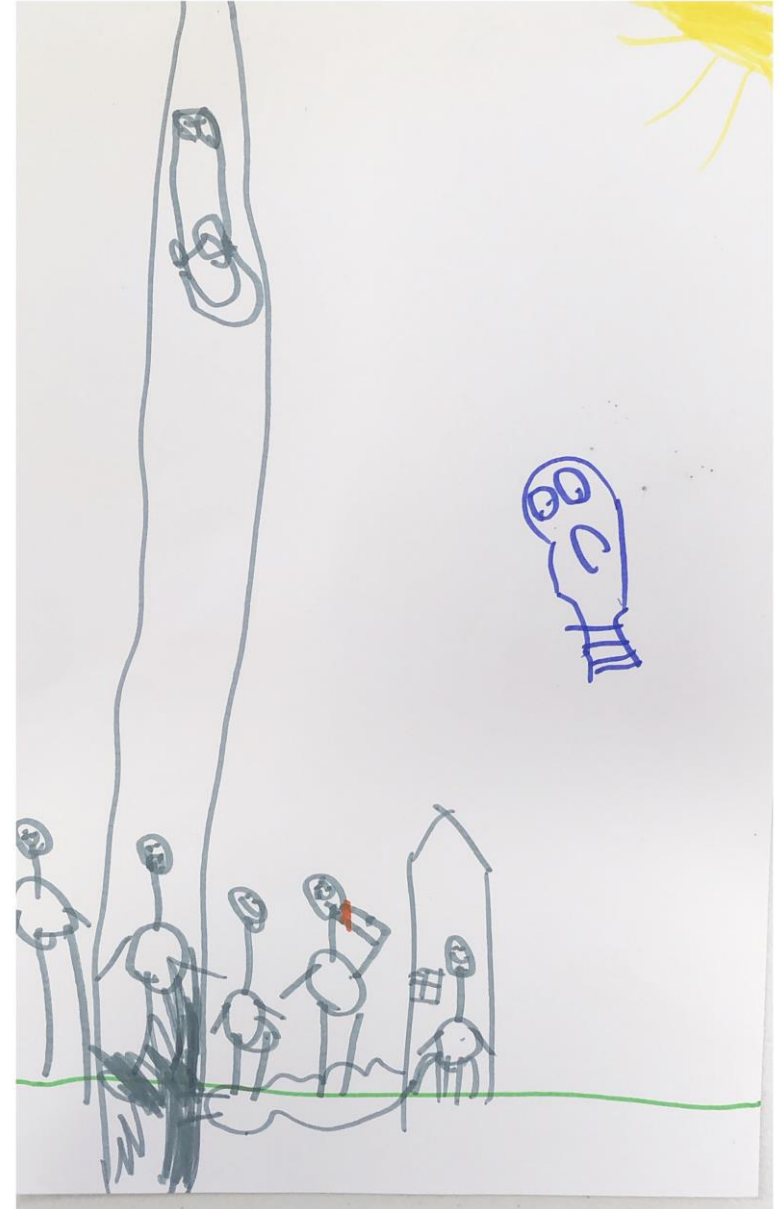
Addiction does not  
discriminated by age,  
education level,  
ethnicity, religion or any  
other factor.



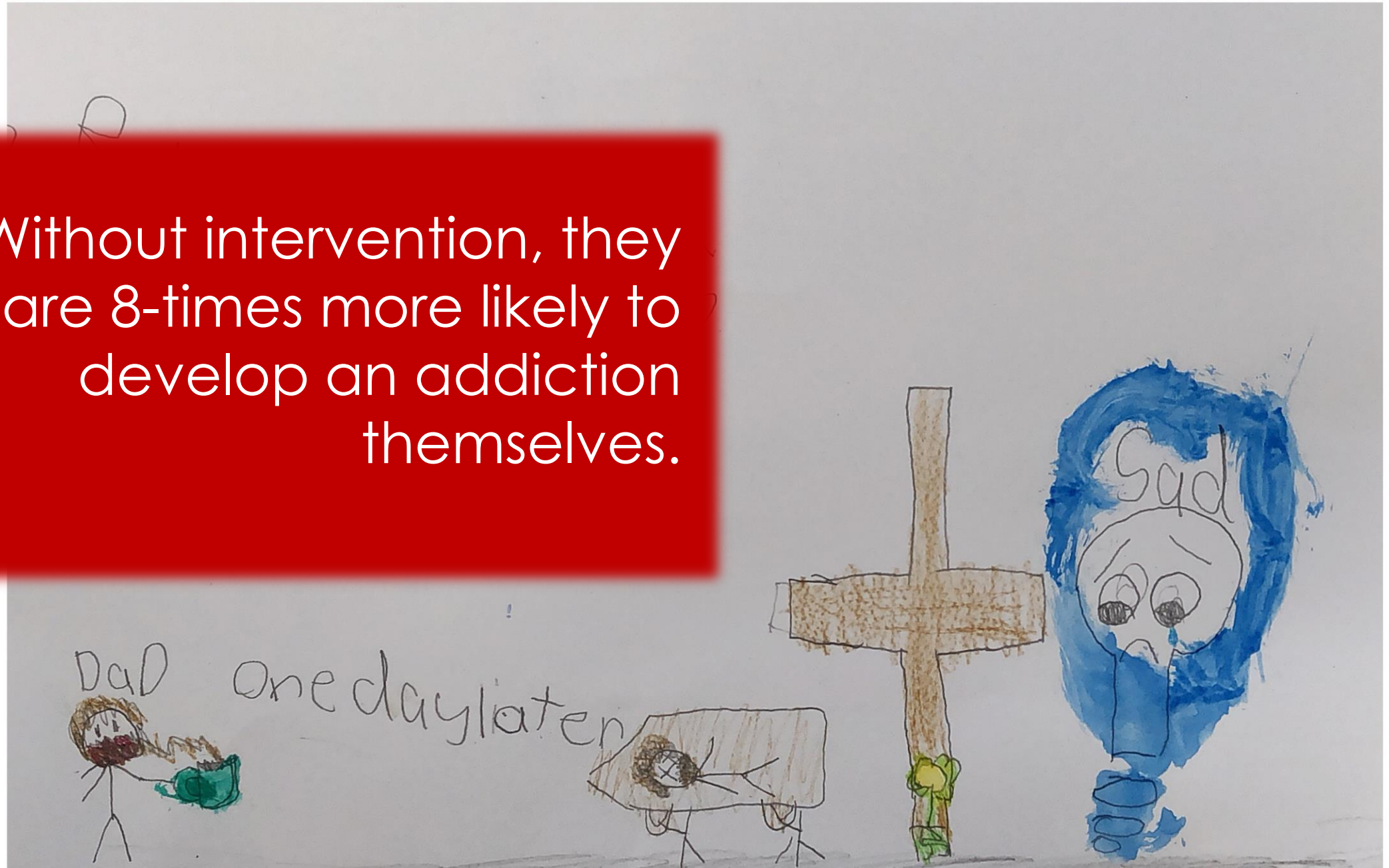


No one is naturally  
equipped to deal with  
the addiction of a loved  
one, especially our  
youngest Oklahomans.

One-in-four  
children live in a  
household with a  
family member  
with a substance  
use disorder



Without intervention, they  
are 8-times more likely to  
develop an addiction  
themselves.







We envision a world where no child impacted by family addiction goes without the support needed to find hope, healing and break the cycle of addiction.

“

## Through PFO, kids learn...

They are not alone

Addiction is not their fault

All feelings are okay

How to identify their safe people

A child's job is to be a kid

”

“

## Peaceful Family Oklahoma's Program is

Evidence-  
based

Peer-to-  
Peer

Trauma-  
informed

”

Age-  
appropriate

Play-  
focused





CURRICULUM DEVELOPED BY

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

*Used by*



Hazelden Betty Ford  
Foundation

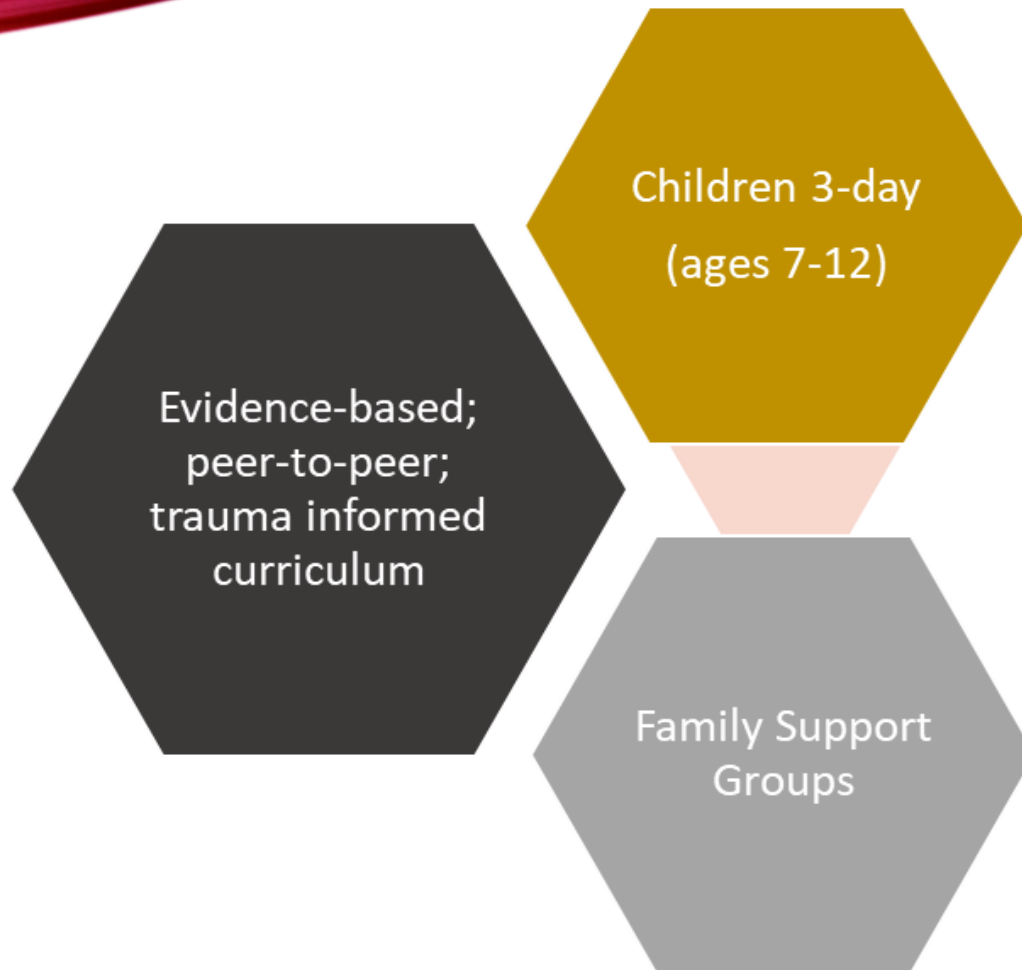
An affiliate of...



VOICE  
FOR THE  
CHILDREN

A partner organization of...

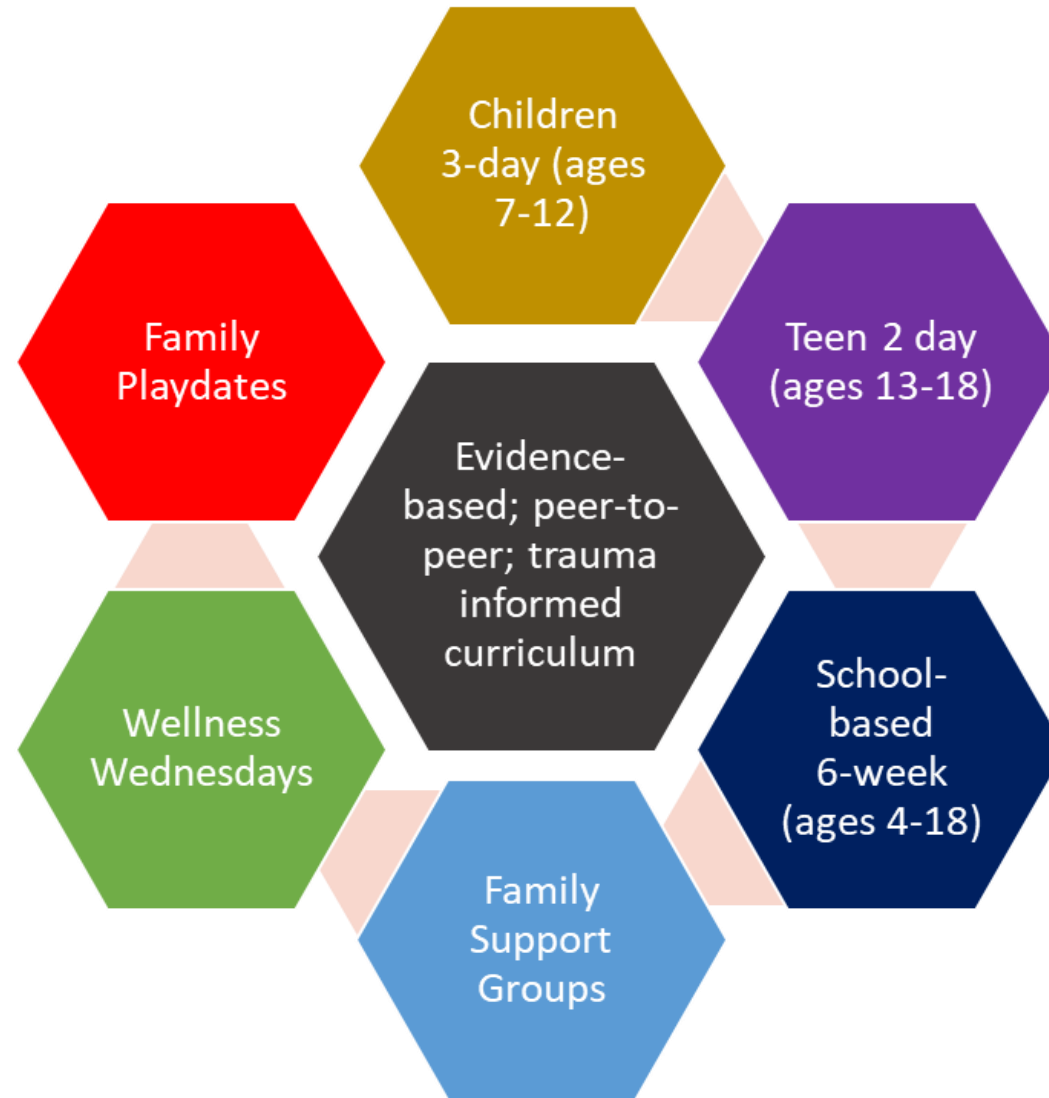




## **PFO Programs March 2022**



# Programs March 2023



# YOUNG CHILD CURRICULUM

**SESAME STREET** in Communities

Partner Portal | Professional Development | Topics | Search

Home > Parental Addiction

## Parental Addiction

When a family member struggles with addiction, the whole family struggles. Children often think it's their fault; they feel shame, embarrassment, guilt, and loneliness; they may feel invisible. It takes special effort to start important conversations and answer children's questions. But parents, teachers, caregivers, and other caring adults can comfort children and guide them through difficult moments. With love and support, the family can cope with the challenges of addiction together.

Watch on YouTube

Find an Activity

Discover printables, videos, and more on topics to help the families you work with.

Age Time Type Find



## We believe children deserve...



The right to their own  
recovery and healing.



To be treated with  
dignity, respect, value  
and worth.

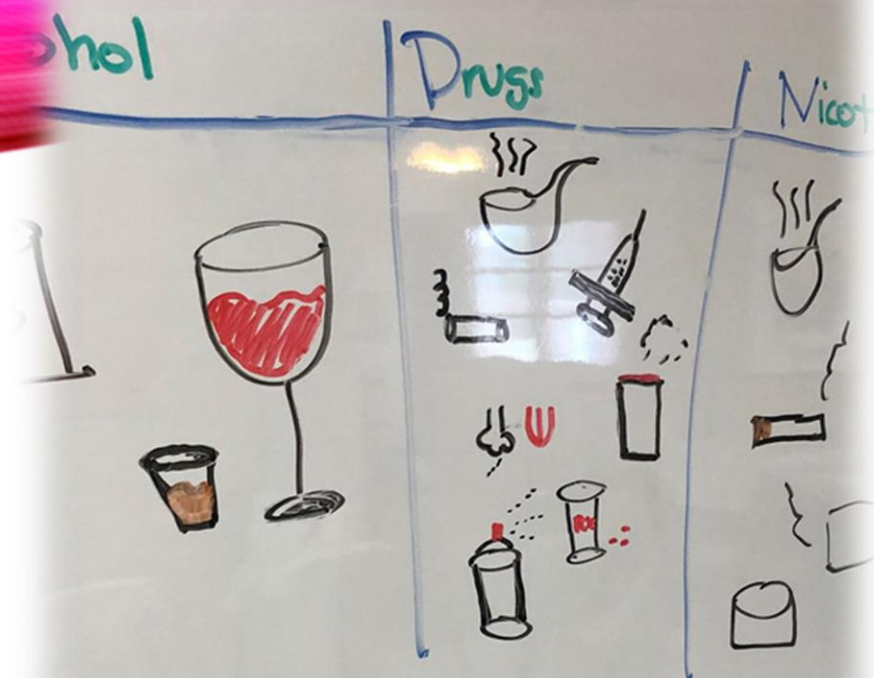


To be listened to and  
heard.



The opportunity to be  
kids.





How do people get  
hooked on drugs and  
alcohol? Talk about it if you get  
hooked on



PEACEFUL  
FAMILY  
OKLAHOMA

Part 1

Addiction:  
Not My Fault



PEACEFUL  
FAMILY  
OKLAHOMA

## Part 2

A Feeling Disease:  
It's OK to Share  
My Feelings





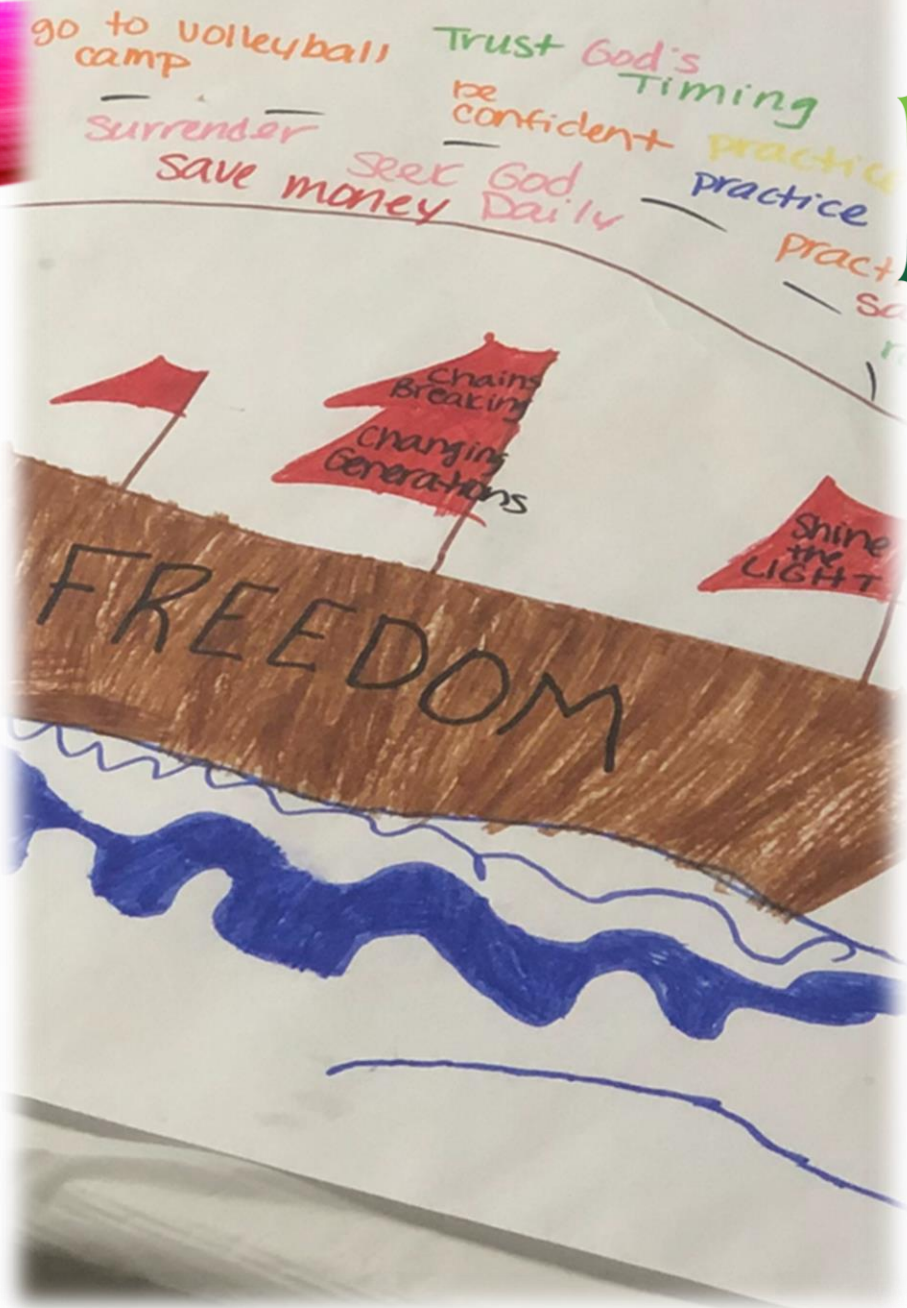
PEACEFUL  
FAMILY  
OKLAHOMA



## Part 3

The Heart of  
Recovery: Taking  
Care of Me





# PEACEFUL FAMILY OKLAHOMA

## Part 4

Changing the Family  
Legacy: Celebrating  
You and Me









OUTCOME MEASUREMENT RESULTS

OF CHILDREN WHO  
COMPLETED THE  
PEACEFUL FAMILY  
SOLUTIONS' PROGRAM...



## ↑HOPE AND WELL-BEING

95% had increased hope, and 85% had improved ability to cope. 95% better recognized their own strength and resilience and 100% had reduced anxiety. 85% felt less alone.

## ↑SAFETY

100% learned to identify "safe" people from whom to seek help. 95% indicated a decreased risk for future use of alcohol and drugs.



## ↑COMMUNICATION

100% improved communication skills.  
100% increased the ability to name and communicate feelings.

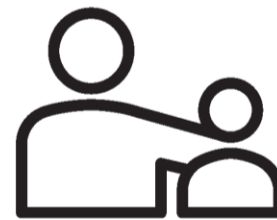
OUTCOME MEASUREMENT RESULTS

OF CHILDREN WHO  
COMPLETED THE  
PEACEFUL FAMILY  
SOLUTIONS' PROGRAM...

---

## ↑ UNDERSTANDING

100% learned their parent's addiction is not their fault and that with treatment, recovery is possible.  
100% improved their ability to make the distinction between the disease of addiction and a loved one who has an addiction.



## ↑ HEALTHY RELATIONSHIPS

100% learned their job is to be a kid and achieved an enhanced understanding of healthy parent/child relationships.

---

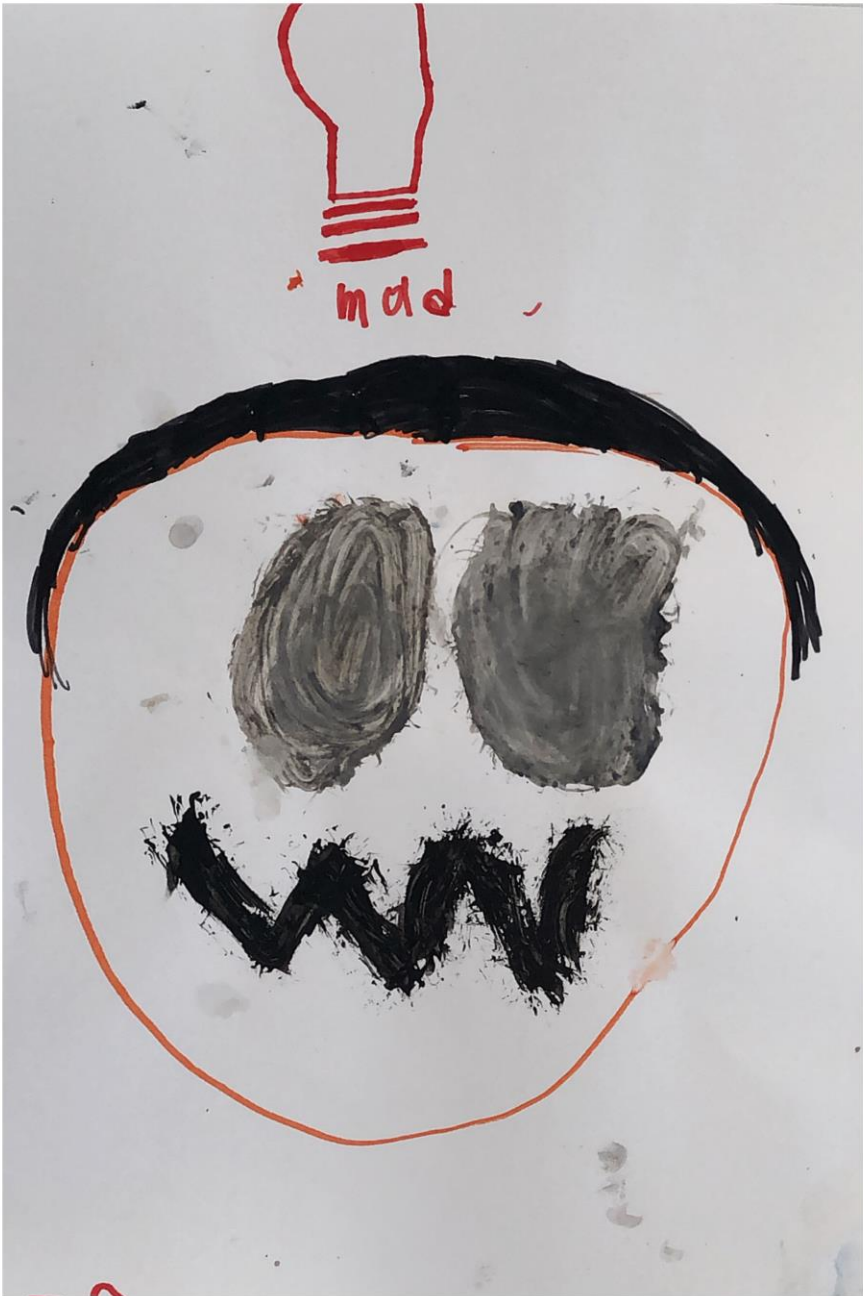
OUTCOMES AS OF JULY 2021.



# COMMUNITY PARTNERS

Oklahoma State Department of Mental Health and Substance Abuse Services | Family Treatment Court, District Court of OK County, OK Juvenile Justice Center | OK County Drug Court | Sunbeam Family Services Positive Tomorrows | ReMerge | OKC Indian Clinic | Department of Human Services | Arnall Family Foundation | HALO Project | OK State Medical Association | Hope is Alive | Jordan's Crossing | Edmond Mental Health Substance Abuse Coalition | Hazelden Betty Ford Clinics | NACoA | Parents Helping Parents | HopeHouse | Partnership to End Addiction | Diversion Hub | Valley Hope | Angels Foster | Latino Community Development Agency | Mary Abbott House | YMCA | Rob's Ranch | Sunbeam Family Services | Teen Recovery Solutions | Junior Hospitality of OKC | Center for Children and Families | Circle of Care | AMP Resources CASA of Oklahoma County | The Diversion Hub | Teen Recovery Solutions





*Because it takes a lot of courage for grownups to face how addiction may have impacted their children...*

All Peaceful Family  
Oklahoma programs  
remain FREE to families,  
thanks to the generosity  
of our supporters



PEACEFUL  
FAMILY  
OKLAHOMA