



# SAPC

Grand Forks  
Substance Abuse  
Prevention Coalition



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# POSITIVE INFLUENCE

## News From The Grand Forks Substance Abuse Coalition



## Supporting Children When A Parent Struggles With Alcohol Use

A parent's alcohol misuse can have lasting effects on a child's emotional well-being, development and future. Understanding these impacts helps children heal and thrive.

### Emotional Impacts

Children may experience:

- Guilt or self-blame
- Anger or frustration
- Social withdrawal
- Anxiety or depression
- Difficulty trusting others
- Confusion and insecurity

### The Facts

Children of parents with alcohol use disorder are more likely to:

- Develop substance use issues
- Experience anxiety and depression
- Struggle academically

### How You Can Help

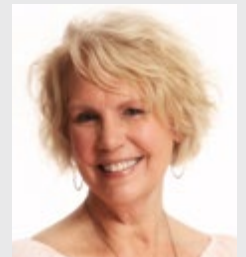
- Create a safe, supportive environment
- Be consistent and remind children they are not responsible for a parent's drinking
- Teach healthy coping skills
- Encourage counseling and positive relationships with trusted adults
- Connect families to counseling and support
- Help children understand addiction is a disease and that recovery is possible

### Breaking the Cycle

With caring support, children can build resilience, develop healthy coping skills and break the cycle of addiction.

## Positive Partners

Janell Regimbal is the founder of Insight to Solutions, LLC, where she helps organizations and community partners turn complex challenges into shared priorities and meaningful action. Through her work and volunteer service, she has seen that prevention is not only about educating people about harmful choices. It is also about building relationships, a sense of belonging and opportunities for purpose that help people choose healthier paths. These protective factors strengthen resilience, particularly for young people. Janell values her long-standing involvement with the Substance Abuse Prevention Council because much of her work involves helping organizations move upstream — identifying needs, strengthening systems and creating conditions that help people and communities thrive.



### Tired Of Pretending Parenting Is Perfect?

So are we. Parents Lead launched a new podcast, *Parenting Unfiltered*, that talks about the real stuff – the messy, funny, frustrating, heart-filling moments that make parenting what it really is. You can find it on Spotify, Apple Podcasts or right on the Parents Lead website at [parentslead.org](https://parentslead.org).