



The Hills Valley Coalition for Resilient Youth

LIVE

VIRTUAL EVENT

REGISTER HERE



Wednesday, April 14th, 2021

Mental Health Resource Fair 6-7pm

<https://hillsvalleycoalition.org/mental-health-resource-fair/>

Keynote Speaker: Claudia Black, Ph.D. 7-9pm



Meeting ID: 909 951 6173 Passcode: J3NvAP

Launch Zoom Meeting: bit.ly/38QkLZa

LINKS GO

LIVE

NIGHT OF EVENT



Unpacking Family Baggage: Healing from Trauma & Addiction

Come and benefit from the years of experience of Claudia Black, Ph.D. as she will visually portray how we carry family of origin issues into our adult lives using the metaphor of the Baggage Cart, discuss trauma and addictions, and offer a 7-step path to a healing process.

Dr. Black's passion has been ageless and offers a foundation for those impacted by addiction, codependency, and mental health challenges.





A Note from Claudia Black, Ph.D.

The mid-1980's was a time when adult children of addicted families were coming out of the closet by the thousands. Until that time adults were silently making their way through adulthood not understanding why they were unsatisfied or unhappy when "everything seemed okay," or why nothing "was ever enough." Many were from homes where there was abuse, other forms of addiction, compulsive behaviors, or mental illness. A growing awareness about terms like Adult Child of Alcoholic and "Codependency," give a framework to understand how adverse childhood experiences can impact us by carrying emotional baggage from our families into our relationships. Learning to let go of hurtful beliefs and behaviors can help individuals build healthier relationships, so it doesn't reverberate for generations.

Codependency is an emotional disorder that causes someone to ignore their own needs while feeling compelled to fulfill the needs of others. He or she may forfeit their own well-being and values in the pursuit of pleasing other people. It also describes a caretaking relationship that enables another person to maintain their irresponsible, addictive, or underachieving behavior. Individuals suffering from codependency repress their emotions and needs to the point they are subjected to relationship trauma and low self-esteem and may often:

- **Form unhealthy relationships due to feelings of low self-worth**
- **Enter relationships with individuals who are irresponsible, emotionally detached, or excessively needy**
- **Find themselves in emotionally and, sometimes, physically abusive relationships**
- **Repress their emotions**
- **Cope by abusing alcohol, drugs, sex, or food**
- **Experience anxiety and/or depression**
- **Have a need for control**

I have spent my career helping individuals recover from trauma, depression, and anxiety; to let go of self-defeating behaviors and beliefs; to end or heal painful relationships; and to create new ways of being and relating to others. The common thread; the intersection of trauma and addiction with an interplay of self-defeating actions and unhealthy relationships. Addictive substances and behavior issues often get passed on from person to person, from generation to generation. Depression, anxiety, secrets, and shame are all too common parts of this toxic legacy. I encourage individuals to create a new narrative for their life working toward healing and live in the future with hope, happiness and freedom.

It's not the FUTURE that you're afraid of. It's repeating the PAST that makes you anxious.

Key Aspects of Trauma

An excerpt from *Unspoken Legacy* by Claudia Black, Ph.D.

Key Aspects of Trauma

It is caused by an event that the body and parts of the brain perceive as overwhelming or terrifying. Trauma is the result of a shock to the body, mind, or soul. It can be caused by any stimulus too powerful or too sudden and unexpected to be assimilated or processed in a normal way.

The event behind trauma may or may not be genuinely dangerous. What makes an event traumatic is not its size or level of actual danger, but your degree of distress in response to that event.

Trauma is not the event itself, but your response to that event; this response involves fear, helplessness, horror, shock, or some combination. A catastrophic or painful event doesn't automatically create trauma.

Trauma freezes the moment in time and implants powerful thoughts, emotions, and physical sensations in the body and parts of the brain. These remain embedded - potentially for years or decades - until the trauma is addressed and healed.

Trauma breaks down your psychological defenses and may shatter your sense of security. If you experience trauma, from that moment on your view of life may be quite different.

As a general rule, if you feel you have some control over what is happening, you're less likely to suffer trauma. The critical difference between an event that is stressful but manageable and one that becomes traumatic is a sense of helplessness. If you are able to avoid, delay, minimize, or prepare for a painful event - or address it effectively very soon afterward - it's far less likely to create trauma. It's why a painful situation tends to create trauma when you see it coming, but can't do a thing about it.

The help that others provide (or fail to provide) soon after a traumatic event can have a profound effect on how well and how quickly you recover.

Most events that cause trauma are unexpected. You're much more likely to experience trauma when you're unprepared for an event.

Trauma can also be the result of a string of expected but unavoidable painful events, repeated over and over. This trauma is common among children who grow up in dysfunctional families or who fall under the influence of an abusive authority figure.

Many traumas occur in the context of a relationship. In these situations, people are hurt repeatedly or unexpectedly by someone they trust or care about.

In general, the younger a person who experiences a relational trauma, the greater an impact it will have on his or her life. In part, this is because we're much more vulnerable when we're young; in part, it's because as we grow up our brains and bodies are still developing and trauma impinges on that development.

Trauma isn't just an individual response. It can also be collective and historical. This collective trauma tends to be passed down from one group member to another - and from parent to child, down through the generations.

Trauma is common, not rare. Trauma isn't like a virus, striking only the most vulnerable. Any human being, regardless of his or her age, emotional maturity, or state of health, can experience trauma.

Trauma - even in severe or persistent cases - does not automatically lead to chronic misery or dysfunction. The effects of trauma differ widely from one person to another. Some people can be astonishingly resilient, withstanding or bouncing back from trauma. Others may not be so resilient or may be more resilient to some types of trauma than others.

Traumas are often categorized as Big T Traumas or little t traumas. The events behind Big T Traumas tend to be obvious and acute; those behind little t traumas are typically subtler and chronic.

Big T Traumas include:

- War, invasion, act of terrorism, etc.
- Natural disaster
- Rape
- Sexual or physical abuse
- Violence in the home
- Acts of racism
- Serious injury or illness
- Unexpected death of a loved one

Little t traumas include:

- Failing at something important to you
- Losses (loss of a friend, prized possession, hoped-for promotion)
- High stress at school or work
- Rejection
- Harsh, unfair, or extreme criticism
- Being bullied, shamed, yelled at or demeaned
- Being ignored, disrespected, or discounted
- A lack of empathy from a parent or partner
- An acrimonious divorce
- Unrealistic expectations
- Spiritual boundary violations
- Discovering/witnessing the infidelity of your partner or parent
- Inconsistent/contradictory responses from a parent or partner
- Betrayal



PTSD in Children of Alcoholics

In addition to the basics of food and shelter, children also need stability, consistency, and emotional care in order to thrive. Typically, at a young age, children form an emotional attachment with their caregivers and this has an influence on their development. The most important emotional attachment for a child is usually their parents. Children learn from their parents how to behave, how to function in life, and how to form other health relationships. When children grow up in unstable environments, it can disrupt normal development and lead to difficulties, such as mental health conditions.

Traumatic Effects on Children

Unfortunately, for children growing up with alcoholic parents, where the caregiving is unstable or even abusive, this situation can represent a complex or on-going trauma experience. Children may develop PTSD.

Comorbid Mental Health Conditions

If left untreated, children of alcoholics (especially those who also experience PTSD) may develop other problems too. Many will also struggle with symptoms of depression or anxiety. Some will struggle with perfectionism and low self-esteem. These children may also have difficulties forming attachments and trusting other individuals in their lives. They may develop mental health conditions that can make it difficult for individuals to form healthy relationships.

Adult Children of Alcoholics

For some individuals, who grow up in homes with alcoholic parents, their childhood is all about survival. They are just trying to get through each day, often taking care of themselves, younger siblings, the home, and even their parents. This survival mode may lead them to just keep functioning (at least on the surface.) These children may notice significant mental health problems until they are able to get themselves into a different situation (sometimes by entering college or moving out on their own) where they may then seek help to deal with their unresolved trauma.

Effects of Alcoholic Parents

One environment that can be challenging for children is a home in which one or both caregivers struggle with alcoholism. The characteristics of alcoholism can interfere with a person's typical parenting abilities. They may act in unusual or harmful ways towards the child, including making hurtful statements or becoming violent while under the influence. Further, the parents may not be emotionally available, and therefore, the child is not able to have emotional needs met.

PTSD Symptoms in Children

When adults experience PTSD, they often have symptoms of flashback and nightmares. Certain reminders of the trauma experience may serve as triggers that launch the person with PTSD into a cascade of difficult memories and psychological effects. When children experience trauma, they may feel helpless or they may take on responsibilities in the home, while still being unable to resolve the larger situation. They may withdraw or shut down. They may disconnect or dissociate from their surroundings. They may learn to exercise avoidance just to keep going. Other times, children want to seek out help and act out with tantrums or other behavioral problems. These may be methods they developed to help them survive the difficulty of home-life. Unfortunately, any of these behaviors can negatively affect children at school and in other settings.

Risk for Personal Substance Use

Children who grow up in homes with alcoholic parents, experience trauma, and develop PTSD often go on to have their own issues with substance abuse disorders. The reasons for this are three-fold. First, these children have a genetic predisposition towards substance use. Second, they have witnessed substance use and it was role modeled for them. Third, sadly, in their efforts to cope with their PTSD, they often turn to substances as a maladaptive means of coping. They may find that it helps them "numb out" or temporarily reduce their symptoms and set aside their traumatic memories.

Applying What We Know

For parents struggling with their own alcohol problems, this may be your call-to-action to get help and improve not just your life, but also the lives of your children.

For adults who may see children in difficult situations, speak up and link them to help. Specially trained mental health providers can work with children to help them cope with trauma experiences and build their resilience for their lives ahead. For adults, who grew up in homes with alcoholic parents and complex trauma situations, seek help. Some mental health providers have specialized training working with trauma.

These providers will be best able to help you alleviate symptoms of PTSD and go on to a better life.



WIN INDEPENDENCE FROM CODEPENDENCE

The Four A's Approach

Abstinence: Abstain from people-pleasing, obsessing over others or trying to control them. Learn detachment.

Awareness: Be aware of your negative self-talk and reverse it. Work to build your self-esteem.

Acceptance: Self-acceptance lets you reflect upon yourself without judgement. This grows self-confidence.

Action: Set personal boundaries. This shows that you respect and honor yourself.

ABOUT THE SPEAKER:

Claudia Black, Ph.D. is a renowned addiction author, speaker, and trainer - internationally recognized for her pioneering and contemporary work with family systems, addictive disorders and treating complex addiction and mental health issues faced by youth and young adults. Dr. Black's expertise includes treating trauma and addictions. She empowers and strengthens families through treatment and her educational programs that address removing barriers to recovery in order to embrace multi-generational healing.



BOOKS by Dr. Claudia Black

All books are written for the layperson with the exception of *Anger Strategies*, *Relapse Toolkit*, *Depression Strategies* and *Family Strategies*. Several titles have been published in as many as nine languages and are used worldwide.

The following books will be available at the event for purchase or order - CASH or CHECK only.

Changing Course: Healing from Loss, Abandonment and Fear 2nd Edition, 1999

The sequel to *It Will Never Happen to Me*, this book offers a model of healing for all adults whose lives have been burdened by pain.

It Will Never Happen To Me: Growing up with addiction 2nd Edition, 2001

Dr. Black shares the poignant experiences of being raised with addiction, walking the reader through the process from childhood into adulthood. With over two million copies in print, this book is heralded as the primer in understanding what it means to grow up with chemical dependency.

The Truth Begins With You: Reflections to Heal Your Spirit, 2011

A collection of inspirational and healing messages on such issues as trust, denial, self-acceptance, forgiveness and faith.

Repeat After Me 2nd Edition, 2018

A step-by-step interactive workbook that provides a framework and guide to assist in developing new life skills, changing negative attitudes, and challenging hurtful beliefs.

A Hole in the Sidewalk: The Recovering Person's Guide to Relapse Prevention 2nd Edition, 2018

An interactive workbook that provides specific structure to address key issues such as overconfidence, resentments, anger, relationships, and priorities.

Unspoken Legacy: Addressing the Impact of Trauma and Addiction within the Family, 2018

A portrait of a broken family system, exploring how addiction and trauma develop in families, their damaging repetition, offering a roadmap for healing.

Deceived: Facing the Trauma of Sexual Betrayal 2nd Edition, 2019

Written from a female perspective for women partners of sex addicts so that they may garner validation for their experiences, and find a path that offers them clarity, direction, and voice.

Straight Talk: What Recovering Parents Should Tell Their Kids about Drugs and Alcohol 2nd Edition, 2020

Dr. Black shows readers five very different families and how these parents have talked to their kids about recovery, relapse and the child's own vulnerability to using drugs and alcohol in an addictive manner. Discussion tips and easy-to-understand facts are shared to help parents focus in on key issues.



For more information about the available resources in the Claudia Black Library, see Central Recovery Press's website: <https://centralrecoverypress.com/archives/team/claudia-black>

RESIDENTIAL SHORT-TERM

Bergen New Bridge Medical Center
230 East Ridgewood Avenue, Paramus, NJ
Evergreen Substance Abuse Program (Primary Substance Abuse & Psychiatric Adult)
800-730-2762 or 201-934-1160

The Evergreen Substance Abuse Treatment Program provides comprehensive substance abuse treatment to more than 15,000 people annually. Evergreen's full range of services includes Inpatient Detoxification, Residential Treatment, Partial Hospital Programming, and Intensive Outpatient Programming. Evergreen is designed to meet the needs of persons over the age of 18 who are suffering from the disease of addiction to drugs and/or alcohol. The Access Center will assess your needs and direct your admission to the level of care that will provide the most appropriate treatment for you.

Caron Treatment Centers
Wernersville, PA
Martin Gaudrault, Regional Resource Director
Comprehensive Addiction Treatment (Primary Substance Abuse Adolescent and Adult)
mgaudrault@caron.org Rep: 413-563-9145
www.caron.org

Caron Treatment Centers is a leading, non-profit provider of addiction treatment services in the fight against chemical dependency. Caron provides a comprehensive continuum of treatment services that focus on the medical, psychological/psychiatric, clinical, physical and spiritual aspects of one's recovery, as well as programs for their families; all while being based on the 12-Steps philosophy Specialty Programs: Adolescent, Alcohol/Drug Addiction, Chronic Pain, Coed Program, Compulsive Gambling, Dual Diagnosis/Co-Occurring, Eating Disorders, Family Program, Female Only, LGBTQ, Male Only, Medication Management, Older Adult/Senior Recovery, Opiate Detox, Professionals, Psychiatric Services, Sexual Addictions, Trauma/PTSD, Young Adult Recovery.

Claudia Black Young Adult Treatment Center
1655 N Tegner Street, Wickenburg, AZ 85390
866-764-9263

The Claudia Black Young Adult Center is a groundbreaking, intensive, and experientially based inpatient treatment program for young adults ages 18 to 26. Our goal is to help restore hope, healing, and health to young adults who have lost focus and who are unable to embrace independent lives due to unresolved trauma, addictions, or other issues, including failed past treatments. We also know a key to long term recovery for young adults is finding a way to tap into an overall sense of purpose. Because of this, we use a phase-based approach to ensure safety, promote accountability, and assist patients in developing a sense of ownership of their recovery and leadership within the community.

Huntington Creek Recovery Center
Pocono Mountain Recovery Center
Shickshinny, PA
Anna Arbolino, LSW, Business Development Specialist
(Primary Substance Abuse Adolescent and Adult)
570-991-6256 Intake
anna.arbolino@poconomrc.com Rep: 201-841-6447

At Huntington Creek Recovery Center, we respect the strength and courage of each man and woman who chooses to get help for chemical dependency, and we honor the unique voice and perspective that each patient brings to the treatment experience. The day a person arrives on our campus, he or she joins a vibrant community that is dedicated to ensuring that he or she has the focused services and ongoing support that will facilitate both short-term progress and long-term success.

Kids Peace
Ken Garavaglia, Director of Marketing • KidsPeace
4085 Independence Drive, Schnecksville, PA 18078
610-799-8348 • 800-25-PEACE, ext. 8348 • 800-854-3123
(Primary Psychiatric & Behavioral, Trauma-Children-Adolescent)

KidsPeace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, KidsPeace provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives. KidsPeace provides emotional and physical health care and educational services in an atmosphere of teamwork, compassion and creativity.

Newport Academy
4 Double Hill Rd, Bethlehem, CT 06751
203-884-8652 Intake

Kristin Wilson, Director Clinical Outreach
kwilson@newport-academy.com

(Primary Substance Abuse & Mental Health Adolescent)

At Newport Academy, we bring teens from self-destruction to self-esteem by treating primary mental health issues which addresses the underlying causes of high-risk behavior. We treat individuals, ages 12-22, struggling with teenage depression, teen anxiety, and trauma-related issues, along with co-occurring eating disorders and teenage substance abuse. Newport Academy is a different kind of teen rehab center. Through our clinical expertise and holistic care, we empower teens and restore families.

COMMUNITY RESOURCES FOR SUBSTANCE ABUSE

High Focus Center

40 Eisenhower Drive #100, Paramus, NJ
201-291-0055
Intake Hotline 800-877-3628
8am-9pm Mon-Fri | 8am-5pm Sat-Sun
www.highfocuscenter.com
Outpatient

New Pathways Counseling Services, Inc.

20 Powers Drive, Paramus, NJ
201-436-1022
www.newpathways.com
Outpatient

Strive

4 Forest Avenue, Suite 201, Paramus, NJ
201-986-5000
www.strivecares.com
Outpatient

ASAP

One Bergen County Plaza, Hackensack, NJ
201-336-7359
www.co.bergen.nj.us/divisions-of-family-guidance
Outpatient

Care Plus NJ, Inc.

610 Valley Health Plaza, Paramus, NJ
201-565-2920
9am-5pm
www.careplusnj.org
Outpatient

Bergen New Bridge Medical Center

230 East Ridgewood Avenue, Paramus, NJ
201-967-4000
www.newbridgehealth.org
Inpatient/Outpatient

West Bergen Mental Health

One Cherry Lane, Ramsey, NJ
201-934-1160
8am-9pm Mon-Thurs | 9am-5pm Fri
www.westbergen.org
Outpatient



Please Join our Network of Community Members
Dedicated to Prevention for a Substance-Free Environment

Who We Are

The Hills Valley Coalition is an alliance of dedicated community members, who work to promote a stigma-free and substance-free environment for the families of Hillsdale, River Vale, Montvale, and Woodcliff Lake.

Our Mission Statement

The mission of the Hills Valley Coalition is to educate and inform the community about stigma-free mental health and to provide a safe and substance-free environment that reduces at-risk teen behavior and supports a healthy family lifestyle.

Linked Together We are Stronger



www.hillsvalleycoalition.org



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