

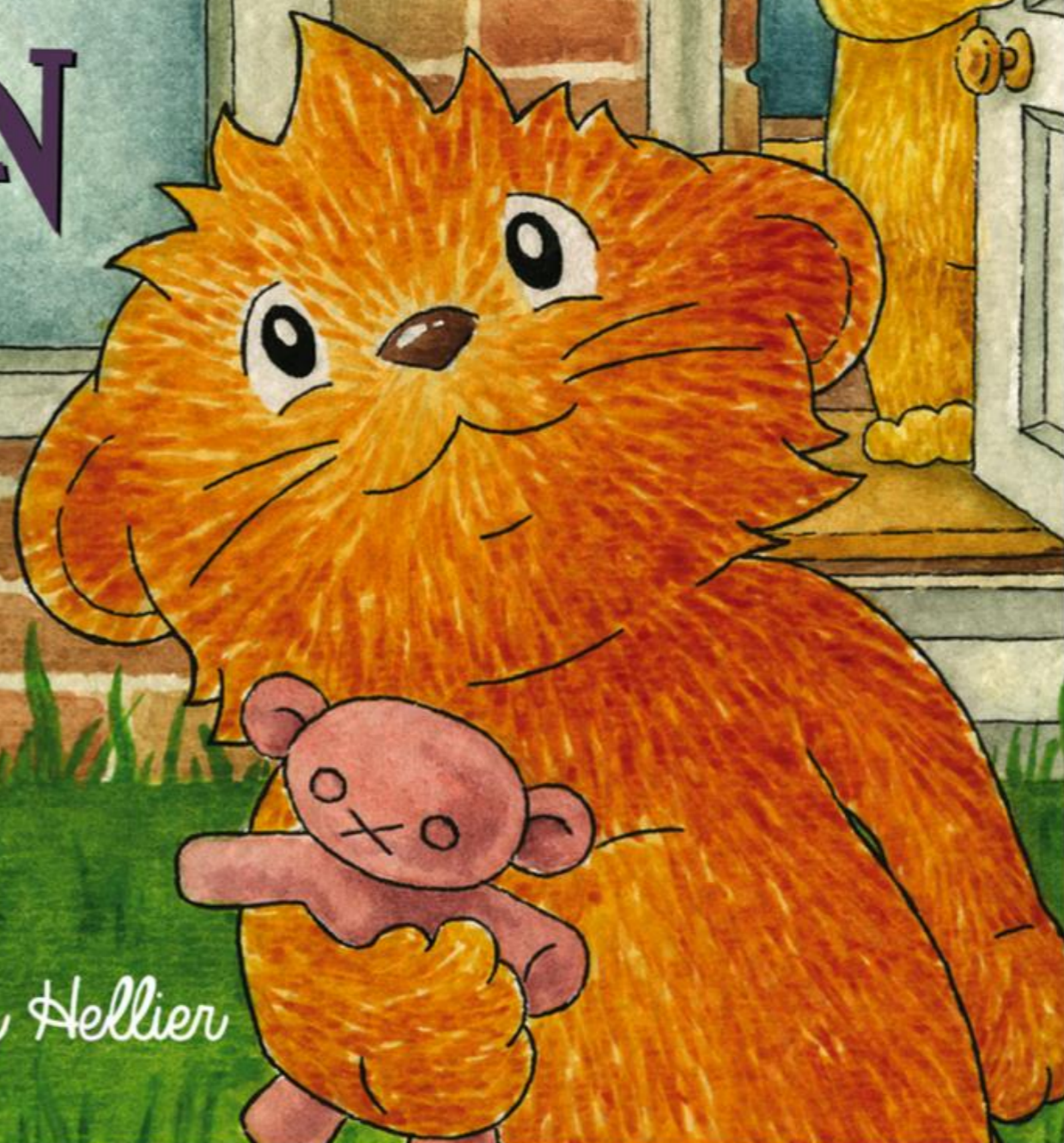
TIMBI

talks about

ADDICTION

Helping Children Cope
with a Parent's Addiction

Trish Healy Luna & Janet Healy Hellier

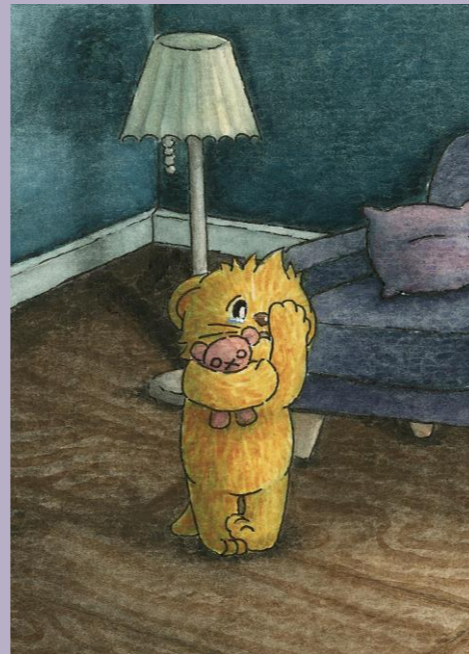


MEET TIMBI

- *Timbi Talks about Addiction* is designed to help drug-endangered children cope with parental substance use disorder (SUD).
- I originally wrote the book over 30 years ago for my kids to help them find language to talk about their father's addiction.

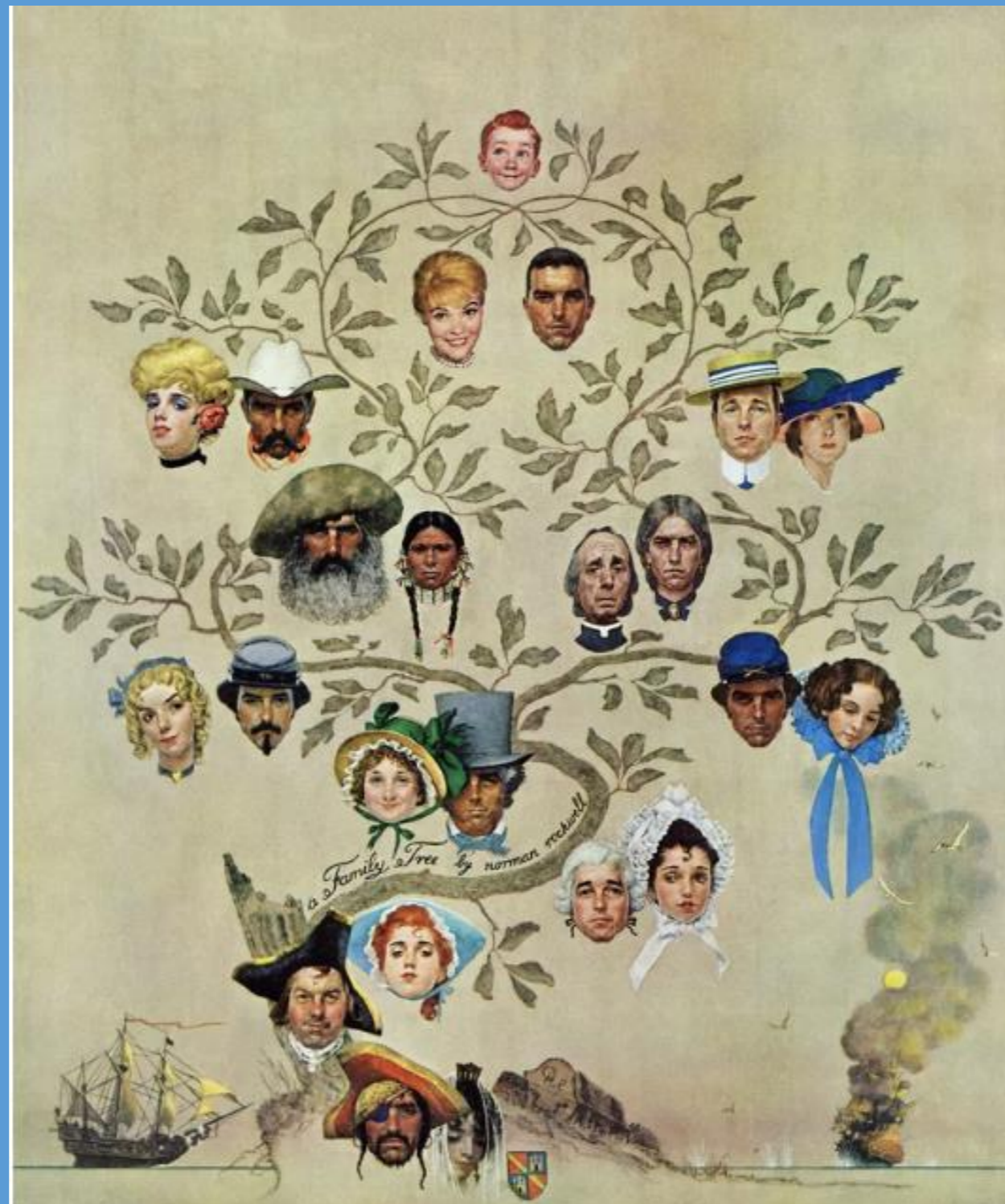
ADDICTION IS A FAMILY DISEASE

Affecting each and every member



**BUT CHILDREN ARE OFTEN OVERLOOKED
IN TREATMENT AND RECOVERY PROGRAMS**

This is what the multigenerational impact of addiction looks like in my family.



Both of my parents are adult children of alcoholics. So, I was raised with all the "isms," if not the alcohol that went along with them!



Because I was raised in a dysfunctional home and exposed to alcoholism, I was more likely to marry someone who has the disease of addiction.



Joe was both a police officer and a fireman.
We looked like a normal healthy family.



He loved us all, but his addiction would eventually take over his life.

We tried very hard to get help. We even tried the “geographical fix.”

We moved to Tennessee...

...but so did the addiction.





Today, my daughter struggles with addiction and has not seen her children in over 2 years... the cycle continues.

That is what the Multi-generational Impact of ACES looks like

- An NIH study found children of substance abusing parents are more than twice as likely to have an alcohol and/or drug use disorder themselves.
- Children of substance abusing parents are at risk for a wide variety of other negative outcomes: emotional, social, and behavioral adjustment problems.
- Risk for poor outcomes among children living with a parent who has a substance abuse history is reported among those as young as 2 to 3 years of age.*

* <https://www.ncbi.nlm.nih.gov>

What are ACEs





So this is where I've ended up.



ACEs

Traumatic experiences that occur before the age of 18 and are remembered throughout adulthood.

- Verbal, emotional, psychological, sexual and physical abuse
- Being raised in a household with domestic violence
- Alcohol and or substance abuse
- Parental separation

Evidence shows children who experience stressful childhoods are more likely to:

- develop health-harming and anti-social behaviors
- perform poorly in school
- be involved in crime
- less likely to be a productive member of society



I knew my kids were experiencing ACEs. I knew I needed help to talk with them about their father's addiction.

I searched for help.

Instead of finding help, we found ourselves alone, ashamed and stigmatized.



There were books about sharing, nighttime fears, and even pooping!! But NOTHING about addiction and how it affects the family. So I wrote it myself.

My goals for 'My Daddy Has a Problem'

- Open communication
- Name the feelings
- Let kids know it's not their fault
- They have no control over their parent's behavior
- #endthestigma

I hope this book helps open communication on the varied and difficult subject of addiction.

I hope this book enables a child who is exposed to an addicted adult

for children faced with dealing with ~~an addicted~~ ^{parents} addiction. Today we are learning addiction is ~~so~~ complex and varied. I hope the child learns that the addiction (whatever it is to) is not their fault, nor do they have any control over the parent doing or not doing the addiction behavior.

I wrote this book ~~so that~~ ~~to~~ ~~my~~ ~~and~~ to state the stigma and fear of ~~addiction~~ ~~of~~ ~~addiction~~ addiction. ~~addiction~~ ~~is~~ ~~a~~ ~~difficult~~ ~~subject~~ ~~to~~ address with very small children, but ~~just~~ ~~because~~ ~~it's~~ ~~difficult~~ ~~that's~~ ~~not~~ ~~we~~ ~~and~~ ~~need~~ ~~to~~. Children who →



MY DADDY HAS A PROBLEM

By

Trish Luna

No publisher wanted to print a book about addiction that was geared toward very young kids.

Of course, not talking about it did *not* make the disease go away in my family, nor did it stop the effects of it.



This is the last picture of my kids with their father.

He died soon after this photo was taken from an accidental overdose of OxyContin in 2009.

There is the ripple effect of the disease.

- **We become numb to the numbers.**
- **But numbers are people.**
- **There is a human toll.**
- **A life:**
- **A daughter, a son, a husband, a father... a mother, a friend.**
- **And there is devastation for many generations from each one of these people suffering from addiction.**

THE TRAGIC STATISTICS

- From 1999 through Jan 2023 over 1.1 million people have died from a drug overdose. *CDC
- Over 109,000 people overdosed in 2022 alone. *CDC
- Over 300 Americans die every day from an opioid overdose. *CDC
- 18.5 million children are impacted by at least one parent's substance abuse. *NaCOA
- Close to a half a million children were in the Foster Care System in 2017. *CDC
- The median age of children entering Foster Care is 7. *SAMHSA



As the opioid epidemic was making national news, I saw people suffering.

I knew struggling families needed this story... Now more than ever.


Ohio Police Post Photo of Adults Apparently Unconscious With 4-Year-Old in Backseat

The woman was "completely unconscious," police said.

By **JULIA JACOBO**

September 9, 2016, 8:48 PM • 5 min read



 The East Liverpool Police Department in Ohio released a photo showing a child in the back seat of a car while the driver and other passenger allegedly overdosed on heroin.
City of East Liverpool Ohio Police Dept.

But this time I didn't take no for an answer. Timbi was born.

Let's listen to the
story now.



Timbi Talks about Addiction

How *Timbi* helps...

Timbi “talks” in language that is accessible to young children

- Introduces concepts and practices that build resilience, and
- Promotes a sense of agency in their chaotic lives.



THE TIMBI "BEAR"

Who wouldn't love a hug from Timbi...

- Hugging has emotional and physiological benefits.
 - It fosters production of beneficial neurochemicals like oxytocin and endorphins.
- Timbi provides immediate relief, ongoing comfort and is as an ever-present companion.
 - Children reported wanting to take Timbi with them wherever they go!





TINY TIMBI
GOES EVERYWHERE THE CHILD GOES!



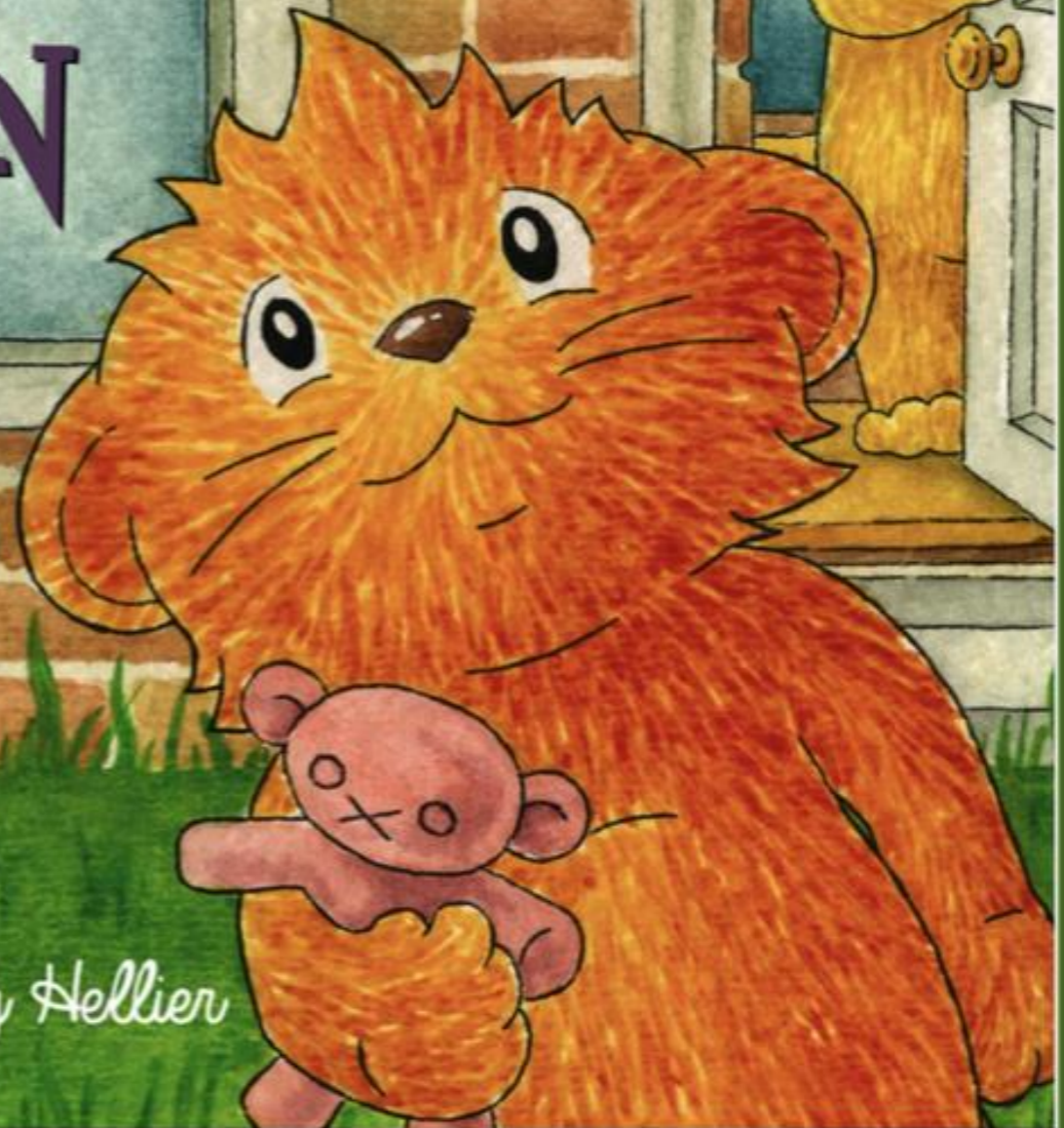
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Here's what Timbi's Talking about...

Addiction is a disease....

- The parent did not choose the disease.
- The parent may act strangely or leave and not come home.
- The child is not alone:
 - Other children have a parent who struggles with addiction.
 - **Safe trusted adults are available to help.**



Safe trusted people save lives



This was my granddaughter's safe trusted person.

This is her 3rd grade teacher who she finally confided in about her mother's addiction who acted and called DCS.



It's not their fault...



- Young children are egocentric by nature; they can't see the world from another's perspective yet.
- They engage in 'magical thinking', believing that their wishes can affect their environment.
- They need to be taught that adults are responsible for their *own* behavior.

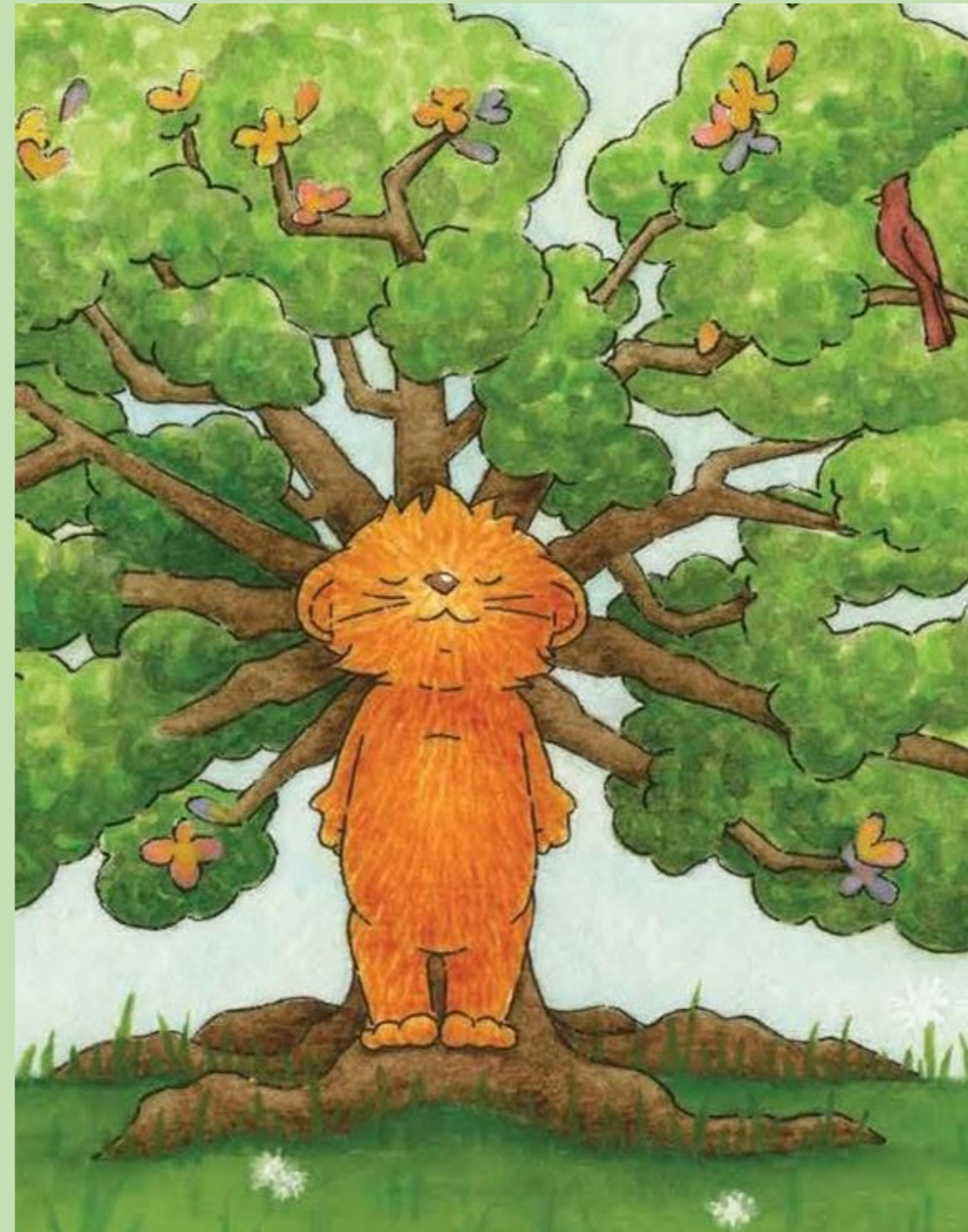
Learning to tune in...

- The stress and trauma can be felt in their body.
- They can learn to listen to their body.
- They can be more in control of their reactions.



Gaining control...

- **Take some deep breaths**—the body automatically calms down.
- **Sit on the floor** feeling your feet on the floor is grounding.
- **Nature** is calming to the nervous system.
- **Play** is a way to activate neural circuitry of joy in children.
- **Singing or shouting** can have the effect of freeing the voice for other communication.



Emotions are perfectly natural...

- They are an automatic response to the situation.
- Studies show labeling emotions reduces the physiological response.
 - Awareness is the first step of gaining control
- Emotions are fleeting, but rumination allows them to persist.
 - The goal is to *disrupt* the *rumination*.

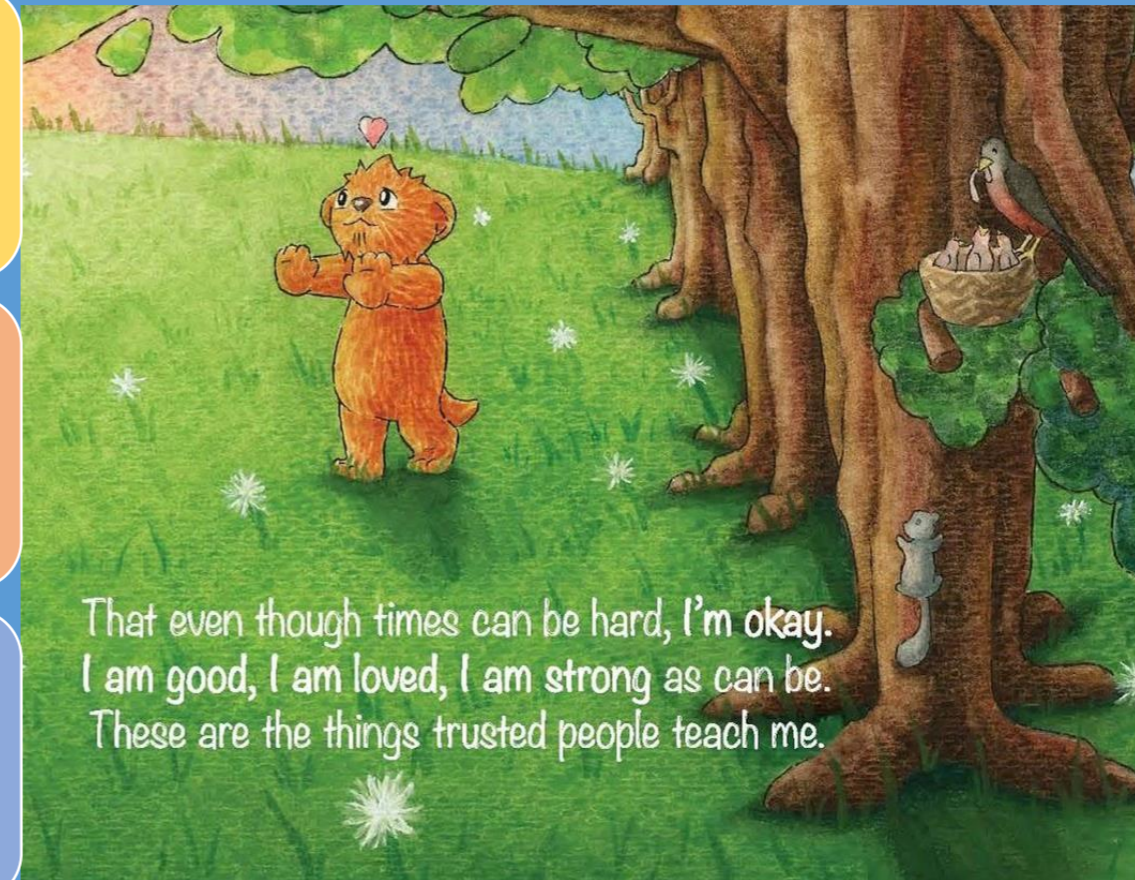


Finally, Timbi helps the child know...

THEY ARE GOOD

THEY ARE LOVED

THEY ARE STRONG AS CAN BE



Here is a list of skills and practices the child can be encouraged to develop.

Timbi loves sharing ways to calm down and let go of difficult feelings.

YOU CAN TRY THEM, TOO!

YOU CAN...

Talk to safe adults.

Take some deep breaths to feel calmer.

Remember addiction is a disease and not your fault.

Learn to listen when your body says, "Something is not right."

Play outside in nature.

Feel thankful for people, places and things in your life.

Remember to have fun and be silly sometimes.

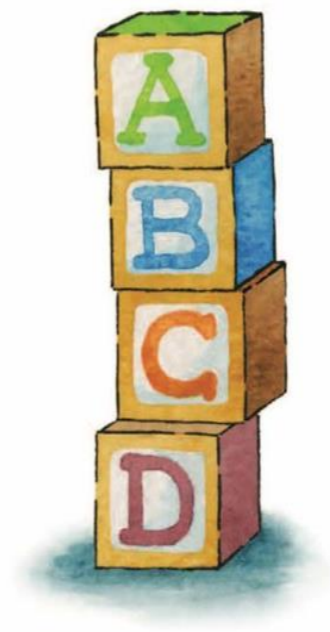
Play with friends.

Read books.

Hug your Teddy, blanket or other lovey.

Always remember:

You are good. You are loved. You are strong as can be.



TIMBI
colors
~~talks~~ about
ADDICTION
A Coloring and Activity Book



A companion resource for *Timbi Talks About Addiction*, a book written for children coping with parental addiction.

By Irish Healy Luna and Janet Healy Healy Illustrated by Mackenzie Mitchell

The activity book reinforces and broadens the message of *Timbi Talks*.

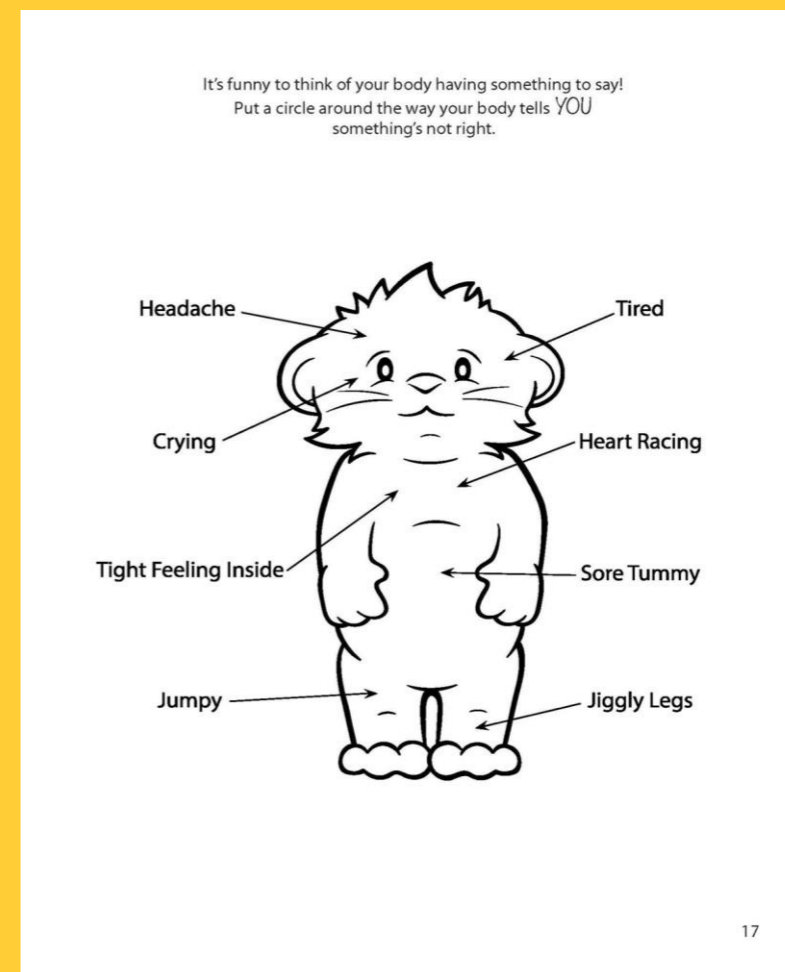
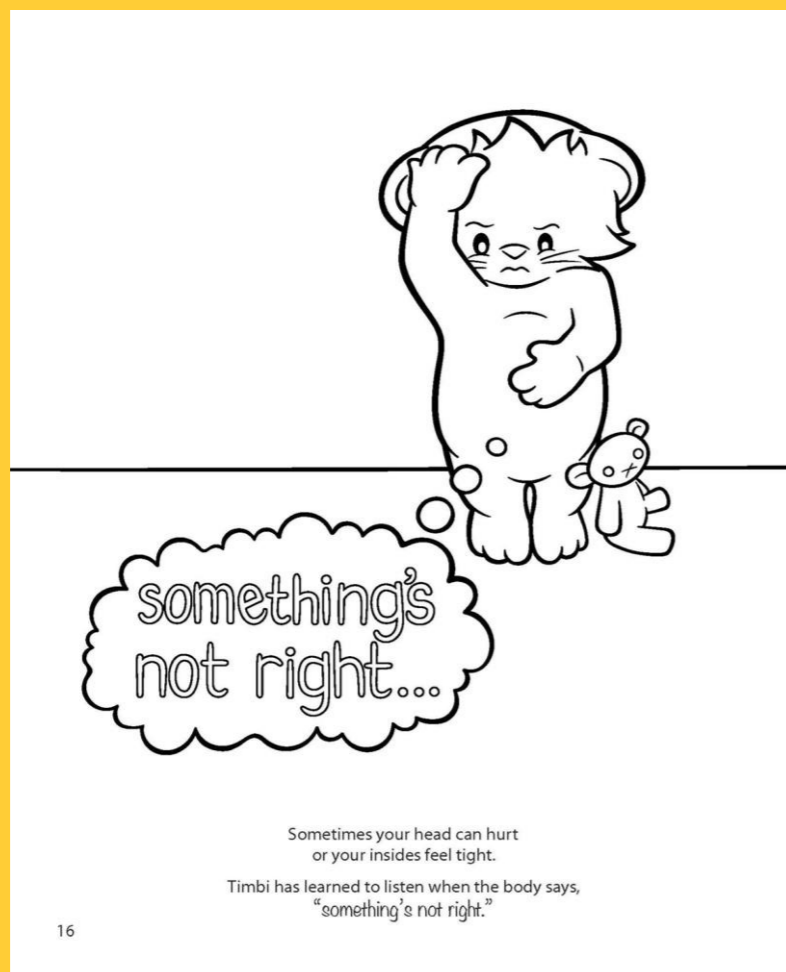
Using multiple pathways of learning makes the message 'stick' better.

Through play, children have access to neural circuitry that enhances learning.

Basic guidelines for using Timbi with displaced and traumatized children:

- Adults should project a calm, quiet exterior to children. (Co-regulating)
- Adults should let children know they are safe and not to blame for the circumstances.
- Traumatized/abused children will need time to feel safe and should be given space to become comfortable with their surroundings.
- Holding/hugging the Timbi bear provides comfort without having to have physical contact.
- Children can get immediate relief with simple breathing exercises... especially when done together.

- Children are sensitive and pick up on signals of tension and stress.
- Their vocabulary is limited, and they can't express their feelings effectively.
- “Listening” to their body is crucial to allow the release of stress/trauma.
- Children can circle the symptoms that “speak” to how they are feeling.



Being out in nature has cognitive and physiological benefits. There are very specific neurons that get fired when outside.



Timbi loves to play outside on the swings.
Being in nature helps lift Timbi's spirits.

It can work for you, too!

Children are asked to describe a 'happy place' while engaging multiple senses.

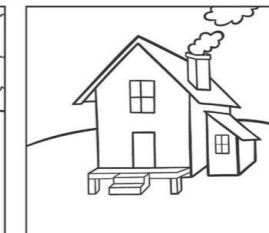
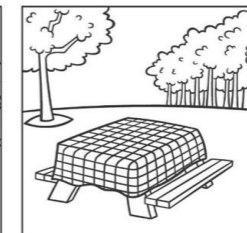
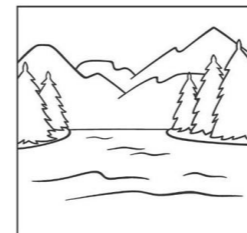
Studies show this kind of imagery can be stress relieving

Circle a picture below or draw someplace where you feel happy and calm.

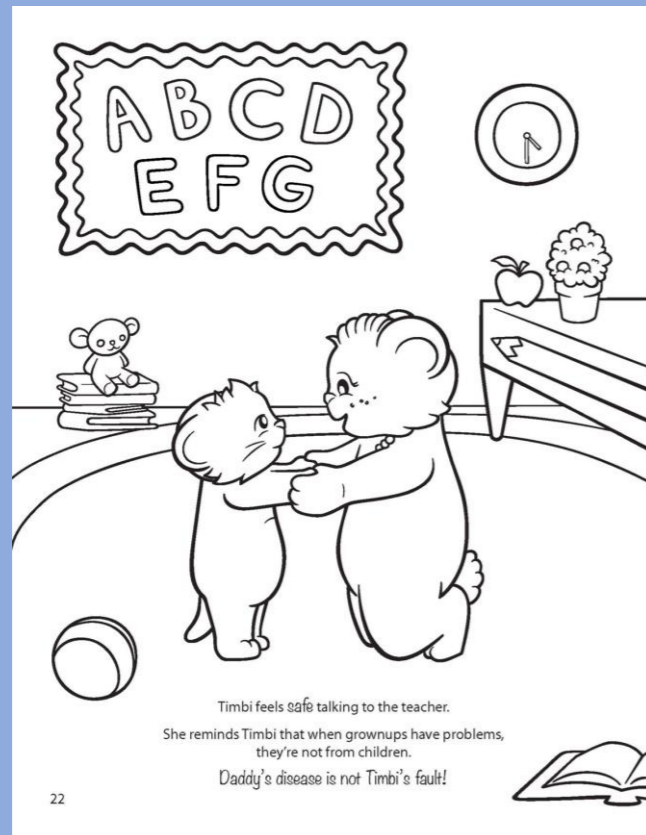
Think about what smells there are, like some yummy food, or sweet-smelling flowers.

Can you feel the warm sun on your face, or soft grass on your feet?

What sounds do you hear? Maybe birds singing, people laughing or water splashing?



Finding a trusted person is fundamental to the child's improved functioning.



Noted trauma specialist, Bessel van der Kolk, writes that being able to feel safe with other people is the single most important aspect of mental health.

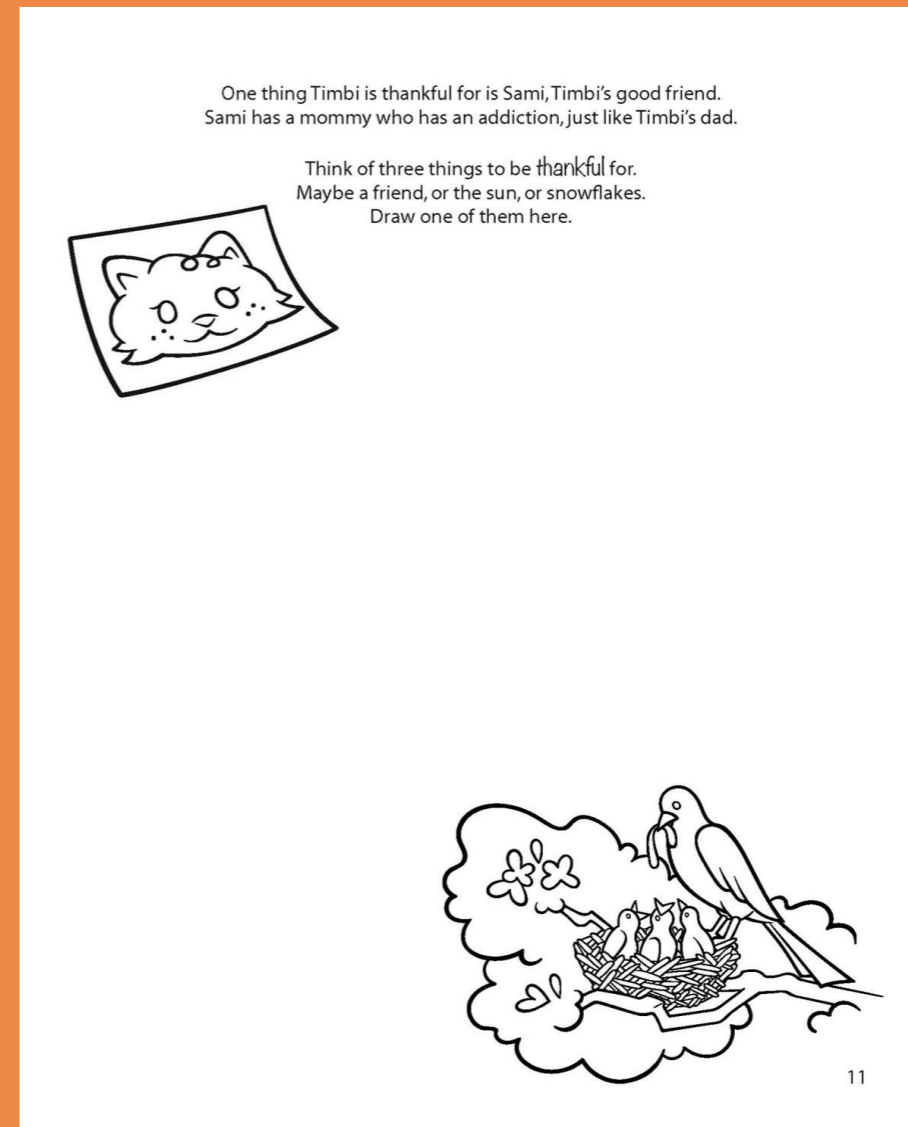
Studies show smiling makes people happier. The facial muscles send a signal to the brain.



Timbi hugs his Teddy and feels better. Give Timbi a hug! Hugging activates beneficial neurochemicals.



Timbi remembers to be thankful. Gratitude is another positive emotion that has been shown to improve well-being.



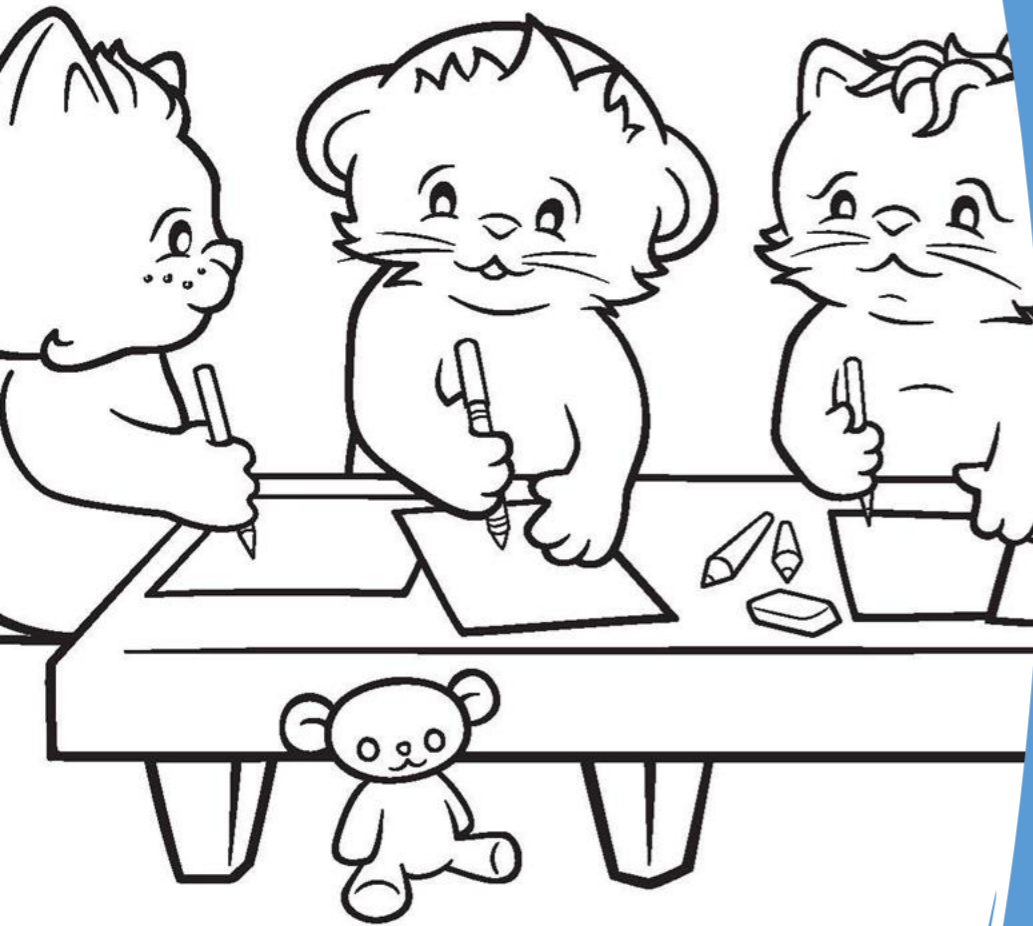
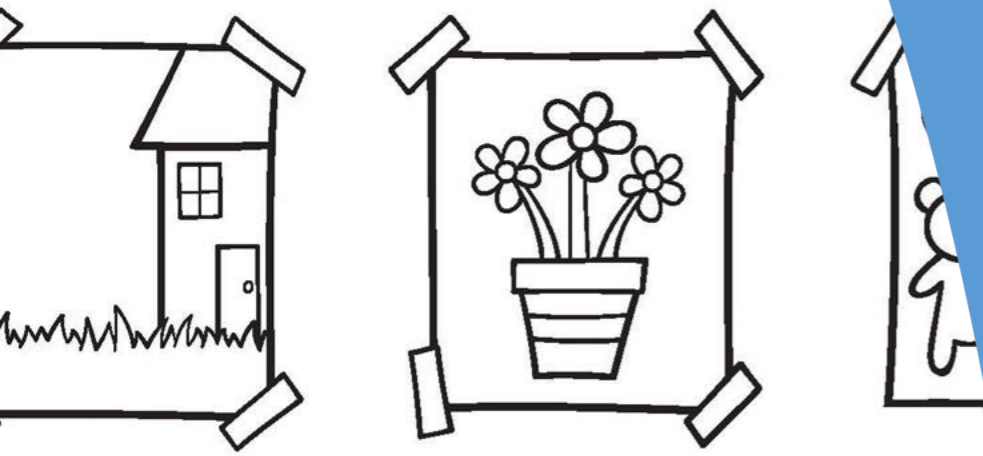
What helps you feel better?
A pet, a blanket, a stuffed animal, a friend
Draw a picture of it here:



Children think about and draw something that helps them feel better

- This facilitates formation and retention of positive thoughts
- “What fires together, wires together.”
- All these exercises enhance the neuroplasticity of the brain and help rewire neural circuitry.

There are 10 differences between these two pictures.
Can you find them?



Answers:

- 6) the table has an extra leg
- 7) Timb's bear is on the floor
- 8) the picture of friends is missing tape
- 9) a piece of paper is missing from the right side of the table
- 10) Timb's friend on the left has curly fur

- 1) the picture of friends is flipped from left to right
- 2) the picture of friends has been changed to daisies
- 3) the picture of friends has whiskers

Some pages are just for fun.

- Offering a break from the learning to foster assimilation of ideas.
- During play, specific neural circuits become engaged, which provides a special opportunity to wire some positive messaging in the brain.
- To make the book more appealing--more like a 'funbook' than a 'workbook.'



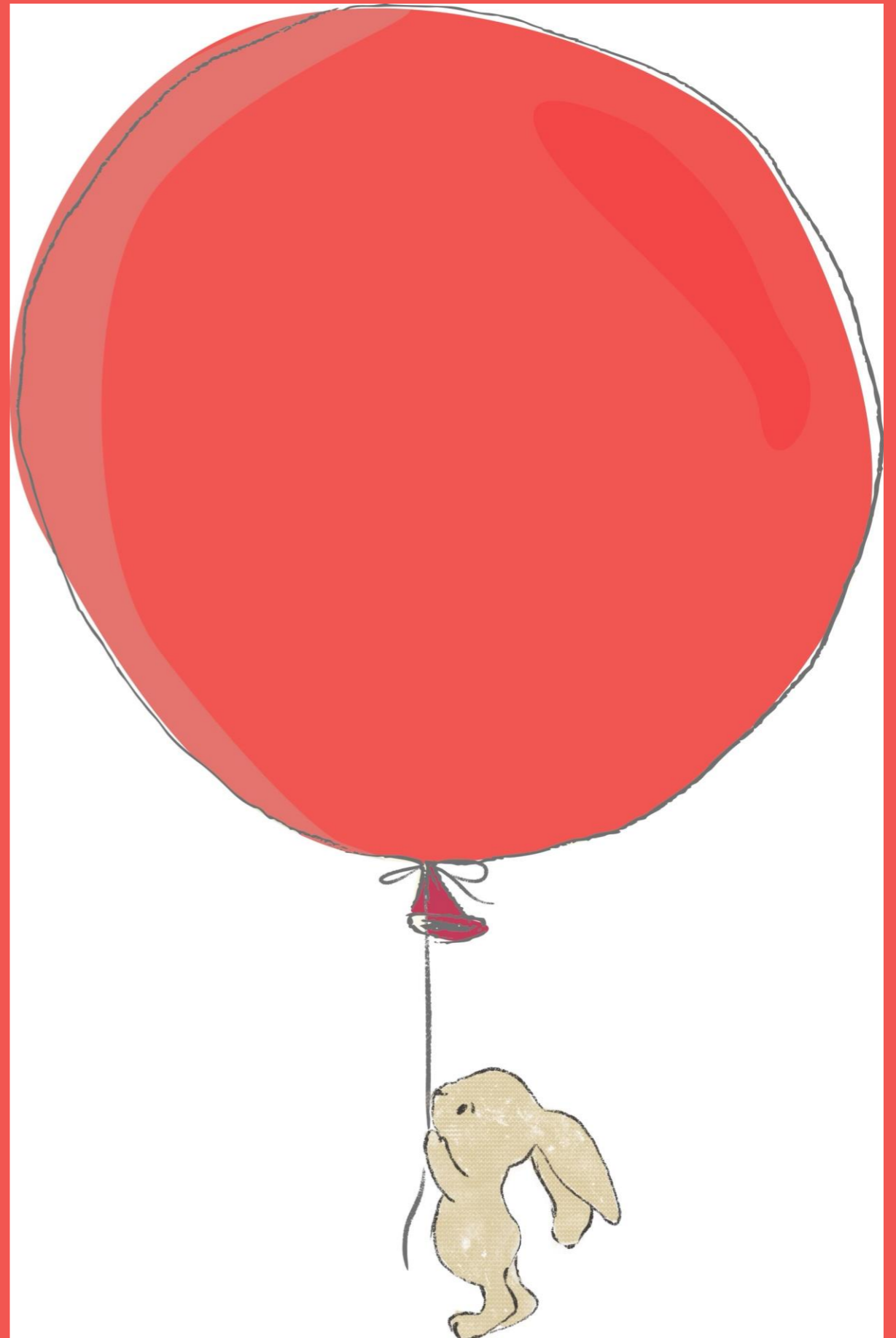
Timbi has been enthusiastically *embraced* as a resource in treating the family disease of addiction.

Our law enforcement partners love having Timbi all wrapped up and ready to go to work when they need it!



Coming soon...

Lambi
Learns
about
Addiction
and
Prevention



My name is Lambi, but I am a bunny.



Isn't that strange and isn't that funny?

You'd think I'd be a lamb, but I have long ears.

I've learned not everything is as it appears.

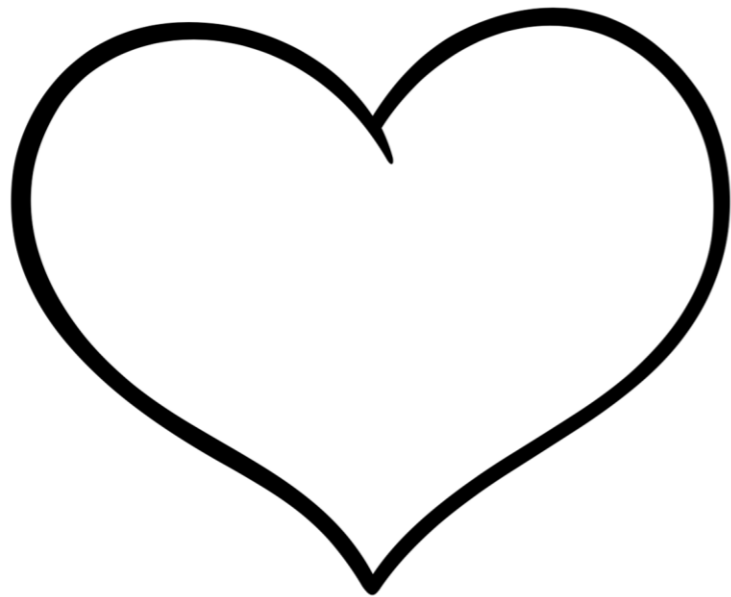


Timbi sets are available for
\$45 for non-profits.
Please visit
Timbi.com

or contact me at:
trish@timbi.com

THANK YOU TO EACH
AND EVERY ONE OF
YOU FOR BEING HERE

You are good,
you are loved,
you are strong!



“Anyone
who does anything to help
a child, is a hero to me.”

—FRED ROGERS

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