

# OPIOIDS: Parenting and Resources



**The abuse of opioids has led Virginia, like other states across the nation, to declare opioid addiction as a public health crisis. MORE VIRGINIANS now die every year from an overdose than in car accidents.**

**Addiction or abuse of heroin and prescription drugs** commonly prescribed for pain, (oxycodone, hydrocodone, and fentanyl) will erode a parent's ability to provide good nutrition, supervision and basic care for their child.

**Family life with an opioid abuser** is often chaotic and unpredictable. This instability increases the risk for adverse childhood experiences, which research shows can seriously affect a child's health and wellbeing as an adult.

**If you, or someone you know struggles with addiction,** it's important to take steps to keep children safe. The first step is to admit you have a substance abuse problem and seek treatment.

Go to **VaAware.com** to find treatment information, access to resources, and the latest research and data on this crisis.

**Timely access to substance abuse treatments,** as well as recovery coaches or mentoring, is available.

**REACHING OUT FOR HELP** to recover from addiction is the first step toward protecting your child's safety and wellbeing. Be the best parent you can be by overcoming your addiction with determination, guidance and education. **START NOW.**