

Recovering from Addiction and Codependency

Dear Parent or Guardian,

Your teen's health class is studying the complex issue of addiction. We define addiction as a physiological or psychological dependence on a substance or an activity. Although that definition implies many types of addiction, even addiction to food or gambling, we will concentrate on addiction to alcohol and other drugs.

Some questions your teen will explore as we study this chapter are: *What are the warning signs of addiction? How does intervention help people recover from addiction? Where can people go for help with their addiction? What is codependency? Why is addiction considered a family disease? What sources of help are available for people involved in the lives of alcoholics and other drug addicts?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to describe the process of addiction.
- Together, find out what services are available in the community for alcohol and drug treatment. Create a list of addresses and phone numbers that would assist a friend or family member in need.
- With your teen, write a letter to an imaginary friend or relative who is upset over the addiction of someone close. In the letter, offer encouragement and support.

Please plan other activities you think will help your son or daughter understand the importance of choosing and living a substance-free life. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher