



Making the difference: A Curriculum for Supporting Families with Addiction Issues

Scan the QR code to
access the curriculum:



[https://www.euronetprev.org/
projects/erasmus/](https://www.euronetprev.org/projects/erasmus/)

Open Educational Resource (OER)

Developed in 2024 as part of the Erasmus+ project Qualification Makes the Difference! with partners from 9 EU countries, the curriculum reflects diverse European contexts. It incorporates insights from interviews with adult children of parents with addiction issues and the parents themselves. In this way, the curriculum meets the real needs of families impacted by addiction.

Addiction affects the whole family – this curriculum equips trainers to empower professionals to make a real difference.

Goals of this Curriculum:

- Emphasize empathy
- Raise awareness
- Protect children
- Reduce stigma!

Who should be trained?

This curriculum is designed to train professionals who regularly interact with families affected by addiction and play a key role in providing early support such as teachers, healthcare professionals, social workers, child protection officers or first responders.



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Make the
difference

What is included?

The curriculum consists of **7 modules** covering theory, practical exercises, discussion prompts, and case examples to enhance understanding and practical application.

Module 1: Addiction in the family
Module 2: Understanding addiction
Module 3: Communication with families with addiction issues
Module 4: Parent-focused support
Module 5: Supporting the children
Module 6: Integrated approaches & networking
Module 7: Self-care and burnout prevention for professionals



Exercise



Discussion prompt



Trainer's guide



Online options



Case examples

Why use this Curriculum?

- **Early identification of risks:** It equips professionals to provide early support and comprehensive support, leading to better outcomes for families.
- **Real-life grounding:** It incorporates lived experiences of families affected by addiction.
- **Ready-to-use materials:** Exercises, case examples, and discussion prompts.
- **Adaptability:** It is suitable for diverse professional contexts, sectors, and countries.
- **Promotes collaboration:** It strengthens collaboration across education, healthcare, social services, child protection and addiction services.
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Voices from Families

"When we keep on a brave face, the professionals forget about us."

– Young adult, affected by parental substance use.

"In my childhood, the addiction problem in my family remained hidden. No one came to help. What I want professionals to understand is that no one chooses to be addicted. Leave judgments aside and listen."

– Mother of 2 children with substance use issues.



Join us in Making a Difference!

"We hope this curriculum inspires trainers, professionals and policy makers to prioritize the training of professionals. Explore, use and share it to better support families affected by addiction!"