



GENDER-SENSITIVE MENTAL HEALTH IMPLICATIONS FOR CHILDREN LIVING WITH CAREGIVERS WITH ALCOHOL USE DISORDER.

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##UAPC24

DECLARATION OF INTEREST

I hereby declare that I have no financial, personal, or professional conflicts of interest related to the content of this presentation. I also confirm that I have not received any funding, sponsorship, or support from the alcohol industry or related organizations.

My views and recommendations are based solely on available evidence and are intended to advance the understanding and prevention of alcohol-related harm



Introduction and problem identification

- ➡ Children with caregivers affected by Alcohol Use Disorder (AUD) face heightened mental health risks (e.g., anxiety, depression and substance use).
- ➡ Alcohol disrupts family stability: 1 in 5 children (in South Africa) in alcohol-affected homes face emotional neglect, (Peltzer et al., 2018).
- ➡ Children have limited access to mental health support (WHO, 2019).
- ➡ Gender Focus: Distinct challenges exist for boys and girls, highlighting the need for gender-sensitive approaches.

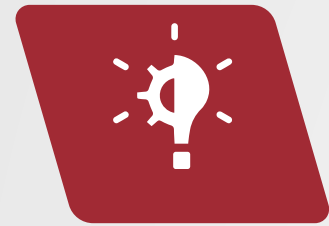




Aim of the Study

Identify and analyze distinct emotional, behavioral, and societal challenges faced by boys and girls whose caregivers struggle with alcohol misuse, with insights into targeted recovery services.

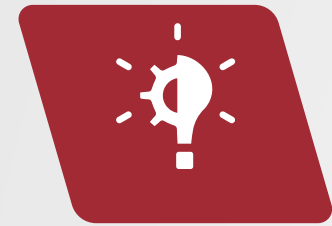
To suggest possible interventions to deal with identified challenges faced by boys and girls whose caregivers struggle with alcohol misuse.



Methodology

- **Desktop survey, utilizing secondary data.**
- **Sources: Includes case studies, previous reports, and selected family support models.**
- **Method: Comparative analysis focused on gender-specific mental health challenges among children in alcohol-affected families.**

Findings



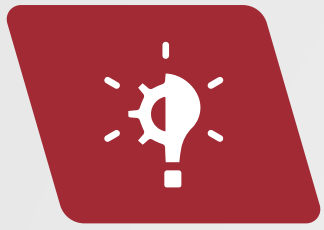
Gender-Specific Challenges:

Girls

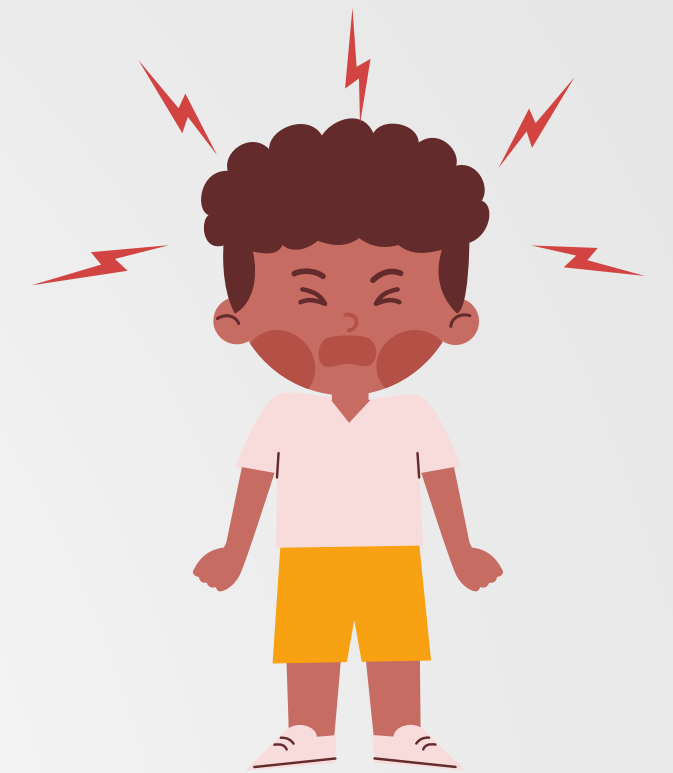
 **Frequently take on caregiving roles for siblings or even the affected parent.**

 **Emotional impact includes stress, guilt, and feelings of neglect.**

 **Long-term effects: Risk of internalized mental health issues like anxiety and depression.**



Gender-Specific Challenges:



BOYS

 May be pushed into traditional roles of being "strong" or "protective," suppressing emotional vulnerability.

 Societal pressure can lead to externalized behaviors such as aggression, delinquency, or substance abuse.

 Long-term effects include Struggles with emotional regulation and high-risk behaviors

CRITICAL QUESTION?

**How can we, as stakeholders,
provide the support these
children desperately need?**

The Bottom Line

Addressing mental health needs isn't one-size-fits-all. We need to understand gender dynamics to create effective interventions.

Way forward

BOYS



Emotional Expression Workshops



Behavioral Support and Positive Outlets

GIRLS



Supportive Caregiving Programs



Psychoeducation and Mental Health Support

CONCLUSION

These tailored interventions acknowledge the distinct challenges faced by boys and girls, ensuring that mental health support is both relevant and effective in addressing the impact of caregiver alcohol misuse.

“Together, we can transform these children’s lives and give them hope for a future free from the effects of substance use.”

THANK YOU FOR ATTENDING

If you have any further questions or would like to get support for substance use support, please don't hesitate to reach out to us.



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