

The Seven C's: Helping kids cope with addiction

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Many children who grow up with addiction in their family feel responsible for their family member's substance use disorder. They often say things like "If I didn't laugh so loud or didn't fight with my siblings, my mom or dad wouldn't use drugs or alcohol."

The first half of the 7 C's stress that children are not responsible for the family member's substance use or misuse. The remaining 7 C's focus on healthy coping skills such as communicating feelings and the importance of self-care. These are important messages that are woven into the activities at each Camp Mariposa weekend.

Each child who attends Camp Mariposa receives a lanyard with a laminated copy of the 7 C's card. Children refer to the card throughout the camp weekend. Many children also receive a laminated copy of the card to take home and use as a reminder in between camp weekends. If you know a child who lives with a family member who struggles with a substance use disorder, you can print out the attached 7 C's card and share it with them.

I didn't **CAUSE** it, I can't **CONTROL** it, I can't **CURE** it, **BUT** I can take **CARE** of myself, by **COMMUNICATING** my feelings, making good **CHOICES** and **CELEBRATING** myself.



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