

Foreldrerollen – generasjonsoverføring av rusproblemer.



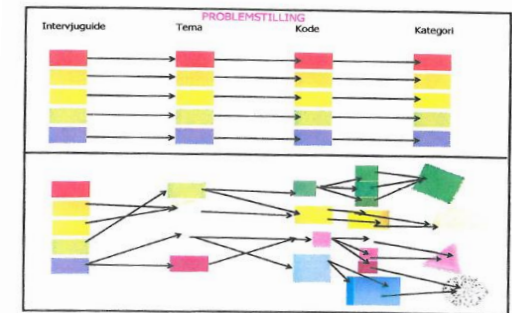
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Forskningsspørsmål:

- 1. Hva legger rusavhengige mødre som selv har vokst opp i en rusavhengighetssituasjon i det å være "en god mor"?
- 2. Hvordan opplever moren at egne foreldres rusavhengighet medførte belastning for henne i oppveksten?
- 3. Hva ønsker mor å gjøre for å forebygge at barnet hennes opplever tilsvarende belastninger?
- 4. Hvordan beskriver mor at barnefar/annen støtteperson kan bistå i dette forebyggingsarbeidet?
- 5. Hvordan forstår far/støttepersonen sitt bidrag vedrørende å utvikle omsorgssituasjonen for barnet?
- 6. Hvordan beskriver terapeutene sitt arbeid for å utvikle en god nok omsorgssituasjon for barnet?



Datainnsamling

18 dybdeintervjuer av 9 rusavhengige mødre vokst opp med rusproblemer hos omsorgspersoner

9 dybdeintervjuer av 9 støttepersoner.

3 fokusgruppeintervjuer med ansatte

Analyse

Systematisk tekstkondensering

Systematisk tekstkondensering

Diskursanalyse (?)

Hovedfunn:

- Et liv på kanten av samfunnet
- Rusbruk som en selvfølge
- Traumatiske erfaringer



5 utfordringer:

- 1 Bli mamma
- 2 Holde seg rusfri
- 3 Bearbeide traumer
- 4 Bygge sosialt nettverk
- 5 Bli en samfunnsborger



Substance-dependent women becoming mothers: breaking the cycle of adverse childhood experiences

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ABSTRACT

Parenting may be particularly challenging for substance-dependent mothers who have grown up with parents who themselves had substance use disorders (SUDs). The aim of this study was to explore how substance-dependent mothers describe their childhood experiences with substance-abusing parents and the association between these earlier experiences and their own role as caregivers. Using purposive sampling, mothers admitted for 1 year to a family ward at a substance abuse clinic were approached. Through in-depth, qualitative interviews, nine substance-dependent mothers described their lives in the form of present, past and future tense. The findings indicate that substance-dependent women, who have experienced SUDs in their families of origin, face several major challenges when they become mothers. Some describe having lived their whole lives 'on the edge of society'. This makes their rehabilitation process more complex. All mothers work to abstain from substances, process traumatic experiences and integrate their family into society. They need help to build supportive social networks and to establish a safe and predictable family environment for themselves and their children. The therapeutic implications of these findings will be discussed.

INTRODUCTION

This paper explores how substance-dependent mothers with a newborn child, who themselves have grown up with parents with substance use disorders (SUDs), experience motherhood. The body of literature in this field has documented that the offspring of mothers with serious substance abuse problems face an accumulation of risk factors because of biological, psychological, social and environmental vulnerability. However, remarkably little is known about the perceptions and challenges experienced by children of substance abusers when they themselves become parents. To investigate the subjective experiences of these second-generation mothers with substance abuse, we have undertaken in-depth interviews with women admitted to a family ward together with their

infants. In this study, we use the term SUDs to include diagnoses related to use of alcohol, prescription drugs and/or illicit drugs.

It is estimated that 8.3% of Norwegian children below 18 years live with parents with diagnosable alcohol problems (Tjørvik & Rognes 2011). Children living with mothers with SUDs are at heightened risk for physical, academic and social-emotional problems (Connors *et al.* 2009). The risk for psychosocial problems is furthermore associated with dysfunctional parenting, e.g. harsh discipline, poor monitoring, low degree of parental warmth, in families with habitual parental use of substances (Miller *et al.* 2008, Bailey *et al.* 2009). Parental SUDs are also associated with unpredictability and family conflict (Haugland 2003).

The Adverse Childhood Experiences Study suggests that the development of substance dependence is

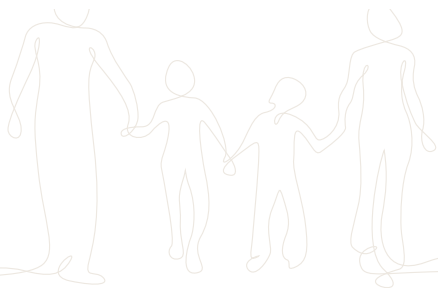
Substance-dependent women becoming mothers. Breaking the cycle of adverse childhood experiences.

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2. Artikkel (Innsendt september 2015)

Social support available for substance-dependent mothers and their offspring.

- * Hver av mødrene har pekt ut sin nærmeste støtteperson for livet etter innleggelsen. (I noen tilfeller er dette barnefar.)
- * Støttepersonene intervjuet om hvordan de bidrar til sosial støtte for mor-barn dyadene.
- * Tekstene analysert i sammenheng med mødreintervjuene



3. Artikkel (2015/-16)

- Fokusgruppeintervjuer av terapeutene ved enheten der kvinnene har vært innlagt.
- Hvordan bidrar de til at mødrene skal bli gode omsorgspersoner og barna få gode oppvekstbetingelser?



2016: Skrive kappen

2017: Innlevering og disputas

