



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

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# **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.**

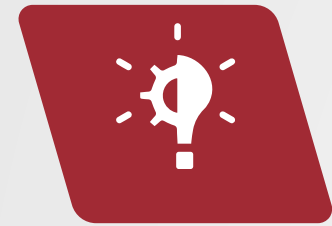
**To suggest possible interventions to deal with identified challenges faced by boys and girls whose caregivers struggle with alcohol misuse.**



# 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



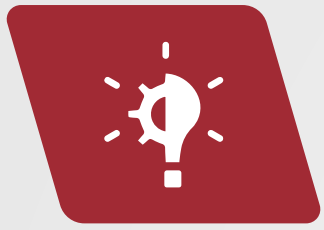
## Gender-Specific Challenges:

### Girls

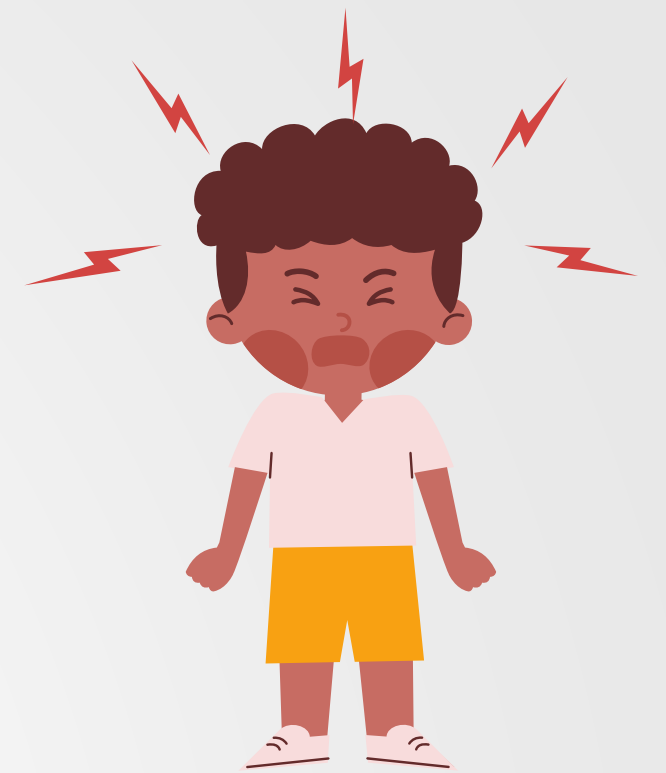
 **Frequently take on caregiving roles for siblings or even the affected parent.**

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

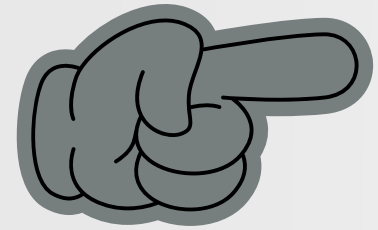
 **Long-term effects: Risk of internalized mental health issues like anxiety and depression.**



## 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.



## Contact Us



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