

Abstract

This master thesis focuses on the impact of alcohol on families if one of the parents is addicted looking through the lens of the theoretical concept of AHTO. To fulfil the research goal I chose a literature review then followed up qualitative interviews with experts from the ranks of social and health services workers and OSPOD. According to the interviewed experts, forms of AHTO appear in families as follows - relationship problems, psychological damage (distrust, feeling helpless, low self-confidence, guilt, shame, rejection or not acknowledging the seriousness of the situation), financial difficulties, domestic violence. Then, in the case of children, mental harm, attention deficit disorders, parentification, worsened academic results, relationship problems, parental or alcohol rejection. Experts most often encounter solutions strategies such as control, negotiation or playing on emotions, threats, trying to help, trying to solve the situation of an addict, downplaying the situation, hiding the situation, rejecting a person. Experts recommend other evidence-based strategies for family members to deal with the situation and what I can do, not make false promises, reject alcohol but not a person, set boundaries and barriers, understanding addiction as a disease, offering help to an addict. The research also focused on the analysis of available professional assistance to families with an alcohol dependent member, i.e. the health and social services that family members can attend.