



The PITCH 4 KIDZ Story:

Stacey Beck, wife of former Major League pitcher Rod Beck, founded PITCH 4 KIDZ to help children who are affected by the substance abuse of one or both parents. Rod's addiction, and eventual death in 2007, showed Stacey how the devastating nature of the disease affected her children. She also saw how crucial it was to offer children hope. Stacey's experiences, and the help her children received at similar programs offered in other states, laid the foundation and fueled her passion for helping other families. Today, Stacey is a Licensed Associate Counselor and the Executive Director of PITCH 4 KIDZ. She believes that children deserve opportunities to express their feelings and experiences, while learning positive coping skills that can be used throughout their lives.



Why do children need their own program in the family recovery journey?

Research shows that addiction is a brain disease. It does not affect only an individual, because addiction is a family disease. However, children are often left out of the recovery process, with the intention of protecting them and the belief that they do not know about the family struggle with addiction. When children are left out of the recovery journey, they do not learn about helpful tools for coping and thus do not benefit from the recovery process. This can inadvertently impact many aspects of their development including building interpersonal skills, learning about boundaries, and identifying their feelings. The lack of these skills can affect children's behavior, education, and most importantly, their self-esteem. In addition, these kids are four times more likely to become addicts as adults as are other children and are at a higher risk for emotional and behavioral problems.

PITCH 4 KIDZ, a program of Hope Network, is designed to offer age-appropriate support and education to children and families. The goal is to bring the children actively into the recovery process so the entire family can heal. One in four children in the U.S. is affected by a parent's alcohol abuse. This percentage increases when other substances are considered. Their initial exposure happens at home.

Genesis Center for Recovery, dba PITCH 4 KIDZ, is a non-profit, 501 ©(3).

PITCH relies on donations to provide services that can help break the cycle of addiction.

Please consider helping us ensure brighter future for our children.

What is PITCH 4 KIDZ?

A Program Description

Mission Statement: PITCH 4 KIDZ is dedicated to providing **Positive Interventions Targeting Communication and Healing** for children living in families affected by substance abuse.

PROGRAM PROCESS & FORMAT:

- **PITCH** is a 3-day psycho-educational workshop for children ages 6-12, designed to help intervene in the multigenerational cycle of addiction & offer HOPE for family recovery.
 - **Day 1 (Kids Only):** Children learn basic facts about the disease of addiction in a developmentally appropriate way through play, games, and music. Other concepts include boundaries, control, treatment & recovery, & relapse.
 - **Day 2 (Kids Only):** Children build skills around identifying and expressing feelings through artwork, storytelling and letter writing. Strategies for self-care and staying safe are also introduced.
 - **Day 3 (Kids and Adults):** Children share their feelings about addiction with their families in a structured format. Families spend the day learning, sharing, playing, and creating new, healthy family interactions.
- Ongoing support activities are offered monthly for the entire family to participate in activities designed to support recovery and reinforce messages/skills learned in the initial workshop.
- Future plans include a **PITCH 4 TEENZ** program scheduled for Winter 2015.

PROGRAM CONTENT:

- The PITCH program design was created from curricula outlined in the *Children's Program Kit* published by Substance Abuse Mental Health Services Administration.
- The PITCH 4 KIDZ program helps children build resilience, reduce feelings of shame and isolation, and learn healthy coping skills, while improving social competence.
- PITCH staff members and volunteers implement games, role-play exercises, art, music, movies, and literature to impart information about the disease of addiction, its treatment and recovery.
- Family members participate and learn a common language of addiction and recovery, communication skills, and set plans for healthy, recovery-focused family experiences.
- PITCH 4 KIDZ is a unique program spreading strength and hope in Arizona, with the goal of expanding to other states.

Please contact PITCH 4 KIDZ for donations, program details and registration.

Pitch4kidz.org – 480.607.4472