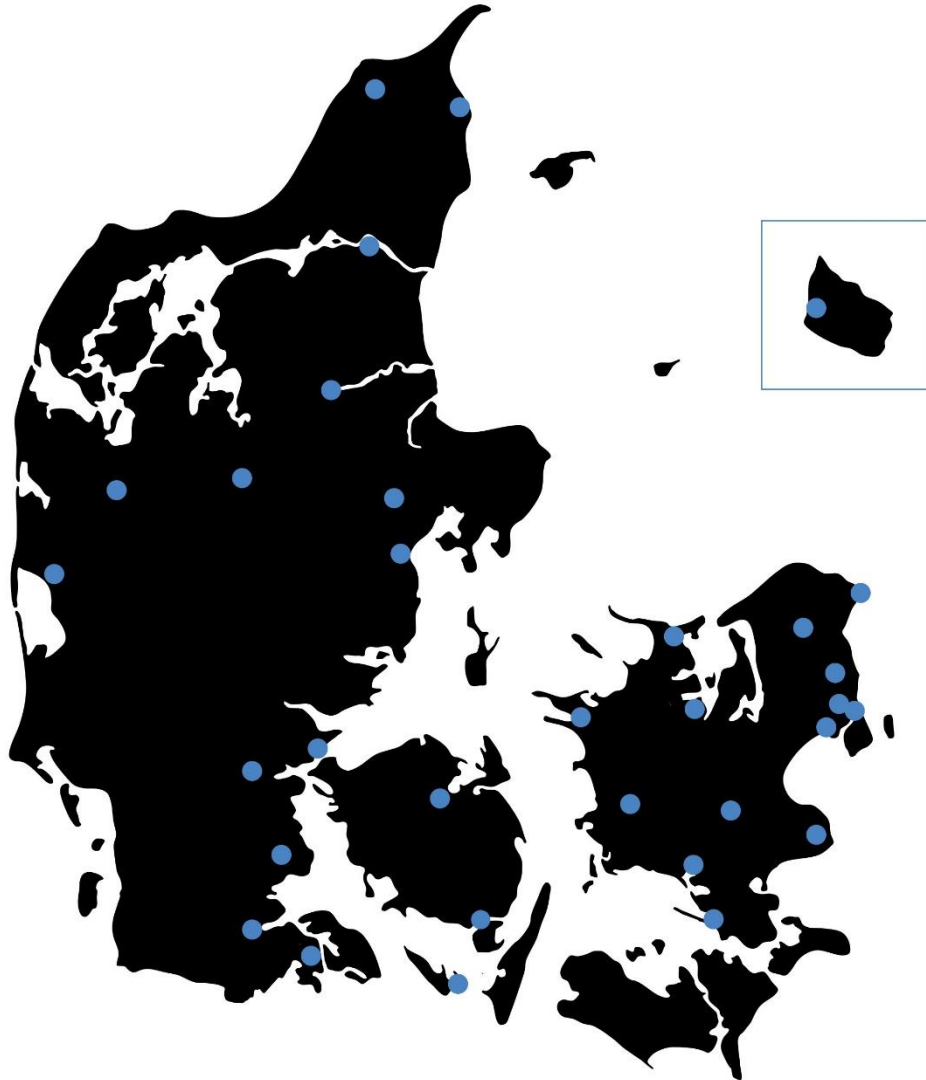
A young woman with dark, curly hair and black-rimmed glasses is shown in profile, looking down. She is wearing a light blue t-shirt under a denim jacket. She is leaning her head against a dark brick wall. The background is a blurred outdoor setting.

Therapy and counseling for
young adults age 14-35 in
families with parents with
substance abuse problems

ABOUT TUBA DENMARK



- Part of Blue Cross Denmark
- Started in 1997
- 34 local centers
- 70 employees
- 150 volunteers

FACTS AND NUMBERS

TUBA Denmark in 2021:

- 3600 young adults received therapy
- 927 got online counselling

... but the need is even greater:

122.000 children is affected

Source: Sundhedsstyrelsen

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DEVELOPMENTAL TRAUMA

- Their upbringing is quite stressful
- Lack of space and presence to be children
- 78% violence in childhood
 - 45% physical violence
 - 62% psychological violence
 - 20% sexual abuse



Source: TUBAs database

DEVELOPMENTAL TRAUMA

- 45% mentally ill mother / 46% mentally ill father
- 26% mother attempted suicide / 23 % father attempted suicide
- 7% mother dead / 14% father dead
- 8% been placed / removed as a child



Source: TUBAs database

IT IS HARD TO SPOT

Paradox:

When children are not "seen", they lose the ability to ask for help

- Alcohol is private and hidden
 - Alcohol problems are shameful and stigmatizing
- It is often the ones that need help the most that lack the ability to ask




OUR PRINCIPLES



TUBA always sides with the young adult. Our primary goal is not to make the parents stop drinking/using but to help the young adult cope with the consequences of substance abuse in the family.

Individual treatment plans based on the young adults' current situation, needs and goals.

TROUBLED YOUTH

- 
- A young man with light brown hair and a beard is shown in profile, looking down. He is wearing a blue hooded sweatshirt. The background is dark and blurry, with many white raindrops visible on a glass surface in the foreground, creating a somber and reflective atmosphere.
- Anxiety
 - Depression
 - PTSD
 - Heavy responsibility
 - Difficulties in school
 - Trouble sleeping
 - Fear of repeating bad patterns

THE YOUNG ADULTS IN TUBA

Background:

Female/male	78/22%
Parents themselves	22%

Why they seek help

Emotionally	81%
Parents with addictions	55%
Couple/family/parent role	40%
Education/job	28%

Challenges

Depression - MDI	57% (28% serious)
Risk (CORE-risk) suicide/self harm	40%
Mental dissatisfaction - WHO	60%
Mentally/Socially challenged - CORE	95%
Life mastery	79%
Attempted suicide	30%

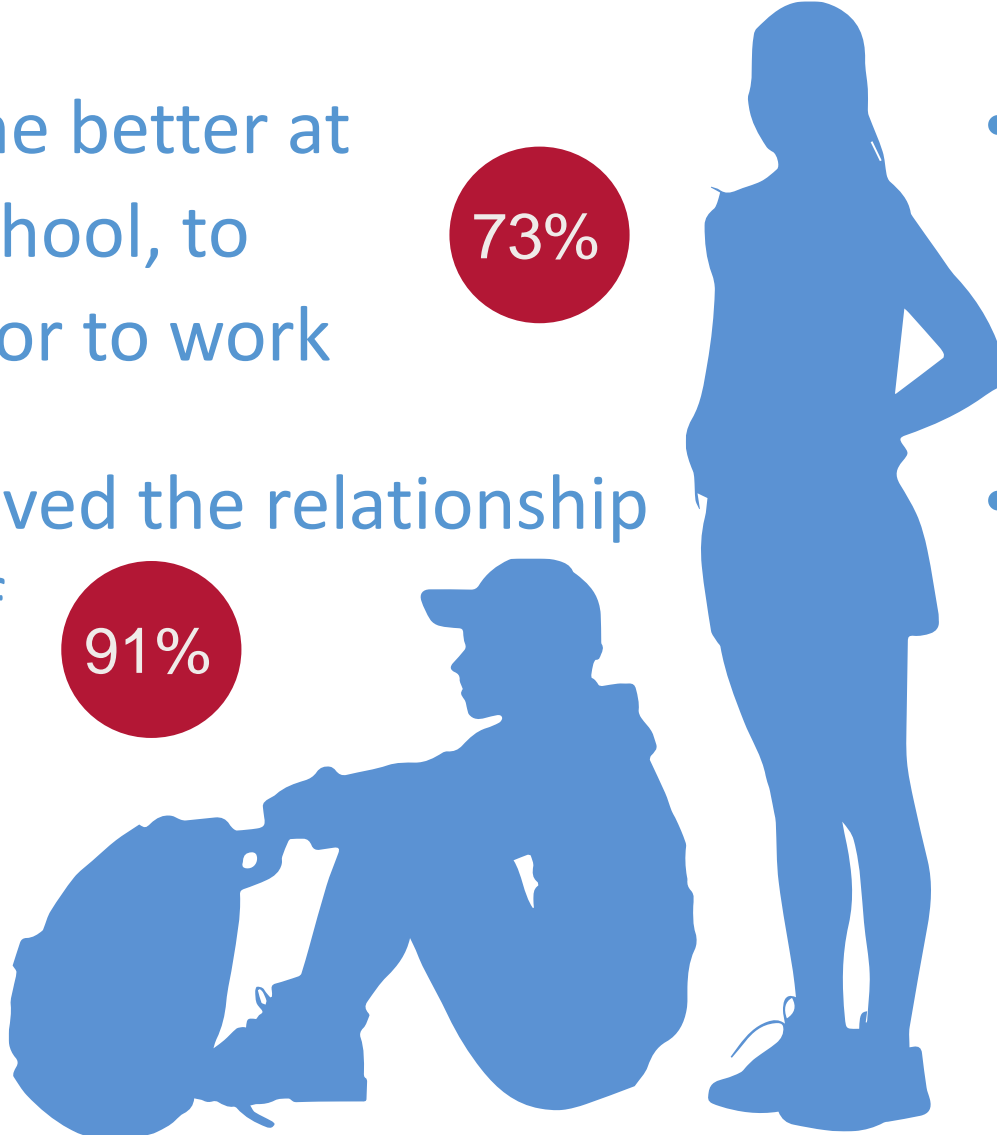
HOW WE WORK



- The first contact
- Visitation session
- Possible waiting time
- Drop-In meetings
- Online counseling
- Other places to get help
- Individual or group sessions

WHAT THE YOUNG ADULTS SAY:

- Has become better at going to school, to education or to work 73%
- Have improved the relationship with myself 91%
- Has gotten better at dealing with my problems 92%
- TUBA gave me the necessary help 96%



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TUBAs WORK IS RECOGNIZED



**The Crown Prince Couple's
Social Prize 2014**

THE TUBA SHORTFILMS



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