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“Addiction is passed down (in part) from generation to generation, but so too is recovery. In *Parents in Recovery* Sarah Benton presents a roadmap for both reflection and practice for parents in recovery as well as those who love or work with them.... Benton blends her own clinical expertise and personal recovery story with the voices of other recovering parents and experts. The result is a highly readable and encouraging guidebook that reminds us that while recovery isn’t always easy, it is always worth it when families are at the center.”

—Dawn Nickel, co-founder of SHE RECOVERS® Foundation;
author, *She Recovers Every Day: Meditations for Women*

PARENTS IN RECOVERY

Navigating a Sober Family Lifestyle

Sarah Allen Benton

“Hello, my name is Sarah and I’m an alcoholic — and a mom.”

Sobriety is hard—and recovery is a full-time job. Parenting is hard—and more than a full-time job.

Sarah Allen Benton is an Advanced Alcohol and Drug Counselor and Licensed Mental Health Counselor. She is Chief Clinical Officer and co-owner of [Waterview Behavioral Health](#). She is co-owner of [Benton Behavioral Health Consulting, LLC](#), offering clinical and business support services to innovative addiction and mental health companies. She holds a Master of Science in Counseling Psychology with an emphasis in Health Psychology.

Sarah has been sober for more than 20 years; she has been a mother for 13.

She is far from alone, approximately 20.9 million consider themselves in recovery from a substance use disorder (SUD). It’s fair to say millions are also parents.

In [PARENTS IN RECOVERY: Navigating a Sober Family Lifestyle](#) (Rowman & Littlefield), Sarah draws on research, interviews with parents, professional expertise and deeply personal experience to support mothers and fathers as they navigate their way through parenting while embracing a sober lifestyle. From “mommy wine culture” to social media FOMO, Benton covers every aspect of living sober while raising children.

PARENTS IN RECOVERY includes helpful information for mothers AND fathers who had become sober before having children, parents just beginning their commitment to recovery

and those who have struggled with relapses. Sarah focuses on maintaining physical, emotional, social, spiritual, behavioral, environmental, and vocational wellness while appreciating the joys and challenges that come with being a parent.

Topics Sarah can discuss, include:

- In Our House, We Talk about Drinking/Substance Use—and NOT Drinking. Tips to Difficult Conversations with Your Kids (or with Other Parents in Social Settings).
- Struggling for Perfection. Ways to Come to Terms with Sober Parenting.
- Navigating Stressors: Divorce, Health, Loss, Pandemic, etc.
- The Days are Long and the Years are Long. Managing Newborns, Toddlers, and Sobriety.
- To Share or Not to Share: Sober Parents with Teens who are Experimenting.
- Drinking Kid Birthday Parties. Tailgating Sports Parents. “Mommy Wine Culture.” Tips to Sober Socializing.
- How to Overcome Shame and Guilt. A Path to Pride in for parents in recovery.

Serving as a “job-aid” for readers on their parenting and recovery journeys, **PARENTS IN RECOVERY** also offers unique sobriety strategies for establishing boundaries and creating a productive home, such as:

- Creating a healthy recovery environment in your home for yourself and your children,
- Adjusting to the changes in the dynamics of your relationship with a co-parent—who is also in recovery or never struggled with a substance use disorder.
- Establishing an identity for yourself beyond parenting,
- Placing a priority on self-care,
- Coping with hard times,
- Setting boundaries and finding balance with social media and electronics,
- Socializing in adult circles and dealing with difficult extended family.

“Recovery is more than ‘stopping drinking or using drugs’—it involves an entire lifestyle change and impacts every aspect of a parent’s life,” acknowledges Sarah. “Addiction leads parents to isolation and disconnection and the recovery process is about connection and healing. The best is yet to come...”

About the Author

SARAH ALLEN BENTON is an Advanced Alcohol and Drug Counselor and Licensed Mental Health Counselor. She has been a parent in recovery from alcohol use disorder for more than 20 years. She is the Chief Clinical Officer and co-founder of Waterview Behavioral Health in Wallingford, CT, mental health intensive outpatient program (<https://www.waterviewbh.com/>). She is also co-owner of [Benton Behavioral Health Consulting, LLC](#), offering clinical and business support services to innovative addiction and mental health companies. She holds a Master of Science in Counseling Psychology with an emphasis in Health Psychology from Northeastern University, Bouvé School of Health Sciences, and has worked as a therapist and clinical consultant for various levels of care, practices, and start-ups. She also worked at McLean Hospital in their dual diagnosis transitional treatment program. She is also the author of *Understanding the High-Functioning Alcoholic* (2009). She lives in Killingworth, Connecticut.

PARENTS IN RECOVERY:

Navigating a Sober Family Lifestyle
By Sarah Allen Benton
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