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Book Review of Grandparents Raising Grandchildren: Coping with Addiction By Andrea Smith, PhD and Linda Dannison, PhD

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*Book Review***Grandparents Raising Grandchildren: Coping with Addiction**

Andrea Smith, PhD and Linda Dannison, PhD, 2020,
BookBaby Publishing, 92 pp.

Rates of addiction and substance abuse have increased exponentially in the US over the past 20 years. Annually over 96,000 people die from drug overdoses with opioids being a factor in at least seven out of every ten deaths ([NCDAS: Substance Abuse and Addiction Statistics, 2023 \[drugabusestatistics.org\]](https://www.drugabusestatistics.org/)). When parents are using substances and are unable to care for their children or in cases of overdose deaths, grandparents and other relatives are often asked to raise their relative children. Almost no practical guides to support kin caregivers in this role have been available until now. However, *Grandparents Raising Grandchildren: Coping with Addiction* is specifically designed for this population. It's the third book in a series written eloquently by Andrea Smith, PhD, and Linda Dannison, PhD. It is relevant and timely and is specifically designed for kin caregivers in this difficult situation. The book addresses the challenges families face, provides psychoeducation about the impact of substance abuse and offers pertinent exercises and coping strategies. The authors approached these topics with great respect, understanding and validation throughout. Essentially this book is a must-read that can be highly beneficial for kincare families.

The book maintains a consistent format throughout, and each chapter starts with an ongoing case study. It describes the struggles and victories of a caregiver as she unexpectedly assumes the care of her two young grandchildren due to her daughter's drug abuse and she makes the commitment to raise them. Her story and voice take us on her journey and make the experience very real. The next part of each chapter gives information about a specific topic such as the effect of opiates on grandchildren, addiction and unique family risks, stigma and shame, recognizing and managing stress, or creating trusting relationships. The last part is not only devoted to three exercises on how to support coping but also offers ways to develop strategies and tools to manage the many challenges kincare families face. It is informative, relevant, and user-friendly.

More information on culture, race, and legal issues would have been welcome, as well as a closing summary, but even without these aspects, this book is greatly valued and makes a strong contribution to the literature. It has the capacity to greatly help kincare families as they face the trials and tribulations of coping with parental substance abuse and loss. It simultaneously promotes ways to build resiliency and make connections to others to decrease isolation, overcome obstacles, and gain support.

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