



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

NETWORK

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In Brief



BOARD MEMBER RECEIVES PRESIDENTIAL APPOINTMENT

Henry C. Lozano, a member of NACoA's Board of Advisors, has been appointed by President George W. Bush as Deputy Assistant to the President and Director of the USA Freedom Corps, which was established to build on the countless acts of service, sacrifice, and generosity that followed September 11, 2001. The Freedom Corps promotes volunteer service and works to strengthen the non-profit sector. NACoA congratulates and thanks Henry for his service.

THE CLERGY EDUCATION AND TRAINING PROJECT® (CETP) has received a contract from the Center for Substance Abuse Treatment to continue and expand its educational outreach to community-based clergy in selected areas across the country. The CETP has also developed an on-line course based on the 12 clergy core competencies (see p.3) and finalized a seminary curriculum for distribution. (see p.7)

IN MEMORY OF A SPECIAL FRIEND

John P. McGovern, M.D., was NACoA's first Honorary Board member and a long-time supporter of NACoA's work. Dr. McGovern, recognized and honored by countless organizations over 40 years for his tireless and effective support of medical education programs, died in May at his Houston, TX home following a long illness. NACoA is deeply grateful for the years of support received from Dr. McGovern.



When the soon-to-be founders of NACoA were invited to the Kroc Ranch in Southern California in 1982 to meet each other for the first time, Joan Kroc had already established Operation Cork and commissioned Gerald T. Rogers to produce several landmark films on the impact of alcoholism on marriages, families and developing children, as well as a medical curriculum to address the same issues.

Joan Kroc had also asked Cathleen Brooks to write her own story to help teens living in alcoholic families understand that the chaos in their families was not their fault, that they needed to talk about it and deserved help. That small book, *The Secret Everyone Knows*, was shipped by the thousands across the country to help hurting teens living in silence and pain, but it also educated thousands of adults about the need to discuss the disease openly and to reach out to its young victims.

The powerful reaction to the films, *If You Loved Me* and *Soft Is the Heart of a Child*, as well as Cathleen Brooks' little book, inspired Mrs. Kroc to work with Cathleen to find others who were working to help children of alcoholics. They found the 20 persons who became NACoA's founders. The group reconvened at the Kroc Ranch in February, 1983, and on Valentine's Day voted to establish a national membership organization to educate about the plight and the needs of children of alcoholics and

to advocate for services to assist them. Twenty five years later NACoA will look back, look forward and celebrate.

Three major events are planned during NACoA's 25th birthday year.

- A national COA/ACOA Conference March 6-8, 2008 in Orlando, FL will be sponsored by U.S. Journal Training. Program Chair is NACoA co-founder Robert Ackerman, Ph.D.; Claudia Black, Ph.D. will keynote the event, and Jerry Moe, M.A. will headline the first evening's program. A 25th birthday party will also be included in the conference.
- A silver anniversary gala reception and dinner to be held in the Pavilion of the Ronald Reagan Building in Washington, DC on April 17, 2008, will feature the internationally-renowned "Singing Angels" of Cleveland and honor 25 individuals who have made a unique difference for COAs.
- NACoA will partner with the Entertainment Industries Council (EIC), which is also celebrating 25 years of raising awareness of the impact of addiction on American families, to co-host the September 2008 kick-off luncheon for Recovery Month on Capital Hill.

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TWENTY FIVE YEARS LATER

As NACoA celebrates 25 years of service to children of alcoholic parents, we look back gratefully to those individuals who gathered together in November 1982 and February 1983 to form what would become the National Association FOR (not of) Children of Alcoholics.

This was a group of people who individually had histories of getting things done and were interested in improving the lot of people affected by parental alcoholism. As NACoA evolved it became clear that the education of absolutely everybody in America as to the nature of alcoholism and its effects on the family was key to making a difference. This is now our mandate. We salute these pioneers and honor and thank them all.

CLAUDIA BLACK

Dr. Black partners with her husband Jack Fahey in a publishing company in Washington state, which produces and markets all her books, videos, and CDs. In addition to her speaking, training and consulting work, during the past few years she has focused on creating tools for professionals who work with COAs. Her first best seller, *It Will Never Happen To Me*, has sold two million copies to date.

A recent achievement is helping with the development of Camp Mariposa, a camp for children of addiction established by The Moyer Foundation in the Seattle area. Her website is www.claudiablack.com

CATHLEEN BROOKS WEISS

Founder and Executive Director of the Next Step Institute of Integrative Medicine in Vail, Colorado, she also serves as one of its team of clinical directors, which includes her husband, Gary M. Weiss, M.D. Cathleen has pioneered work in the field of childhood trauma and the association between unresolved emotional pain and physical illness. Her own battles with cancer

and chronic pain inspired her to join with Next Step's other clinical directors 15 years ago to design a unique model program for treating chronic pain and illness. This program, located in Palm Bay, Florida, became the foundation for Next Step's more extensive Wellness Programs in Colorado. Cathleen's book for teenage COAs, *The Secret Everyone Knows*, written over 25 years ago, became an instant classic.

www.nextstepinstitute.org

STEPHANIE BROWN

Dr. Brown's many contributions to the field include research, teaching, and publishing, including her noted work at The Family Recovery Research Institute in California. She is at work on her latest book *Speed: When You Can't Go Any Faster and You Can't Stop*. One of her many research articles was for Family Therapy magazine this past year, "Children of Alcoholics," co-authored with Stephanie Abbott, editor of *NETWORK*. Her new website is

www.stephaniebrownphd.com

To Be Continued...

GENE VARIANT INCREASES RISK FOR ALCOHOLISM

Studies have shown that childhood sexual abuse increases the risk for numerous mental health problems in adulthood. However, not all abused children develop such problems, leading researchers to suspect that genetic factors may also play a role. Recent studies led by researchers at the National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health (NIH), have linked the monoamine oxidase A gene with adverse behavioral outcomes stemming from childhood mistreatment.

“With this study we see yet again that nature and nurture often work together, not independently, to influence our overall health and well-being,” says NIH Director Elias A. Zerhouni, M.D.

DESIGNATED DRIVERS FOR CHILDREN

Mothers Against Drunk Driving has called for strengthening state child endangerment laws, urging that drivers caught drinking and driving with a child in the car should be charged with child endangerment.

The report also calls for a mandatory provision in every separation or divorce agreement that prevents either parent from driving under the influence of alcohol or other drugs with children in the vehicle. For more information see their website at www.madd.org

ACE INCREASES PSYCHOTROPIC USE

The American Journal of Preventive Medicine reports in its May issue a strong relationship of the ACE Score

(from the Adverse Childhood Experiences Study) to increased use of psychotropic medications and suggests that this “underscores the contribution of childhood experience to the burden of adult mental illness.”

The conclusions also state that the “huge economic costs associated with the use of psychotropic medications provide additional incentive to address the high prevalence and consequences of childhood traumatic stressors.”

TEEN BINGE DRINKERS AT RISK

Teenagers who practice binge drinking are more vulnerable to adult alcoholism, according to the latest study at the U.K.’s Institute of Child Health.

A study of 11,000 young people from age 16 until they were 30 revealed the binge drinkers in their teens had a 40% higher incidence of mental health problems, use of illicit drugs, and were more likely to have suffered accidents. The study was published in the *Journal of Epidemiology and Community Health*.

MODERATE DRINKING DEFINED

Past studies on alcohol and health were reviewed by University of Michigan researcher James H. O’Keefe and colleagues, who concluded that daily consumption of alcohol should be limited to one drink for women and two drinks for men to avoid health problems.

The authors also concluded that binge drinking is bad for your health even if you drink moderately at other times. The research is published in the Sept 11, 2007 issue of the *Journal of the American College of Cardiology*.

NEW ON-LINE COURSE

NACoA announces a new product—its first online course, “Addiction and the Family: An Online Course for Faith Leaders.” This distance-learning opportunity is a companion to the content in the NACoA-developed *Spiritual Caregiving to Help Addicted Persons and Families* curriculum.

The course was developed to enhance a faith leader’s understanding of addiction and its impact on family members and provide strategies to help individuals and family members start on the road to recovery. It provides three (3) education contact hours, which is half of the needed requirements for the *Certificate in Spiritual Caregiving to Help Addicted Persons and Families*. At the end of this course one will be able to print out a certificate indicating successful completion of three contact hours of education.

This online course is designed for faith leaders interested in working with their congregations and the community-at-large to help adults and children affected by alcohol and drug dependence. The overall learning objectives of this course are to:

- Provide information about the disease of addiction and its impact on individuals and families
- Provide strategies that can help individuals and families dealing with addiction
- Increase awareness of appropriate spiritual care for people and families impacted by addiction
- Increase a person’s aware of their own attitudes about addiction
- Suggest prevention strategies that can be used in a congregation
- Increase knowledge about the resources in the community that help addicted individuals and families.



BEYOND EXPECTATIONS: FROM A MOMENT TO A MOVEMENT



by
Robert J. Ackerman, Ph.D.

The history of addiction in the United States has been a long one. Societal concerns, whether positive or negative about alcoholics and addicts, led to the development of institutions, programs, social policies, and treatment endeavors. This was not the case for spouses and children of alcoholics/addicts. The impact of addiction on their lives received little attention until the middle and later parts of the twentieth century.

In the early 1950s Al-Anon was founded primarily for spouses of alcoholics, but it wasn't until the last quarter of the century that interest in the children of alcoholics/addicts developed, when Alateen was launched, the New York-based Children of Alcoholics Foundation was created and, at the forefront for children of alcoholics/addicts, the National Association for Children of Alcoholics (NACoA) was founded.

The Early Years

When I consider the blessings of my life I always think of the co-founders of NACoA. They are without a doubt one of the finest and most dedicated group of people I have ever met. In the late 1970s there were a few "voices" traveling around the United States advocating assistance and the need for programs for children in chemically dependent families. These early pioneers: Claudia Black, Cathleen Brooks, Stephanie Brown, Ellen Morehouse, Robert Subby, Sharon Wegscheider-Cruse, myself, and others all shared the same message—that children of alcoholics need help and have a right to recognition, support, treatment and recovery.

I believe the children of alcoholics' movement was unique as a mental health and social movement. Unlike other mental health issues, this one was not discovered by researchers and mental health practitioners. Rather it grew from the shared feelings of those raised in alcoholic families who had a felt need to understand not only what happened to them, but also to understand the impact on their lives physically, emotionally, and spiritually. I remember being criticized by academic and quantitative researchers that all of us speakers were "just a bunch of missionaries." We were! However, I like to think we were a bunch of "passionaries." And a broad range of research in recent years has validated what we taught passionately in those early days.

The Transitional Years

Under the superb guidance of the second wave of NACoA Board and staff leadership, drawn not only from those who had learned from their own family histories, but also from great leaders in the medical, social work, business, and advocacy worlds, NACoA today has surpassed our expectations. It has truly become the national organization we could only imagine. One has only to look at the webpage (www.nacoa.org) to see not only the growing accomplishments of NACoA, but also the connections and collaborations with many other national mental health, medical, faith, social work, education and other organizations and agencies. It also does my heart good to see that the importance of research and evidence-based programs are now part of NACoA, including a Board of Scientific Advisors and its hosting of the IDA (Information on Drugs and Alcohol), the comprehensive compendium of data and articles in the alcohol and drug fields.

I wish that all of the original founders could visit the NACoA office in Rockville MD to feel and see NACoA at work influencing decision makers across systems and society and creating tools to help them be effective in providing support and solutions for children of alcoholics. I look to the future and believe that NACoA will flourish. I also realize how fortunate I have been to share the past twenty five years with some of the finest people I will ever know. All of us should be proud that we had the courage to stand up for children and the perseverance to follow our hearts.

The 25th Anniversary Celebration Year

I am looking forward to NACoA's 25th Anniversary year, especially to the March 2008 conference sponsored by the U.S. Journal honoring NACoA's 25 years of bringing hope and healing to so many. Our very first national conference, held in Orlando, FL touched the hearts of all of us, not just the participants, but also the original founders. I will never forget, standing arm in arm with this special group of founders, when we realized that we had done it! It was a celebration of our lives before we met each other, and a celebration of what we did together. We knew that we had started a whole new movement and that we were all the better for it.

I look forward to seeing old friends and new. I hope that you will be there—at the conference and also "there" for NACoA in future years. The children still need and deserve the passionate support of us all.

Robert J. Ackerman, Ph.D. is professor of sociology and Director of the Mid-Atlantic Addiction Training Institute at Indiana University of Pennsylvania.

THE MAKING OF A CODEPENDENT

by Tian Dayton

Neuropsychology may be opening a new window into our understanding of codependency and how it develops. What we knew by instinct, experience, and clinical trial and error two decades ago may today be evidence-based. Codependency was a term that emerged initially in Twelve Step rooms, and was understood to mean that the family member got sick through living with the distorted, unregulated and out of balance thinking, feeling, and behavior that surround addiction.

There is a link between codependency and childhood trauma. Human beings have built in defensive strategies that are designed to keep us out of harm's way, commonly known as fight/flight/freeze responses. These get mobilized when we sense danger whether we're facing a saber tooth tiger or an irate parent. Stress spurts through our bodies so that we'll have the energy necessary to flee for safety or stand and fight.

When we are frozen with fear we lose our left brain functioning, or the ability to organize our thoughts, integrate them into a coherent context. What doesn't freeze up is the emotional scanning system in our right brains. This means we retain our ability to read the emotions of those around us. That is why children from alcoholic/traumatizing homes become so adept at reading other people's moods. They learn they can fend off trouble if they can stay hyper-focused on reading the other person's emotional signals, and they try to manage the world around them so that they can feel less anxious. Here begins the creation of the codependent.

AT THE MOVIES

by Stephanie Abbott

If there is anyone left in America who doesn't know how A.A. gets the job done, direct them to the gangster comedy "You Kill Me." Ben Kingsley plays Frank, an alcoholic hit man for the Polish mob in Buffalo, N.Y. The intervention scene is a standard, except for the part where everyone is supposed to say "I love you and you need help" is more like "Get help or we kill you." Now that is an intervention technique that is effective.

So off goes Frank to San Francisco, where Dave, a crooked real estate salesman, has been assigned the job of seeing that Frank gets a job and goes to A.A. "or else." His first meeting is a classic; Kingsley is wonderful with his shocked but reserved dignity in his first encounters with the culture of recovery.

This movie is a comedy with an edge, so Frank is not motivated to be a better person, he just wants to be able to do his job again. When he finally speaks in a meeting, he tells the group that his job is killing people, which he hopes won't be a problem. "That is what Anonymous means, isn't it?" Kingsley's comic powers are put to good use as his character struggles with the Twelve Steps. As he sees it, "people he has harmed" by his drinking are those he killed — not because he killed them, but because he had to take so many shots to do so. His first slip occurs when he finds himself at an Irish wake full of drunken old people, one of several enjoyably politically incorrect ethnic scenes.

"You Kill Me" never goes soft but stays witty to the end, true to its anti-hero's killer-as-craftsman's code.

BOOK SHELF

by Stephanie Abbott



Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life
by Dennis Wholey

Don't you love the title? We have all experienced the urge to repeat what doesn't work, and as some one has said, it's the very definition of insanity. Upset about your drinking? Another drink will help you forget the worry. Concerned about your waistline expansion — well one more brownie won't make a difference.

As always with Dennis Wholey's books, this one is chatty and readable, and includes his consultations with many wise people in the field of addiction recovery and mental health. If you have ever experienced the "compulsion to repeat," and it is making you unhappy, or if you have just a glimmer that what you think is right for you is not, this is the book for you.



Broken
by William Cope Moyers

"You too, huh?" These healing words were spoken to the author by his sponsor at the end of his Fifth Step, reminding me that though we cheer the recovering person on, it is true that if you haven't been there you can't fully understand. Still, this is a well told story of a descent into hell and the painful and hard crawl out of it, that gives the reader a better understanding of the power of addiction over a truly decent man and the power of a caring family that never gives up. The book is now available in paperback.



Affiliates



Maple Grove Community Education and Children's Programs

Under Betty Conger, Director of Children's and Family Programs for Henry Ford Health System's Maple Grove, eight children's education and support camp programs were held this summer, with a total of 51 actual camp days, serving 314 children and their parents. Maple Grove is expanding its work to reach families and include them in the recovery process. A family advocate has been added to the staff; services for the parents of adolescents are being included; and a Children's Corner has been added to the Family Welcome Center.



Children of Alcoholism and Substance Abuse, Inc. (COASA)

Congratulations to Maureen McGlame, Executive Director, for being named NAADAC's Counselor of the Year. Maureen received her honor, the Lora Roe Counselor Award, at the NAADAC Annual Conference dinner in September.

As Founder of COASA she has initiated an educational support program for children of addicted parents using the SAMHSA *Children's Program Kit*. For three straight years she has moved the City of Boston to proclaim February 14 as Children of Alcoholics Day.



Oregon Partnership

Oregon Partnership has been a leader in addressing the Meth program for several years. With support from the US Office of Substance Abuse Prevention, 250 teens from four high schools have prepared a film titled, *Rural Realities: The Methamphetamine Awareness Project*. The first screening is scheduled October 12 in Portland Oregon.

www.orphnership.org



Betty Ford Center Children's Programs

The Betty Ford Center has expanded its Colorado programs and will now host up to 14 four-day sessions in Denver CO, which are based on the successful programs now offered in Rancho Mirage CA and in Dallas/Ft. Worth TX. The Center has received generous funding from a grateful alumni and the Denver-based Daniels Fund. Programs may also be offered in Aspen and Colorado Springs. The Children's Program is for young people ages 7-12 who live in families impacted by the disease of addiction.

www.bettyfordcenter.org/children



Johnson Institute

On September 27, 2007 the Johnson Institute hosted its third annual America Honors Recovery luncheon. Honorees were: Karen Casey-Elliott – author of *Each Day a New Beginning*, a daily meditation book for women; Kitty S. Harris, Ph.D. – director of the Center for the Study of Addiction and Recovery (CSAR) at Texas Tech University; Donald J. Kurth, M.D. – medical director at Loma Linda University's Behavioral Medicine Clinic; Benneth R. Lee – once a high-profile Chicago gang leader and now helps drug-involved offenders find and sustain recovery; Carol McDaid – co-founder of the public affairs firm Capitol Decisions who has dedicated her life to recovery at the national, state, and local level; and Domingo Rodriguez – 36-year veteran in the addiction, mental health and social service fields.

www.johnsoninstitute.org



Recovery Resources

A new program titled "Children of Alcoholics Initiative", using the NACoA-developed *Children's Program Kit* materials, is

being funded by a \$150,000 grant from the St. Luke's Foundation in Cleveland. Recovery Resources has partnered with two other local non-profit alcohol and drug treatment agencies – Stella Maris and Community Challenge – to form a collaborative to address the needs of children of alcoholics and other drug addicts. The initiative will produce a public awareness campaign, training for professionals who come in contact with COAs and adult COAs and host six community public forums for friends and family members of alcoholics/drug addicts.

The collaboration is also partnering with NACoA to present a clergy education day for faith leaders in the greater Cleveland area and further enhance the public awareness campaign.

www.recres.org



White Bison, Inc.

This year, White Bison, Inc. and SAMHSA cosponsored Native American events as a part of the 2007 National Alcohol and Drug Recovery Month in five cities in close association with the recovery community of these cities: Bangor, Maine; Cincinnati, Ohio; Denver, Colorado; Ethete, Wyoming; and Oneida, Wisconsin.

www.whitebison.org



National Student Assistance Association (NSAA)

NACoA would like to thank NSAA for their support in distributing the new publication *Help is Down the Hall-A Handbook on Student Assistance*, published by SAMHSA and researched and written by NACoA (January 2007). 10,000 copies have been distributed throughout the country to schools seeking to help our children be more successful in school and have healthier, happier lives.

www.nsaas.us

Thank You



WE ARE GRATEFUL ...

...to our generous and caring supporters who make it possible for NACoA to create programs, training and products that result in help for hurting children of alcohol and drug addicted parents and their families. We especially thank those who have contributed in the two months since our last newsletter.

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ENSURING OUR FUTURE

We recognize that as long as there are people who are alcohol or drug addicted, there will be a need for a strong and articulate voice for their children and families. The NACoA leadership is determined to ensure our healthy future and will begin a campaign in its anniversary year to increase NACoA's endowment and ensure adequate financial stability for the future. We can never let the one in four children hurt by parental alcohol or drug use lose their voice. Ensuring NACoA's future is the best way to prevent such a travesty. You can help:

- Consider an annual pledge of any amount over your membership donation.
- Donate stock — remember that you can deduct the current value of the stock without paying tax on the increase since purchase.
- Include NACoA in your will.
- Endow one of our program initiatives — social work, faith, education, judicial, primary health care.
- Offer a challenge grant — for example \$25,000 if it is matched during the 25th anniversary year of 2008.

NACoA DEVELOPS SEMINARY CURRICULUM



Written by a seminary professor who is also an expert in addiction and its impact on families, and guided by a multi-denominational team of seminary deans and professors from across the country, a seminary curriculum on addiction and the family has been completed by The Clergy Education and Training Project®.

Based on the *Core Competencies for Clergy and Other Pastoral Ministers In Addressing Alcohol and Drug Dependence and Its Impact on Family Members*, the curriculum is designed for maximum flexibility to facilitate its inclusion in seminary training in a variety of formats.

The curriculum was developed by NACoA with partial support from the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. It will be distributed to seminaries across the country in collaboration with their representative organizations and denominations.

The curriculum complements the earlier products developed by NACoA to assist clergy in understanding addiction and its effect on developing children and families, with an emphasis on their unique role in intervening and supporting those who are suffering from the disease or from living with it.



Join us in Orlando
March 6-8 for NACoA's
birthday conference. See
www.nacoa.org
for details.



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**IT'S THAT TIME
 OF YEAR**

Remember the 1 in 4 children who need our help to heal from the pain of parental addiction. Please check ✓ **CHILDREN OF ALCOHOLICS (NACoA)** during your Fall workplace campaign, and you will be helping all year long.



Plan Now for COA Week - February 10-16, 2008

WHAT IS NACoA?

The National Association for Children of Alcoholics (NACoA) was founded in 1983, and is the national nonprofit membership organization working on behalf of children of alcoholics. NACoA defines children of alcoholics as those people who have been impacted by the alcoholism or other drug dependence of a parent or another adult filling the parental role. NACoA believes that no child of an alcoholic should grow up in isolation and without support.

OUR MISSION

To advocate for all children and families affected by alcoholism and other drug dependencies.

OUR GOALS

- To raise public awareness
- To provide leadership in public policy at the national, state and local level
- To inform and educate academic and other community systems
- To advocate for appropriate education and prevention services
- To facilitate the exchange of information and resources

- To initiate and advance professional knowledge and understanding
- To advocate for accessible programs and services

NACoA's programs are designed to impact systems that affect children. NACoA supports its mission by seeking private and public funding through corporations, individuals, members, donations, grants and foundations.

To accomplish this mission we are:

- A membership organization which includes affiliate groups and cooperative relationships with other organizations
- A national center for information, education and advocacy for COAs of all ages, including:
 - the latest research information
 - culturally and linguistically sensitive materials
- A policy development center that obtains input from expert scientists, opinion leaders, policy makers and practitioners
- A central point of input for children's health and welfare advocates and service providers who address populations of COAs

We have registration slots for the coveted Goofy's Challenge at **WALT DISNEY WORLD®**

Half and Full registrations also available for **P.F. Chang's®** **Rock 'n' Roll Arizona™**

www.nacoa.org
 click on the swirl!