



# NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

FALL 2003 / VOLUME 19 No. 4

## In Brief



**JOIN US FOR** the 2004 WALT DISNEY WORLD® Marathon Weekend! Call Katie Lang at NACoA for more information.

**THE BETTY FORD NATIONAL LEADERSHIP AWARD** was presented to Senator Joseph R. Biden, Jr. and Representative Jim Ramstad by NACoA on September 5. See page 2 for details.



**NACoA THANKS JOAN B. KROC, 1928-2003** for helping launch NACoA. See Page 7.

**2002 NACoA ANNUAL REPORT** can be viewed and downloaded from NACoA's web site, [www.nacoa.org/pdfs/annualreport.pdf](http://www.nacoa.org/pdfs/annualreport.pdf)

**COMMUNITY ANTI-DRUG COALITIONS OF AMERICA** will host its National Leadership Forum January 20-23, 2004 in Washington, DC. Visit [www.cadca.org](http://www.cadca.org).

**CHICKEN SOUP FOR THE RECOVERING SOUL** is looking for stories of "healing, hope, love and resilience," according to NACoA founder, Robert J. Ackerman, PhD, who will co-author this new book. Ackerman is encouraging interested NACoA members to consider submitting stories. For additional information, visit [www.recoveringsoul.com](http://www.recoveringsoul.com)

**NATIONAL ALCOHOL SCREENING DAY** was a huge success, with over 3,200 screening sites across the country. More than 100,000 Americans visited the sites to learn about alcohol and its effect on their health.

## ACCESS TO RECOVERY

President Bush has announced a new substance abuse treatment initiative, Access to Recovery, which will provide people seeking drug and alcohol treatment with vouchers to pay for a range of community-based services. The President proposed \$600 million in new funds over the next three years for Access to Recovery. This is a groundbreaking new initiative that could help thousands of Americans and their families achieve recovery, and is the only new funding proposal for additional substance abuse treatment and recovery support services currently on the table.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the annual economic costs associated with drug abuse are estimated at about \$110 billion. The human costs are far greater, measured in lost jobs, lost families, and lost lives. In 2001 alone, five million of the 6.1 million people needing treatment for an illicit drug problem never got help.

Treatment works. SAMHSA reports that, with treatment, even hard-to-reach populations reduce their illegal drug use by nearly half. Alcohol and drug addiction treatment reduces criminal activity by a staggering 80%. It increases employment, decreases homelessness, results in substantially improved physical and mental health, reduces risky behaviors, and helps bring hope and healing to affected families and children.

The President's proposal will establish the State-run program built on three principles:

**CONSUMER CHOICE.** With a voucher, people in need of addiction treatment and recovery support will be able to choose the programs and providers they find most beneficial.

**RESULTS ORIENTED.** Payment to providers will be linked to demonstration of treatment effectiveness and recovery, measured by outcomes such as: abstinence from drugs and alcohol, no involvement with the criminal justice system, attainment of employment or enrollment in school, and stable housing.

**INCREASED CAPACITY.** The initial phase of Access to Recovery will support treatment for approximately 100,000 people per year and expand the array of services available including medical detoxification, inpatient and outpatient treatment modalities, residential services, peer support, relapse prevention, case management, and other recovery-promoting services.

States will have considerable flexibility in designing their approach and may target efforts to areas of greatest need, including services for the families and children of addicted persons receiving treatment. However, they must use the new funds to supplement, not supplant current funding.

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**BETTY FORD AWARD  
PRESENTED**

NACoA honored Senator Joseph R. Biden, Jr. and Representative Jim Ramstad with the first ever Betty Ford National Leadership Award at its Recovery Month Luncheon on September 5. Mrs. Ford's leadership over the past 20 years has been inspiring to all of us as she has worked tirelessly to reduce the stigma of alcoholism and other drug addiction. She also supports the Betty Ford Center Children's Programs in California, Texas, and Colorado, which provide assistance to the innocent victims of addiction—the children. For this reason, NACoA was thrilled to create an award in her honor.

Mrs. Ford has befriended NACoA's work for many years, and said of the award, "It is an extreme honor that the National Association for Children of Alcoholics has created the Betty Ford National Leadership Award. To be recognized by a group like NACoA that I respect so much is especially rewarding."



*From top to bottom: Dennis Wholey, best-selling author and television personality; Andrea Barthwell, MD, EASAM, Deputy Director for Demand Reduction, ONDCP; NACoA Board President Julie Fisher Cummings with US Representative Jim Ramstad.*

The two honorees have made significant contributions to prevention and treatment of alcoholism and other drug dependence. Senator Biden has spearheaded a bill that will provide training for health care providers. This training will give primary care practitioners the necessary skills they need to identify substance use disorders and make informed referrals to treatment. This early intervention could make the difference in thousands of lives. Representative Ramstad has been an outspoken advocate for treatment and recovery for many years, and has made an invaluable contribution to reducing the stigma of alcoholism. "Senator

Joseph Biden and Representative Jim Ramstad have been in the forefront in taking a stand against the discrimination that daily affects the lives of alcoholics, addicts, and those who love them. Congratulations, Joe and Jim," said Mrs. Ford.

The luncheon also celebrated NACoA's 20 years of bringing hope and healing to children impacted by parental addiction.

**ANNUAL MEETING**

The 2003 annual meeting of the NACoA Board of Directors will take place in Orlando, FL on January 9, 2004. NACoA members in good standing are welcome to attend. Those interested are asked to contact the national office so that adequate arrangements can be made.



## NEW TEEN WEBSITE

The National Institute on Drug Abuse is launching a virtual back to school program with a website, [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov), designed especially for ages 11 to 15. The website contains age-appropriate facts about drugs, real stories about teens and drug abuse, games, take-home activities, and a Q&A forum with "Dr. NIDA" (Director Dr. Nora D. Volkov).

Information about the new site is included in the material being sent to some 40,000 middle and high-school science teachers. "Science education, especially in the field of drug abuse and addiction, is dynamic. We want to convey that excitement, while keeping students and their parents, teachers, and school counselors informed of the latest findings our research holds for their decisions and lives." Visit [www.backtoschool.drugabuse.gov](http://www.backtoschool.drugabuse.gov) to download or view educational resources.

Dr. Volkov has also given a series of talks in which she introduced three specific areas of scientific interest, that of prevention research (especially among adolescents), treatment interventions, and research on the impact of genetic and environmental influences on addiction.

## PRESIDENT NOMINATES HENRY LOZANO

President George W. Bush announced his intention to nominate Henry Lozano as a Member of the Board of Directors of the Corporation for National and Community Service. Mr. Lozano is President and CEO for Drug-Free Youth, Inc., a NACoA affiliate. He is the former Co-Chair of the President's Advisory Commission on Drug-Free Communities.

## PROGRAM SERVES CHILDREN AND MOTHERS

A Washington, DC demonstration model for treating addicted mothers and their children has received a 73 percent recovery rate by the University of Illinois, which studied treatment outcomes in the few programs nationwide that serve both parents and children.

The Center for Mental Health's Family Health Program located on Capitol Hill was established in 1991 and has gained national attention. "The program," said Audrey Sutton, the center's chief operating officer, "serves about 60 mothers, who have about four children each, and a few fathers, who recently began attending."

While mothers complete a four-phase program that lasts 16 to 18 months, their children play, attend therapy sessions, and study together. When the mothers and their children arrive at the center, they go separate ways, touching base during the day and at the end of the sessions.

The center provides transportation and helps the women find jobs when they graduate.

Cassie Statuto Bevan, senior policy adviser for House Majority Leader Tom DeLay, visited the center and said she was impressed. "We need services that work, and this has very good promise."

## FREE PSA FROM ONDCP AND THE AD COUNCIL

The Office of National Drug Control Policy's National Youth Anti-Drug Media Campaign and The Ad Council are offering coalitions free localized

television spots from the Community Drug Prevention public service advertising campaign.

The PSA, tagged with the coalition's name and telephone number at the end, is intended to help build awareness for the coalition within the community.

To view the two available ads go to [www.helpyourcommunity.org/how\\_to\\_get\\_involved/psa\\_campaign\\_overview](http://www.helpyourcommunity.org/how_to_get_involved/psa_campaign_overview). To order, contact Penny Feldstein at (212) 984-1928.

## COUNSELORS GUIDE AVAILABLE ONLINE

The National Institute on Alcohol Abuse and Alcoholism in collaboration with the American Association for Marriage and Family Therapy has developed a publication for professionals working with alcoholics and their families. The guide incorporates information regarding alcohol screening and brief interventions.

To download go to <http://www.niaaa.nih.gov/publications/guides.htm>. For free print copies contact NIAAA at (301) 443-3860.

## FAYE CALHOUN NEW DEPUTY DIRECTOR

Dr. Faye Calhoun has been named deputy director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a component of the National Institutes of Health.

"Dr. Calhoun brings extensive experience and expertise to her new position," says NIAAA Director Ting-Kai Li, M.D. "I am confident her imaginative and creative leadership will help the Institute address future challenges in alcohol research."



## QUALITY ALCOHOL TREATMENT IS GOOD MEDICINE

by Eric Goplerud



A recent study from the RAND Corporation, reported in the June 26th issue of the *New England Journal of Medicine*, found that alcoholism – an illness that is the

third leading cause of preventable death in this country – goes largely untreated. The study indicates that the quality of care for alcoholism is abysmal, that screening is not routinely done, and that, when identified, patients aren't being referred to treatment specialists. And this isn't surprising.

What's keeping people from getting the treatment they need? Like many things, it has mostly to do with money. Alcohol treatment is singled out for particularly harsh coverage limits by health plans and insurers, making proper medical management of these illnesses financially impossible. This deters hospitals and physicians from aggressively screening for the condition and referring patients for care. Why bother when there is no way to pay for the treatment?

While many states pass laws requiring that private health insurance companies cover various illnesses and injuries, we found, in our own study, that the largest health plans in one third of states did not even meet the minimum statutory requirements for coverage of alcohol treatment.

Worse, state laws actually discourage the health system from doing its job. Insurance laws in 38 states exempt insurers from having to pay for treatment costs if a person is injured while under the influence of alcohol.

Public health insurance programs often miss the mark. Medicare requires patients to pay 50 percent of the costs for outpatient alcohol treatment, but only 20 percent for other illnesses. The State Children's Health Insurance Program (SCHIP), which provides health insurance for millions of poor children, does not require coverage of alcohol treatment, despite high rates of alcohol problems among youth.

We can afford to do a lot better. For example, the nine million government workers and their families covered by the Federal Employees Health Benefit Program have equitable coverage. The cost to the program has been insignificant, an increase of far less than one percent of the premium. Covering treatment for alcohol problems the same as for other illnesses would increase costs by only \$5.11 per person per year – about the same as two lattes at Starbucks.

What the business and insurance communities do not seem to realize is that the longer alcohol problems go untreated, the more costly it is to the patient, to the family, to the workplace, and ultimately, to the taxpayer. The annual bill for treating alcohol-related illnesses and injuries is close to \$20 billion.

But that's just a fraction of the \$185 billion drained from America's coffers each year to cover the costs generated from alcohol-related problems – costs resulting from traffic accidents, subsequent illness and hospital fees, and unproductive missed work days. It becomes a vicious cycle, when in fact, an investment in treatment would actually bring down both costs and the number of alcohol-related problems.

These costs do not even take into account the most innocent victims of alcohol abuse and alcoholism—the children. One in four children in the United States lives in a home with alcohol abuse or alcoholism, and countless others have parents with other drug dependence.

Although children of alcoholics are at risk for a host of future problems, the good news is that these children benefit from positive adult interventions. Educational support groups at treatment centers, schools, and religious institutions can make all the difference in a child's life.

Companies and government should encourage treatment by investing in coverage. Pinched by rapidly escalating health care costs, the RAND researchers have pointed them toward a real opportunity. Investing in increased access to quality alcohol treatment is good medicine and good economics.

*Eric Goplerud, PhD, is the Executive Director of Ensuring Solutions to Alcohol Problems at the George Washington University Medical Center, a project to increase access to alcohol treatment supported by a grant from the Pew Charitable Trusts.*

**“...STATE LAWS DISCOURAGE THE HEALTH SYSTEM FROM DOING ITS JOB.”**

## SONGS OF ADDICTION

By Stephanie Abbott



American country music stands alone in exploring the humor, grief and possibilities of starting over in the lives of addicts and their families. The brilliant Kris Kristofferson, who has acknowledged many years of sobriety, wrote and sang with conviction of the loneliness and sadness of addiction in “Sunday Morning Coming Down.” Johnny Cash had his first hit with “I Walk The Line,” which is about the narrator’s fear that he will destroy what he has, a man with no illusions about his ability to mess up his life.

So it seems like a natural that Nashville-based volunteers should gather together similar songs of the past 40 years to raise awareness and money for the cause of addiction recovery and treatment. A coalition of Nashville music industry professionals, a small group of Alcohol and Drug Treatment professionals, and the national initiative called Join Together have created a CD of this music, which they have called SHARE. The program is divided into three parts: what it was like, what happened, and what it’s like now.

The family disease is not neglected, either. “I’m Gonna Hire a Wino To Decorate Our Home” (“so you’ll feel more at ease here, and you won’t need to roam.”) and “Things Will Be Different” (“It’s ten after ten. He’s still not home. It’s started again.”) feature feelings familiar to frustrated spouses. Early recovery is represented by a plea to a higher power in “Wine Into Water” and “No More Looking Over My Shoulder.”

The music is good and any money made goes to support recovery from

addiction. For more information see the Join Together website at [www.jointogether.org](http://www.jointogether.org) or order it at [bookstore@hazelden.org](mailto:bookstore@hazelden.org) or call (800) 328-9000.

## BOOK SHELF

By Stephanie Abbott



*A Million Little Pieces*  
by James Frey

This book is as close as I ever want to get to the agony of withdrawal from alcohol and every mood

changing drug you have ever heard of. Plunking the reader into the mind and feelings of a young man named James, it is intensely in the present of a month spent in rehab by someone who needed a stay of a year or two.

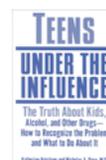
As James tells the story, the treatment center somewhere in Minnesota is “the oldest residential drug and alcohol treatment facility in the world, founded in 1949,” the recovery rate is “very poor, about 17%,” and it seems as though most of the counselors are chain smokers, with a tendency to ask “Why?” about everything their patients say. I was shocked when James had to undergo reconstruction of his teeth, including root canals, without novocain because he was a patient and it is a drug, though he could have all the caffeine and nicotine he wanted. I don’t know about you but I think there is something strange about that policy.

James plays cards during the lectures, slips out to the grounds to meet with a female patient, his parents leave half way through family week (“important business deal” —yeah, right), and he

refuses to “turn my life and my will over to anything or anyone.” He would not be anyone’s good prognosis but today apparently he is still sober.

Here he is in the cafeteria with an overly-full plate of food: “I don’t look at what it is and I don’t taste it and I don’t care what it is or what it tastes like. It doesn’t matter. What matters is that I have something and I’m going to take as much as I can as fast as I can. Get something. Fill me. Fill me.”

The immediacy of present tense and repetition is convincing. It was a hard book to put down, and a relief to finish.



*Teens Under The Influence* by  
Katherine Ketcham and  
Nicholas A. Pace, M.D.

I got what I expected from these authors: a clear and

complete report for parents, teachers and all concerned about “the truth about kids, alcohol, and other drugs—how to recognize the problem and what to do about it.”

The authors include many stories from the kids they interviewed, stories which are only too familiar these days. More important is the latest research and the facts about all the current drugs, including prescription, legal, and illegal drugs (though alcohol and nicotine are illegal too, for those who are underage.) There is new information here about how alcohol and other drugs affect the developing brain.

Fortunately for frightened parents there is a good section on intervention, treatment, dealing with relapses, and staying clean and sober. It would be wonderful if this book were in the hands of all parents.



# Affiliate News



The Council on Alcohol & Drug Abuse for Greater New Orleans (CADA) was awarded a grant from Substance Abuse and Mental Health Services

Administration effective October 1 to do research on effective practices at a local treatment facility. This project will support a continuous quality improvement system as well as motivational enhancement therapy.

CADA is also kicking off its annual "Catches for CADA" campaign. Five Saints players, Joe Horn, Ernie Conwell, Donte Stallworth, Jerome Pathon, and Michael Lewis have signed up to make the campaign a success.



CLEAN, Inc. has a new name, Community

Connections for Youth and Family, a name more reflective of what they support. The message associated with the new moniker is "Connecting with youth and families to support positive, healthy choices through information, education, community activities and programs."

During the summer, CLEAN, in collaboration with a local radio station, WINC-FM, began producing a weekly radio spot called, "The Parent Connection." This program offers parenting tips and information in a format accessible to busy parents.

They also continue to produce a monthly 18-minute show on cable television that focuses on substance abuse prevention messages, parent education and other issues. In September, they had a show dedicated to Family Day. The city of Winchester, VA and the counties of Frederick and Clarke passed procla-

mations for Family Day and the newspapers ran a story on it.



recoveryresources

Cleveland's Recovery Resources'

Women and Children's Program provides prevention programming for children ages 9 months to 5 years while their mothers are receiving treatment for their drug and alcohol addiction.

During summer vacations and holidays siblings 6 to 13 years old may also attend. One of the activities for the older children this summer was an art project that illustrated the feelings of a child of an alcoholic. This program helps children of alcoholics deal with their emotions about their parents' addiction and recovery.



The Delaware Association for Children of Alcoholics (DACOA) received their *Children's Program Kit* and plans to use it

in the schools and community centers in all three counties in Delaware.

Barbara Ridge, DACOA's Executive Director, and Helen McHugh, one of DACOA's board members, conducted an in-service at the Delaware Teachers' Center on Friday, October 10, 2003. It was a teachers' training day and DACOA did an all day workshop called Children of Alcoholics in the School Setting.



Through the efforts of Maplegrove Community Education and the

Children's Program, a two-day workshop called KEYS TO ADDICTION came to southeastern

Michigan on October 22 and 29. Over 100 local prevention and education professionals and volunteers attended the workshop. There was a major focus on intervention possibilities and community resources. The Troy Community Coalition was also involved in this multi-agency training program.



DETROIT FREE PRESS/FLAGSTAR BANK MARATHON

The Henry Ford Health System — Maplegrove Center and the National Council on Alcoholism and Drug

Dependence of the Greater Detroit Area participated successfully in the first *Run for the Children*<sup>SM</sup> as part of the Detroit Free Press/Flagstar Bank Marathon. Both affiliates gave a great effort, entering teams in the race and raising money for their programs and for NACoA.



Thanks to these runners who are so committed to helping the children!



NACoA welcomes as its newest affiliate, the Wilbur D.

Mills Treatment Center of Searcy, AR. The Center's treatment program is based on the belief that the whole family suffers as a result of addiction, so that the whole family must be treated as the addicted person is treated in order to recover. Welcome!

## THANKS TO OUR SUPPORTERS

NACoA's work is sustained by our generous and caring supporters. We especially thank the following individuals for their contributions received since our last newsletter.

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## LOUISIANA USES CHILDREN'S KIT



*Jerry Moe, MA, Freddie Hubbard, Michael Duffy, and Sis Wenger*

Prevention and treatment professionals from across Louisiana recently completed support group facilitation training by Jerry Moe, MA, national director of the Betty Ford Center's Children's Programs. The training was designed to assist in the implementation of children's programs in

state-supported inpatient and outpatient treatment centers.

Sis Wenger, NACoA's executive director, introduced the new *Children's Program Kit* and program implementation strategies. The training was supported by the Louisiana state office of substance abuse services and NACoA.

*The Children's Program Kit: Supportive Education for Children of Addicted Parents* provides the tools to offer age appropriate educational support groups for the school age children of parents in addiction treatment.

## NACoA THANKS JOAN B. KROC



NACoA is only one of several organizations whose early survival and subsequent growth owed much to the generosity of Mrs. Kroc. For Mrs. Kroc, social problems and social responsibility could not have been more personal or direct; although she recognized the vital importance of providing organizational support, she also placed great value on the work of individual contributors to the field.

In November 1982, and again in February 1983, Mrs. Kroc supported the bringing together of known program and clinical experts on children of alcoholics to determine what could be done to address more effectively the needs of these vulnerable children. Those two pivotal gatherings at the Kroc Ranch in Southern California culminated in the decision on Valentine's Day, 1983 to establish a membership organization called the National Association for Children of Alcoholics. Thank you, Mrs. Kroc, and may you rest in peace.



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**Please Check #1551  Children of Alcoholics (NACoA)**

**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



The National Association for Student Assistance Professionals

(NASAP), has designated November as National Student Assistance Month. State education agencies and organizations, local education agencies, and individual schools and community agencies are all encouraged to celebrate this event.

NASAP is a NACoA affiliate working to bring school-based preventive interventions to children at risk.

For more information on how you can celebrate all month long, call NASAP at (800) 257-6310.