



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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In Brief

ADULT CHILDREN CONFERENCE planned for February in Las Vegas. Sponsored by U.S. Journal Training, Inc., in association with NACoA, the conference will feature many of NACoA's founders. More on page 7.

RED RIBBON WEEK, sponsored by NACoA affiliate Informed Families and National Family Partnership, will be celebrated October 23-31 across the country. See page 7.

OREGON PARTNERSHIP'S PREVENTION CONFERENCE "TAKE THE LEAD: Applying Research and Innovation to Prevent Substance Abuse." November 3-5, 2004, at the Oregon Convention Center in Portland. Visit www.orphnership.org.

CADCA FORUM is scheduled for January 11-13 in the Washington Convention Center. Visit www.cadca.org for details.

CORE COMPETENCIES FOR CLERGY AND PASTORAL MINISTERS...report has been reprinted by SAMHSA; an additional 25,000 are available through the National Clearinghouse for Alcohol and Drug Information (800-729-6686).

COA WEEK 2005 is February 13-19. More on p. 5.

ANNUAL MEETING SCHEDULED
The 2004 Annual Meeting of the NACoA Board of Directors will be held in Orlando, FL, on Friday, January 7, 2005. Members in good standing are welcome to attend. Those interested are asked to contact the NACoA office so that adequate meeting space can be arranged.

MARGARET CORK AWARD GOES TO NCADD



NACoA gave its annual Margaret Cork Award to the National Council on Alcoholism and Drug Dependence on September 9. The award was presented by NACoA Executive Director Sis Wenger to NCADD President Stacia Murphy as part of a Recovery Month celebration luncheon in Washington, DC.

The luncheon was hosted by NCADD as part of its sixtieth anniversary celebration, and featured well-known and highly respected recovering people who spoke of their years of recovery and their gratitude for the opportunity to give back.

The Margaret Cork Award was created to honor pioneers in the field of COAs. Margaret Cork did research on children of alcoholics through the Addiction Research Foundation in Toronto, Ontario, Canada and reported her findings in *The Forgotten Children* in 1969, the first book published on the subject in North America. As head of the Addiction Research Foundation's Youth Coun-

seling Service, her deep concern was that these children be prevented from becoming, in their turn, troubled or alcoholic. She spoke out for these children at a time when this population was ignored.

NCADD affiliates developed many of the early program tools that brought hope and healing to countless affected children. Two of those programs were the historic *Pepper* and *BABES*. These affiliates deserve national recognition for their achievements that set a standard for COA education programs for others to follow.

The criteria for a nominee is to be a pioneer in one of seven areas, including research, volunteerism, creating minority programs, targeting hard to reach COA populations, public relations or media, persons who have contributed to the recognition of COAs, or prevention. NACoA welcomes nominations for this award that gives deserved recognition to those who work to improve the lives of children of alcoholics.

Jerry Moe, MA, national director of the Betty Ford Center Children's Programs, nominated NCADD.

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FAITH INITIATIVE GROWS

The Clergy Training Project, which NACoA manages in partnership with Johnson Institute, continues to expand.

- In July, the project hosted a meeting at NACoA's conference center bringing together representative alcoholism and spirituality researchers from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and clergy and pastoral counseling experts from the Clergy Training Project's panel of experts in seminary and pastoral counseling training. The meeting, facilitated by NIAAA's Peggy Murray, M.S.W., and NACoA's Jeannette Johnson, Ph.D., reviewed draft modules developed by NIAAA curriculum specialists to address the *Core Competencies for Clergy and Other Pastoral Ministers in Addressing Alcohol and Drug Dependence and the Impact on Family Members*. NIAAA will continue to refine and add to the modules as the project grows.
- In late September, NACoA's Executive Director Sis Wenger, participated in the *So Help Me God: Substance Abuse, Religion and Spirituality* conference in New York sponsored by the National Center on Addiction and Substance Abuse at Columbia University.
- The core competencies were featured in the Fall issue of the *Catholic Seminary Journal*, and the Clergy Training Project's brochure, *Breaking Down the Wall*



of Silence, was included in the mailing.

- An introduction letter from the Project re the core competencies and a copy of the report were mailed to the academic dean of every accredited school of theology in North America.
 - Working with the American Association of Pastoral Counselors (AAPC), the Project will be developing and providing a 3-day training of trainers, specifically directed to the core competencies, for representatives of the 63 pastoral counseling centers across the country who will be charged with taking the training back to their communities.
 - The Clergy Training Project, begun in November 2001, is entering Phase IV which will focus on developing and institutionalizing model curriculum in seminaries across denominations, as well as providing education to already practicing clergy.
- The Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services is providing the financial support for both the Clergy Training Project and the AAPC training of trainers. Donna Xander, M.A., NACoA's Faith Initiatives Director, is coordinating both projects.



ALCOHOL ADS SOAR

Alcohol product advertising has increased significantly since the year 2001, according to a new study by the Center on Alcohol Marketing and Youth at Georgetown University in Washington, DC.

“Responsibility” ads, defined as having their primary focus a clear, unambiguous message such as warning against driving after drinking, and advising viewers to drink responsibly, have declined substantially at the same time. For every one of these ads that aired in 2002 there were 225 alcohol product ads.

Underage youth ages 12 to 20 were 400 times more likely to see an alcohol product ad than an ad discouraging underage drinking. For more information see www.camy.org.

AL-ANON SURVEY RESULTS REVEALED

Al-Anon, a support and education group for families and friends of alcoholics, has released the results of its latest survey of membership. The survey cites 48% of members self-identify as adult children of alcoholics. Alateen, a support group for teenagers with alcoholic relatives, report at least four relationships in their lives to alcoholics.

Other results, including first time data regarding Al-Anon members’ relationship to alcoholics in the military, as well as the decline in professional referrals to Al-Anon, have been posted on their website.

The latest newsletter *Al-Anon Speaks Out* is also available there, as well as information on how to order the organization’s magazine *Forum*. The recently revised Web site can be found at www.al-anon.alateen.org.

FACTS ON TEEN BEHAVIOR

Leadership to Keep Children Alcohol Free has published a short summary of the article “Suicidal Behaviors and Alcohol Use Among Adolescents: A Developmental Psychopathology Perspective,” by Michael Windle, Ph.D., of the University of Alabama. The original article appeared in the journal *Alcoholism: Clinical and Experimental Research* (Vol.28, No. 5 (suppl), pp. 29s-37s). Dr. Windle is a member of NACoA’s Board of Scientific Advisers.

To access the summary, click on <http://www.alcoholfreechildren.org/en/emplibrary/SuicidalBehaviors.pdf>. It is located in the Science, Kids, and Alcohol-Series 1 section on the Research Briefs page of the Leadership Web site at: http://www.alcoholfreechildren.org/en/research/briefs.cfm?doc_id=294.

RUSSIA AND US SHARE PREVENTION TOOLS

SCRIPTS, a curriculum developed for prevention in American schools became the basis for a school prevention program in Moscow schools. This led to a further partnership in 2003 with Moscow’s Social Service Department for street children, called Keys to Healthy Living, according to Rosemary Tisch, Director, Prevention Partnership International (PPI).

Judge Leonard Edwards of the Santa Clara County Family Dependency Drug Court heard about the work being done by PPI and asked to have the Russian model adapted to serve the parents and their children in his court.

The Keys for Healthy Living based on US curricula and adapted

for Russian street children therefore came back to the US Drug Dependency Courts, and now is being taken back to Moscow for further implementation. That is “an incredible journey of international cooperation,” says Rosemary Tisch.

DECLINE IN POT USE

There has been a five percent decline in the number of American youth between the ages of 12 and 17 who have ever used marijuana, according to the 2003 National Survey on Drug Use and Health released this month at the annual Recovery Month press conference.

The findings, released by the Substance Abuse and Mental Health Services Administration, a public health agency within the U.S. Department of Health and Human Services, shows that current use of marijuana fell nearly 30 percent among 12 and 13 year olds. Overall, 19.5 million Americans ages 12 and older currently use illicit drugs. Marijuana continues to be the most commonly used illicit drug with 14.6 million current users.

An important positive change detected by the survey was an increase in the perception of risk in using marijuana once a month or more frequently. Both youth and young adults reported a significant increase in their awareness of the risks of smoking marijuana.

Findings from the Survey are available on the Web at www.oas.samhsa.gov.

“We are continually faced by great opportunities brilliantly disguised as insoluble problems.”

Henry Ford



SPEAKING OUT

by Patricia Taylor



There has been a sea change in the way Americans believe policy makers should be addressing addiction issues.* They want to see changes in laws, policies and attitudes so that addiction is treated as a health issue — not a law enforcement one. They want prevention, education, treatment and recovery programs to be supported.

We salute the growing numbers of people in recovery and their family members who are combining forces to tell their stories of renewal and hope. By raising their varied voices, they are demonstrating that we look like America.

The voices of families tell the bigger story of addiction. When families come together, there can be even a greater pay off in recovery support and political voice. One example is Tracey Lee-Cohen who, with her mother Nancy and her son Bill, movingly testified as a family before the California legislature. Now Tracey chairs Recovery Advocates for Treatment in California. They have experienced and shared the power of families telling stories of hope together.

Lifting the veil of silence about a family member's addiction helps deal with the social stigma these families experience. It can be a long road to

educating oneself and others, and family groups are flourishing around the country as people come together in mutual support.

The personal stories that growing numbers of families are sharing with health care professionals, policy makers, clergy, friends and neighbors has heightened awareness that this stigma still exists, even for people who have successfully sustained long-term recovery. In focus groups in Connecticut, New York and Massachusetts, people said they felt very strongly that community education that is focused on the family experience of addiction and recovery would have diminished their own difficulties with these experiences.

Across the country, people in recovery, family members, friends and allies are coming together, speaking out and organizing. They are letting people know about the pain that addiction to alcohol and other drugs can bring to families and the hope that recovery offers. They are giving permission to others to speak out as our country moves forward to achieve a just response to addiction.

*According to research by Peter D Hart Research Associates and Coldwater Corporation for Faces and Voices of Recovery.

Patricia Taylor is the Campaign Coordinator for Faces & Voices of Recovery. For more information about this advocacy for recovery go to www.facesandvoicesofrecovery.org



WHEN NATURAL DISASTERS HAPPEN

by Tian Dayton, Ph.D.

In the wake of multiple hurricanes in September, it is critical to remember that little children have big ears. If there is added tension in the house they pick it up, and they can become anxious.

REMEMBER: Explain the chaos to the children in the house in a way that they can understand. If you don't, they will come up with their own meaning and that can be scary-making.

Don't maximize disaster scenarios, focus on what you can do to stay safe and let them know that the problem is temporary.

Let them talk about, draw about or otherwise express what they are experiencing.

Stay stable, they are relying on you to make them feel safe.

Let them "help". Children (and adults) seem to experience less trauma if they can do something. If there is a positive step to take, even if it's just packing a box, pack the box.

IN ADDITION: If you are an ACOA yourself and have experienced the kind of family trauma that is so often a part of addicted/traumatized family systems, you may be somewhat hyper-reactive to situations that trigger a sense of helplessness or chaos. HALT-don't get too hungry, angry, lonely or tired. Get rest, nutrition, seek out support with others and keep your emotions out of the danger zone.

Tian Dayton, Ph.D.

Author, Trauma and Addiction www.tiandayton.com

WEBCAST FOCUSES ON SUPPORT GROUPS

Mutual Support Groups: What Everyone Needs to Know was Recovery Month's webcast for September. It can be accessed via NACoA's website or directly at www.recoverymonth.gov/2004/multimedia/w.aspx?ID=266. The expert panel includes NACoA founder Patricia O'Gorman, Ph.D., Chief Psychologist, Berkshire Farm Center, Canaan, NY.

The program explores what makes mutual support groups work and helps viewers to find those located near them. The webcast also recommends how health care providers, employers, criminal justice officials, educators, and others can incorporate mutual support groups into their services or referral sources.

CHILDREN OF ALCOHOLICS WEEK FEBRUARY 13-19

National Children of Alcoholics Week, celebrated each year during the week of Valentine's Day, offers individuals and community organizations an opportunity to bring attention to the one in four children affected by alcohol abuse in their families and to promote practical supportive solutions to help them.

The recently published *Children of Alcoholics Community Action Guide* is a comprehensive tool for implementing an awareness campaign. Information on the COA Week poster contest and the guide can be obtained by calling NACoA at 888-55-4COAS.

BOOKSHELF

by Stephanie Abbott

Can't Buy My Love: How Advertising Changes the Way We Think and Feel

by Jean Kilbourne



Many commercials these days make us feel as if we have an intimate relationship with a product or thing, but we can never be satisfied because the products we love can't love us back. Jean Kilbourne offers an analysis of the way advertising creates and then feeds an addictive mentality. Addicts make the best customers and, when an addict recovers, someone is going to lose money.

"The addict's powerful belief that the substance is a friend or lover is constantly reinforced by advertising. In alcohol ads, the bottle itself is sometimes portrayed as the friend or family member," writes Dr. Kilbourne. "A sign outside a bar at Chicago's O'Hare Airport says, 'Why wait at the gate? Your Bud's at the bar.'" Family members of addicts perfectly understand that this ad portrays it exactly as it is. Advertisers do not forget to start the children drinking with sugary, fruit-flavored products such as Mrs. Pucker's Alcoholic Orangeade and Tumblers, a 24 proof version of Jello shots.

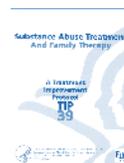
Compulsive eating is not neglected. Advertisers often offer food as a way to repress feelings, such as this ad for chicken quoted in the book, "What to do for dinner after a long day of eating your words and swallowing your pride." Another ad for Betty Crocker's cake frosting has a woman's voice passionately crying out

"Oh my love! I'm yours!" When a man's voice says "Huh?" She says "Not you! The frosting!"

The author also nails the tobacco industry, writing that it is in the business of getting children addicted to nicotine. Three thousand children must start smoking each day to replace the smokers who die or quit in the US alone. We all remember Joe Camel, Spuds Mackenzie, and the Budweiser frogs. Bob Garfield of *Advertising Age* is quoted as saying, "...when they start mouthing their line about smoking as an 'adult decision,' may they choke on their lying tongues."

The author's main message is that advertisers exploit our normal hope for connection, respect from others, a feeling of well-being, and some excitement in our lives, but would have us try to get those things from products. "The ski instructor faded away three years ago, but the sweater didn't." As she says, "Ads turn lovers into things and things into lovers."

NEW TIP AVAILABLE



Recognizing the importance of the family in substance abuse programs, the Substance Abuse and Mental

Health Administration's Center for Substance Abuse Treatment has published a new Treatment Improvement Protocol (TIP 39), entitled *Substance Abuse Treatment and Family Therapy*.

The TIP was developed with expert practitioners from both the substance abuse treatment and family therapy fields. Its intent is to help counselors and family therapists acquire a basic understanding of each others' fields.



Affiliates

NACoA affiliates honored Recovery Month in September through public awareness activities, rallies, and educational programs – all designed to demonstrate that there are millions of recovering persons in America who are productive, healthy, and giving back to their communities in countless ways. Following is a sampling of affiliate Recovery Month activities:



Two affiliate presidents, Don Coyhis of White Bison, Inc. and Henry Lozano of Californians



for Drug Free Youth, were honored at the Johnson Institute's first *America Honors Recovery* celebration luncheon September 23 at the National Press Club in Washington, DC. They



were among eight recovering Americans honored for their extraordinary work in helping others achieve recovery. Co-Chairs of the event were former Senator Max Cleland and former presidential advisor Michael Deaver. Johnson Institute, a national leader in promoting awareness of the power of recovery, is also a NACoA affiliate organization.



Betty Ford Center Five Star Kids of Texas appeared in a video that was aired September 10 during

Recovery Month on the ABC affiliate in North Texas. The Family First program featured three recovering mothers — and their children — talking about their addiction and its impact on the family. Pam Newton, Five Star Kids Program Manager, facilitated the groups for the segment. The women and children reside at Nexus Recovery Center in Dallas, Texas.



Oregon Partnership participated in the Recovery Association Project (RAP), which coordinates news media coverage

of the annual Hands Across the Bridge event that celebrates freedom from addiction. Over 500 people from Oregon and Washington came together on Labor Day, September 6, to link hands across the Interstate Bridge to celebrate that “recovery works!” On September 24, Oregon Partnership’s Bill Deiz moderated the *Addiction Recovery Forum* in the state capitol building in Salem. The forum was sponsored by the Governor’s Council on Alcohol and Drug Abuse Programs and the Oregon Department of Human Services.



recoveryresources

Recovery Resources was one of Compass House, Inc.’s sponsors for “Join the Voices of Recovery...Now!!!” in honor of National Recovery Month on September 7. A dinner reception was held at the Sheraton Centre in Cleveland. Compass House, Inc., in conjunction with the Northern Ohio Recovery Community, hosted a banquet celebration which highlighted over 22,000 persons in recovery residing in Northern Ohio. Awards were given to individuals that have supported the recovery movement. Mary Ann Solberg Deputy Director of the White House’s Office of National Drug Control Policy delivered the keynote address. In addition, SAMHSA Administrator Charles Curie, ACSW, and CSAT Director Dr. H. Westley Clark presented the awards. National honorees were Senator Mike DeWine and Ohio’s First Lady Hope Taft.



TASC's Restoring Citizenship Project launched a month-long Recovery Month Celebration on August 28 with the Winners Circle Summer Community Event. This opening event brought back the popular speaker/trainer Johnny Banks,

Sr., Chief Executive Director of A Knock at Midnight. Banks presented his original concept, *The Four Stages of Recovery: A Comprehensive Recovery Skills Overview*. The event began a series of weekly Winners Circle meetings on each of the stages throughout Recovery Month.



Troy Community Coalition

celebrated Family Day 2004 on September 27. The Day is a national effort to promote parental engagement as a simple, effective way to reduce youth substance abuse and raise healthier children. Flyers were sent home with over 5,000 students and distributed in the community inviting families to receive a \$5 discount on a food purchase over \$25. Participating merchants included three restaurants and two grocery stores.



Children of Alcoholism and Substance Abuse, Inc.’s participation in Recovery Day in Boston included representing children from families affected by alcoholism and substance abuse. A morning rally on Boston Common was followed by a day at the Massachusetts State House.



Council on Alcohol and Drug Abuse for Greater New

Orleans is involved in SoberJam, a major festival in City Park in New Orleans expected to draw 15,000 persons. Originally scheduled for September 18, Hurricane Ivan caused it to be postponed until October. CADA began its innovative *Catches for CADA* fund-raiser in September. New Orleans Saints players earn donations for each catch made by these 6 receivers.

SPECIAL THANKS TO OUR SUPPORTERS

The generosity of so many caring individuals and businesses facilitates NACoA's ability to continue its steady growth in effective advocacy, program development, and training, which combine to bring help and hope to countless children of alcoholics. We are especially grateful to the following donors who have provided support in the past two months.

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ADULT CHILDREN TOGETHER

Adult children of alcoholics/addicts are gathering in Las Vegas February 23-26, 2005 at the Las Vegas Hilton to celebrate the recovery movement at a convention sponsored by U.S. Journal Training, Inc. in association with NACoA.

Many of NACoA's Founding Members will be speaking, including Robert Ackerman, Ph.D., who is chairing the event. Included in the distinguished invited faculty are John Bradshaw, Claudia Black, Stephanie Brown, Leo Booth, Patrick Carnes, Rockelle Lerner, Sharon Wegscheider-Cruse and many others.

The event also includes a storytelling night which will allow everyone to experience the launch of a new portable support group: *Chicken Soup for the Recovering Soul*. There will also be an Awards Night dinner which will pay tribute to many of the people and organizations still at the forefront of the Adult Children recovery movement.

Anyone who has been to a previous convention of adult children knows how exciting and rewarding these events are. For more information go on line to U.S. Journal Training, Inc.

RED RIBBON WEEK



For the 20th year, Informed Families/

The Florida Family Partnership has been a leader in the Red Ribbon Campaign™. Today, this powerful drug awareness and prevention program reaches virtually all of Florida's 6,200 public schools and across the country. "The Red Ribbon symbol is used today as an opportunity to make a visible commitment against drugs through education and mobilization..." says Peggy B. Sapp, Informed Families' president and CEO.

During Red Ribbon Week schools, businesses, families and youth across America will plant bulbs as part of a second campaign, *Plant the Promise*. The bulbs will bloom into vibrant red tulips and will serve as a reminder to stay drug-free. Most bulbs that are planted during October will bloom in April during National Alcohol Awareness Month. Informed Families is a NACoA affiliate.

TRAINING HELPS

The Journal of the Association for Medical Education and Research in Substance Abuse has reported that "although progress has been made in developing a scientific basis for alcohol screening and brief intervention (SBI), training packages are necessary for wide dissemination in primary care settings." Based on a recent survey, "physicians and medical students increased confidence in performing screening procedures and students increased confidence in conducting brief interventions" when provided with training materials.



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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

DID YOU KNOW?



We are participating in 5 marathons as an approved charity.

Detroit Free Press/Flagstar Bank Marathon
 October 24, 2004

Marine Corps Marathon,
 Washington, DC
 October 31, 2004

Marathon of the Palm Beaches, Florida
 November 14, 2004

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