



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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In Brief

OREGON PARTNERSHIP, a NACoA affiliate, has developed meth education and prevention materials from ten years of work on the subject. Visit www.orpartnership.org



SEPTEMBER IS RECOVERY MONTH.

Comprehensive Kits are now available and will be distributed by NACoA to all Board members, affiliates and partners in NACoA's faith initiative. See www.recoverymonth.gov

NIAAA'S FAYE CALHOUN JOINS NACoA Board of Directors. See p. 2

CLERGY EDUCATION TRAINING PROJECT continues to expand, with on-line courses, seminary course modules, and clinical pastoral education programs being developed. In partnership with The American Association of Pastoral Counselors, the pilot project to incorporate NACoA-designed materials and education into post-ordination clergy training and congregational outreach is being replicated and tested in several additional communities.

THE AMERICAN ASSOCIATION OF PASTORAL COUNSELORS is partnering with NACoA on the next phase of the Clergy Education and Training Project's community-based pilot to provide materials and training for helping congregants impacted by addiction. One rural and one large metropolitan area will be served in this latest pilot, which will include a one day training, resource manual, educational materials and follow up technical assistance.

NACoA PROVIDES MINI GRANTS AND TRAINING FOR PILOT SITES TO HELP COAs



Tarrant County Challenge Coalition pilot project co-chairs, Larry Ellis and Cathy Morris, pictured with NACoA's Jim Crowley (center) during the kick-off orientation in Fort Worth, TX April 19.

Five community coalitions have been chosen as the pilot sites for NACoA's Coalition/Children's Program Pilot Project. The project is designed to support the efforts of community coalitions to help their community's addiction treatment programs implement and sustain educational support programs for the children of their clients.

Coalition grantees were chosen through a competitive application process that attracted a strong field of applicants. They are:

- Historic Triangle Substance Abuse Coalition in Williamsburg, VA
- Hood River County Alcohol, Tobacco and Other Drug Prevention Coalition in Hood River, OR
- Community Solutions for Substance Abuse in Owensboro, KY
- Tarrant County Challenge Coalition in Fort Worth, TX
- Lancaster County Substance Abuse Action Coalition in Lincoln, NE

The mini-grant project is being funded primarily through a contract with the Center for Substance Abuse Prevention in the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

The *Children's Program Kit*, developed by NACoA for SAMHSA, will be the program tool for this project at all five grantee sites. SAMHSA's National Clearinghouse for Alcohol and Drug Information will supply the Kits to each coalition's task force and to the treatment programs participating in the project.

NACoA is meeting individually with each grantee group and providing technical assistance and training in each community for task force members and participating treatment programs.

James F. Crowley, President of Community Intervention in Minneapolis, and former Board Chair of NACoA, will be the lead consultant for the project. Initial meetings have been held in four of the five communities, with the fifth scheduled in early June. In addition, NACoA will provide a two-day group facilitator training in all five communities.

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NACoA WELCOMES NEW BOARD MEMBERS

We are pleased to welcome our newest additions to the Board of Directors. Both are distinguished women, experienced in the addiction field.



Kate Driscoll Malliarakis
Kate, a Ph.D. candidate at Walden University in Minneapolis, MN, also holds a Masters of Science in Management, with a specialty in Substance Abuse Systems. In addition, she has a degree in Nursing. She received a fellowship from the Robert Wood Johnson Executive Nurse Leader in 1999, and received recognition for her performance of official duties while at the White House Office of National Drug Control Policy (ONDCP) in 1998. While at ONDCP, Kate was involved in NACoA's primary care core competencies dissemination and helped to facilitate the meeting of medical association presidents at the White House in connection with that initiative. Kate lives in Arlington, Virginia, and is a practicing clinician. She joined the Board in January.



Faye J. Calhoun
Faye has just retired as Deputy Director, National Institute on Alcohol Abuse and Alcoholism (NIAAA), National Institutes of Health, where she has served since 1995. She has degrees in Zoology and Endocrinology/Biochemistry, and a M.P.A. in Policy Analysis/Health Care Administration, a D.P.A. in Research and Development Administration/Policy Analysis, and finally Strategic Management in the Public Sector, Kennedy School of Government. She has provided Congressional testimony, led an

intergovernmental initiative on Fetal Alcohol Spectrum Disorder (FASD) and international efforts that resulted in multiple programs to attack this issue, including the establishment of a Center for Excellence on FASD.

Dr. Calhoun led the spirituality and alcohol research project at NIAAA and will work with NACoA's Clergy Education and Training Project as she begins her service on the Board. She lives in Washington, D.C. and joined the Board at the end of April.

RUN FOR THE CHILDREN® CELEBRATES RECOVERY

Join NACoA's celebration of family recovery at Disneyland in Anaheim, CA September 15-17 as Team NACoA participates in the inaugural Disneyland Half Marathon or 5-K Run. Jerry Moe invites you to visit www.nacoa.org for more information, or call 888-55-4COAS to learn how you can be part of the fun. Jerry is leading NACoA's *Run for the Children*® marathon weekend events and invites NACoA friends and members to join him in celebrating family recovery.

NACoA HONORED



NACoA's Sis Wenger received PRIDE's prestigious 2006 Lauren Ziegler Memorial Award, presented during PRIDE's 29th World Drug Prevention Conference in Washington, DC on April 13. She is pictured here with Jay DeWispelaere, President/CEO of PRIDE Youth Programs.



BREWER ADS ON CELLPHONES

Anheuser-Busch has partnered with MobilTV to seed cellphone TV programming with ads for Bud Light and Budweiser Select. The company says the ads target 21 to 35 year olds. However, research from Advertising Age's American Demographics show that 13 to 17 year olds, more than half of whom have cellphones, are far more likely than older cellphone owners to use their phones for activities other than calling, such as playing games and text messaging.

This is of particular concern to advocates for children of alcoholics (COAs), as research has revealed that COAs are particularly vulnerable to underage drinking and addiction.

ALCOHOL IS GOOD FOR YOU?

Researchers now question the idea that moderate drinking helps prevent heart disease, noting that most studies include teetotalers as a control group but do not ask why they do not drink. Several studies have found that light to moderate drinking, no more than two ounces a day on a regular basis for men, and one ounce a day for women, is associated with a lower risk of heart disease.

A team at the University of Victoria in British Columbia and the University of California at San Francisco analyzed 54 studies and found that only seven differentiated between people who abstain by choice and those who quit for health reasons.

In the seven studies that included people who had not drunk alcohol for a long time by choice, there was

no difference in rates of heart disease between drinkers and non-drinkers.

In another study done in Japan, researchers found that moderate drinkers do not have lower mortality rates than teetotalers, and that people who quit drinking have a higher risk of dying than those who never drank. Lead author Dr. Yoskitaka Tsubono commented, "Ex-drinkers might have quit drinking due to ill health." The study is published in the Sept. 12, 2005 issue of the *Journal of the American Medical Association*.

GUMDROPS AND MARIJUANA

Chronic Candy, marijuana flavored lollipops and gumdrops, is being marketed with the slogan "Every lick is like taking a hit." The company that makes the product says the candy contains no intoxicants, only hemp oil, which is a legal substance. Communities in California, New York and Illinois have banned the sweets, believing they send the wrong message to youth.

ALCOHOL AND HEALTH RISKS

The strongest studies tying alcohol to health risks involve cancers of the upper digestive tract. Nearly half the cancers of the mouth, pharynx and larynx are associated with heavy drinking, according to the National Institute of Alcohol Abuse and Alcoholism. Less consistent data link alcohol with cancers of the liver, colon and breast.

INJECTION APPROVED FOR ALCOHOLISM TREATMENT

A once a month injection to treat alcoholism was approved by the Food and Drug Administration in April.

The drug, Vivitrol, is to be used in conjunction with counseling or group therapy, according to Alkermes Inc. which will make the drug. Also known as naltrexone, the drug works by blocking neurotransmitters in the brain that are believed to be associated with alcohol dependence, thus diminishing the craving for alcohol.

AA STILL PREFERRED AFTERCARE

Yet another study has confirmed that patients who attend AA after treatment show a higher likelihood of long-term abstinence, and suggests that providers should reinforce AA attendance.

Researchers assessed participation in AA, abstinence, and other alcohol outcomes over 5 years among 349 patients. The results were published in [Alcoholics Anonymous careers: patterns of AA involvement five years after treatment entry](#). In *Alcohol Clin Exp Res*, 2009;29(11); 1983-1990.

GENES INVOLVED IN ADDICTION LOCATED

Two clusters of genes involved in drug addiction, including opiads such as heroin and morphine, have been located on chromosome 17. The research is been published in the May 2006 issue of the *American Journal of Human Genetics*.

"Once specific genes that increase or decrease risk are known, we will be in a better position to figure out exactly what environmental factors might be..." said Joel Gelernter, M.D., who conducted the study with colleagues at Yale University.

"If we are to have true peace...then we shall have to begin with the children."

-Gandhi



THE COUNSELOR AND THE COA

By Stephanie Abbott



If therapists could exclude all clients who have been affected by addiction, their practices would be very small! Of course, many clients do not admit or may not know at first that addiction [their own or someone else's] is the cause of their presenting problems. Until recently, therapists often did not know this either. Counselors and their clients failed to recognize, or even dismissed, the tremendous impact that addiction has on individuals and their families. It was assumed that children of addicts would be fine as long as the parent got sober.

Times have changed. In the past 20 years, clinical and empirical research, combined with public education, has dramatically improved knowledge about family addiction. Professionals now know a lot about alcoholism, and they know that growing up with an alcoholic parent can indeed cause terrible problems. Many more clients come in knowing this too, though they still may have trouble naming the addiction and understanding its impact. Living with addiction is a common and even a "normal" condition of family life, yet it is also one of the most insidious to diagnose and face directly, for both clinicians and families. Still, the impact can be so severe, especially on children, that it is essential for all therapists to rule out addiction as a first step of evaluation.

Understanding the family dynamics and learning to make the diagnosis

of addiction should be primary skills for all counselors. In addition, the expanded knowledge base now makes it possible to individualize assessment, thus providing a better portrait of the impact of alcoholism within a particular family and a better map for treatment planning.

Alcoholism affects the individual physically, behaviorally, cognitively, and emotionally and can affect family members in all the same ways. In order to live with active alcoholism, the family members often deny that it exists. They decide that something or someone else is the real problem. Thus, everyone colludes to deny the drinking and explain it as something else. Helping professionals, friends and family can all get caught up in the explanations that maintain denial.

“CHILDREN ARE TAUGHT BY WORD AND EXAMPLE...”

If a family member can manage not to have feelings, it is easier to get through a traumatic day, or week, or even years

of living with active addiction. “The drama of it all just wore me down,” says one wife. “Eventually I hardly reacted to a husband passed out in the garage or all the other stuff. Much later I realized I had stopped responding emotionally to anyone, including my children. I just froze over. They got taken care of, the work got done. That’s all.” This “frozen” parent is inaccessible to the children.

Because addiction in the family is embarrassing, children are taught by word and example not to talk about it. Denial of the problem is at work here too, so the child hears some-

thing like “There is nothing wrong in this family and don’t talk about it!” Therefore, one of the tasks in the therapy or support group is to undermine that message and encourage discussion. Family therapists are familiar with the importance of breaking no-talk rules, and it is particularly important for families with alcoholism. It is difficult for the child to do so, but therapists can break the rule themselves by demonstrating an understanding of how parental addiction affects the child. This can be done verbally or with reading materials, or such visual aids as movies and pictures. By stating “Here are some of the concerns of other children who have parents who sometimes drink too much,” the counselor normalizes the feelings.

The COA’s usual experience of family life is confusion. Adults often imagine wrongly that not explaining the situation lessens the impact on the child. Providing simple, age appropriate information about alcohol and other drugs, addiction and the possibilities of recovery, is crucial to the child’s well-being and an important part of the therapist’s job.

There is no question that the therapeutic and research communities have come a long way in understanding the needs of COAs. Now we must do a better job of seeing that support and education are actually available to all children who need them. NACoA’s new pilot programs with coalitions and faith communities are working to break that silence and isolation. No child should be left alone and unheard.

Stephanie Abbott, M.A., is Communications Editor for the National Association for Children of Alcoholics.

HEALING OUR REGULATORY SYSTEMS

By Tian Dayton

(Note: The first part of this article was printed in the Winter 2006 issue of NETWORK.)

There is much we can do to restore emotional, psychological and physiological balance, such as:

Exercising: Research studies have found that exercising three times a week can have the same mood elevating results as medication when it comes to treating depression.

Thirty minutes of sunlight: Sunlight, because it has vitamin “D,” helps prevent cancer, bone disease, depression, and many other illnesses that are only now beginning to be understood. Also, because vitamin D can help lower and control insulin, sunlight may also play a role in helping people reach their weight loss goals.

Relationships: Studies in Alameda, CA found that people with personal and community relationships live longer.

Maintaining a positive attitude: The University of Texas has found that people with an upbeat view of life were less likely than pessimists to show signs of frailty. They speculate that positive emotions may directly affect health by altering the chemical balance of the body. Alternately, it may be that

an upbeat attitude helps to boost a person’s health by making it more likely they will be successful in life.

Take a bath: A warm bath releases prolactin, the same soothing hormone released by nursing mothers.

Get enough down time: This is an important way to regulate mood and train ourselves to learn to relax.

Twelve step programs are our population’s built-in relationship network, offering a new design for living for anyone willing to try attending regular meetings over a long period of time. In fact, simply sitting in the room with others who are not acting out, who are sharing their emotions in a sincere but controlled manner re-regulates the limbic system.

People, in fact all mammals, are designed to have something called limbic resonance, a force of the attractors that move between people. It is this phenomenon of deep, limbic connection that can lead to either deregulation or healing of the limbic system. In other words, the same thing that can traumatize us when it goes awry, namely close relationships, can lead to our healing.

PARENT PILOT KIT



A Guide for Parents of Pre-Teens and Teens - Navigating Your Children Through The Teenage Years

Informed Families/The Florida Family Partnership, a NACoA affiliate, has taken 20 years of experience to create this nifty little binder/notebook

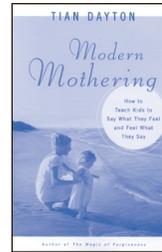
of helpful hints for parents. Topics include: drug information, resources, safe homes, safe parties, smoking, driving, and resources.

Though written for Florida parents and guardians, nearly all of the information pertains to all Americans. For more information or to order, go to www.informedfamilies.org

BOOKSHELF

By Stephanie Abbott

Modern Mothering
By Tian Dayton



“The mother’s lap is the child’s first classroom” writes Dr. Dayton, quoting a Hindu proverb, in her new book that tenderly explores the experience of mothering as a spiritual path for the woman as she shapes her child’s environment.

Because of her training and experience as a psychologist Dr. Dayton is able to explain childhood development; because she is a mother herself she can use real examples from her life to explain what occurs in actual life situations; and because she is an ACOA, she can explain how creating a safe little home for her children also meant emotional repair for herself. The book has believability because the author has all of these life credentials.

All of us who have cared about our children and worried about “doing it right” can enjoy this book, not only for its helpful insights and support for conscious mothering, but also for its encouraging tone. It’s easy to imagine sharing your own experiences with her, the insights, the surprises, and the funny things that happened along the way.

Tian Dayton, Ph.D., is a psychologist and creative arts therapist in private practice in Manhattan, and she is the director of the New York Psychodrama Training Institute at Caron, New York. The book is available through your local bookstore or by calling 1-800-707-0670.



Affiliates

COA WEEK MERITORIOUS SERVICE AWARD

Each year the National Association for Children of Alcoholics (NACoA) recognizes with its Meritorious Service Award one of its affiliate organizations for outstanding programming during Children of Alcoholics Week. The 2006 recipient of NACoA's Meritorious Service Award is:

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

Robert F. Kennedy Children's Action Corps Headquarters
11 Beacon Street, Suite 200
Boston, MA 02108.



COASA's success in raising awareness of the needs of children exposed to a family member's alcohol or drug abuse or dependence

was the result of multiple approaches:

- COASA's Director and Founder, Maureen McGlame, was the guest on public affairs radio with a CBS affiliate radio station in Boston. The Mayor of Boston issued a Proclamation declaring February 14 to be Children of Alcoholics Day throughout the City of Boston.
- COASA wrote a timely op-ed piece that focused on the needs of children of alcoholics in the context of the current political realities in Boston.
- A February 15th article that led with Children of Alcoholics Week was published in local press and provided program details about COASA's 10-week series for children ages 7 to 13. The program uses the Children's Program Kit created by NACoA.



Oregon Partnership, together with MADD, CARSA and Beaverton Together, and the Fox 12 Oregon news anchor,

Wayne Garcia, hosted a community Town Hall on Underage Drinking on April 27. On the following Sunday at 6 pm, Fox 12 aired a news special, again produced by the Oregon Partnership with MADD, CARSA, and Beaverton Together and titled "Underage Drinking: Oregon's Hidden Crisis."

www.orphnership.org



The Betty Ford Center Children's Programs recently brought together 40 school counselors, family therapists,

CSP caseworkers, and educators at the Five Star Kids Offices in Fort Worth. The purpose: Training on the Children's Program Kit. Jerry Moe, National Director of Children's Programs for the Betty Ford Center, provided the training using the Children's Program Kit to offer age-appropriate education and tools to help empower children with new coping skills.

www.bettyfordcenter.org/children



Maple Grove Children's Programs are sponsoring camps for COAs for the 17th year. Families in the greater

Detroit area have a choice of five locations. In addition, Maple Grove partner Macomb County C.A.R.E. is once again offering the program. For information, call 248-661-6170 or email: mce_cp@hfhs.org

Maple Grove Center will celebrate its 25th Anniversary in July. Maple Grove Community Education and Children's Programs will be highlighted during the event.



Troy Community Coalition honored

an outstanding group of "Incredible Kids" on April 6 at the 5th Annual "Incredible Kids Recognition" ceremony. Captain Gary Mayer of the Troy Police Department read a brief description of why each honored child

is "Incredible" and each received a "Shining Star" certificate and medalion. Incredible Kids were nominated by adults in the community for a variety of different accomplishments and service. www.troycoalition.com

TASC TASC, Inc.'s Recovery Coach Program for substance-involved parents has saved the Illinois Department of Child Welfare Services approximately \$5.6 million. This is the finding of a 5-year study by the University of Illinois Urbana-Champaign's School of Social Work. Parents receiving the services were more likely to access and stay in treatment, and were unified with their children sooner with lower links to subsequent allegations of maltreatment. www.illinoistasc.org

NCADD The Alcoholism Council of

Cincinnati Area hosted its annual Recovery with Dignity Day on April 13 in recognition of National Alcohol Awareness Month. NACoA's President/CEO Sis Wenger keynoted the luncheon with a message that everyone has a responsibility for the one in four children affected by parental alcohol abuse and alcoholism. Former NACoA Board Chair, Mary Carol Melton, co-presented in a workshop following the luncheon. www.alcoholismcouncil.org

Compass Health Care, Inc. Compass is using the Children's Program Kit in its Children First program at the crisis nursery where children live when taken from their parents due to substance abuse in the family. Stephania O'Neill, Compass' Deputy CEO, reports that it is going extremely well. "The children 'get it' and we are expecting good outcomes." www.compasshc.org

Thank You



THANKS TO OUR GENEROUS SUPPORTERS

NACoA is deeply grateful to the many generous individuals and businesses who continue to support our growing efforts to help children and families impacted by alcohol and drug dependence.

Major (\$1000 – 2499)

Edwin Guevara
Matthew J. Wenger

Sustainer (\$500 – 999)

Mary Alice and Vincent Stanton

Friend (\$250 – 499)

Craig A. Carroll
Pamela Lemerand, Ph.D.
Betty Mackey
Elaine B. Walker

Contributor (\$100 – 249)

Soundarapandian Baskar, M.D.
and Sujatha Baskar, M.D.
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Nancy and Dennis Marks, M.D.
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Dhanya G. and Santosh M. Nair
Richard Saitz
Laura Sears
Karen L. Sutton
Bill and Marlene Waldner
Eileen P. Walen
Kathy and Otis N. Walton

HIGH SCHOOL SENIOR PROJECT GENERATES SUPPORT FOR COAS

Webster Thomas High School in New York requires the completion of a senior project as part of the senior year curriculum. The project includes a research paper, and Senior Kelly Maid chose “Alcoholism as a Disease” as her topic.

Also required is a product that will benefit others. Kelly chose Carl Zimmerman, a Monroe County police officer, as a mentor to guide her in planning her project. She organized a “Set the Tone 2006 Benefit Concert” without alcohol, in early April. Over 150 attended and two local bands, Ten Dolla Kick\$ and Random Act, volunteered their time and talent to perform. Local businesses donated door prizes and other gifts as incentives.

“As a child of an alcoholic, I know what it feels like to blame yourself for others’ actions,” Kelly said. She found NACoA on the internet and decided that was where the proceeds would go. With a \$6 charge at the door and a 50/50 raffle, she brought in a \$900 profit and sent it to NACoA with her story. “My heart goes out to the children that suffer from dealing with alcoholic parents. Even though my father is a recovering alcoholic, I still went through a lot of what these kids are going through,” she wrote.

Kelly also wrote that everyone was very supportive and “willing to donate to a very good cause.” She has learned what we all need to remember: speaking up and asking for support brings out the best in people. NACoA thanks Kelly and her mentor for telling the COA story and for helping us to help other children and young people like her.

WHAT A DIFFERENCE A VOLUNTEER MAKES!



Celebrating National Volunteer Week at NACoA April 23-29, Dorothy Paperiello was singled out for a special tribute. Dorothy has been a weekly volunteer at NACoA for over 11 years. She organized the bibliography of over 150 years of peer-reviewed journal articles on children of alcoholics which is now on the NACoA website; she proofed the PEDIATRICS Supplement published in 1999 and helped edit NACoA's book *Children of Alcoholics: Selected Reading*. She does shipping, establishes data bases on tracking shipments of NACoA products, helps with major mailings, organizes training materials, and always with a “How can I help?” attitude.



THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
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- Detroit/Windsor – 10-29-06
- Marine Corps – 10-29-06
- Walt Disney World – 1-6/7-07
- Phoenix AZ – 1-14-07

www.nacoa.org
 jendicott@nacoa.org

**“If you think education is expensive, try ignorance.”
 Emma Goldman**

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

ANNUAL MAATI SUMMER SCHOOL



NACoA founder Robert Ackerman, Ph.D., has announced the eighteenth annual summer school of the Mid-Atlantic Addiction Training Institute (MAATI), High-Risk Children, Families and Behavioral Health. The program focuses on high-risk children of all ages – from childhood through adulthood – and will present the latest information and clinical and education strategies.

The summer school will be held on the campus of Indiana University of Pennsylvania in Indiana, PA, July 17-21, 2006. Academic graduate credit is available. For more information on the program, call MAATI at 724-357-4405.