



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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In Brief

NACoA'S MARGARET CORK AWARD will be presented to the National Council on Alcoholism and Drug Dependence September 9 on Capitol Hill during NCADD's 60th anniversary celebration and the Recovery Month kickoff luncheon, which it is hosting.



MAATI SUMMER SCHOOL: The Mid-Atlantic Addiction Training Institute's 16th annual summer school is scheduled July 19-23. Contact

NACoA for brochures or call MAATI at (724) 357-4405 for more information. Conference chair is NACoA founder Robert J. Ackerman, Ph.D.



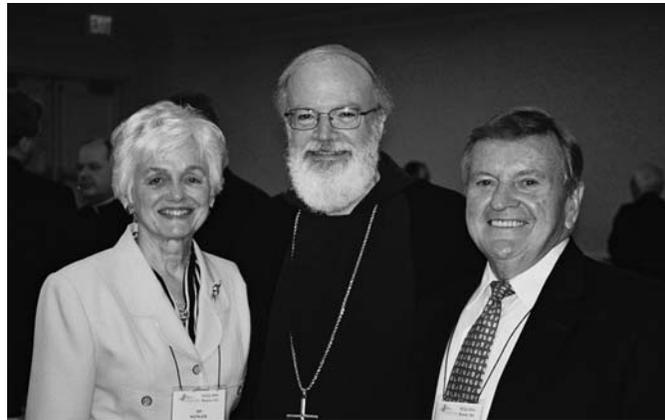
TEAM NACoA will be featured as an official charity in five marathons this year. (See p. 7)

YOUTH DEVELOPMENT CONFERENCE: JustCommunity's national three day conference for youth and adults celebrates their work in community building initiatives and will be held October 10-12 in Allentown, PA. For information call (215) 538-4796.

THE 15TH ANNUAL RECOVERY MONTH will be celebrated in September. (See p. 5)

NACoA WELCOMES NEW AFFILIATES: Dynamic organizations in Arizona, Colorado, and Connecticut have joined NACoA. (See p. 6)

CLERGY TRAINING PROJECT GROWS



Sis Wenger and George Bloom with Sean O'Malley, OFM Cap., Archbishop of Boston, at the annual seminary meeting.

The development of a set of core competencies for clergy has promoted educational programs, curriculum development, and related efforts. At the Faith-Based and Community Summit in January 2004, Charles G. Curie, M.A., A.C.S.W., Substance Abuse and Mental Health Services Administration (SAMHSA) Administrator, introduced the *Core Competencies for Clergy and Other Pastoral Ministers in Addressing Alcohol and Drug Dependence and the Impact on Family Members*. Efforts spurred by the core competencies include:

- The Catholic *Seminary Journal* included a 50-page special section in its winter edition on spirituality and addiction and, among other topics, addressed the impact of addiction on families.
- NACoA Board Vice President George Bloom and Executive Director Sis Wenger introduced the core competencies at the annual Catholic seminary meeting

in Boston in April.

• In mid-July the National Institute on Alcohol Abuse and Alcoholism and the Fetzer Institute of Kalamazoo, Michigan, are partnering with the Clergy Training Project to develop and evaluate curriculum modules that can be used in seminaries and post-ordi-

nation training. These modules will directly address the core competencies.

- Plans already are underway for a training of trainers for representatives from all of the training centers of the American Association of Pastoral Counselors.

NACoA partners with the Johnson Institute on the Clergy Training Project. The project is coordinated by NACoA's new Director of Faith Initiatives, Donna Xander, M.A., and has been supported by SAMHSA's Center for Substance Abuse Treatment.

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WELCOME TO NEW BOARD MEMBERS

NACoA Board President Julie Fisher Cummings is pleased to announce the addition of three new members of the Board of Directors.



Frances L. Brisbane, Ph.D., has moved from NACoA's Board of Advisors to its Board of Directors. Dr. Brisbane is Dean of the School of Social Welfare at Stony Brook University, State University of New York. She founded the National Black Alcoholism and Addiction Council and is a former recipient of NACoA's coveted Margaret Cork Award. Dr. Brisbane will be a leading member of the new Social Work Initiative. Her books include, *African American Children of Trauma/Children of Triumph*, which she dedicated to NACoA.



Tian Dayton, Ph.D., a clinical psychologist, acclaimed author, trainer and nationally recognized expert in the fields of psychodrama and addictions, has been a long-time supporter of NACoA's work and has written generously for NACoA's newsletter. She has been featured on National Public Radio, the American Health Network, and numerous major television talk shows.



Nancy I. Fitzpatrick, MS, specializes in the strategic management of national and international non-profit organizations and charitable foundations. Nancy is Vice President of WorkWell Associates, Inc., a consulting firm she co-founded in 2003, supporting U.S. Government and non-profit agencies. She also serves as Deputy Executive Director of Quota International, Inc., the world's first international service organization for women, and its charitable arm, the We Share Foundation. Her professional efforts have won numerous national and international awards.

OUT AND ABOUT

NACoA was among 58 groups represented at the second annual Providence Summit on Addiction, hosted by Manisses Communications Group, Inc. in cooperation with the Brown University Center for Alcohol and Addiction Studies in Providence, RI on May 26 and 27. Jan Peter Ozga, MPH, NACoA Program and Policy Director, participated in the meeting which featured the findings of the Hart Research Associates survey on attitudes toward recovery-which reported that over two thirds of the respondents thought that alcoholism and drug abuse's impact on families and children was a "very convincing argument" for a new approach to addiction.

Sis Wenger, NACoA's Executive Director, keynoted a regional prevention education conference in Buffalo, NY, sponsored by NACoA affiliate Erie County Council for the Prevention of Alcohol and Substance Abuse June 8-9. She also presented one-half day seminar on the Children's Program Kit. The following week (June 16) Wenger delivered the keynote address at the Summit for Faith and Community Leaders, sponsored by Faith Works Together in Raleigh, NC.

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COLLEGIATE ATHLETIC GROUP ASKED TO CURTAIL ALCOHOL ADS

Nebraska Congressman Tom Osborne introduced House Resolution 575 in March, calling on the National Collegiate Athletic Association and its member colleges and universities to discourage alcohol use among underage students by ending all alcohol advertising during radio and television broadcasts of collegiate sporting events.

In announcing the Resolution, Representative Osborne stated, "...It is a complete contradiction for colleges and universities to continue to take money from beer companies whose ads glamorize drinking and target a youthful audience, and then devote time, energy, and resources in the fight to discourage the same students from engaging in underage and binge drinking. Too often, college personnel are confronted with alcohol-related consequences: poor academic and disciplinary behavior, security concerns, assault, date rape, and death. These terrible outcomes are not at all glamorous."

PUBLICATION DISCUSSES YOUTH DRINKING

"Lots of Kids Drink...Keeping Teens Away From Alcohol Is Tough, But Not Impossible" is an article in the March 2004 State Legislatures, a publication for legislators and their staff published by the National Conferences of State Legislatures (Vol 30, No 3, p 20). The article addresses the dangers of underage drinking as well as the responsibility of adults. In addition, diverse opinions on alcohol marketing from the

alcohol industry and the prevention community are also presented. The article ends with a series of statistics.

FEDERAL AGENCIES COLLABORATE WITH EMERGENCY MEDICINE

A major collaborative study that will investigate ways to screen, identify, and treat patients in hospital emergency departments for alcohol problems has begun at the National Institute on Alcohol Abuse and Alcoholism and the Substance Abuse and Mental Health Services Administration. Academic emergency medical departments at 14 institutions will participate in the study, the first to rely solely on emergency personnel, rather than research staff, to conduct the screening and intervention.

For as long as emergency departments have existed, physicians and nurses have encountered and helped individuals with alcohol problems. However, a recent report in the Archives of Internal Medicine concluded that the number of alcohol-related emergency visits is approximately three times higher than previously estimated, based on physician documentation or patient disclosures of alcohol involvement. The emergency room is an ideal setting to provide problem drinkers with a targeted intervention at a "teachable moment."

SAMHSA CHIEF TESTIFIES BEFORE SENATE

Charles G. Curie, Administrator, Substance Abuse and Mental Health Services Administration (SAMHSA), testified June 15 before the U.S. Senate Subcommittee on Substance Abuse and Mental Health Services.

The subject was "Providing Substance Abuse Prevention and Treatment to Adolescents."

Among the SAMHSA initiatives created to increase prevention and treatment services for teens is the "Strategic Prevention Framework," a planning tool that will enable SAMHSA to align prevention resources with the President's Access to Recovery and HHS Secretary Tommy Thompson's *HealthierUS* Programs. Curie reported that the President's goal to reduce illicit drug use among youth by 10 percent was exceeded by one percent.

The subcommittee will hold a hearing at 10:00 a.m. July 20 to look at performance and outcome measurement in substance abuse and mental health programs. With all of SAMHSA's programs moving toward a core set of performance measures, the hearing will focus on how this will work.

CONSUMER GROUPS REQUEST ALCOHOL LABEL

The National Consumers League, the Center for Science in the Public Interest, and others have petitioned the Alcohol and Tobacco Tax and Trade Bureau to require a new, standardized "alcohol facts" label on each alcoholic beverage container.

The label would include alcohol content expressed as a percentage of volume, serving size, amount of alcohol per serving, ingredients, number of standard drinks per container, and federal advice on moderate drinking for men and women. The groups compare the labels to nutrition labels that have helped consumers of packaged foods.

THE GRANDPARENTS AND THE COA

by Stephanie Abbott



"I always looked forward to being a grandmother. I pictured myself holding a new baby, reading the books my children enjoyed to this child, having a new life to love. I never imagined I would be so scared for a grandchild because his father is an addict."

Listen to this new member of Al-Anon, a support group for families of alcoholics. She is saying what so many grandparents face today. Some of them are in recovery from addiction themselves, or have had addiction in their families for generations; others are new to this painful experience. They all need support and information so they can be strong and proactive in helping their grandchildren.

The 2000 U.S. Census reports some 1.4 million children are living with their grandparents rather than parents. Alcohol or other drug problems is a common reason for such arrangements. Then there are many other grandparents providing back up care, doing what they can to provide stability to the lives of these children they love. Still others worry from a distance, prevented by their other responsibilities, health problems, geography, or by the resentment of their children to help very much.

What can Grandma and Grandpa do? After doing all the normal things that

don't work, like lecturing the addicted parent, blaming, and shaming – then alternating with playacting that all is well – many grandparents find much more effective ways to take action.

Get Empowered They feel empowered by educating themselves about the nature of addiction, because they can't help the children unless they understand the problem.

Get Support They also get strength from support groups because there they find others who truly understand and also have helpful ideas of how to cope effectively with particular situations,

such as what to do if the child has to be in the car with a drunk driver, or how to respond when the child needs information about addiction.

Explore Resources Grandparents need to know what the child protection laws are in their state so they know what their options are if they feel the child needs to be out of the home. Seeking this knowledge is painful, but not as painful as feeling helpless. Living with alcoholic parents is abusive to children even without physical acting out. The grandparent may be the only one who can help. Many communities and schools are proactive for children of alcoholics, offering education, camps, and other support services. There is also the emergence of grandparents' support groups, with referrals to social services, and educational meetings in

churches, senior centers, and addiction treatment facilities.

Comfort the COA Parents are forever a part of a child, so the wise grandparent helps the child to understand that addiction is an illness, and—if there are any healthy parts of the parental relationship—tries to build on them. Children want to love their parents. They also need to know they did not cause the addiction and it is never their fault.

The grandparent can be a haven of stability, predictability and undemanding love, and they can help the child make sense of an unpredictable and irrational situation.

Stephanie Abbott, MA, is a family counselor, on the adjunct faculty of Marymount University, and editor of NETWORK.

**"I NEVER
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"READ TO ME"

Here is a list of books for COAs and their grandparents to share.

What's "Drunk," Mama? published by Al-Anon Family Group

Elephant in the Living Room by Jill M. Hastings and Marion Typpo

I know the World's Worst Secret by Doris Sanford

I Wish Daddy Didn't Drink So Much by Judith Vigna

My Dad Loves Me, My Dad Has a Disease by Claudia Black

Also helpful: a coloring book published by Hazelden titled *Winthrop and Munchie Talk about Alcohol*.

RECOVERY MONTH CELEBRATES 15TH YEAR



Individuals, organizations, and communities nationwide are already planning their participation in the 15th annual National Alcohol and Drug Addiction Recovery Month this September.

The 2004 Recovery Month theme is "Join the Voices for Recovery . . . NOW!" It underscores the need to educate communities nationwide about the value and significance of alcohol and drug addiction treatment and the kinds of services that are available.

The celebration, coordinated by SAMHSA's Center for Substance Abuse Treatment (CSAT), highlights the benefits of substance abuse treatment and promotes the message that recovery from substance abuse in all its forms is possible. NACoA is an active Planning Partner for this year-long effort.

Activities and materials in support of the Recovery Month campaign include a toolkit with comprehensive resource information, the Recovery Month home page on SAMHSA's web site, TV and radio public service announcements, community forums, and community-sponsored events. All of these materials provide comprehensive options for developing tailored Recovery Month events and activities in every community.

The toolkit also provides ideas for planning and tools for creating a variety of successful events. The kit features important resources for treatment providers, consumers, and prevention programs and offers event ideas and sample materials on how to reach local media. The kit also includes detailed fact sheets for state and local agencies, key constituency groups, and other special audiences. NACoA affiliates and Board members have received the kits.

SAMHSA also hosts an award-winning, interactive website at www.recoverymonth.gov. For a Recovery Month toolkit, contact SAMHSA's National Clearinghouse for Alcohol and Drug Information – 1 (800) 729-6686.

TWO BOARD MEMBERS ADDRESS POLICY ISSUES

William Cope Moyers, NACoA Board member, writes about "Making Recovery America's Business" in the June issue of Counselor magazine. He stresses the disconnect between alcohol and other drug abuse in the workplace and what to do about it.

"All of us in the addiction treatment field must encourage employers to teach everyone in their company about addiction and how to get help through company-wide forums and

other events, employee newsletters, intranets, videos, handbooks and printed resource guides," he writes.

Mr. Moyers is the Vice President of External Affairs for Hazelden Foundation.

In the same issue, Stephanie Abbott, editor of NACoA's NETWORK and liaison to the Board, writes about "Reducing Underage Drinking: Our Collective Responsibility." The article

BOOK SHELF

by Stephanie Abbott

Addict in the Family: Stories of Loss, Hope, and Recovery



By Beverly Conyers

These are sadly familiar stories, told by members of "a Twelve Step recovery group", who are suffering from the drug and alcohol addiction of their adult children. They try all the remedies that don't work and eventually, with support, get to the conclusion of what is actually possible.

"Families ask themselves if their loved one is gone forever, replaced by an untrustworthy, soulless being like the empty eyed creatures in Invasion of the Body Snatchers," as the author sums up.

There is hope in education and support and the practical information that Ms. Conyers addresses. The real life stories are intended to reduce the feelings of isolation experienced by families who are coping with addiction.

The paperback is published by Hazelden.

looks at research bolstering the recent report by The National Academy of Sciences' Institute of Medicine. That publication includes recommendations for strategies and interventions for reducing underage drinking.

"We appear to be in the middle of a culture shift that will deglamorize alcohol and take addiction seriously," writes Ms. Abbott.



Affiliates

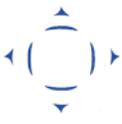
THREE NEW AFFILIATES JOIN NACoA, BRING TOTAL TO 35

Three organizations have affiliated with NACoA in recent months, bringing the total affiliate membership to 35.



American Indian Prevention Coalition promotes safe, successful, healthy and drug free American Indian youth,

families and communities on and off the reservations. www.ndns4wellness.org.



Compass Health Care, Inc. Tucson, AZ prevention and treatment center with six locations, providing emergency, residential, housing, outpatient, prevention/education.

Funding from the Southern Arizona Foundation and Compass Health Care's annual membership drive has enabled the introduction of a new prevention program, *Children First*, utilizing SAMHSA's *Children's Program Kit*. www.compasshc.org



Mount Saint John, Inc. provides prevention and treatment services to teenage males; 60 percent of residents come from homes where parental substance abuse/addiction is present.

The agency provides programs for family members while youth are being treated. www.mtstjohn.org



The Troy Community Coalition held a fundraiser in mid-June at the local Wal-Mart store, which obtained donated hot dogs, buns, water, and potato chip/pretzel snacks from its vendors. The Coalition volunteers cooked the hot dogs and gave away prevention material while encourag-

ing patrons to contribute. The event raised over \$1400 for the coalition which will be matched by Wal-Mart Corporate offices. "This was a win-win situation for the coalition and the community, and Wal-Mart has asked us back," reported Ann Comiskey, Executive Director of the coalition.

The **Wilbur D. Mills Treatment Center** will soon open its parenting unit. Designed for women who are pregnant, or have children, to come to treatment with their children, it is scheduled to open in September.



Betty Ford Center's Five Star Kids of Dallas/Fort Worth is spearheading a taskforce focusing on drug endangered children in Texas. Other states have initiated successful coalitions and collaborations are being developed with them, including California, Arizona, Oklahoma, Colorado, New Mexico and Kansas.



Volunteers of America of Alaska, Inc. will be co-hosting a variety of events recognizing International Fetal Alcohol Spectrum (FAS) Day September 9. As the ninth month and ninth day, FAS Day is a reminder that women should not drink any alcohol for the entire NINE months of their pregnancy. Activities in Anchorage will include informational stickers on espresso/latte cups that morning, a mayoral proclamation and gathering marked by ringing of hundreds of bells at 9:09 am, free non-alcoholic drinks for pregnant women at many local restaurants, all-day FAS



videos on the local school district TV station, interviews on radio stations, and fortune cookies (with FAS messages inside) distributed across the city. Why even risk the potential in children? Alcohol and pregnancy don't mix!

Johnson Institute has incorporated NACoA affiliate Faith Partners into the new Rush Center of the Johnson Institute. Trish Merrill, Executive Director of Faith Partners, has been appointed Director of the Rush Center, which will continue to recruit and train congregations to establish Faith Partners teams to address the alcoholism and drug addiction issues in their faith communities.



Maple Grove Community Education and the Children's Programs have had a very successful summer program season. The numbers are not yet in but we planned for 7 separate programs in addition to the ones sponsored by our partners. Adults and children attend the curriculum-based support and education programs. Staff includes employees, and adult and teenage volunteers.



Erie County Council for the Prevention of Alcohol and Substance Abuse: A six-hour Media Literacy training, designed to raise awareness and fight stigma, was offered at ECCPASAs annual conference in Buffalo. Two staff members received intensive training for this initiative from New York State.



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The excitement is building as runners and walkers have begun training for one (or two) of NACoA's *Run for the Children*®

marathons, half marathons and marathon relay team events. We will again participate in the Marine Corps Marathon in Washington, D.C., the Detroit Free Press/Flagstar Bank marathon, half marathon and relay team, and the WALT DISNEY WORLD® Marathon and Half Marathon.

Each run includes weekends packed with special activities promising exciting and memorable times for all participants and their friends and families. NACoA invites all its members to visit the website (www.nacoa.org) or call us at 1 (888) 55-4COAS to learn how you can be a part of this growing and rewarding adventure.

The Detroit Free Press/Flagstar Bank Marathon (October 24, 2004) has a race for everyone. The premier event attracts runners from around the world to Detroit to enjoy the exciting international course, unique Ford Field finish, and a fast/flat race course. For those of you not ready to go the full distance, you can get together with friends and run the race as a relay team, or try the half marathon.

The Marine Corps Marathon (October 31, 2004) is the "Marathon of the Monuments" through Northern Virginia and Washington, D.C. This challenging, scenic race passes the Kennedy Center, Lincoln, Jefferson, Korean War, Vietnam Veteran's memorials, Washington Monument, and the U.S. Capitol. The lottery for this race is closed but you can still run by registering through NACoA, one of the approved charities affiliated with this event.

The WALT DISNEY WORLD® Marathon and Half Marathon (January 9, 2005) wind through Epcot, Magic Kingdom, Cinderella's castle, Animal Kingdom and more! Runners and walkers meet their favorite characters and move to the beat of popular, inspirational music. You will remember this one-of-a-kind experience forever!

New this year will be the *Run for the Children*® team entry in the first ever Marathon of the Palm Beaches on November 14, 2004 and the second annual P. F. Chang's® Rock 'n' Roll Arizona™ Marathon on January 9, 2005. Former Board member Cheryl Watkins, who participated in her first marathon last January at WALT DISNEY WORLD®, will co-chair the Phoenix event with Mimi Brown, M.D. Board President Julie Fisher Cummings and previous *TEAM NACoA* runner, Sue Ellen Clarfeld, will co-chair the *Run for the Children*® in the Palm Beaches.

Enjoy beautiful weather, stunning ocean views, and the race of a lifetime in the **Marathon of the Palm Beaches**. Race weekend will be packed with activities, including a sports and fitness expo, *Run for the Children*® special events, and, of course, the 26.2-mile marathon and the 13.1-mile half marathon. Not ready for all those miles? Enter as a relay team and complete the marathon with friends.

The P. F. Chang's® Rock 'n' Roll Arizona™ Marathon once again will "rock" Arizona. Get ready for fantastic running conditions and cheering support throughout the course. Over 50 live bands will line the marathon and half marathon courses to set the tempo for an incredible race-long party. It is a musical potpourri, seasoned with rock, funk, reggae and country, along with some jazz and blues to spice things up. *TEAM*

NACoA offers personalized coaching and support, and a pre-marathon pasta dinner. Join the fun! Achieve your fitness goals as you help the children.

THANKS TO OUR SUPPORTERS

It is the generous support of our contributors that sustains NACoA and makes possible its growing programs and services. We are very grateful to the following donors who supported our work since the last newsletter.

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National Alcohol & Drug Addiction Recovery Month
Celebrate Recovery Month September, 2004

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

TRAINING FOR CHILDREN'S PROGRAM KIT



The Center for Substance Abuse Prevention has contracted with NACoA to provide a training of trainers for representatives of its Centers for the Application of Prevention Technology. The three-day training, will be held August 17-19, 2004. Jerry Moe, MA, National Director of the Betty Ford Center Children's Programs, will be the lead trainer, with assistance from master facilitators Betty Conger, ACSW, and Kathy Walton, MA. Jeannette L. Johnson, Ph.D., designer of the evaluation component for the Children's Program Kit, will provide the evaluation training at the meeting.