



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

NETWORK

SUMMER 2005 / VOLUME 21 No. 3

In Brief



A kit to help start a **FAITH PARTNERS TEAM** has been developed by the Rush Institute of the Johnson Institute. See p. 7.

ACKERMAN/BLACK AWARD given to Stephanie Abbott for over 25 years of continuous writing, teaching and helping children and families affected by alcohol and drug dependence in their families. See p. 2.



THE SEMINARY JOURNAL, a journal of opinion, research and praxis in the field of seminary education and formation for priesthood within the Roman Catholic tradition, has published Addictions and Ministry Formation, as a special volume in its series The Core Elements of Priestly Formation Programs. The articles are taken from the previously published works related to NACoA's Clergy Education and Training Project.

CADCA'S 2005 DRUG FREE KIDS CAMPAIGN AWARDS GALA will be held September 20 at the Smithsonian Institution's National Museum of Natural History. See www.cadca.org for more information.



COUNSELOR MAGAZINE published another NACoA article in its June 2005 issue. Entitled "Counselors and Clergy: Partners in Recovery,"

the article addresses the benefits of addictions counselors working with their community's pastoral counselors. It was written as part of NACoA's Clergy Education and Training Project's outreach efforts.

JERRY MOE TO BE HONORED



Johnson Institute's "America Honors Recovery" luncheon will recognize Jerry Moe as one of eight pioneers and innovators in recovery on September 22 in Washington, DC. Held as part of National Recovery Month, the event is a celebration of individuals who have used their own recovery as a springboard to make major contributions for the recovery of others, changing the climate in America for prevention, early intervention, and treatment.

Jerry Moe's contribution is honored for bringing healing and recovery to children affected by a family member's addiction. He first experienced his own personal recovery journey as a young boy in Alateen. He translated that experience into over 31 years of "giving back", beginning with becoming an Alateen conference speaker. He has trained thousands of teachers, psychologists, counselors, and addiction treatment specialists, from Alaska to Mexico, and from Russia to Great Britain to Japan, in school systems, treatment programs, faith communities, and on Native American reservations across America.

Jerry has consulted, trained or spoken on family treatment and recovery in all fifty states and Puerto Rico. He is so powerful and magnetic in person that he engages and motivates his audiences to establish support programs, to speak up and reach out to the one in four children who live with alcoholism and the countless others also hurt by other drug use.

His creative strategies, program activities and his innate sense of the child's needs, and the role of supportive adults in meeting them, form the centerpiece of most of the effective programs that service COAs in the country, including his own programs at the Betty Ford Center Children's Programs in California, Texas and Colorado. In 1979, he created Kids Kamp, a supportive program of fun and education for COAs in northern California, and he returns each summer to stay involved. The camp is part of The Children's Place in Redwood City, which he founded in the 1970s. The story of its effectiveness was captured in a television special, "Lost Childhood: Growing Up in an Alcoholic Home" which is currently being aired on PBS stations across the nation.

Jerry has found time to write and publish six books, which are filled with the games and activities he has created to teach children and youth what they need to recover, grow and thrive in spite of the addiction in their families. He was nominated for the award by NACoA and the Lowe Family Foundation.

Florida First Lady Columba Bush and James L. Abernathy of The Abernathy MacGregor Groups are honorary co-chairs of the luncheon.

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STEPHANIE ABBOTT RECEIVES ACKERMAN/BLACK AWARD



Julie Fisher Cummings (left), past Chairman of NACoA's Board, presents award to Stephanie Abbott.

NACoA presented its 2004 Ackerman/Black award to Stephanie Abbott, MA, at a celebration dinner in Bethesda, MD in early May. The award is given to a person who has continuously worked for, and raised awareness about, children and families impacted

by another's alcohol or drug dependence. Ms. Abbott was chosen for her contributions made to family recovery for over 25 years, and for her still ongoing education and advocacy work.

Ms. Abbott has extensive experience counseling families affected by addiction. She founded the first family program in a major Michigan treatment facility, Brighton Hospital. She is former editor of *ALCOHOLISM Magazine*, and wrote the column Family Forum throughout its history. She was president of the National Foundation for Alcoholism Communications in the late 80s and early 90s and has authored a number of publi-

cations which are distributed by Hazelden. She edited the two volumes of NACoA's *Children of Alcoholics: Selected Readings* and assisted with the review and editing of the May 1999 supplement to *PEDIATRICS*, the journal of the American Academy of Pediatrics, on *Core Competencies for Involvement of Health Care Providers in the Care of Children and Adolescents in Families Affected by Substance Abuse*.

Ms. Abbott has contributed regularly to the NACoA NETWORK since 1992 and has been its editor since 1993. She has also contributed extensively to *COUNSELOR* magazine; most recently, she co-authored a NACoA article on pastoral counselors and clinicians (referenced elsewhere in this issue). She coordinated the authors' work for the COA issue of *Children and Families*, the national magazine of the Headstart Association and authored one of the major articles. She teaches graduate courses on substance abuse at Marymount University in Arlington, Virginia, and lives in Washington, DC with her husband.



BLOOM ELECTED BOARD CHAIRMAN

George R. Bloom, M.A., was elected Chairman of NACoA's Board of Directors at its May, 2005 meeting. Mr. Bloom is a labor relations consultant, human resources professional, and is a former field examiner with the National Labor Relations Board. Currently, he heads George Bloom & Associates, Inc., in Minneapolis. For over twenty years, he served as the president, vice president, board chair, and board member of Johnson Institute, the organization that pioneered in the development of alcohol intervention and treatment programs that include the family in the recovery process. Mr. Bloom spearheaded NACoA's Faith Initiative and has been the board liaison to the initiative's projects, including NACoA's ongoing Clergy Education and Training Project.

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THE PRICE OF POPULARITY

The more popular a teen is at age 13, the greater the chance he or she will use alcohol or drugs or engage in other risky behavior by age 14, according to a new study at the University of Virginia.

Researchers reached these conclusions after following 185 seventh and eighth graders for a year, gauging the teens' popularity by a series of tests, and studying their involvement in alcohol and drug use, vandalism and shoplifting. "We used to think that the parents of popular kids could relax more, that popularity would convey a certain safety," said lead researcher and University of Virginia psychology professor Joseph Allen. "But they are not insulated from peer-group pressure, they are attuned to it, and that is why they are popular."

The study showed that by age 14 popular teens were three times more likely to use alcohol and drugs than their less popular schoolmates. Both this study and previous studies have shown that teens disliked by their schoolmates are at even higher risk than the popular kids.

AMERICAN INDIAN ADVOCATE WINS HEALTH AWARD

Bonny Beach, Cherokee/Cheyenne, the Executive Director and CEO of the American Indian Prevention Coalition in Phoenix, AZ, a NACoA affiliate, was singled out for her work to help improve community health. She will receive \$120,000 to use toward her work, according to an announcement from the Robert Wood Johnson Community Health Leadership Program.

In 1997 she co-founded the Coalition, which developed a 30 bed residential treatment program to help Native teenagers recover from alcohol and drug addiction. It also treats about 75 youth each week through an outpatient program. In addition, the agency provides education and prevention programs at five school sites throughout the Phoenix area. In the planning stage is a workforce development center that will employ 18 year olds. "We developed the circle of health model," Ms Beach said. "The circle of health combines youth development, family strengthening, life skills and cultural restoration."

FIFTH-GRADE DRINKING STUDY

A study of 5th-grade students (aged 10 to 12) has found that the personality trait "disinhibitor" and positive alcohol expectancies both correlate with alcohol use in this age group. The authors state, "Even in elementary school, high-risk youth tend to be more disinhibited or impulsive than others, and they have formed more positive expectancies for the benefits of drinking." These two risk factors have already been linked to alcohol consumption in adolescents and adults. They conclude that their findings support the importance of targeting high-risk children* with early prevention efforts, stating that "Programs where 'just say no' is the prevalent message might not be sufficient to provide behavioral alternatives to substance use..."

The article was published in the Psychology of Addictive Behaviors (Vol. 19, pp. 21-27) and is titled "Elementary School Drinking: The Role of Temperament and Learning."

* Editor's note: COAs are high-risk children.

NIAAA FACT SHEET

The National Institute on Alcohol Abuse and Alcoholism has published a new high school graduation fact sheet for parents. The flyer is part of their ongoing "seasonal outreach" series, which focuses on holidays and seasons of the year when alcohol is prominent in the public consciousness. The sheet includes information on alcohol poisoning and what happens to the brain when alcohol is consumed. For a copy or distribution information visit www.niaaa.nih.gov

CASA CONFERENCE: SO HELP ME GOD (II)



CASA will present So Help Me God (II): Substance Abuse, Religion and Spirituality on Wednesday, September 21, 2005 at the JP Morgan Chase Conference Center at One Chase Manhattan Plaza, 60th Floor, New York City. A continental breakfast, and lunch are included with your registration fee of \$200. Continuing education credits will be available. www.casacolumbia.org

RESEARCHER SEEKS COA DATA

University of Connecticut doctoral candidate Sripriya Rangarajan is collecting data for her dissertation on the impact of growing up with parental alcoholism. The study is posted online and participant anonymity and response confidentiality are guaranteed. ACOAs who are interested in becoming part of the research can go online at www.liv52.com/study/dtn/consent.html

For more information contact her at sripriya.rangarajan@huskymail.uconn.edu



ACA COMES OF AGE

by Omer Gillham



The Adult Children of Alcoholics fellowship is nearing its 30th birthday with great expectations and a book that will detail three decades of ACA experience,

strength and hope for adult children. The text will serve as a meeting book, study book, and group service manual for ACA groups from Denmark to Turkey, and from Canada to South America. Additionally, the ACA book is expected to position the fellowship in its own lane in the codependency/post traumatic stress disorder (PTSD) arena for 12-step recovery.

The book is based on the belief that alcoholism is a disease that affects not only the addicted parent in body, mind and spirit, but also the children in all three areas. An adult raised in an alcoholic or

(ACA) NOW HAS A SOLID CORE OF GROUPS COMMITTED TO REACHING OUT TO ADULT CHILDREN SUFFERERS....”

dysfunctional home can develop self destructive behaviors without ever taking a drink. While other 12-step fellowships address a similar model, ACA recognizes that “body work” is equally important in promoting emotional and spiritual well being. That is, childhood trauma or neglect is often stored within body tissue and requires focused counseling to remediate the trauma. Some helping professionals call this “grief work” and couple it with counseling sessions to assess what the body is attempting to voice.

In addition, the volume will reach out to adult children from homes that do not have alcoholism as a central family issue. For example, adult children from families with a chronically ill parent, or a home with rigid perfectionism, often walk into an ACA meeting and relate to most of what is being said. These adult children have often become dedicated ACA members.

ACA has not produced its own fellowship text until now because the fellowship had access to an excellent selection of books from some of the finest authors in the adult child field. While these books are a remarkable resource, members determined that they needed a singular text to unify the ACA message and create a measure of uniformity for meetings across the world.

The book committee is being overseen by the ACA World Service Office Board of Trustees.

The text is being written by members with extensive experience in address-

ing family of origin issues through counseling, experiential treatment, and 12-step work. The members have experience in mentoring other adult children to find a better way of life. Inner Child or True Self work is also an important aspect of this journey.

Input has been sought from many of the clinicians and researchers in the field of codependency, PTSD, depression, and trauma/abuse. Trustees have communicated with NACoA founders Claudia Black, Charles Whitfield,

Robert Ackerman, and Sharon Wegscheider-Cruse in connection with the focus and content of the book.

HISTORY OF THE FELLOWSHIP

After a meteoric rise in the 1980s, the fellowship endured lean years toward the end of the century. The international fellowship now has a solid core of groups committed to reaching out to adult children sufferers across the world. Currently there are about 600 ACA groups in a dozen countries, and the World Headquarters is based in Torrance, California. Membership is also open to adults who grew up in dysfunctional or neglectful homes without the apparent presence of alcohol addiction in parents.

The group is unique in its articulation of a distinctive set of traits developed by most adult children when growing up in a dysfunctional home. Penned by ACA founder Tony A., we believe the 14 traits serve as a prediction model for some of the mental health conditions diagnosed regularly by today’s therapists and counselors. These traits and other literature have cross cultural appeal. Today groups in Hungary, Denmark, Germany and French-speaking Canada have translated the literature into their language. Meanwhile, meetings and groups are being established monthly.

Additionally, ACA encourages the use of counseling to help address some of the most chronic mental health conditions. We believe that focused counseling coupled with regular association with other recovering adult children produces some of the finest outcomes. For more information, go to www.adultchildren.org

Omer Gillham is an adult child and an investigative journalist in Tulsa, Oklahoma

BOOK SHELF

by Stephanie Abbott

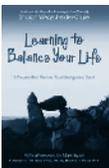


Chicken Soup for the Recovering Soul
By Jack Canfield, Mark Victor Hansen and others.

A large change in behavior and attitude is hard work, and requires self assessment that can be very disagreeable and disturbing. While all this is going on we need comfort and hope, and hearing from others who have made it through provides some balm to the troubled spirit.

Chicken soup goes down easily for a sore throat, is nourishing and easy to digest when we don't feel well, and is traditionally brought to our sick bed by a comforting mother or friend. When we feel down and out emotionally or are grieving losses, "chicken soup" is a good metaphor for the kind of help we can receive from others who have been through what we are enduring.

The help in this case is a collection of short essays designed to be a "personal, portable support group" and includes several pertinent cartoons. My personal favorite shows a couple sitting at dinner as the woman says, "Of course I can accept you for who you are. You are someone I need to change."



Learning to Balance Your Life
by Sharon Wegscheider-Cruse

Long ago in a galaxy far, far away, it was thought in the best circles that a) spouses of alcoholics liked having alcoholic marriages because it gave them so much power and they were martyrs anyway, and b) children of

alcoholics only needed the parent to sober up and that would fix them.

Several things happened in the 80s and the Force was with us (sorry), and one of them was the publication of Sharon Wegscheider-Cruse's book *Another Chance: Hope and Health for the Alcoholic Family*. She explained the family systems theory, a fairly arcane idea developed by family therapists, in terms easy to grasp and adapted to the family with an alcoholic member. It is immensely helpful for families to see their interactions with each other normalized and explained, giving hope that the painful ones can be changed.

Her new book puts its focus on what we can do to get the most out of our own powers: mental, emotional, spiritual, physical, social and will. She helps the reader identify any power outages in any of these areas, and gives a nudge in the direction of doing something about it. This is another thoughtful book to add to your bookshelf.

LOST CHILDHOOD NOW AVAILABLE

"When parents can't stop drinking, their children often pay the price," says reporter Emerald Yeh as she introduces the documentary *Lost Childhood: Growing Up in an Alcoholic Family*. Yet, despite the problems, she presents a message of hope as she revisits a summer camp program founded by Jerry Moe in 1978 for children of alcoholics.

In the camp setting and in their own words, youngsters tell their stories. And they receive the tools they need to go beyond their family situations and enjoy full, healthy lives. It's an important message of hope for treat-

ment professionals, persons working in the juvenile justice system, clergy and other faith community professionals, parents, and educators. The film, which has aired in recent months on over 100 PBS stations, is now available, including shipping and handling, in VHS (\$12.50) or DVD (\$13) through the National Clearinghouse for Alcohol and Drug Information. (800-729-6686).

SEPTEMBER IS RECOVERY MONTH



NACoA affiliates are among the hundreds of organizations and hundreds of thousands of individuals

who will be part of major recovery celebrations across the country throughout the month of September.

Recovery Month is a year-long educational campaign bringing the face and voice and the hope and healing of recovery to the light of day. September marks the culmination with activities ranging from major league baseball celebrations to rallies and walks involving thousands of participants each, to Presidential, governor and mayoral proclamations of the value of treatment and recovery to individuals, their families and their communities, to awards events, conferences and even small celebrations. The 16th annual Recovery Month this September will be the largest and most far-reaching in history.

Recovery Month is a program of the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. Visit www.recoverymonth.gov for the full story and resources to support your own Recovery Month efforts.



Affiliates

NACoA NACoA welcomes its newest international affiliate, **NACOA Deutschland**. Founded in March 2004 under German law as a non-profit, NACOA Deutschland has developed a website which already gets about 1200 hits per month. It provides training for teachers engaged in drug prevention in their schools. It advocates at the German Federal Parliament (Bundestag) and works with its Children's Commission and with the National Drug Commissioner. NACOA Deutschland is currently translating NACoA's "Kit for Early Childhood Professionals" and plans to publish it. A nationwide conference for professionals concerned with COA issues is being planned. What a great start! Note: Even if you do not read German, you will enjoy visiting the NACOA Deutschland website where you will find several familiar illustrations and pictures from existing NACoA produced literature. www.nacoa.de



Oregon Partnership helped lead a successful effort to remove Bud Light billboards that associate boating and alcohol. The billboards outraged prevention advocates, especially in light of a recent deadly boating accident on the Columbia River. The ads show a young man riding a water scooter, crashing through a wave in front of a giant size bottle of Bud Light with the message "Get In Your Element." In response to the community's concern, the maker of Bud Light, is replacing all of these billboards. www.orphnership.org



Recovery Resources, celebrating its 50th Anniversary this year, has been named recipient of a McGregor Foundation Award. The

Foundation's largest grant went to Recovery Resources to provide training at the Fairhill Center for Aging on caring for elderly people with issues with substance abuse and mental illness. In a separate award, Recovery Resources' President, Helen Jones, was honored by Woodruff Foundation for her outstanding work in behavioral health care, education and research in Cuyahoga County. In June, Recovery Resources was also honored with a "Helping Hand" award from the Cuyahoga County Community Mental Health Board which acknowledged the excellence of Recovery Resources' Community Support Program Staff for their dedication and advocacy on behalf of their consumers. There is much to celebrate in Recovery Resources' 50th Year. www.recres.org



Alcoholism Council of the Cincinnati Area, NCADD

is sponsoring an average of four education seminars monthly in the community on subjects of interest to clinical and prevention professions. More information and registration is available on their website. Mary Carol Melton, former NACoA Chair, is Board of Trustees Chair for the Alcoholism Council. www.alcoholismcouncil.org



White Bison continues to take its community-transforming

Seven Trainings to Native American communities across the country. The series includes training on establishing and running educational support programs for Native American children of alcoholics, using SAMHSA's Native Children's Program Kit, developed by NACoA in collaboration with White Bison. The Seven Trainings will be held in Pocatello, Idaho in August. White Bison is also

sponsoring National Native American Wellbriety Month in September to complement National Recovery Month. www.whitebison.org.



Bay Area Substance Abuse Education Services, Inc., BASES provides substance abuse prevention, education and early intervention services to young people and their families in northwest lower Michigan. BASES partners with the Charlevoix Probate Court and Boyne City Alternative Education in sponsoring the Charlevoix Recovery High Program. BASES provides Discovery/Recovery Groups, Recovery Skills Groups, Life Skills Program, Introduction to 12 Step Meetings, Drug Testing, 24-hour Crisis Intervention and Parent Education. It also hosts a thriving teen center as a healthy drug free environment for teens. BASES' co-founder and Executive Director, D. Scott Kelly, has written and compiled an insightful collection of personal experiences and suggestions for parents, teachers, counselors, social workers, and doctors. *Young People in Recovery* is available through BASES. www.basesteencenter.org



Maple Grove Community Education and Children's Programs

will present Charlie Gehringer in a piano concert Saturday, August 20, at the Maple Grove Center in West Bloomfield, MI to support Team Maple Grove's participation in NACoA's *Run for the Children*®. This is the third year Maple Grove employees have participated in the *Run for the Children*® during the Detroit Free Press Marathon, to be run this year on October 23. Proceeds for their participation will go towards a labyrinth garden to benefit adolescents, patients and their families.

FAITH PARTNERS KIT



The Rush Center of the Johnson Institute has announced the availability of a new Call to Action Kit. The kit

provides tools and resources for starting a Faith Partners Team Ministry in congregations of all faiths to address alcohol and other drug issues.

Each kit includes: two copies of the book *Healing Places*; six copies of the Faith Partners Journal; the People of Faith video; and includes consultation appointments with Rush Center staff. The kit sells for \$55.

For more information or to order the kit, call 1-888-451-9527.

My Papa's Waltz

The whiskey on your breath
 Could make a small boy dizzy;
 But I hung on like death:
 Such waltzing was not easy.

We romped until the pans
 Slid from the kitchen shelf;
 My mother's countenance
 Could not unfrown itself.

The hand that held my wrist
 Was battered on one knuckle;
 At every step you missed
 My right ear scraped a buckle.

You beat time on my head
 With a palm caked hard by dirt,
 Then waltzed me off to bed
 Still clinging to your shirt.

Theodore Roethke

THANKS TO OUR SUPPORTERS

NACoA is deeply grateful to the many generous supporters who make it possible for us to continue and expand our critical work to support children and families impacted by alcohol and drug dependence. Special thanks to Dr. J. Edward Hill, President of the American Medical Association, for generously designating \$5,000 of award money honoring him by the Christopher D. Smithers Foundation.

Champion (\$5,000-\$9,999)

Blue Cross Blue Shield Blue Care Network of Michigan
 J. Edward Hill, M.D. through
 The Christopher D. Smithers Foundation

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Altria Group, Inc.
 Larry Pavlos
 Alexandra L. and Frederick W. Peters
 Carol B. Sisco, Ph.D. and Jane Sisco
 (In memory of Aunt Jane)

Sustainer (\$500-\$999)

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 (In memory of Max Fisher)

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 Ben Perchik
 Pfizer Foundation Matching Gifts Program
 Jeffrey K Platenberg
 Frances Townsend
 Sis Wenger
 (In memory of Ron Kaufman)

NACoA AFFILIATES BECOME RADAR CENTERS

Six Affiliates have successfully applied through NACoA this year to become a part of the Regional Alcohol and Drug Abuse Resource (RADAR) Centers Network. RADAR Centers are adjunct distribution points of SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI). As a RADAR Center, the following Affiliates have priority access to materials distributed through NCADI and receive regular timely updates on new publications and events. NACoA Affiliates functioning as Associate Specialty RADAR Centers strengthen our mutual interests through distribution of timely mate-

rials and event information to audiences that are important to Affiliates and to NACoA. Congratulations to the latest NACoA Associate Specialty RADAR Centers:

- The American Indian Prevention Coalition, Inc.
- National Council on Alcoholism and Drug Dependence/GDA
- Informed Families
- Volunteers of America of Alaska, Inc.
- Eric County Council for the Prevention of Alcohol and Substance Abuse
- Recovery Resources



THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
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Children of Alcoholics
 (NACoA)

“An increased sense of personal competence can result from successfully meeting the challenges of a troubled family.”

Steven and Sybil Wolin

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



SPREADING THE MESSAGE



Help tell the story of children who will benefit when NACoA’s programs grow and strengthen to support the one in four who live with alcohol abuse or alcoholism at home.

Call NACoA (1-888-55- 4COAS), and learn how you can get in on the *Run for the Children*® wrist band movement.