



# NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

## NETWORK

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### In Brief

#### ACOA CONFERENCE

**MARCH 6-8, 2008.** NACoA will partner again with US Journal Training, Inc., as part of NACoA's 25th anniversary year of celebrations. The conference will be held in Orlando, site of NACoA's first national conference in 1985, and will include a NACoA 25th Birthday Party.

#### NEW CLERGY CERTIFICATE PROGRAM

rolled out April 2. NACoA and NAADAC, The Association of Addiction Professionals, are jointly sponsoring a certificate program. See p. 2 for more information.

**BOSTON'S MAYOR, THOMAS M. MENINO**, issued a proclamation declaring February 14th as Children of Alcoholics Day in Boston. This was part of the COA Week celebrations arranged by NACoA's Boston affiliate, Children of Alcoholism and Substance Abuse (COASA).

#### CHILDREN'S PROGRAM KIT

introduced in Africa and China. Maureen McGlame, COASA's Executive Director, included the Kit on a tour to programs in Africa in the Fall, and Jerry Moe trained Chinese school and youth workers and addiction treatment personnel in Beijing for one week in March on using the Children's Program Kit.

**HOLD THE DATE!** NACoA will host a Silver Anniversary Dinner April 17, 2008, in The Pavilion of the Ronald Reagan Building in Washington, DC. Email [25thAnniversary@nacoa.org](mailto:25thAnniversary@nacoa.org) for more information.

### NACoA ROLLS OUT NEW PRODUCTS AND TRAININGS

NACoA's program initiatives have produced several new tools in recent weeks.



The Clergy Education and Training Project® (CETP) has expanded to include two additional products: a complete curriculum training toolkit, designed for use in educating local clergy and other pastoral ministers; and a handbook for clergy. The toolkit, *Spiritual Caregiving to Help Addicted Persons and Families*, includes a handbook for the instructor and a binder with the course curriculum, handouts for each class module, related articles and a participant manual.



*Preventing and Addressing Alcohol and Drug Problems, A Handbook for Clergy*, was introduced by Dennis Romero, Acting Director of the federal Center for Substance Abuse Prevention, at the annual Forum of Community Anti-Drug Coalitions of America (CADCA) in February.



Under NACoA's education initiative, *Help is Down the Hall: A Handbook on Student Assistance* has been completed. The handbook is a 131-page tool that introduces and demonstrates the value of student assistance programs in helping students hurt by addiction in the family, offers strategies for implementing and improving programs and includes the full spectrum of proven student assistance program strategies and models. All forms in the handbook are available on [www.nacoa.org](http://www.nacoa.org). Dennis Romero also introduced this handbook at CADCA and at the National Student Assistance Conference in March. Assisting with further distribution of this new tool is the National Student Assistance Association, a NACoA affiliate.

Both handbooks will be available through SAMHSA's National Clearinghouse for Alcohol and Drug Information by mid-Summer.

Pilot trainings for clergy, in partnership with the American Association of Pastoral Counselors, are continuing to expand into a regular NACoA program offering. Spearheaded for NACoA by staff member Steve Hornberger, M.S.W., one-day trainings have been held in Jackson, MS, Columbia, MD, Washington, DC, Philadelphia, PA, and Portland, OR with additional programs already planned in Delaware and Ohio. Based on the Core Competencies for Clergy, the one-day educational program is followed by on-going technical assistance for participants.

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### AGE STUDY LEADER JOINS BOARD OF SCIENTIFIC ADVISORS



Dr. Anda and Son

Robert Anda, M.D., M.S., has joined the NACoA Board of Scientific Advisers. Dr. Anda has been the Co-Principal Investigator of the 10-year Adverse Childhood Experiences Study sponsored by the federal Centers for Disease Control and Kaiser Permanente. He was the recipient of NACoA's 2006 Margaret Cork Award and the lead presenter at NACoA's Children's Forum in Washington, DC in October. His paper *The Health and Social Impact of Growing Up With Alcohol Abuse and Related Adverse Childhood Experiences: The Human and Economic Costs of the Status Quo* has been widely quoted and is available on NACoA's website.

### NEW CERTIFICATE PROGRAM



NACoA and NAADAC, the Association of Addiction Professionals, have joined forces and created a certificate program for clergy, the Certificate in Spiritual Caregiving to Help Addicted Persons and Families. The program was rolled out on April 2 and is designed to enhance clergy skills in helping hurting families and children in their communities. The certificate requires 6-8 hours of training, assigned readings available on online, attendance at open A.A. and Al-Anon meetings, and visits to three local substance abuse treatment centers and an online exam.

### HENRY LOZANO JOINS BOARD OF ADVISORS



Henry C. Lozano, a long-time friend of NACoA and its mission for children and families affected by addiction, has joined NACoA's Board of Advisors. Mr. Lozano is a member of the Board of Directors of the Corporation for National and Community Service, is a past Co-Chair of the President's Advisory Commission on Drug-Free Communities, and serves on the Board of Directors of White Bison, Inc., a NACoA partner and affiliate.

### NACoA ACQUIRES

**CELEBRATING FAMILIES!™**  
Celebrating Families!™, a successful, evidence-based curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs, has been acquired by NACoA from the California-based Family Resources International, Inc. NACoA will produce and distribute the curriculum. Training and technical assistance for its implementation will also be available from NACoA.

This highly interactive, fully scripted curriculum has been successfully tested and replicated in multiple sites beginning in Santa Clara, CA and moving out to additional California sites and several in other states.

[www.celebratingfamilies.net](http://www.celebratingfamilies.net)





## SCREENING TEENS

Teenagers should be routinely screened for alcohol and drug use when they come to the emergency room, according to a study in which researchers looked at four years of pediatric trauma cases at one emergency room. They found that about 40 per cent of the patients tested positive for drugs or alcohol.

“Adolescents are often characterized by risk-taking behavior,” the researchers wrote, “and when alcohol or other substances are involved, the resulting combination can be, and is often, lethal.” The goal of the screening is to look for opportunities to offer effective counseling, according to lead author Dr. Peter Ehrlich of the University of Michigan Medical School. The study appears in the May 2006 issue of the *Journal of Pediatric Surgery*.

## COFFEE AND CIRRHOSIS

Coffee may counteract alcohol’s poisonous effects on the liver and help prevent cirrhosis, researchers say. In a study of more than 125,000 people, one cup of coffee per day cut the risk of alcoholic cirrhosis by 20 percent. Four cups per day reduced the risk by 80 percent. The effect held true for both men and women of various ethnic backgrounds.

“It is unclear whether it is the caffeine or some other ingredient that provides the protection”, said study co-author Dr. Arthur Klatsky of the Kaiser Permanente Division of Research in Oakland, CA. Dr. Klatsky continued, “The way to avoid getting ill is not to drink a lot of coffee but cut down on the drinking of alcohol.”

## INJECTION APPROVED FOR ALCOHOLISM

A once a month injection to help treat alcoholism has been approved by the Food and Drug Administration, expanding availability of a drug previously sold only in daily pill form. The drug, Vivitrol, also known as naltrexone, is to be used in connection with counseling or group therapy, according to the company Cephalon Inc., which will market and sell it.

Vivitrol works by blocking neurotransmitters in the brain that are believed to be associated with alcohol dependence, thus diminishing the craving for alcohol.

## UNDERAGE GIRLS BINGING

A new status report released by the Center on Alcohol Marketing and Youth at Georgetown University revealed that three federal surveys show that girls are binge drinking more and boys are binging less. *Underage Drinking in the United States, 2005 – A Status Report*, which summarizes relevant research, shows that twelfth-grade female drinkers and binge drinkers are now more likely to drink distilled spirits than beer.

Youth are more likely to drink alcohol than smoke tobacco or use other illegal drugs. More than seven million underage youth reported binge drinking – having five or more drinks on a single occasion – at least once in the past 30 days.

## FIELD WORKS FOR PARITY

The Addiction Leadership Group, representing major addiction prevention, treatment and recovery support organizations, is encouraged by the

strong showing of support in the Congress for fairness in insurance coverage for those persons suffering from addiction or mental illness. The Mental Health and Addiction Equity Act of 2007 (H.R. 1424) was introduced by Representatives Patrick Kennedy (D-RI), Jim Ramstad (R-MN) and 254 other Members of the House of Representatives.

## CHILDREN AND METH

“A Child’s Eye View of Parent Methamphetamine Abuse: Implications for Helping Foster Families to Succeed,” is to be published in the journal *Children and Youth Service Review*. The researchers studied the effect on children forced into foster care by their parents’ meth abuse, in an effort to help them.

These children are traumatized by the experience, many times left alone and hungry for days at a time, abused, forced to get high themselves, asked to steal and lie to authorities by the hyper and delusional adults in their lives, according to the researchers.

Once in foster care, the authors said, “...even routine aspects of family life, like regular meals and bedtimes, may represent ‘culture shock.’”

## EXCESSIVE DRINKING AND GENES

The newest study of how genes affect alcohol intake identified new genes that may contribute to excessive alcohol consumption. Conducted with strains of animals that have either a high or low innate preference for alcohol, the research provides clues about the molecular mechanisms that underlie the tendency to drink heavily. A report of the findings appears in the April 18, 2006 issue of *Proceedings of the National Academy of Sciences*.



## SILENCED INTO LISTENING

By Carey Sipp



I remember the room vividly. It was small, and had olive green shag carpet on the floor. It was

probably a mud porch when the house was first built. It smelled like stale cigarettes, mold, and those blue things that go in toilet-bowl tanks to keep the toilet from getting rusty.

Several times a week I would almost crawl into that room. Most of the time I was a little late, so there was no chair left and I sat on that nasty carpet.

It was in those first meetings that my pain was so great – the memories of what I saw and heard and felt growing up in an alcoholic home – that I was almost struck dumb. It was a turning point time in my life following my divorce, when I realized that my life was so totally unmanageable that I could not pile a good effort or appearance onto the fragility any more. I was so stressed, so weakened physically and emotionally, that I lost my voice for two months.

I guess it was my time to listen. The doctors said I had a virus, and that it had settled into my vocal chords. If I spoke, I could damage my voice permanently. So I kept quiet. When I got home my fingers burned to write down the stories I wanted to tell those people who shared that dank space with me. Stories came up through my dreams. They woke me up. They made me cry myself to sleep. They just kept coming. And I kept writing them.

That was 12 years ago. Since that time I took those stories of my childhood, and I added to them some observations about my starting time in recovery from being a child of an alcoholic. Ultimately, I wrote, too, about the good times I've had both alone and with my children. And I added to those stories some of the best information I'd learned in parenting classes, therapy sessions, and talks with friends who were doing a great job of rearing their children.

I need to remember what I could put my children through if I don't constantly work on following the suggestions of that first support program for friends and families of alcoholics. And as well, if I don't follow the principles of the second support group I joined: a program for people who want to stop their own drinking. I don't think I'd ever have made it to the second group were it not for the lessons of forgiveness and faith learned in the first, when I was "silenced into listening."

As if the next step always rises up to meet my sometimes scrambling feet, a friend called me in the spring of 2005 asking me to help with some parenting classes at a treatment center for women – mostly mothers – in recovery from alcohol and drug abuse. I wasn't sure what I'd do for the class, but when the time came I used what I had: those stories.

Stories bring healing to the listener, and to the storyteller. I can read those stories easily now; they don't hold the

same power over me that they once did. The people in the stories, including myself, are long-since forgiven. There are stories about the forgiveness in the book, too, along with stories about love and stability and hope.

I look at the women I am blessed to spend time with, and I see the pain they are feeling as they fight to free themselves from twisted childhoods, and drinking to forget, and struggling to make-do for their children. These are women who need so much.

While I read to them, I notice that some are laughing along with the funny parts. And some of them are crying at the sad parts. Sometimes the stories make a space for them to talk about their own experiences. Sometimes I can tell that there are some women who want to speak, but who just can't. Not yet.

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### STORIES GAME UP THROUGH MY DREAMS.

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Those women remind me of myself 12 years ago, when I wasn't able to speak because some power greater than I knew it would be better for

me to be quiet and listen, and then go home and write out my pain.

My lack of voice eventually gave me a voice, and I am grateful beyond belief for the lessons learned and the opportunity to share.

*Carey Sipp is the author of The TurnAround Mom, a parenting guide for ACOAs. For more information visit [www.turnaroundmom.com](http://www.turnaroundmom.com)*

## EMOTIONAL SOBRIETY AND SELF REGULATION

By Tian Dayton

“We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.”

– Carlos Castaneda

Emotional sobriety is connected with self regulation. At its core it is the ability to think about what we are feeling, to translate emotions into words so that we can make sense of them, to gain perspective, and to use them to inform our decision making process.

Neuropsychology has researched and verified what we in the addictions field have known for a long time, that one of the greatest challenges recovering people face is problems with self regulation. We refer in twelve step rooms to “black and white thinking.”

Cycling between numbness and high intensity, we get overwhelmed with intense emotion and we shut down, or dissociate, because we know no other way of managing it. Our thinking and our behavior come to reflect these broad swings.

We learn in recovery to approach and manage problems differently. Any problem can become big if we are all over the place in our way of handling it, and any problem can become more manageable if we can take a more balanced approach to the way we feel, think, and act.

Twelve step programs have long had, in their slogans, ways of addressing just these issues. “Keep it simple,” “Take the next right action,” and “A day at a time” are all tools of self regulation.

When we’re stressed we tend to do more of what we are already doing but less efficiently. We work more intensely and get less done. What we need to do at these times, rather than analyze why we’re doing this, is to do something differently.

*Tian Dayton, PhD, TEP, is director of the New York Psychodrama Training Institute at Caron New York and the author of 13 books.*

## BOOK SHELF

By Stephanie Abbott



*Alcohol Problems in Native America: The Untold Story of Resistance and Recovery – The Truth About the Lie*

By Don L. Coyhis and William L. White

“To colonize or exterminate a people, you must first define them as weeds.” What happens to people treated like weeds? Coyhis and White explore in this book hundreds of years of life in what became America, both before and after the Europeans arrived here, up to the present day.

The authors believe that it is not a genetic vulnerability that has created such an epidemic of addiction among Native Americans, but rather the trauma from the destruction of their cultures. Included in that destruction was the tribes’ workable addiction prevention program.

Before the Europeans came, the tribes managed psychoactive substances successfully by limiting the amount consumed. The rules included: reducing exposure of children, limiting the frequency of intoxication to ceremonial events, and defining the right to

get intoxicated as a prerogative only of the mature or the elderly.

I recommend this book for its lively style, well researched material (covering early recovery efforts by Indian preachers, for example) and breadth of information. It is a good read not only for alcoholism specialists – a chapter on Indian Alcoholics Anonymous was informative – but also for those who like American history. Our country is richer in so many ways because the “weeds” redefined themselves and are part of us. This book tells their story and emphasizes that recovery is “alive and well in North American Indian Communities.”

To order the book visit the website at [www.whitebison.org](http://www.whitebison.org)



*Finding My Way A Teen's Guide to Living with a Parent Who Has Experienced Trauma*

By Michelle D. Sherman, Ph.D. and DeAnne M. Sherman

A mother-daughter writing team explains the consequences of traumatic stress to teenagers whose parents have been exposed to psychological trauma, in this newest entry in trauma literature.

Designed as part informational and part workbook, the authors encourage the reader to write down their reactions as they read. Though not designed specifically for young people whose parents are adult children of alcoholics, but rather those whose parents have post traumatic stress as adults, it seems that much of the information applies.

To order visit [www.BookHouseFulfillment.com](http://www.BookHouseFulfillment.com)



# Affiliates

## THREE ORGANIZATIONS JOIN NACoA'S FAMILY OF AFFILIATES

NACoA is delighted to welcome three new affiliates to our family of member organizations in Michigan, New York and Florida.



**BRIGHTON HOSPITAL**

Brighton Hospital, located in Brighton, MI, in South-eastern Michigan between Lansing and Detroit, was founded more than 50 years ago. Its services include inpatient, outpatient, dual diagnosis, partial hospitalization, detox, and educational services. NACoA's communications director and newsletter editor, Stephanie Abbott, developed and managed the Family Program at Brighton Hospital for over 10 years. Brighton also sponsored a team in NACoA's Run for the Children® in Detroit in October. [www.realmedicine.org/Brighton](http://www.realmedicine.org/Brighton)



**Genesee/Orleans Council on Alcoholism and Substance Abuse, Inc. (GCASA)**

in operation for more than 30 years, provides a broad range of treatment, residential, and prevention services for the people of Genesee and Orleans Counties in northwestern upper state New York. One of GCASA's many year-round services is support groups for children of addicted parents. GCASA and the YMCA Camp Hough team up each year to provide a five-day summer camp

(Camp Hope) for COAs. It is also the lead agency for the Genesee County Drug-Free Communities program. [www.gcasa.net](http://www.gcasa.net)



**HANLEY CENTER**

Hanley Center, Inc., West Palm Beach, FL, offers a full continuum of care for alcoholism and chemical dependency, including primary residential treatment for men, women and older adults and a wide range of continuing care and patient support services, as well as prevention and education programs throughout the community. Educational support groups for children of addicted parents are provided both in the Hanley Center and in the community, as well as training for addiction professionals. Hanley hosted the recent NACoA-provided training of facilitators from agencies across the community who are implementing support programs for children of clients in treatment using the Children's Program Kit. [www.hanleycenter.org](http://www.hanleycenter.org)



**CLEAN**

CLEAN, Inc. celebrated its 20th Anniversary, including its founding of the area's first teen center which has evolved into today's Youth Development Center. The Ronald McDonald House Charities awarded CLEAN a grant for almost \$17,000 to support curriculum and

training for its Student Assistance Program. [www.cleaninc.org](http://www.cleaninc.org)



**Volunteers of America of Alaska, Inc.** was awarded a grant from the Major

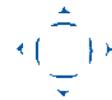
League Baseball Players Trust to film delivery of a three-part prevention education series to reach COAs in general classroom settings. It will be distributed (in VHS and DVD formats with a guidebook) to reach COAs in rural Alaska who may never otherwise hear the message of hope and healing. VOA-AK's Camp Hope has celebrated its 20th successful year in providing a camp for 7-11 year old children of alcoholics/addicts in Alaska. Thanks to two amazing volunteers, every camper received a handmade quilt to keep as a tangible "hug" and reminder of Camp Hope. [www.voa.org/alaska](http://www.voa.org/alaska)



**NACoA Deutschland** has printed

"Kinder aus suchtbelasteten Familien: Hilfen zur Unterstützung in Kindertagesstätte und Grundschule" (Children from addicted families: Hints for support in kindergarden and primary school). You may recognize this as NACoA's "Kit for Early Childhood Professionals." NACoA Deutschland translated the text and adapted it to the

situation in Germany. [www.nacoa.de](http://www.nacoa.de)



**Compass Health Care** developed its Children First Pro-

gram using the Children's Program Kit. The initiative was created by its President/CEO Stefania O'Neill, who was previously the Acting Director of the Center for Substance Abuse Prevention. Initially offered at Casa de los Ninos, then to children of Compass clients, the Children First Program is now offered at the Pima County Juvenile Court's Family Drug Court.

Steffie O'Neill and several Compass staff members and supporters participated in NACoA's Run for the Children® in the Rock 'n Roll Marathon in Phoenix in January. [www.compasshc.org](http://www.compasshc.org)



Troy Community Coalition's Youth Dialogue Day provided a welcome forum for teens and adults to voice opinions and concerns. With 65 teens and 35 prominent community leaders participating, at the end of the day there is greater partnership of youth and adult community leaders and increased community ownership of youth-related issues. [www.troycoalition.com](http://www.troycoalition.com)

# Thank You



NACoA is grateful to its many supporters who have contributed so generously to our work in recent months.

In addition to the very special donors listed below, NACoA's supporters include our runners and the 1300 donors who contributed to the *Run for the Children®* to honor their training and success. (See insert for the marathon donors, runners and sponsors.)

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## **RECOVERY MONTH 2007**

Materials are available to assist in preparation for the September celebration. Visit [www.recoverymonth.gov](http://www.recoverymonth.gov) for webcasts and extensive information for use in local activities.

## **AFFILIATE VP ON FEDERAL COUNCIL**

TASC, Inc.'s Executive Vice President, Pamela F. Rodriguez, has been named one of nine juvenile justice experts nationally to serve on the federal Coordinating Council on Juvenile Justice and Delinquency Prevention which coordinates several federal programs, including juvenile delinquency prevention programs. [www.illinoistasc.org](http://www.illinoistasc.org)

## **VOA-AK RECEIVES COA WEEK AWARD**

NACoA's 2007 Meritorious Service Award goes to affiliate Volunteers of America of Alaska, Inc. in recognition of outstanding programming during Children of Alcoholics Week. Congratulations VOA-AK on hosting a three-day camp for families raising children with FAS Disorders and getting out the prevention message: **BE ALCOHOL FREE THE WHOLE NINE MONTHS OF PREGNANCY.**



THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS  
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**Mark Your Calendar!**  
**COA/ACOA Conference**  
 March 6-8, 2008  
 Orlando, FL

**Silver Anniversary Dinner**  
 Ronald Reagan Building  
 Washington, DC  
 April 17, 2008

**“We are not traitors to the family honor to admit that we learned some inadequate ways of dealing with reality.”** **-Earnie Larsen**

**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

**Join us in the excitement of the races at [www.nacoa.org](http://www.nacoa.org) click on the swirl!**