



# NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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## In Brief

**JIM CROWLEY**, NACoA Advisory Board member and former President, participated in a Fred Friendly seminar on January 10 at the Second National Conference of the Governors' Spouses' Initiative, *Leadership to Keep Children Alcohol Free*. The seminar, moderated by Jack Ford of ABC News, brought together national experts to discuss ways of reducing underage drinking.

**CLERGY TRAINING AND CURRICULUM DEVELOPMENT**, a report on a two-day meeting that developed recommendations for seminary programs on addiction and the family, is available from NACoA. (See related report on page 2.)

**THE ALLIANCE PROJECT** has produced an "Advocate Action Video" for use in the Faces and Voices of Recovery Campaign. This five-minute videotape is a tool to assist in recruiting people to be recovery advocates. Contact Jen Hanson at The Alliance Project for a copy (651-645-1618).

**THE "NO CHILD LEFT BEHIND ACT OF 2001"** (P.L.107-110) was signed into law on January 8 by President Bush. This legislation reauthorizes the Safe and Drug Free Schools and Communities program, which supports alcohol and drug abuse prevention programs in the nation's schools.

The FY 2002 Labor, Health and Human Services, and Education Appropriations Act also passed, with increased funding levels across the alcohol and drug research, prevention and treatment fields.

## BETTY FORD ADVOCATES FOR COAS

Betty Ford, former First Lady and recovered alcoholic, whose name is on a highly regarded addiction treatment center in Rancho Mirage, California, spoke out recently for the children of alcoholics.

In an interview reported in *USA Today's* on-line service ([www.usatoday.com](http://www.usatoday.com)) on January 16 and January 20, Mrs. Ford spoke about the Family Treatment Program at the Betty Ford Center. "In those early years, we saw that participants under 13 struggled with the content and format of this family program," she said. "We tried different means of reaching these children with varied success until we recruited Jerry Moe. His model allows us to reach children affected every day of their lives by addiction."

These children need immediate help for themselves, she said. "They need to be educated about this chronic, relapsing illness. Unfortunately it is still so misunderstood by so many, and as you know, there are almost no services for children of alcoholics and addicts. This is truly very sad."

In response to the problem, the Betty Ford Center Children's Program has provided services to thousands of children and continues to open its doors to them regardless of a family's ability to pay. The program, conceived and directed by Mr. Moe, runs for four days.

The first day begins as the children settle in, play and talk. "It's essential we create an environment that's a safe place," he says. "All of these kids

come from lives filled with chaos and unpredictability that leads to three rules of survival: don't talk, don't trust, don't feel. Our first job is to break down those defensive barriers." That afternoon they learn about addiction, relapse, treatment and recovery.

On subsequent days the children begin to examine the impact addiction has had on them through artwork, writing, and role-playing. They cover lessons on self-care, safe choices, and accessing safe people in times of crisis. They write letters to "Addiction," which has stolen their parents from them.

The last day is devoted to reconciliation for all family members, and on affection and family fun. Ford and Moe understand that the program is just a first step in helping children cope.

Mrs. Ford was the Honorary Chair of NACoA's *Run for the Children*, and Jerry Moe, who is on the NACoA Board of Advisors, was a participant in that January event in Florida. He has been one of the consultants and contributors to NACoA's Children's Program Kit, being developed under contract to the Center for Substance Abuse Prevention.

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**FAITH INITIATIVE GOES FORWARD**

NACoA and the Johnson Institute (JI) are continuing their work to encourage the development of programs in faith communities for addicted individuals and their families. The next phase of the effort will focus on developing and disseminating a set of "core competencies" for clergy who plan careers as pastors, specialists in counseling, or educators of children and youth.

These "core competencies" will be designed to serve as a basis for future seminary curricula on addiction and its impact on children and families for additional clergy training. Eventually, a network of mentors and fellows in seminaries throughout the country would support these programs. In addition, workshops and symposia would be conducted for clergy's postgraduate education.

NACoA Board member George Bloom, former President of the Johnson Institute, is spearheading the effort.

**NACoA CO-SPONSORS ALCOHOL SCREENING DAY 2002**

NACoA has joined with more than 30 health care and public health organizations to sponsor the fourth annual National Alcohol Screening Day, to be held April 11. This nationwide, one-day outreach is conducted by hospitals, health and mental health clinics, treatment centers and primary health care offices as well as colleges. It is supported by the National Institute on Alcohol Abuse and Alcoholism, the Center for Substance Abuse Treatment, and the Center for Substance Abuse Prevention.

A new outreach component targets individuals who are concerned about a family member or friend's drinking. For more information on National Alcohol Screening Day call 781-239-0071.

**CHILDREN AND TRAUMA A TOPIC FOR JOURNALISTS**

Sis Wenger, NACoA's Executive Director, will be the featured luncheon speaker at a week-long conference for 30 select journalists from around the country. The conference, on the topic of "Children and Trauma," will be held at the University of Maryland's Casey Journalism Center on Children and Families during the week of April 22. Ms. Wenger will identify addiction as a thread that runs through many kinds of childhood trauma—abuse, neglect, illness and injury, and domestic violence—and will point out implications for treatment and prevention.

**NACoA BOARD RE-ELECTS OFFICERS**

At its annual meeting in Orlando on January 4 the NACoA Board of Directors voted unanimously to invite the 2001 officers to remain in office for one more year. Richard M. Evans, Vice President for Mission Services, Bon Secours & Canterbury Partnership in Hoboken, New Jersey, is President.

**KOOL KIDS RUN FOR THE CHILDREN**

Young people (ages 14 to 18) can participate in a NACoA's KOOL KIDS Run for the Children as part of TEAM NACoA in the next WALT DISNEY WORLD® Half Marathon. Watch NACoA's website for more information on this January 12, 2003 event.

## JOHNSON INSTITUTE NAMES PRESIDENT, OPENS DC OFFICE



Johnny W. Allem of Washington, DC, is the new President of the Minnesota-based Johnson Institute (JI), a NACoA affiliate. To underscore JI's long

tradition of leadership in the addiction recovery field, its Board of Directors also decided to establish an Executive Office in the Nation's Capitol. The office will open March 1 in the National Press Building.

Currently, JI is partnering with NACoA in its Faith Community Initiative. George R. Bloom, a NACoA Board member and former President of JI, is project director of the joint Clergy Training and Curriculum project, which is being supported by the federal Center for Substance Abuse Treatment.

Allem is a Washington businessman and former District Government official, and brings extensive experience in journalism, business, government, public relations, and public policy advocacy. He is also recognized as a leading national advocate for addiction recovery.

## DR. LAURA BACKS CHILDREN OF ALCOHOLICS WEEK

In the February issue of her *Perspectives* magazine, family-values educator Dr. Laura said the *COA Week* theme—No Child Unsupported – “is certainly something I can get solidly behind.” The magazine includes a guest essay by Carey Sipp, author of *TurnAround Mom*. (See Book Shelf, page 5.)

## LEADERS AT FEDERAL AGENCIES CONNECT WITH PREVENTION AND TREATMENT FIELD



NACoA's Sis Wenger and Jim Coyle with NIDA's Dr. Glen R. Hanson (center)

Finally, after months of waiting, several major agencies that affect drug and alcohol policy and services have new leaders in office.

John P. Walters was confirmed by the U.S. Senate as director of the White House Office of National Drug Control Policy (ONDCP) early in December. The Substance Abuse and Mental Health Services Administration has a new

permanent director, Charles G. Curie, M.A., A.C.S.W. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the National Institute on Drug Abuse (NIDA) have new acting directors. Raynard S. Kington, M.D., Ph.D. heads NIAAA and Glen R. Hanson, Ph.D., D.D.S. directs NIDA.

Shortly after taking office, these new leaders met with representatives of alcohol and drug prevention and treatment organizations, including NACoA, to discuss their hopes for the future and the shared interests of their respective agencies. At the December 12 meeting of the Community Anti-Drug Coalitions of America's National Leadership Forum, ONDCP's Walters congratulated the more than 1,200 leaders of community coalitions for their success in reducing addiction among youth.

## DENNIS WHOLEY SHOW FEATURES ADDICTION AND RECOVERY

*This Is America* with Dennis Wholey, a weekly talk show aired on PBS stations, recently featured an hour discussion about addiction, treatment and recovery, including the public policy aspects of these issues. The show aired on January 27.

Around the table were Dr. H. Westley Clark, Director, Center for Substance Abuse Treatment, The Substance Abuse and Mental Health Services Administration; Beth Kane Davidson, Director, Addiction Treatment Center, Suburban Hospital in Bethesda, MD; Carol McDaid, Principal, Capitol Decisions, Inc.; Dr. Steven Schroeder, President and CEO, The Robert Wood Johnson Foundation; Dr. Larry Siegel, Senior Deputy Director of Medical Affairs, Washington DC Department of Health; and Stephanie Abbott, editor of *NACoA NETWORK*.

## GIRL POWER! WEB SITE HELPS COAS

*Girl Power!* a Web site for girls aged 9 to 14 developed by the federal Department of Health and Human Services, has a new web area designed for daughters of alcohol or drug dependent parents. Called “You're Not Alone,” this area is found in the girls' “locker room” by clicking on “stuff.” *Girl Power!* partnered with NACoA to develop this new section, which gives the facts about alcoholism and how to cope. Resources will also be available in the “4Grownups” section. Check it out at [www.girlpower.gov/girlarea/notalone/](http://www.girlpower.gov/girlarea/notalone/).



## PARENTS IN RECOVERY

by Brenda A. Miller



Many parents in recovery from alcohol and drug problems are themselves children of alcoholics. Yet their addiction does not need to

result in their own children experiencing the same problems. Parents often feel guilty as a result of recognizing how their behavior has affected their children. Parents need to know that their own recovery is a powerful message to their children about the ability to turn one's own life around.

Families that have been affected by an addicted parent can be resilient and can achieve renewed strength as a family. We have two ongoing projects that work with families with parental alcohol/drug problems that illustrate this.

One study examines the impact of a family skills-based training program for parents and children to prevent children's alcohol and drug use. This project is being conducted in collaboration with our Canadian neighbors in Ontario. This international focus allows us to examine also how cultural differences and health care/social support systems differences might support prevention efforts.

Families with at least one parent who has had alcohol problems and with a child between the ages of nine and twelve are assigned to either an intensive 14-week program with family skills building or a more traditional information-only approach.

In our prevention program, a woman was greatly distressed because her daughter partied with an older female friend and became drunk. The mother was very concerned that her daughter was going to develop alcohol problems, much as she had.

Using the skills that we had been working with, the mother was able to recognize her own strengths in addressing the problem and recognize the strengths that her daughter possessed to correct her mistakes. Rather than viewing this episode as a failure, this mistake became a "teachable moment." Such moments need to be viewed by parents as an opportunity to teach the child how to reevaluate decision-making, look for alternatives, make amends, seek outside help when necessary, and go on with life.

The other study includes mothers in alcoholism treatment and in the community with their children between the ages of ten and sixteen. These families are followed over 12 months to examine maternal parenting practices among women who are in recovery or are currently drinking, as compared to women in the community. Maternal parenting practices that are related to children's alcohol/drug use are then examined.

From these studies, a number of different observations are emerging about difficulties for families with active parental addiction or families with a parent in recovery. Although sons and daughters experience some of the same stresses, there are sometimes differences in their responses.

Male children may be more likely to respond by acting out in some manner that gains the attention of

the parents or teacher. Anger and rebellion may appear on the surface. As these children become older and larger, their behavior can become more intimidating to parents, particularly mothers.

For daughters the stresses may appear more internal, with self-consciousness and self-doubt emerging in the process. Teenage girls may become more vulnerable to older male attention and seek early escape from the family in the form of an intimate relationship. Some of our early findings suggest that sons and daughters have similar patterns of experimenting with alcohol and drug use at early ages. Thus, some of the sex-based differences that we thought would be more protective of females may no longer exist.

With parents in recovery, there are many new messages and ideas in a life without alcohol or drugs present in the family. These messages and ideas take time to absorb. Healing can be best accomplished in families in which structure has been established and in which positive family communication is valued.

A major component of the family skills based program is to help establish this communication with clear messages, and with the children encouraged to ask questions when they do not understand. It is within the structures of everyday experiences such as family meals, fun and activities, and attendance at cultural and religious events that positive family values and lessons can be handed down across the generations.

*Brenda A. Miller, Ph.D. is Director of the Center for Research on Urban Social Work Practice at the University at Buffalo, New York.*

## SURVEY PUTS A FACE ON RECOVERY: CHILDREN SEEN AS BIG WINNERS

Peter D. Hart Research Associates has conducted a first-of-its-kind national survey of people in recovery from alcohol and drug addiction and their families. Strikingly, the survey found that, while most of the recovering individuals (some 75 percent) said they had received help in tackling their addictions, a substantial majority of the family members interviewed (68 percent) said they had never received any help in dealing with their situations.

Interviewees registered their reactions to several statements chosen by the pollsters as possible motivators for a public awareness campaign. They judged that an especially strong motivator of community action is to remind people that, “while children

are the most helpless victims of addiction, they are also the biggest winners when an adult succeeds in recovery.”

The results of the survey were reported at *Faces and Voices of Recovery*, a national meeting of local recovery leaders that took place in October 2001 in St. Paul, Minnesota. The goal of this “recovery summit” was to mobilize the recovering community to advocate for better and more accessible treatment for alcohol and drug addiction, and for stronger protections against discrimination in employment and health care coverage.

The report, entitled *The Face of Recovery*, is available from [www.recoveryadvocacy.org](http://www.recoveryadvocacy.org).

## BOOK SHELF



By Stephanie Abbott

*The TurnAround Mom*

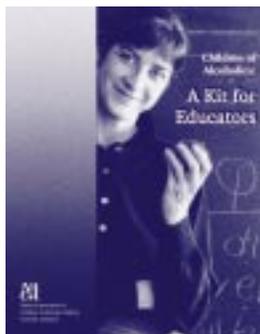
by Carey Sipp

Reading this book is like listening to a newly sober woman excitedly telling you how she stays sober, how she got the way she is, and how she is trying to parent two young children. She struggles with overspending, eating problems, a difficult mother and revolving door boyfriends. I wanted to say “Slow down! Write this book ten years from now.” Except it is clear that this is how she organizes her thoughts and makes sense of her life.

Because she writes so well and is introspective enough to be able to nail down childhood events that triggered some of her problems, she keeps her narrative interesting. Her accounts of her angry alcoholic father and critical controlling mother are only too familiar. What makes the book of interest is her attempts to change herself, to become a patient, serene and competent single parent without ever having the experience of being well parented herself.

She discovers that children do better when they are not shamed. She learns that it is important to allow enough time to get things done and not take on too much. She courageously parents herself, instead of mindlessly repeating what doesn't work. She makes efforts that people with kind, sensible parents of their own never have to add to the other difficult challenges of parenthood.

*The TurnAround Mom* is published on line at [www.turnaroundmom.com](http://www.turnaroundmom.com).



## CORPORATION SUPPORTS DISTRIBUTION OF NACoA'S KIT FOR EDUCATORS

Thanks to a grant from the Bechtel Corporation of Frederick, Maryland, NACoA is distributing its *Kit for Educators*, along with videos, posters, and pamphlets about children of addicted parents, to every public school in two Maryland counties. NACoA staff will offer school personnel training and technical support in using the materials.

(Editor's note: This kind of corporate support is an excellent partnership approach for our Affiliates to consider in their communities.)

## MADD OFFERS NEW BRAIN SCIENCE BASED ELEMENTARY CURRICULUM

MADD has designed a new classroom-based curriculum designed to fill the gap in current alcohol/drug prevention programs, which have not yet incorporated the latest research on children's brains nor the developmental risks associated with use of alcohol before the age of 21. The primary audience is intended to be elementary school teachers.

*Protecting You/Protecting Me*, the series of 42 classroom-based lessons for alcohol use prevention for grades 1 through 5, is available through registration on the MADD website. Visit [www3.madd.org/tcada/](http://www3.madd.org/tcada/).



# Affiliate News

## CHILDREN OF ALCOHOLICS WEEK ACTIVITIES

As *Children of Alcoholics Week* 2002 (February 10-16) approached, NACoA surveyed its affiliates about their public awareness efforts. We are happy to report that at press time a variety of activities were underway.



The Council on Alcohol and Drug Abuse (CADA) for

Greater New Orleans used the Superbowl as an opportunity to promote *Children of Alcoholics Week* and distribute NACoA literature to thousands of tourists in the city. CADA New Orleans' Executive Director John King attended the "NFL Experience" at the Morial Convention Center to hand out the literature to the thousands of tourists and locals alike who were there to enjoy the festive atmosphere before the "big game."

CADA also distributed NACoA literature at many of the city's schools. This year, *Children of Alcoholics Week* fell during New Orleans' Mardi Gras festivities, and CADA took advantage of this fact to raise the issue of alcohol and drug use.

In response to DACOA's persuasion, Delaware Governor Ruth Ann Minner and Lieutenant Governor John Carney, Jr., formally proclaimed February 10-16 *Children of Alcoholics Week*. The state legislature concurred with the proclamation.

In addition, on Sunday, February 3, DACOA's board president Suzie Stehle and executive director Barbara Ridge participated in a radio

(WDOV-Dover) interview and discussion on alcohol and drug abuse prevention and the effects of alcoholism in the home.



NACoA's affiliate in the United

Kingdom is also taking advantage of *Children of Alcoholics Week* to raise public awareness of the problems caused by family alcoholism. NACoA-UK has informed its affiliated agencies about the U.S. celebration and encouraged them to distribute the posters and pamphlets. There is as yet no comparable event in the UK.

## NEW PROGRAMS FOR COAS



Reflecting its commitment to comprehensive services,

NACoA affiliate Behavioral Health Services at Children's Hospital Columbus has developed new programs and practices designed to deepen and broaden its responsiveness to and expertise in COA issues. Age- and developmentally-appropriate COA groups have been added at multiple sites.

Children's hospital is also participating with other area agencies in the Permanent Family Solutions Network project, Franklin County's child welfare managed care project. They are joining in an application for a federal community action grant focusing on improving the clinical knowledge and expertise of child welfare workers and health professionals with respect to alcohol and drug dependency issues, including the impact of family addiction on children. For more information contact Brad Casemore at 614-221-0209.



GLAD House, Inc., in Cincinnati, Ohio, provides prevention/intervention

programming for children of parents recovering from drug or alcohol abuse. This year, GLAD House has launched the Giving Life a Dream mentoring program for children in the Glad Hands Club, its after care program. The mentors are Xavier University students who are members of a traditionally Black fraternity, their sister sorority, and the Xavier Gospel Choir. Funded by the Ohio Department of Drug and Alcohol Services, the program gives COAs from low-income families an opportunity to develop relationships with positive adults and learn about higher education. For more information, call Cynthia Bowling at 513-641-5530.



Since May 2001, the National Council on Alcoholism and Drug Dependence of the Greater Detroit

Area (NCADD-GDA) has operated IMPACT, a residential alcohol and drug abuse treatment program for adolescents in Wayne County, Michigan. The program serves 12-17-year-olds, and provides comprehensive services with an emphasis on family involvement in therapy. The young people are encouraged to explore issues related to alcohol or drug dependence in their families. For more information call Ben Jones at 313-341-9891.



President Myrtle Muntz of Recovery Resources in Cleveland,

Ohio, has retired, and is succeeded by Helen Jones. Myrtle completed NACoA's half marathon!

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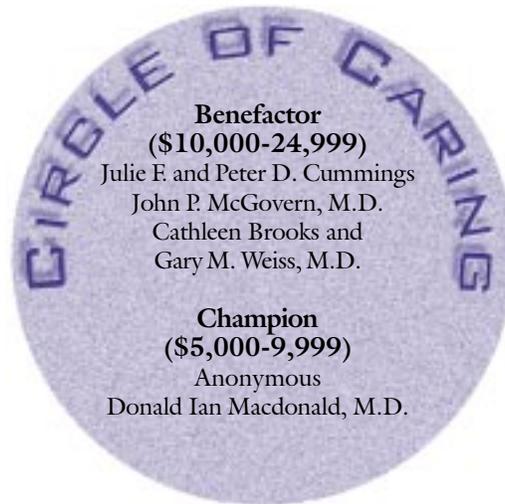
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### Please remember:

- Those hurt most by alcohol abuse are the children of alcoholic parents.
- Those most at risk for child abuse and neglect are the children of alcoholic or other drug dependent parents.

[www.nacoa.org](http://www.nacoa.org)



# No Child Unsupported

CHILDREN OF ALCOHOLICS WEEK 2002 • FEBRUARY 10-16, 2002

## 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

## TEEN WEB SITES

The following sites contain useful information to guide teens to positive activities and away from drinking and drug use:

Alateen: [www.alateen.org](http://www.alateen.org)

American Council for Drug Education: [www.acde.org/youth](http://www.acde.org/youth)

Freevibe: [www.freevibe.com/talking](http://www.freevibe.com/talking)

Girl Power! [www.girlpower.com](http://www.girlpower.com)

NIDA Goes to School: [www.nida.nih.gov/GoestoSchool](http://www.nida.nih.gov/GoestoSchool)

Reality Check: [www.health.org/reality](http://www.health.org/reality)

Students Against Destructive Decisions: [www.saddonline.com](http://www.saddonline.com)