



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

SUMMER 2003 / VOLUME 19 No. 3

In Brief

NACoA HONORS BETTY FORD as it hosts the Recovery Month Luncheon September 5 on Capitol Hill. For more information on Recovery Month and activities, please see pages 3 and 8.



2002 ANNUAL REPORT now available. Please call (888) 55-4COAS to order.

NACoA DEVELOPS WHITE PAPER on Student Assistance Programs. The paper discusses what Student Assistance Programs are, their history, the state of SAPs today, and offers recommendations for the future.

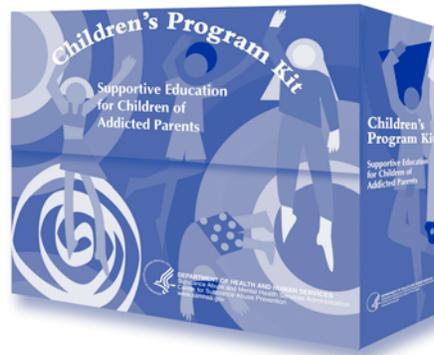


THE NATIONAL CENTER ON ADDICTION AND SUBSTANCE ABUSE at Columbia University will present a **CASA CONFERENCE**, "Combating Substance Abuse in the 21st Century: Positioning the Nation for Progress" October 8-10, 2003 in New York City. For more information visit www.casacolumbia.org.



FAVOR HIRES PAT TAYLOR as new director. A graduate of the university of Michigan, Taylor has over 25 years of experience developing and managing public interest advocacy campaigns, including directing the Center for Science in the Public Interest's Alcohol Policies Project.

CHILDREN'S PROGRAM KIT LAUNCHED BY SAMHSA



The Children's Program Kit: Supportive Education for Children of Addicted Parents, which provides the program tools to offer age appropriate educational support groups for the school age children of parents in addiction treatment, is now available to all licensed treatment facilities according to Tommy G. Thompson, Secretary of the US Department of Health and Human Services.

Created by NACoA for the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, the *Kit* can help prevention and treatment providers ensure that children will hear the messages they need to hear: that they are not alone and that they are not to blame for their parent's addiction. In addition, they will learn skills such as problem solving, staying safe, and seeking supportive services. Included is a program manual with lesson plans and activities, forms and letters for parents, videos, posters, and program start-up guidance.

The NACoA staff and Jerry Moe, National Director of the Betty Ford Center Children's Programs and a member of the NACoA Board of Advisors, worked on the project for the past three years. In his letter urging treatment centers to order a copy of the *Kit*, Secretary Thompson wrote: "Read the materials, institute the program in your facility, and encourage your colleagues and other treatment programs in your community to do so as well."

Training and technical assistance will be provided by NACoA in partnership with regional organizations and state alcohol and drug treatment agencies that are anxious to assist their treatment programs to follow Secretary Thompson's advice. The first statewide training is scheduled for Louisiana in late September, with program implementation to follow.

To order a free *Children's Program Kit*, call the National Clearinghouse for Alcohol and Drug Information at (800) 729-6686 and ask for CPKIT, or log on at ncadi.samhsa.gov/promos/coa/

INSIDE:	
@NACoA	p.2
In The News	p.3
Comment	p.4
Video Shelf	p.5



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NACoA WELCOMES NEW STAFF MEMBERS



Lois Quinlan joins NACoA as the new Director of Operations and Programs. She has her MBA from Rutgers University, and will soon receive her PhD in Organizational Psychology. Lois previously served as Executive Director of the Association of State and Territorial Chronic Disease Program Directors and the Associate Executive Director of the Association of Public Health Laboratories.



Katie Lang is NACoA's new Special Projects Associate. She will work on the *Run for the Children*SM as well as other special events. Katie graduated from American University and has recently been working in Congressman Jerry Weller's office. Katie has also worked at College Park Youth and Family Services in College Park, MD.

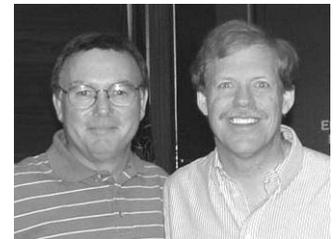
Welcome, Lois and Katie!

NACoA OUT AND ABOUT

Sis Wenger was a keynote speaker at the Keeping Current Seminar in Tucson, AZ on July 15. Sis addressed issues of children impacted by addiction in the family, offered solutions to support them in the treatment environment, and introduced the new Children's Program Kit.

The Mid-Atlantic Addiction Training Institute (MAATI) took place the week of July 14-18 at Indiana University of Pennsylvania. The summer school celebrated not only MAATI's 15th anniversary, but the 20th Anniversary of NACoA and the 25th Anniversary of MAATI Director and NACoA Founder Robert Ackerman, PhD's book, *Children of Alcoholics*. This landmark book was the first published in the United States about children of alcoholics.

Jerry Moe, MA, a member of NACoA's Advisory Board, gave a half day seminar entitled *NACoA: Lessons Learned Over the Past Twenty Years in Working with Children*, in which he spoke about NACoA's impact on children's lives. He also introduced the new *Children's Program Kit*.



Robert Ackerman, PhD and Jerry Moe, MA

NACoA staff members Lois Quinlan, Director of Operations and Programs, and Summer Intern Dacia Crum also attended the conference.

THANKS DACIA!



NACoA thanks summer intern Dacia Crum for her outstanding work and wishes her luck in her senior year at the University of Michigan.



SAMHSA NAMES NEW DEPUTY

James L. Stone has been appointed Deputy Administrator of the Substance Abuse and Mental Health Services Administration. Mr. Stone is the former Commissioner of the New York State Office of Mental Health, where he supervised the state public mental health system. "Those who suffer from mental illness or substance abuse deserve the same compassion and medical attention as those who suffer physical ailments," said Health and Human Services Secretary Tommy G. Thompson. "James Stone's stellar record in New York shows we have the right man for the job."

RECOVERY MONTH CELEBRATED



The 14th annual National Alcohol and Drug

Addiction Recovery Month will be celebrated in September. The Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment and its planning partners across the country will highlight the strides made in substance abuse treatment and celebrate the recovery of millions of Americans and their families. Also planned is the further education of the public that addiction is a chronic, yet treatable, public health problem that affects us all.

This year's theme, "Join the Voices for Recovery: Celebrating Health", encourages everyone to help incorporate community treatment as an integral part of the public health system.

Hundreds of events involving thousands of people will take place across

the country. *HopeNetworks* in Louisiana will hold a statewide rally and fair celebrating family recovery. Over 5,000 people are already registered to attend. Johnson Institute is holding a special recovery month event on the field at a Twins game in Minneapolis, MN and at an Orioles game in Baltimore, MD.

For more information on Recovery Month, and for tools to help you celebrate all year long, visit www.recoverymonth.gov

NACoA TO HOST RECOVERY MONTH LUNCHEON

NACoA will host the Recovery Month Luncheon on September 5, 2003, on Capitol Hill. The luncheon will continue NACoA's 20th Anniversary Celebration as well as introduce the Betty Ford National Leadership Award. The Award will honor a person who has demonstrated leadership in addressing the needs of individuals, families, and children affected by alcoholism and drug addiction. NACoA's affiliates, supporters, and all board members are invited to join NACoA Board President Julie Fisher Cummings and major leaders in the field as guests of NACoA. For more information call NACoA at (888) 55-4COAS.

RUSSIAN YOUTH AIDED BY U.S.

Prevention Partnership International, a San Jose, CA nonprofit, was invited by the Russian agency Opora (the word means "support") to help develop an integrated prevention curriculum for grades 1-11. Alcoholism and addiction in Russia has reached epidemic proportions as official estimates conclude that 40% of men and 17% of women are addicted.

The Rotary Clubs of San Jose, Cupertino, and Palo Alto have provided the initial funding for the visit of two guests from Russia to learn more about prevention and treatment. Rosemary Tisch, Director of Prevention Partnership International, reports that the curriculum will be piloted this fall in ten schools in Moscow before being replicated throughout the country. For further information see the website at preventionpartnership.us

GUIDE FOR DOCTORS



The U.S. Department of Health and Human Services' National Institute on Alcohol Abuse and Alcoholism (NIAAA) recently published a health practitioners guide, "Helping Patients with Alcohol Problems."

Written for primary care practitioners, this manual focuses on how professionals in the health care field can make a difference in the lives of people affected by alcohol abuse. Based on a four-step process, the guide provides screening tools to help identify patients who suffer from alcohol abuse or dependence, and suggestions on how to conduct brief interventions. To order, visit www.niaaa.nih.gov

DRUG-FREE KIDS EVENT

Drug-Free Kids Campaign Awards Dinner will take place on September 16 at the Andrew W. Mellon Auditorium in Washington, DC. The event will benefit the Community Anti-Drug Coalitions of America. For more information, visit www.cadca.org



WHEN YOUR CHILD IS ADDICTED

by Nan Reynolds

Sometimes the hardest things we have to do as parents of adolescents who are using chemicals are the things we need to stop doing.

When you are in a relationship with someone who is operating from an addiction, there are many opportunities to be "helpful". These opportunities are all of the behaviors, attitudes, and feelings that we have been taught by our families and by religious ethics to bestow upon someone we love who is having a problem. When we try to alleviate the pain and discomfort of our children it is deemed to be kind and loving. This is normal, natural, automatic – and not at all effective if the problem is chemical dependency.

When up against the power of addiction, a logic that is the reverse of what we have been taught must be used. It holds

"PAIN IS THEIR ALARM CLOCK, THEIR CALL TO ACTION."

that doing less is really doing more. This logic states that the most loving, kind, and helpful response to addiction is to allow pain to happen and to allow the addicted persons to feel the discomfort of the consequences of their behavior. Most of us only wake up and take a different course of action when the discomfort increases. Think of a toothache and how we postpone the trip to the dentist. Think of a bad relationship or an uncomfortable workplace situation; we take action when it is more painful to stay than to change.

The conflict that evolves when we step aside and allow others to have

their pain is that it puts us outside of our own value system. It seems so unloving, so unhelpful, so uncaring. And, so "unparental". Parents are supposed to teach, protect, rescue, shield, and sooth against all adversity. Anything else can feel like failure. We do not know, or we lose sight of the fact, that really effective parenting promotes independence.

We need to fully recognize that addiction is powerful. Many of our well-intentioned, benevolent and responsible efforts are really like putting out an oil well fire with a squirt gun. Pain can be our most powerful ally. Pain can be a friend. Allowing the pain by allowing the consequences is truly the most loving and helpful response to addiction.

When you are pitted against someone's addiction (and it is important to

remember that it is not the person you are pitted against, but the addiction), you are really in battle with the person's denial, delusion, and compulsion. If lecturing and

yelling and rescuing were effective, we would not have one addict in the country!

Pain is their alarm clock, their call to action. Pain is what we have the most trouble allowing, yet it carries the greatest hope for change. Pain is not the worst thing that can happen; it can be a motivator.

The hardest behavior change for a parent is to stop taking the situation personally and to see clearly that the most effective and loving behavior is to let the child take full responsibility for bad behavior. This logic switch is truly loving, helpful, and respectful. "I do not detach from you, but I do

detach from the agony of involvement in your problem."

Our children need us to stop reacting. They need us to stop taking it personally when they are acting out of chemical use. They need us to be clear, constant, and consistent. They need us to be on the job, vigilant, and educated about what's going on. They need us to stop worrying about being popular, and they need us to present a unified front, as parents, with the "Rules of the Inn." They need us. Period.

Nan Reynolds, ACSW, MSW, RN, CACII, is Supervisor - Adolescent Substance Abuse Program at Oakland Family Services, in Michigan.

TEN GREAT THINGS ABOUT TAKING ACTION

By Stephanie Abbott

1. The sun manages to come up without your help.
2. Therapy finally kicks in.
3. You can stop apologizing for what someone else did.
4. Other people can solve their own problems or not.
5. You really know you didn't cause it.
6. The statute of limitations has expired on your old mistakes.
7. You let other people be wrong—even though you could improve things given the chance.
8. It's okay when other people can see that you and your life aren't perfect.
9. Worry is no longer a virtue.
10. You find Al-Anon, and it feels good.

Stephanie Abbott, MA, is editor of NACoA NETWORK



VIDEO SHELF

By Stephanie Abbott

Webcasts have become part of the annual educational preparation each year for National Alcohol and Drug Addiction Recovery Month. The webcasts are then made available to the public through the Substance Abuse and Mental Health Services Administration's National Clearinghouse for Alcohol and Drug Information. Two of the videos produced from the Fall 2002 series could be of interest to our readers. Both used a moderator and panel of experts format.

"The Roles of Friends and Community in the Recovery Process" covers the latest in the understanding of what is useful in supporting people who are attempting to live a life without drugs and alcohol. The experts explain what recovery is about, the role relapse may play, and how others can be helpful.

The second video, "Children of Alcohol and Drug-Addicted Parents: Protecting Our Future" focuses discussion on the specific problems of COAs, how common and pervasive their dilemma is in our country, and how the school (with emphasis on the effectiveness of Student Assistance Programs), professionals, and the community can help.

Of particular interest was the point that a knowledgeable and caring community can make a difference, and that tools such as the "Daughters of Tradition" for Native American girls aged 8 to 12, wellness circles, Al-Anon and Alateen, and all other "Circles of Trust", can give permission to break the rules of addictive families not to talk and not to trust others.

Bill O'Reilly in townhall.com recently wrote "Child protection agencies are overwhelmed with violent abuse cases, so passive abuse like parental drug and alcohol involvement is often overlooked. The result is that millions of American kids are growing up in homes where intoxication is on display... And those children are being harmed..."

For more information about the webcasts or videos, call 1(800)729-6686.

ADVISORY COMMISSION ELECTS CO-CHAIRS

Patricia Kempthorne, First Lady of Idaho, and General Arthur Dean, Chairman and CEO of Community Anti-Drug Coalitions of America, were elected as co-chairs of the Advisory Commission on Drug-Free Communities. The Commission, of which NACoA's Executive Director Sis Wenger is also a member, is a nine-member panel that works with local groups to reduce drug abuse. "These citizens are effective advocates with histories of public service in preventing and reducing illegal drug abuse," said John Walters, Director of the Office of National Drug Control Policy.

Run - or "walk" - to the computer or phone to register to be part of TEAM NACoA in the Run for the ChildrenSM! To join the fun, call me at NACoA.

Katie

**Run a Marathon
or Half Marathon
AND Help Kids Too!**



in the



Contact the Run for the ChildrenSM

(888) 55-4COAS

www.nacoa.org



Affiliate News



NACoA AFFILIATES PARTICIPATE IN RUN FOR THE CHILDRENSM



The Henry Ford Health System – Maplegrove Center, the National



Council on Alcoholism and Drug Dependence – Greater Detroit Area, and the Troy Community



Coalition will join the *Run for the ChildrenSM* in the Detroit Free Press/Flagstar Bank Marathon to raise money for their organizations and NACoA. This international marathon, which takes place on October 5, is an incredible experience. The runners start at Comerica Park (home of the Detroit Tigers) and have a spectacular finish at Ford Field (home of the Detroit Lions). In between, they run through the historical parts of the city, over the Ambassador Bridge, along the beautiful Canadian shoreline looking across to Detroit, and back over to the United States. The affiliates and NACoA look forward to a great success in this marathon!

All affiliates are being invited to participate in the *Run for the ChildrenSM* in the WALT DISNEY WORLD[®] Marathon Weekend and share in the profits. For more information, call NACoA.

Oregon Partnership has become the first alcohol and drug program among 119 certified, 24-hour crisis response organizations in the nation to be certified by the American Association of Suicidology (AAS) to handle suicide calls. In order to earn this certification, Oregon Partnership had to demonstrate that their services met the high



standards of professionalism and response readiness required by AAS. Oregon Partnership received more than 10,000 calls during the past year. Approximately 90 percent of the calls were related to alcohol and drug issues, while the other 10 percent dealt with issues such as suicide or domestic violence, which are exacerbated by substance abuse.

Understanding that interpretive services are inadequate at best when dealing with individuals in crisis, and frustrated at not being able to adequately serve the needs of a population that clearly wants help, Oregon Partnership has also initiated a Spanish HelpLine – Linea de Ayuda.



Informed Families, along with The National Family Partnership, will celebrate the annual Red Ribbon Week from October 23-October 31, 2003. The theme this year is “Unite for a Drug Free World.” Red Ribbon Week is an awareness campaign which gets information to the general public about the dangers of drug abuse. It helps parents and schools deliver an effective prevention curriculum while fostering a sense of community and common purpose. In 2002 alone, over 2,000 articles were published featuring Red Ribbon Week activities that took place across America. If you would like to participate in Red Ribbon Week activities, call (800) 705-8997 for your copy of the Red Ribbon Planning Guide.



It's that time of year again! Kids' Kamp 2003! This event provides six days and five nights of fun away from home and relief from the confusion and chaos of growing up in a chemically dependent family.

Sponsored by the Children's Place Program in Redwood City, CA, Kamp is a time of genuine caring, when the world feels right and the children are free to just be kids. For a brief time, they can put aside the pain of their parents' addiction. Each day, children learn they are not alone; they are not to blame, they have not caused the disease of their parent, nor can they cure it. They can also continue to learn new skills to cope appropriately, to stay safe and grow in their understanding of the disease of addiction.

MCADA The Mercer Council on Alcoholism and Drug Addiction has appointed Geetha Arulmohan as its new Executive Director. Arulmohan, a licensed social worker with 25 years of experience, says that "if there is one thing I want to accomplish, it's to make our organization the best in the state." Under her leadership, MCADA will continue to focus on prevention as well as creating more access to treatment.

MCADA is also beginning Certified Drug and Alcohol Counselor classes in September. For more information on classes and schedules, visit www.mercercouncil.org.



The Betty Ford Center's Five Star Kids Program will be celebrating its 5th anniversary on August 18. The celebration will include a presentation by Jerry Moe, MA entitled "Celebrating Resiliency: A Research Update."

Five Star Kids is also part of a task force to revive and revitalize the COA movement in the Dallas area. Yahoo has donated a Public Service Announcement on the topic and the local ABC affiliate is doing a spot about children of alcoholic and drug addicted parents.



RECOVERY AMBASSADORS

“Recovery Ambassadors,” a skills training program for emerging leaders in America’s recovery community has been launched by the Johnson Institute. The program consists of one-day workshops throughout the United States and a week-long camp each summer near Washington, DC. The workshops are being co-sponsored by local organizations that support advocacy and public education on recovery.

The course work includes recruiting activists, building messages, organizing volunteers, delivering media messages, fund raising and organization renewal. Johnny W. Allem, president of Johnson Institute, said approximately ten workshops a year will be scheduled for the next three years. Invitations for local sponsorship are being distributed this summer. The first Recovery Ambassador Camp will be held in July of 2004.

The workshop and camp program are made possible through a grant by the C. Charles Jackson Foundation of Minneapolis. For further information, call 202-662-7107 or e-mail johnnyallem@johnsoninstitute.org

STUDIES SHOW FAITH HELPS RECOVERY

As reported in the *Kalamazoo Gazette* earlier this month, studies show that faith helps alcoholics in the recovery process. Funded by the National Institutes of Health and the Fetzer Institute, a nonprofit organization that looks at the effects of religion and spirituality on society, studies from nearly 20 researchers from across the country were conducted.

The studies focused on the relation-

ship between the belief in a higher power and recovery from alcoholism. Many of the studies showed that prayer, meditation, and attendance at Alcoholic Anonymous meetings are contributing factors in the rehabilitation of people addicted to alcohol. “Many people have said ‘yes’ that spirituality and religion ... can be used more effectively as resources for intervention and treatment of alcoholism,” said Lynn Underwood, vice president of research for the Fetzer Institute, “but our focus has been to build a body of sound work in this area.”

NEW MAGAZINE FEATURES KIT



SAMHSA’s new *Children’s Program Kit* was featured in *Addiction Professional*, in an article by Marion Torchia,

PhD, NACoA’s Director of Communications. The article, titled “Programs Can Reach out to Children of Addicted Parents,” discusses the importance of educational support groups for children in addicted families. These groups give children a safe venue in which to express their feelings, get clarification on the issue, and learn that the disease is not their fault and that adults can help them.

NEW PAMPHLET

Al-Anon and Alateen have a new product, called “Alcoholics, Their Families, and the Judicial System”. The brochure addresses the frequent intersection of alcoholism in the family and the judicial system, whether it be family, criminal, or vehicular court. The judicial system can help the defendant or affected family member by referring him or her to Al-Anon or Alateen for appropriate support. For more information, visit www.al-anon.alateen.org

THANK YOU TO OUR SUPPORTERS

NACoA’s work is sustained by our generous and caring supporters. We especially thank the following individuals for their contributions received since our last newsletter.

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 January 9-11, 2004



Help Us Grow Healthy Kids!

Children of Alcoholics (NACoA)

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

SEPTEMBER IS RECOVERY MONTH

NACoA is thrilled to be hosting the annual Recovery Month Luncheon on September 5. Senator Joseph R. Biden, Jr. and Representative Jim Ramstad will be honored at the event when NACoA presents each with the Betty Ford National Leadership Award.

For more details, please see page 3.

For more information on how you can celebrate Recovery Month, visit www.recoverymonth.gov

