



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

SUMMER 2002 / VOLUME 18 No. 3

In Brief



THE FACES & VOICES OF RECOVERY campaign has a

new office in Alexandria, Virginia, and a new director,

Rick Sampson. Call 703-299-6760 or visit the campaign Website at www.recoveryadvocacy.org.

A SPANISH VERSION OF NACoA'S PAMPHLET, "It's Not Your Fault" for adolescent COAs can be obtained from the National Clearinghouse for Alcohol and Drug Information's *Soy Unica* Website www.soyunica.gov. Young people are encouraged to talk with an adult – a teacher, school counselor, nurse, or someone else who will listen and help. Call 1-800-729-6686.

NACoA'S 2001 ANNUAL REPORT is now available on our Website or by calling 1-888-55-4COAS.

HEALTH 'N ME, by Alice R. McCarthy, PhD, is a comprehensive K-6 health curriculum. It includes tools for adults to use in working with children from alcoholic homes. Available from Sopris West (www.sopriswest.com) 1-800-808-9314.

Posters and pamphlets developed as part of the National Youth Anti-Drug Media Campaign to help children of alcohol and drug dependent parents are again available in quantities at www.nacoa.org or by calling 1-800-729-6686. Over 100,000 of each have been ordered and distributed to date.

REVVING UP TO *Run for the Children*SM! FIRST TIMERS AND EXPERIENCED RUNNERS JOIN TEAM NACoA!

"We are thrilled to see applications coming in for the 2003 *Run for the Children*SM. People who never thought of running or walking a marathon or half marathon have jumped in to help children in need," exclaimed Julie Fisher Cummings, Chair of NACoA's second annual marathon effort at WALT DISNEY WORLD[®] Resort in Orlando, Florida. "They join our experienced runners and walkers, who are equally dedicated to *TEAM NACoA* and want to continue to help to bring hope into the lives of children whose parents abuse alcohol or other drugs."



Whether or not you have run or walked a marathon before, and even if you have never exercised, there is room for you on *TEAM NACoA*, and there is still time to start training. Last year, Sis Wenger, Jerry Moe, Claudia Black, Gary Weiss, along with Board members Hoover Adger, Sue Thau and Mark Werner – all marathon neophytes – joined others dedicated to children of alcoholics and trained for and completed the half marathon. None of them had ever attempted such a thing

before, but they were motivated by the opportunity to make a difference while having fun with a new challenge.

More energetic newcomers to marathon running who finished the full 26.2 miles for *TEAM NACoA* last year and are returning next January include Michigan teacher Peter Paulon and Board members Rick Evans, Jessica Nickel, and Midge Stulberg. All will be back in January to help bring even more attention to the many children that need NACoA's help.

Denice Glowenke, the 2002 *TEAM NACoA* women's winner in the full marathon, has registered again for 2003. Denice ran last year in memory of her mother, a recovering alcoholic, who was her primary cheerleader in her previous marathon run. She wants to keep on helping children of alcoholics.

You can help too! Join these NACoA members and the many more 2002 *TEAM NACoA* members who are returning to WALT DISNEY WORLD[®] Resort in 2003 to *Run for the Children*SM!



INSIDE:

@ NACoA	p. 2
In the News	p. 3
Comment	p. 4
Video Shelf	p. 5



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NACoA BOARD ADDS NEW DIRECTORS

Two new members have been elected and will join the NACoA Board at its next meeting on October 5, 2002.

Stephania J. O'Neill, MA, is the Executive Director of the Scottsdale Prevention Institute in Arizona, a consultant to St. Lukes Mental Health Initiative in Phoenix, Arizona, a consultant to Substance Abuse and Mental Health Services Administration (SAMHSA) in Rockville, Maryland, and a member of the Legislative Subcommittee on Child Welfare and Behavioral Health. She was previously the Acting Director for SAMHSA's Center for Substance Abuse Prevention.

In addition to her strong substance abuse/mental health background, she also has fifteen years experience directing mental health programs for children. Her BA in Secondary Education was obtained at St. Joseph College, in Maryland. Her Master's in Early Childhood Education was earned at Oakland University in Michigan.



Our second new member is D. Paul Robinson, MD. He is chair of the substance abuse special interest group of the Society for Adolescent

Medicine and has been active in pediatric education programs through the American Academy of Pediatrics. Dr. Robinson is also a member of the Advisory Board for the AMA Alcohol Intervention Project for Youth. He graduated from medical school at Vanderbilt University in Tennessee, and completed a Fellowship in adolescent medicine at Vanderbilt University Hospital.



KIT FOR PRIMARY CARE PROVIDERS

NACoA and its team of expert primary health care providers and educators have

finished the kit for office-based primary health care providers. The kit is based on the *Core Competencies for Involvement of Primary Health Care Providers in the Care of Children and Adolescents in Families Affected by Substance Abuse* published in the May 1999 supplement to *PEDIATRICS*. It is expected to be printed and distributed broadly to primary health care providers later this year.

NEW FACES AT NACoA OFFICE

As NACoA's work for children of alcoholics grows, so does the national office staff. Two new employees arrived this summer – Susan B. Gassler and Ann C. Schneider.

Susan Gassler is Manager, Affiliate Services and Training. She has eighteen years' experience in the fields of training, marketing and customer services for the National Association of Securities Dealers in Maryland and with a life insurance company in New York. She is a graduate of Georgetown University.

Ann Schneider, RN, Administrative Assistant, is an IRA Specialist, most recently employed at a Maryland-based mutual fund company. There she was responsible for client problems as well as the client data base and the training of new employees. She is a graduate of the Burbank Hospital School of Nursing in Massachusetts.



PRENATAL ALCOHOL EXPOSURE AFFECTS ACHIEVEMENT

Fetal Alcohol Syndrome (FAS) and partial FAS result from heavy exposure to alcohol during pregnancy. In addition to birth defects and lower birth weight, there can be specific effects on learning and development in these children, particularly in mathematics.

The academic achievement of a group of adolescents whose mothers drank during pregnancy was compared to another group with similar backgrounds, but without exposure, at the Child Development Laboratory, Department of Psychiatry and Behavioral Sciences, at the Emory University School of Medicine in Atlanta, Georgia.

“These outcomes suggest that alcohol exposure produces specific problems in understanding and using math, and this area should be a focus of concern when children are known to have had prenatal exposure,” according to Claire D. Coles, Ph.D., in results released in February.

For more information, she can be contacted at their website at www.emory.edu/MSACD.

PARENTS' THERAPY AIDS GOALS

Behavioral couples therapy as part of substance-abuse treatment produces measurable improvement in their children's functioning, according to researchers at the New York University at Buffalo's Research Institute on Addictions (RIA) in Buffalo, New York, and Old Dominion University in Norfolk, Virginia.

William Fals-Stewart, PhD, RIA investigator and research associate professor in the UB Department of Psychology, said the findings are of

particular importance given that before treatment, approximately one third of the children living with an alcohol-dependent father and one half of children living with a substance-abusing father exhibited symptoms of significant psychosocial impairment.

The study examined the children's psychosocial adjustment before treatment of the parents and at regular intervals during the year after treatment. The study did not include alcoholic or drug abusing mothers. The couples therapy is aimed at rebuilding and strengthening a couple's relationship by teaching them to express positive feelings, share activities, and reward abstinence.

Editor's note: Research also shows that age-appropriate services to the children makes a lasting impact.

U.S. PREVENTION EXPERTS GO TO RUSSIA

The Russian Addiction Institute, the Russian delegate to the World Health organization, and the Director of Moscow Committee of Education and ten Moscow school districts serving 10,000 students, has asked a group of Americans to create an integrated prevention curriculum. Included in the group was Rosemary Tisch of Family Education Foundation, Betsy Rocket, a family therapist, Julie Scales, Executive Director of Legacy Foundation, and Dave and Linda Sibley, founders of Confident Kids.

The World Health Organization considers an average per capita consumption of the equivalent of 8 liters of pure alcohol a year to be a sign of a country with a dangerous level of alcohol consumption. Russian consumption is currently in the range of 13-14 liters annually.

For more information about the prevention curriculum, contact Rosemary Tisch at rstisch@aol.com

NEW STUDY ON ALCOHOL AND THE BRAIN

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) plans to spend \$50 million over five years to study how alcohol changes the brain. The project, the Integrative Neuroscience Initiative on Alcoholism (INIA) is the largest effort ever to collect and integrate scientific data on the behavioral neuroadaptive process—changes in the brain that occur with chronic alcohol use that contribute to excessive drinking, according to Raynard Kington, MD, acting director of NIAAA.

“INIA seeks to clarify the mechanisms of reinforcement, tolerance, and sensitization that drive compulsive drinking, and the withdrawal and relapse that complicate successful treatment. As with all alcohol research, INIA has as its ultimate goal improved treatment and preventive interventions,” Dr. Kington added.

AL-ANON/ALATEEN REACHES OUT TO NATIVE AMERICANS

Al-Anon/Alateen Family Groups announces a new pamphlet. *Al-Anon's Path to Recovery—Al-Anon is for Native Americans/Aboriginals* (S-67) describes in clear terms the universality of Al-Anon program principles. Limited quantities of the pamphlet are available at no charge by writing to: Al-Anon Family Group Headquarters, Inc., Public Outreach Department, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; e-mail: wso@al-anon.org. Or call 1-888-4AL-ANON.





TO RAISE OUR CHILDREN, WE MUST FIRST RAISE OURSELVES

By Carey Sipp



We've heard the quote before: "what a man thinketh, a man does; what he does, he becomes..." When I clearly understood the importance of being a good example for my children, I revised that old quote: "What a child sees, a child does. What a child does, a child becomes."

With help from others wiser than I, I came to understand that wanting to do a great job of raising my children meant doing a great job of raising myself. In short, like millions of other COAs, I had to grow up with my children. I also had to go back into my own childhood and heal painful memories, as I am also a firm believer that, "What you don't feel, you can't heal," and "what you don't heal, you pass on to your children."

Children pay a high price for compulsive, addictive parental behaviors such as alcohol and drug addiction. We know genetics and home environment load addicts' children with the highest risk of becoming abusers of alcohol or other drugs, or addicted persons themselves. COAs are also more likely than others to suffer child abuse, depression, and anxiety. We have more behavioral problems and three times as many hospital admissions.

I started my life with addiction in a violent alcoholic home. Behaviors I adopted served me well as a child: taking the blame, being the hero, being a people-pleaser, zoning out. But in adult life they backfired, leading me to struggle with work

addiction, money mismanagement, a chaotic lifestyle, and alcohol.

Shortly after filing for divorce from my husband of seven years I read a quote from Jacqueline Kennedy Onassis and it struck me hard: "If you botch raising your children, nothing else you do really matters." I pasted that quote on my bathroom mirror, and thought about it often.

I was at a crossroads. Faced with two bewildered little children and a failing business, I toyed with swapping my two nightly beers for a six-pack to knock the edge off the day. I couldn't do it. I knew if I repeated the alcoholism modeled by my father, my children would end up as scarred as I had been. I needed help.

Today I believe that knowing you need help is the first step to becoming a TurnAround Mom: a parent pledged to sanity, sobriety, gratitude, and responsibility. A mother who'd be proud to see her children do the same things she does.

For help with reparenting myself and parenting my children, I turned to a program for alcoholics' families and found instant and healing support. I devoured books on parenting and asked parents I knew and admired from church and school how they were raising their children. Studying parenting and recovery became my dual passions. I went to work with a parenting expert, attending countless workshops on parenting and personal growth. One theme kept rising to the top: if I don't like something my children are doing, I'd better look in the mirror to see if I am doing the same thing. I can't expect better than the example I set.

Sharing this "child see, child do" tip brought a lot of "Ah ha!" reactions from my peers, people like me who want to do a great job of parenting, but because of the hurtful, neglectful behaviors modeled to them as children, are clueless as to how.

In this time of turmoil, giving our children a sense of belonging, trust, and security is more important than ever. Without these anchors, many children seeking relief from their fears will turn to alcohol, drugs, compulsive sex, and other self-destructive behaviors, especially if parents model compulsive, addictive behaviors.

For many of us who grew up in the insanity of addiction, intensity, or abuse, or became addicted, abused, or stretched to the breaking point, incredible challenges erupt. Chief among these challenges: if I don't know what serenity feels like, what sanity looks like, how can I create a sane and loving home?

My book, *The TurnAround Mom*, is filled with experiences, processes, tips, and tools that I hope will answer that question. My hope is that it will raise awareness of the suffering that parental substance abuse brings, and comfort COAs by reminding us that sick old cycles don't have to be repeated. Working together we could see a grassroots campaign to create an association of TurnAround Parents that would help generations of children grow up and thrive in saner, more loving homes. It would be healing for our children, ourselves, and our nation.

Carey Sipp is the author of The TurnAround Mom, a feel it, heal it guide to help survivors of family addiction and abuse stop the pain and raise happy children. It is available through her Web site at <http://www.turnaroundmom.com> or through Amazon.com.

CORE COMPETENCIES FOR CO-DEPENDENTS

by Stephanie Abbott

The stories of ACOA parents struggling to do a good job of raising their children provoke thoughts of what happened in their childhoods. What would have made a difference in that original family? A successful intervention with the alcoholic is an obvious choice, but in addition the sober parent can make an enormous difference in mitigating the damage to the children.

People are not born knowing how to deal effectively with someone else's addiction. A few instinctively avoid enabling and put an intervention in place early. The great majority bumble along repeating what doesn't work, managing the best they can, and adding to the damage to their children in the process. This is the normal response to addiction in the family, but the normal response is not good for children.

Family members believe they can control someone else's drinking. That is why we hear of children sent to find their parent in bars, left at home with orders to watch the alcoholic, told to be quiet and well behaved so they won't upset the drinker and make things worse, and other efforts that don't work. If Al-Anon and family counseling relieve them of these false beliefs, non-addicted parents are free to give their children the structure and attention they need.

The traumatic stress of living with an alcoholic leads to loss of self-control. This is why we hear of

children who witness screaming fights between their parents, receive too much discipline one day and none the next, and live with disorder, confusion and lack of predictability. Parents may know this is not good for their children but the sense of helplessness in the situation can be overwhelming. If Al-Anon and a parental support group is there for them, giving them tools that actually work, they can change their reactions to the addiction.

There have been many books and pamphlets published in the last twenty years that give good direction to the puzzled spouse of an addict. In addition, there are books explaining alcoholism that can be read to young children, and others aimed at those who can read to themselves. COA support groups are out there. When loyalty to past behavior is overcome, a productive and healthy response to alcoholism is possible and helps healing for the children.

Research has made it clear that the majority of spouses of alcoholics are not mentally ill, control freaks, or people who enjoy suffering. They are simply overwhelmed by someone else's addiction.

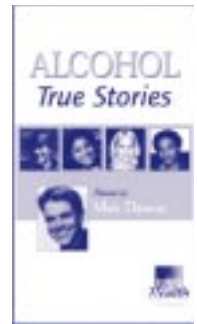
When the parent is not given the education and tools, or what we might think of as "core competencies" for co-dependents, the next generation is left - at best - with a do-it-yourself approach to their own children.

VIDEO SHELF

By Stephanie Abbott

Alcohol: True Stories

"Am I risking hurting someone I love? Am I risking hurting myself?" These are the final questions that the host of this Family Health Productions video, Matt Damon, asks young people to ask themselves before drinking alcohol.



The complete kit includes the 20-minute video, Educator's Discussion Guide, classroom poster and bookmark. A family viewers guide is also available. The format of *True Stories* is four young people explaining how alcohol affected their lives. The producers hope that the stories will lead teenagers to make safer choices.

The profiles include Robert, who lost a leg and his dreams of the Olympics as a result of driving drunk. Megan, with non-drinking parents but with alcoholism in the family, had successful treatment for her own alcoholism at sixteen. Dana, with the extreme stress of two beloved family members lost to murder, has learned to deal with stress without resorting to alcohol. Lastly, Ilton, a talented dancer, avoids alcohol because of his dedication to dancing.

For more information about this production or to read columns for young people and parents go to www.AboutHealth.com or phone 978-282-9970.



Affiliate News



NACoA has just welcomed its 31st affiliate, The Ministry of Recovery, a coalition of more than 50 churches and treatment service providers in and around Charlotte, North Carolina. Founded in 1990, The Ministry works to equip ministers and lay persons to support individuals recovering from alcoholism and other addictions and to help recovering individuals directly. The Ministry is a partner with the community's Fighting Back project.

Michael Brown, The Ministry of Recovery's director, notes that a local substance abuse prevention agency estimates that there are about 40,000 COAs in the Charlotte-Mecklenburg County area. He is aware of only two community-based support groups in the area. Brown hopes that "affiliating with NACoA will equip us to help the faith community focus more effectively on serving this very neglected population."

gether in teams to develop a variety of drug prevention action plans, which they will implement in their communities and schools in the coming year. A team of adults from Brazil also attended the Institute, along with members of the U.S. Embassy in Brazil. The Teen Institute model will be replicated in Brazil next year.



Once again, Informed Families in

South Florida will kick off Red Ribbon Week on October 23 with "Plant the Promise" day. Children and adults will plant tulips from *Tulipworld.com*, to show their commitment to combat drug abuse. These tulips will bloom during April -- Alcohol Awareness Month. A portion of *Tulipworld.com*'s sales will go to the National Family Partnership, a coalition of local anti-drug organizations, to support their fight against drug abuse. Contact Informed Families at 302-856-4886.



NACoA's United Kingdom affiliate will

hold its fourth annual David Stafford Memorial Lecture on September 12. Martin Callingham, visiting professor at Birkbeck College, London, will describe a survey comparing the home environments of adults who claimed their parents drank too much, versus those who said they did not.

The Spring 2002 issue of NACoA-UK's newsletter contains an analysis of a situation where a mother's drinking exposes her daughter to sexual and other abuse. In "Listening to Laura," Dr. Pear Berman, professor of psychology, shows how the mother's treatment and recovery

should be supported while efforts are made to protect and support her daughter. Contact NACoA-UK at www.nacoa.org.uk.

Ohio Eclipses Nation in Reducing Adolescent Drug Usage

Prevention Works 3-year rate of change*

Drugs

Ohio -21%

Nation -16%

Alcohol

Ohio -16%

Nation -12%

Tobacco

Ohio -38%

Nation -14%

* U.S. Source: Pride Surveys National Summary

NACoA congratulates its three Ohio affiliates...

- The Alcoholism Council of the Cincinnati Area, NCADD
- Children's Close to Home Behavioral Health and Counseling Services, Children's Hospital, Columbus
- Recovery Resources, Cleveland

...for their excellent work that contributed to these encouraging results!



The National Association for Student Assistance Professionals (NASAP) has announced the availability of financial support of up to \$4,000 for doctoral level students focusing on the student assistance process. For more information and an application form, contact NASAP at 800-257-6310, e-mail to info@nasap.org, or visit the Web at www.nasap.org/research.html.



The Council on Alcohol and Drug Abuse (CADA) for Greater New Orleans has just concluded its Teen Institute leadership camp. More than 80 middle and high school students worked to-



NEW ONDCP DEPUTY DIRECTOR



Supreme Court Justice Sandra Day O'Connor swears in Mary Ann Solberg as Deputy Director of the White House Office of National Drug Control Policy. Her husband, Cliff Solberg, holds the family bible. The ceremony took place in the White House's historic Indian Treaty Room. Ms. Solberg is the former Executive Director of NACoA's affiliate, The Troy (Michigan) Community Coalition.

THANKS, JESSICA!



Jessica Freedman

NACoA says goodbye to Jessica Blackman Freedman, JD, a committed and tireless volunteer and consultant for

NACoA. Over the years, Jessica lent her creativity and expertise to NACoA for many projects, and the children benefitted from her devotion to the cause. Jessica died suddenly on Saturday, July 20. We will miss her intellect, her spirit and her generous heart and we feel lucky to have counted her as a friend.

—The NACoA Staff

NACoA AT RADAR

NACoA's tools for helping children of addicted parents were introduced at the annual RADAR Network National/International Conference, held August 7-10 in Denver, Colorado by Marion Torchia, PhD, NACoA's Director of Programs and Communications. "Participants were excited about such new and useful tools now being available," reported Dr. Torchia.

NACoA is a Specialty Center of the Regional Alcohol and Drug Awareness Resource (RADAR) Network, which is comprised of several hundred state clearinghouses, prevention resource centers, Department of Education Regional Training Centers, and substance abuse prevention organizations. Several NACoA affiliates are also RADAR Associate Centers. Sponsored by the federal Center for Substance Abuse Prevention, RADAR is operated through the National Clearinghouse on Alcohol and Drug Information (NCADI). For more information, contact NCADI at 1-800-729-6686.

RECOVERY MONTH TO CELEBRATE ITS 13TH ANNIVERSARY

SAMHSA's Center for Substance Abuse Treatment sponsors National Alcohol and Drug Addiction Recovery Month annually each September. The month-long observance unites public and private sector partner organizations nationwide in an effort to highlight the societal benefits, importance, and effectiveness of drug and alcohol treatment as a public health service. In addition the observance aims to reduce the stigma associated with substance abuse treatment. Recovery Month also celebrates people in recovery and those who serve them.

This September will mark the 13th Anniversary of Recovery Month. "This year's theme, 'Join the Voices of Recovery: A Call to Action,' is intended to focus the nation's attention on responding to Americans who seriously need substance abuse treatment," said SAMHSA Administrator Charles G. Curie, MA, ACSW

The activities and materials for the Recovery Month Campaign are wide ranging, including: the Recovery Month toolkit, web site, TV and Radio public service announcements (PSAs), Community Forums, Radio tours and Community-sponsored events, such as the September 21 Run for Recovery in Washington, DC.

For a Recovery Month kit, contact SAMHSA's National Clearinghouse for Alcohol and Drug Information, at P.O. Box 2345, Rockville, MD 20847. Telephone: 1-800-729-6686 (English and Spanish) or 1-800-487-4889 (TDD). Kits may be ordered or downloaded in a PDF file from SAMHSA's web site at www.samhsa.gov.

THANKS TO OUR RECENT DONORS

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CALENDAR

September
Recovery Month
www.health.org/recoverymonth

September 21
Run for Recovery
Washington, DC

October 19-27
Red Ribbon Week
www.redribboncoalition.org

October 25
National Leadership Forum
Washington, DC

www.nacoa.org



Walk or Run for the Children!

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

KOOL KIDS! UPDATE

Florida teens in the lead as registrations come in for the Kool Kids *Run for the Children*SM, the half marathon for youth ages 14 to 18.

NACoA Board member Kathy Lowe Petersen is recruiting runners for the event. Max Campbell of West Palm Beach is captain of the team. For more information, see www.nacoa.org.

NATIONAL RUN FOR RECOVERY[®]

Join *TEAM NACoA* and run or walk a 5K in Washington DC as part of the National RUN FOR RECOVERY[®] on September 21. Call Mary Gillilan at NACoA for details.