



NATIONAL ASSOCIATION FOR  
CHILDREN OF ALCOHOLICS

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NETWORK

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## In Brief

**JOHN P. WALTERS** has been named to head the Office of National Drug Control Policy (ONDCP). Mr. Walters was the office's deputy director for supply reduction under William Bennett during the administration of former President Bush.



**SAMHSA NEWS**, the newsletter of the Substance Abuse and Mental Health Administration, is available free of charge and covers a broad range of program information affecting treatment, prevention and mental health issues addressed by SAMHSA agencies. Contact Brian Campbell by e-mail at [BCampbell@samhsa.gov](mailto:BCampbell@samhsa.gov); by fax at 301-443-8956; by mail at Room 13C-05, 5600 Fishers Lane, Rockville, MD 20857; or by phone at 301-443-8956.

**KIT FOR EDUCATORS** has been updated and is again available through NACoA. To order, see the Web site [www.nacoa.org](http://www.nacoa.org) or call 1-888-554-2627.

**NATIONAL LEADERSHIP FORUM** held its bi-annual meeting May 11 in Washington, D.C. Featured presentations will include NACoA affiliate Faith Partners' growing programs of congregational teams.

**TIAN DAYTON, PH.D.**, received the Scholars Award in April from the American Society for Group Psychotherapy and Psychodrama at the Society's annual meeting in Toronto.

## ALCOHOL'S IMPACT ON CHILDREN AND YOUTH GETTING ATTENTION

Alcohol and illicit drug experimentation among 12- and 13-year-olds is increasing, according to a comprehensive study released in March by The Robert Wood Johnson Foundation (RWJF).

Alcohol use increased by about a third between 1990 and 1997. Dr. Michael McGinnis, senior vice president and director of RWJF's health group, says, "This is a powerful problem. We are dealing with some of the most addictive substances known, and when they grip early, they can grip forever."

The dangers of youthful alcohol use are the focus of *Leadership to Keep Children Alcohol Free*, a major national initiative sponsored by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and RWJF with support from the National Highway Traffic Safety Administration, the Substance Abuse and Mental Health Administration and others. Under the leadership of over half of the nation's governors' spouses, this year-old initiative is bringing attention to the often serious lifelong consequences of alcohol use by children and teens.

*Leadership*'s four co-chairs, First Ladies Vicky Cayetano of Hawaii, Hope Taft of Ohio, Sharon Kitzhaber of Oregon, and Michele Ridge of Pennsylvania, co-authored a letter to the editor of *USA Today* on the problem of underage drink-

ing. The letter, published in the April 24 issue, stated that "we must face the reality that children are drinking at increasingly younger ages."

Governors' spouses across the nation are leading efforts in their individual states to bring attention to the importance of protecting children and youth from alcohol use. The *Leadership* initiative includes web sites and public awareness presentations, media appearances and videos featuring the spouses who encourage parents and communities to work together to protect their children from alcohol use.

Meanwhile, efforts are underway in Congress to establish a "National Media Campaign to Prevent Underage Drinking." The bi-partisan bill authorizing the campaign has the support of many national, regional and state-level groups, including the American Medical Association, the Advertising Council, the Consumer Federation of America, the American Academy of Pediatrics, and the Partnership for a Drug-Free America.

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## NACoA WELCOMES NEW SENIOR STAFF

NACoA is very pleased to announce that two additional senior staff have joined NACoA's critical and growing work for children of alcohol and drug dependent parents.



**Marion M.  
Torchia, Ph.D.**

A wealth of experience in public policy development and advocacy, as well as issues

writing, and publications management are what new Director of Programs and Communication, Marion M. Torchia, brings to the NACoA team.

Marion's experience includes providing policy support to several national and state-level health care associations. Most recently as Child and Adolescent Coordinator for the Mental Health Association of Maryland, she was responsible for the children's advocacy program of an organization dedicated to the prevention of mental illness and the improvement of mental health services.

Her education includes an M.A. in health care ethics from the University of Maryland and a Ph.D. from Yale University.



**Mary L.  
Gillilan, J.D.**

Mary Laje Gillilan has joined NACoA as Director of Special Projects. She is a recent

graduate of Emory University School of Law in Georgia, where she par-

ticipated in clinics to broaden her knowledge of the nonprofit arena. She also worked in the juvenile courts in Washington, DC, and Atlanta, and was an education advocate during studies at Georgetown Law School. "I am committed to continue in my career in child advocacy," she states. Mary is a member of the Maryland Bar Association.

Before attending law school, Mary worked for the Children's Memorial Foundation at Children's Memorial Hospital in Chicago. She also speaks fluent Spanish.

## SERVICE AWARD TO AFFILIATE



NACoA recognizes the Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) with the 2001 Meritorious Service Award. This award is given each year to a NACoA affiliate doing outstanding work during Children of Alcoholics Week. ECCPASA delivered COA Week messages to all school health offices in Buffalo and Erie County, New York, and provided information on the services the agency offers for children of alcoholics.

# In The News



## FETAL ALCOHOL EXPOSURE AFFECTS PERCEPTION

Both newly sober alcoholics and individuals exposed to alcohol prenatally have problems making sense of the emotional content of voices, according to Dr. Marilee Monnot and colleagues at the University of Oklahoma Health Sciences Center in Oklahoma City.

According to the new study, the adult subjects who did not have a history of alcoholism or fetal alcohol exposure could correctly identify emotions in the voice of a communication partner 93 percent of the time. The alcoholics, who had been sober at least three weeks, identified emotions correctly only 79 percent of the time, while the people who had been exposed to alcohol before birth correctly identified emotions just 62 percent of the time.

The researchers concluded that early exposure to alcohol, especially through prenatal exposure and early-onset alcohol abuse, "causes significant deficits...that are likely to impair social competency."

The study's findings are published in the March issue of the journal Alcoholism: Clinical and Experimental Research.

## PARENTAL DRINKING AFFECTS CHILDREN'S BEHAVIOR

Researchers at the Johns Hopkins University School of Hygiene and Public Health have found evidence that parents' drinking has adverse effects on children's behavior even if the parents are not alcohol-dependent or problem drinkers. The research results provided consistent evidence that, regardless of which

parent drinks, child behavior problems increase with parental drinking. The study was published in the December, 1999, issue of *Health Economics*. The researchers were Alison Snow Jones, David S. Salkever, and Deborah J. Miller. (See *COMMENT*, p.4.)

## DRUG'S EFFECT ON BRAIN FOUND TO BE EXTENSIVE

Heavy users of methamphetamine, a highly addictive stimulant, are doing more damage to their brains than previously thought, according to a new study that looked inside addicts' brains nearly a year after they stopped using the drug. The study, conducted by Dr. Nora Volkow and colleagues, appears in the March 2001 issue of *The American Journal of Psychiatry*.

Using a brain imaging technique called Positron Emission Tomography to measure dopamine levels in the brains of 15 recovering methamphetamine addicts and 18 healthy volunteers, the researchers discovered that the addicts' brains resembled those of people with early Parkinson's disease. Dopamine is a class of molecules that helps people feel pleasure and reward, and regulates movement, attention, and motivation. It was also found that another brain region responsible for spatial perception and sensation which had never been linked to methamphetamine abuse was hyperactive and showed signs of scarring.

This is the first study to show directly that brain damage caused by this drug produces deficits in learning and memory. The drug is also known as speed, meth, ice, crystal, and glass.

"The loss of dopamine is worrisome," Dr. Volkow said. "Because dopamine levels fall naturally with age, it's unclear what will happen to these people."



## AL-ANON CELEBRATES 50 YEARS OF HOPE

The year 2001 marks Al-Anon Family Groups' 50th Anniversary of offering hope and help to families and friends of alcoholics. In Al-Anon meetings (and Alateen meetings for young family members), people come together to help each other recover from the effects of someone else's drinking. Al-Anon and Alateen members focus on dealing with these effects, rather than on the alcoholic.

When Alcoholics Anonymous (AA) began in 1935, family members also attended AA meetings. In many areas, separate "family groups" began to form and sought guidance from the AA office in New York. Lois Wilson, wife of an AA co-founder, began writing to these groups. From this beginning was born a fellowship that would reach out across the world helping those affected by someone else's drinking to learn about the disease of alcoholism and better ways to cope with the problems caused by the disease.

Today there are approximately 27,000 groups in 115 countries. The Al-Anon headquarters in Virginia Beach, Virginia, publishes literature, maintains records of groups and hosts a Web site. For more information, call toll-free 1 888-425-2666 or visit the Web site at [www.al-anon.alateen.org](http://www.al-anon.alateen.org).



New Alateen Daily Reader now available from Al-Anon.

## COAS AND ECONOMIC COSTS

by Alison Snow Jones



If supported by additional research, recent findings that parents' drinking results in increased child behavior problems (Jones, Salkever, and Miller, *Health Economics*, 1999) have important implications for estimates of costs associated with alcohol abuse and alcoholism. Specifically, existing estimates are likely to underestimate the true economic costs of alcoholism. This is because these estimates seldom include future costs to children of alcoholics (COAs) that can result when behavior problems during youth lead to poorer school performance, lower educational attainment and reduced job opportunities and wages later in life.

Some years ago, The National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism produced a comprehensive report documenting the *Economic Costs of Alcohol and Drug Abuse in the United States, 1992* (DHHS, 1998). This report provides a thorough enumeration of the annual costs of alcoholism and alcohol abuse to alcoholics/abusers and to society (\$148 billion).

Among the costs considered are health care costs, lost productivity due to absenteeism at work, crime, social welfare costs, motor vehicle crashes, and fire damage and control. All of these relate directly to the health and behavior of the alcoholic or addict. It is estimated that the largest component of costs attributable to alcoholism and alcohol abuse is lost productivity (70%).

Lost productivity includes such things as time lost from work due to drinking and time spent recovering from drinking. It also includes reduced productivity while on the job because of the consequences of drinking. Reductions in productivity are usually reflected in wage rates that are lower than an individual might otherwise be expected to receive if he or she were not alcoholic. These productivity losses translate into reduced household income in alcoholic homes and represent yet another important negative impact of alcoholism and alcohol abuse on families of alcoholics.

The finding that COAs may be at higher risk for behavior problems suggests that productivity losses due to alcohol may not accrue only to the alcoholic. Behavior problems are associated with poor school performance, truancy, repeating grades and dropping out of school. All of these have important implications for the child's future educational attainment, job opportunities, and wage rates. These, in turn, will have a negative impact on the future financial well-being of the child and the child's future family.

Productivity losses have societal implications as well. For example, tax revenues are lowered when individuals with ability earn less than they are capable of earning because of problems that result from growing up in an alcoholic home.

Of course, there may also be more immediate costs associated with child behavior problems. Education costs will be higher for children who are truant, perform below grade, repeat grades, and disrupt classes because of the higher time inputs

required from teachers and other school officials to monitor and teach them. There may be legal costs for some of these children as they encounter the juvenile justice system frequently and repeatedly over many years. However, as with their alcoholic parents, the largest component of costs associated with COAs is likely to be lost productivity costs.

In an ideal world, information about the detrimental effect of parents' alcoholism on children's behavior would be sufficient to motivate increased public expenditures to prevent alcoholism, treat alcoholics, and provide interventions that target the children of alcoholics. In a less than ideal world, other arguments must often be advanced. To legislators and policy-makers, arguments based on economic consequences are often more persuasive, especially when intervention is likely to reduce immediate costs or increase future tax revenues.

For this reason, it is important for researchers who investigate the link between parents' drinking and children's well-being to be aware of the importance of this aspect of outcomes among COAs. Whenever possible, an economic analysis should be included in research protocols. Information about potential economic consequences, in combination with what is known about the detrimental influence of parents' drinking on children's well-being, should help efforts to motivate and shape policy aimed at protecting COAs.

*Alison Snow Jones, Ph.D., is a health economist and assistant professor at the Wake Forest University School of Medicine. Her research focuses on women's drinking, the effect of parents' drinking on children's health and behavior problems, and domestic violence.*

## NACOA AT NAADAC CONFERENCE

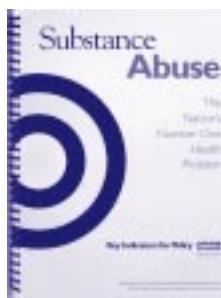
Patricia A. Brown, M.P.A., NACoA's Director of Outreach and Affiliate Services, will address the annual conference of the National Association of Addiction and Drug Abuse Counselors, May 24, in Portland, Oregon. Trish will introduce the new Children's Program Kit, which will assist AOD clinicians in establishing services for the children of their clients.

## BOWDEN SIDE-TRACKED

NACoA founder Julie Bowden was packed and ready to go when her orthopedic surgeon ordered a delay in her trek over the Appalachian Trail. Despite Julie's mountain climbing and long walk preparations, knee injuries she had incurred earlier in the year have not healed at the projected rate. Julie and NACoA both extend their heartfelt thanks to all those who contributed or pledged to contribute in support of Julie and NACoA's work for children of alcoholics.

Julie and NACoA look forward to the day when the planned trek can begin. In the meantime, NACoA members and supporters are encouraged to focus on the *Run for the Children* at Disney on January 6, 2002. (See insert for the exciting details.)

## RWJ REPORT ON SUBSTANCE ABUSE AVAILABLE



The Robert Wood Johnson Foundation, Princeton, New Jersey, has released the second edition of *Substance Abuse: The Nation's Number*

*One Health Problem*, a comprehensive 128-page report designed with a broad and diverse audience in mind – educators, prevention and treatment practitioners, policymakers, researchers, the media and others interested in the health and well-being of America's citizens, especially children and youth.

The book is divided into three broad sections: patterns of use, the consequences of use, and ways to combat the problem. It includes easy-to-follow graphs and charts that can be used in educational and advocacy efforts and presentations, and it includes a section on the effects of substance abuse on families. Copies of this resource can be ordered at [www.rwjliterature.org/chartbook/chartbook.htm](http://www.rwjliterature.org/chartbook/chartbook.htm) or by writing to: The Robert Wood Johnson Foundation, Attn: Substance Abuse Chartbook, Route 1 and College Road East, P.O. Box 2316, Princeton, NJ 08543-2316.

## NACOA WELCOMES NEW AFFILIATE



Community and Law Enforcement Against Narcotics, Inc. (CLEAN Inc.) is a community coalition located in Winchester, Virginia. Founded in 1986, CLEAN, Inc.,

is committed to assisting in the development and implementation of community-wide programs directed at reducing the demand for and availability of alcohol, tobacco and other drugs, particularly among youth.

## BOOK SHELF

by Stephanie Abbott



*Raising the Shades*

By Doug Wilhelm

Finally, there's a book about alcoholism written for young adults that I can be enthusiastic

about, and that, I expect, you will be too. Doug Wilhelm writes a good story about a 13-year-old boy who is the sole caretaker of his alcoholic father. His mother has left, giving all her focus to Casey's older sister, the soccer star, and Casey struggles alone. Wilhelm does a convincing job of describing the feelings and the life of a young teen, pulling the reader along, until Casey's aunt introduces him to a man who does interventions.

The intervention specialist says as he explains the process, "We'll do our very best to get this right, so your dad can see how much he is loved and how much he also needs to be honest."

When Casey confides to the school guidance counselor, she suggests, unfortunately, that his dad could feel ambushed and that intervention will interfere with his relationship with his father.

Does the intervention go forward? Well not exactly, but I leave it to you to find out what does. I hope this book is purchased by all school and public libraries. It's a keeper.

*Raising the Shades* is published by Farrar Straus Giroux. For more information call 212-886-1772.



# Affiliate News



The Archway Program at Yonkers General Hospital in Mt. Vernon, NY, is moving to new facilities that will allow the services to their young clients to immediately expand into literally "new territory." This location will serve as a place to express fears, concerns, questions and dreams through quiet activities such as therapeutic board games, art projects and role play. Other activities will take place in more physical arenas, giving the children a chance to act out their concerns and perhaps even gather for some relaxation exercises and yoga! Archway will have a party to celebrate its new home and all the possibilities it offers. Archway's new address is:

20 East 1<sup>st</sup> Street  
Mt. Vernon, NY 10550

Archway is also very proud of its client, Gennifer, who was one of the winners of the NACoA COA Week 2000 poster contest.



The Council on Alcohol and Drug Abuse for Greater New Orleans (CADA) also has a new location:  
3520 General DeGaulle Drive  
Suite 5010  
New Orleans, LA 70114



NACoA-UK held a unique fund-raising event to support its telephone helpline. Possibly the shortest sponsored walk ever took place in January 2001 to raise funds for NACoA-UK's free telephone helpline. James Cummins and his team of 55 young people from the Bristol University Air Squadron walked 24 feet over hot coals. James had walked the length of Great Britain for the organization in 2000. NACoA UK believes they are ex-

tremely fortunate to benefit from James' enthusiasm and dedication—he is now well known on local radio, where he raises awareness of the problems faced by children of alcoholics and of the support provided by the NACoA UK helpline.



On April 28, Crawford County (WI) DARE students traveled to the Milwaukee Brewers Stadium for a day of alcohol-free fun! For 11 years, the Milwaukee County DARE Association has sponsored a "Brewer Package" for DARE participants across the state, including an alcohol-free tailgate party and tickets to the baseball game. Ten buses transported 7,000 DARE students and their families to the event, including 762 people from Crawford County. Tickets were covered through the Crawford County DARE Program's aluminum can recycling funds. Since the county is the second poorest in Wisconsin, without this event many youngsters might not have had an opportunity to see a major league baseball game or learn that these events are fun without alcohol.



The Delaware Association for Children of Alcoholics (DACOA) continues to help children in elementary, middle and high school understand the dangers of alcohol and drugs. A new staff person, Anne Squires, leads the effort. To learn about DACOA's prevention programs, call 302-856-6477.



Recovery Resources will hold its annual meeting May 15 in Cleveland. Sis Wenger, NACoA Executive Director, will be the featured speaker.



The Oregon Partnership and the Oregon Coalition to Reduce Underage Drinking hosted the Northwest Substance Abuse Prevention Conference, May 3-4, at the Oregon Convention Center, in Portland, Oregon. Under the theme "Making the Connection: Prevention and Treatment Strategies in the Northwest," the conference highlighted best practices for

- Community mobilization and education
- Changing societal norms
- Media advocacy
- Environmental policy
- Treatment strategies

Sis Wenger addressed the topic: "Where Treatment and Prevention Intersect: the Children of Clients in Treatment." For more information, visit [www.orpartnership.org](http://www.orpartnership.org).



The National Association of Student Assistance Professionals held its annual meeting at the Student Assistance Conference in Orlando, FL April 3-7. NACoA founder Claudia Black, Ph.D., delivered the keynote address, and Jerry Moe, M.A., closed out the conference, which had over 800 attendees. (Claudia and Jerry are both members of NACoA's Board of Advisors.) Sis Wenger and General Arthur Dean, President of the Community Anti-Drug Coalitions of America, met with the NASAP Board of Directors and addressed the conference.



L. to R., General Dean, Claudia Black and Lee Rush, NASAP Executive Director

## POSTER CONTEST WINNERS

The winners of NACOA's Third Annual COA Week Poster Contest, "Many People Can Help Me" were announced March 15. All contestants received a certificate of participation, and the first place winners in each age category received a \$50 United States Savings Bond, a gift certificate to McDonalds, a First Place Certificate, NACOA's Kit for Kids booklet and a copy of *You're Not Alone*, NACOA's nine-minute video for young people.

The winners are:

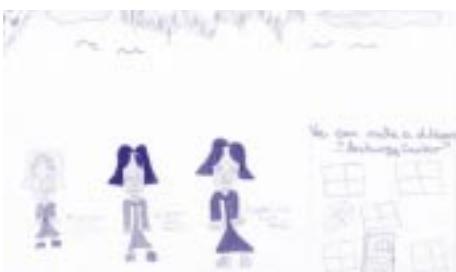
**Grades K-2: Blake**  
Port Orchard, WA



**Grades 3-5: Migdalia**  
New York City



**Grades 6-8 Gennifer**  
Mt. Vernon, NY



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Debbie Wick

## AWARD-WINNING SUMMER COA CAMPS SCHEDULED AGAIN

The Maplegrove Children's Programs' day camps for children affected by parental addiction or mental illness will be held again throughout southeastern Michigan this summer. The programs are free and fun for children pre-school age through grade eight. The programs offer educational support groups with a planned curriculum. The groups are facilitated with the help of trained volunteers and provide helpful information and messages of hope through enjoyable learning activities.

Over 500 children have participated in 15 camps in each of the past two summers. A concurrent program is offered to the parents or caretakers to assist them in supporting the programs' messages to the children and to help them develop additional parenting skills. The camp programs are supported by local donations and by Maplegrove, a part of Henry Ford Health System Behavioral Health.





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# Run For the Children - 1/6/02

## 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.



## MAATI SUMMER SCHOOL SCHEDULED

The thirteenth annual Summer School sponsored by the Mid-Atlantic Addiction Training Institute will be held July 16-20 at Indiana University of Pennsylvania, Indiana, PA. Under the theme of "High-Risk Children, Families and Behavioral Health," a broad range of topics relevant to clinicians and educators working with children and families will be addressed.

MAATI Director Robert Ackerman, Ph.D., will lead the 17-member faculty for the week. NACoA staff will meet affiliates attending the training. Call NACoA for a brochure or visit the MAATI Web site at: [www.iup.edu/maati/training](http://www.iup.edu/maati/training)