



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

SPRING 2002 / VOLUME 18 No. 2

In Brief

HARVARD UNIVERSITY RESEARCHERS have found that binge drinking on college campuses has remained constant at about 44 percent over the past decade. These findings are reported in two articles in the March 2002 issue of the *Journal of American College Health*.

A KAISER FAMILY FOUNDATION SURVEY finds that sexually active young people ages 15-24 say that alcohol or other drugs influenced their decision to have sexual intercourse the first time. Go to www.kff.org, "All Kaiser Surveys."

THE NATIONAL CENTER ON ADDICTION AND SUBSTANCE ABUSE at Columbia University reports that 23 states have detected an increased demand for alcohol and drug treatment in the six months since September 11. Go to www.casacolumbia.org.



HOPE FOR TODAY, a new daily reader based on the experiences of Al-Anon's adult children members, will be available in May, in hard cover or large-print soft cover versions, from the Al-Anon World Service Center.

In August, Al-Anon will release a new Public Service Announcement (PSA) series called "Corner," with TV and radio spots in English, Spanish, and French, and coordinated posters. To order the book call Al-Anon's World Service Organization at 757-563-1600 or visit www.al-anon.alateen.org. Call Al-Anon's Public Outreach Department for more information about the PSAs.

2003: CELEBRATING 20 YEARS ALL YEAR LONG

Major events throughout 2003 will celebrate NACoA's role in the creation of the adult children of alcoholics recovery movement and its 20 years as the primary advocate for the one in four children living in families with alcohol abuse or alcoholism.

The festivities will begin with a 20th Anniversary Birthday Party and Dinner following the January 12 *Run for the Children*SM in the WALT DISNEY WORLD® Marathon Weekend in Lake Buena Vista FL, outside Orlando. At that event, the TEAM NACoA medalists will be honored. NACoA's prestigious Margaret Cork Award and Ackerman/Black Award will given to outstanding contributors to improving the lives of children of alcoholics and to public awareness of their needs. Many NACoA founders, former Board members, and noted leaders in the field will be part of the program and celebration.

KOOL KIDS: As part of its 20th anniversary celebration, TEAM NACoA is thrilled to invite teens to help other teens and children by participating in the first annual KOOL KIDS *Run for the Children*SM. A team of teens ages 14-18 will run, walk and raise money for kids as they learn about the trauma of family addiction. Teen medalists will be honored following the event. Interested teens can call NACoA for more information.

In February, COA Week will be celebrated with media events, proclamations by political leaders, and additional award presentations, articles and stories in print media and on the Web, and, for the children, a poster contest.

A Washington-based "embassy" dinner celebration will be held in the Spring and will honor dignitaries and "heroes" who have contributed greatly to protecting and supporting children of alcoholics.

Because April is also Alcohol Awareness Month, NACoA will again be a sponsor of National Alcohol Screening Day, providing that program with information and educational resources to assist the thousands of people who come to screening sites looking for information to help a family member.

Summer 2003 will find NACoA at major training conferences and honoring additional leaders in the field, while working on the September celebration of Recovery Month, for which NACoA is a planning partner. Recovery Month will include celebrations of recovery for family members of addicted persons.

"What a gift NACoA has been to millions of children of alcoholics who were trapped in the confusion and pain of alcoholic family systems," commented NACoA Chair Donald Ian Macdonald, MD, formerly the Administrator of the federal Alcohol, Drug, and Mental Health Administration.

INSIDE:

In the News	p. 3
Comment	pp. 4-5
Videoshelf	p. 5
A Letter from Julie	p. 7



NACoA's Boards

Honorary Board

John P. McGovern, MD
William T. O'Donnell, Jr.
Gary M. Weiss, MD

Board of Directors

Donald Ian Macdonald, MD
Chairman
Richard M. Evans, MA
President
Hoover Adger, Jr., MD, MPH
Immediate Past President
George R. Bloom, MA
Vice President
John W. Fedor
Vice President
Susan R. Thau, MA
Treasurer
Julie Fisher Cummings
Secretary
Honorable Arthur Louis Burnett, Sr., JD
Lewis D. Eigen, EdD
Mary Haack, PhD, FAAN, RN
Catherine L. Herzog, PhD
Argin M. Hutchins, MA, LCPC
Patricia H. MacKinnon
Jessica H. Nickel
Kathy Lowe Petersen
Ron Pettengill
Iris E. Smith, PhD
Midge Stulberg
Mark J. Werner, MD

Board of Advisors

Stephanie Abbott, MA
Liaison To Board
Robert J. Ackerman, PhD
Peter Bell
Claudia Black, PhD
Frances L. Brisbane, PhD
Cathleen Brooks
Stephanie D. Brown, PhD
Timmen L. Cermak, MD
James F. Crowley, MA
Ruth B. Davis, PhD
Philip Diaz, MSW
Joseph Kern, PhD
Tarpley M. Long, LCSW
Mary Carol Melton
Jerry Moe, MA
Ellen Morehouse, ACSW
Patricia O'Gorman, PhD
Steven Wolin, MD

Board of Scientific Advisors

Linda Bennett, PhD
James G. Emshoff, PhD
Jeannette L. Johnson, PhD
Liaison to Board
Brenda A. Miller, PhD
Marc A. Schuckit, MD
Kenneth Sher, PhD
Ralph Tarter, PhD
Emmy Werner, PhD
Michael Windle, PhD
Robert A. Zucker, PhD

Executive Director

Sis Wenger

Counsel

Lawrence M. Hecker, Esq.

REACHING OUT TO STATE AND LOCAL OFFICIALS

NACoA is reaching out to local government administrators nationwide to point out the hidden costs of addiction — costs that local governments incur when the needs of children of addicted parents are not met. Our *Children of Alcoholics Week 2002* campaign included personal contacts with key officials of the National Governors Association, the National League of Cities, the Council of State Governments, and the National Organization of Counties. *COA Week* was featured in *Nation's Cities Weekly*, a newspaper that reaches 27,000 mayors and other city officials.

COA TRAINING IN MD

On April 24 NACoA introduced *A Kit for Educators* to the student assistance administrators from 55 middle and high schools in Frederick County, Maryland. A similar session will be held in June in Montgomery County. A grant from the Bechtel Foundation enabled NACoA to distribute the kit to the public schools.

NACoA ADDRESSES FAMILY ADDICTION

NACoA was represented on the speakers' platforms at several national and regional conferences. Mary Carol Melton, former NACoA board chair, represented NACoA on April 11, at the international PRIDE Youth Conference in Cincinnati, Ohio. She also spoke for NACoA on April 17, at the first *Power of Prevention* regional conference in Cincinnati, Ohio. NACoA is a partnering organization supporting six regional conferences in 2002. The next one is in San Antonio, TX, on May 22-24. (For more infor-

mation, go to www.safb.org and click on *Power of Prevention*.)

On April 29-30, Sis Wenger, NACoA's executive director, spoke at the National Prevention Network Summit in Phoenix, AZ. The Summit, "Providing Leadership, Making a Difference," was sponsored by the federal Center for Substance Abuse Prevention.

Sis was also a plenary presenter at the Children's Justice Initiative Conference in St. Paul, Minnesota, on April 25, sponsored by the Minnesota State Supreme Court and the Minnesota Department of Health and Human Services.

NACoA'S POSTER CONTEST A SUCCESS

Each year NACoA conducts a poster contest for elementary and middle school children as part of *Children of Alcoholics Week*. This year's theme, "It's Good to Ask for Help," called forth thoughtful responses from around the country. Participants included:

- The T.R.U.S.T. Program in Plainville, CT
- Edward R. Andrews Elementary/Morrisville-Eaton School in Morrisville, NY
- The "Sunshine" group in North Garnerville Elementary School, in Garnerville, NY
- Mercy Behavioral Health, in Pittsburgh, PA
- Chief Leschi Schools, the Puyallup Tribe of Indians, in Puyallup, WA

The winner in each age-group category received a \$50 U.S. Savings Bond and a McDonald's gift certificate. Runners-up in each category received gift certificates. All children received certificates of appreciation.



RECOVERY MONTH PRELIMINARIES UNDERWAY

The Center for Substance Abuse Treatment (CSAT) and its Planning Partners, including NACoA, have already launched a series of public awareness activities leading up to the nationwide celebration of Recovery Month in September. These live Webcasts and interactive Webchats can be accessed at www.health.org/recoverymonth/2002/multimedia.

On April 3, NACoA's Sis Wenger joined in a discussion of the goals of Alcohol Awareness Month with Stacia Murphy of the National Council on Alcohol and Drug Dependence, Dr. Mary Dufour, Deputy Director of the National Institute on Alcoholism and Alcohol Abuse, and a family member in recovery. Journalist Dennis Wholey acted as moderator.

The May 1 Webcast included NACoA Advisory Board member Ellen Morehouse. The panel explored the contribution of student assistance programs in schools to students' and families' recovery. These Webcasts remain available online.

For 13 years Recovery Month has delivered a consistent set of messages—that alcohol and drug addiction are serious public health problems, that effective treatment and recovery programs are available, and that recovery is changing individual lives, families, the workplace, and the community.

In September a national kick-off media event will be followed by a series of public forums throughout the country. NACoA is urging its affiliates and supporters to participate actively in one of these events or to launch an event in their own communities.

NACoA's affiliates should have received a Recovery Month tool kit containing materials for several target audiences, ideas for events, and tips about how to reach the news media. A "Virtual Recovery Month Kit" can be downloaded from the Web at www.health.org/recoverymonth/2002. A printed version can be obtained from the National Clearinghouse on Alcohol and Drug Addiction (1-800-729-6686 or 1-800-487-4889 TDD).

DRUG CZAR ADDRESSES SAP CONFERENCE

Several hundred student assistance specialists from across the nation gathered April 11-14 in Dallas, TX, to share best practice ideas and to learn about the latest prevention/intervention techniques. John P. Walters, the new director of the White House Office of National Drug Control Policy and the nation's top drug policy official, spoke at the opening session.

TEEN DRINKERS HAVE HEALTH PROBLEMS

A study of 259 adolescents between the ages of 14 and 18 showed that those with alcohol use disorders reported symptoms of health problems in many areas, including sleep difficulties, chest discomfort, breathing symptoms, abdominal complaints, muscle and joint pain, and headaches. Blood samples also showed that they had elevated liver enzyme levels and more abnormalities uncovered in physical examinations. The results were published in the October 2001 issue of *Alcoholism, Clinical & Experimental Research*.

According to Duncan B. Clark, MD, PhD, "Although the enzyme levels in these teens is not an immediate

health concern, it does show that their bodies are not invulnerable to the effects of alcohol. With continued excessive drinking, they may develop permanent liver damage." Dr. Clark is an associate professor of Psychiatry at the University of Pittsburgh School of Medicine in Pennsylvania.

PREVENTION PROGRAMS WORK

A five-year study of substance abuse prevention programs showed that well conducted programs result in reduced rates of alcohol, tobacco, and marijuana use, according to a Substance Abuse and Mental Health Services Administration report released in February.

The National Cross-Site Evaluation of the High Risk Youth Demonstration Program involved over 10,500 youth in 48 communities characterized by high levels of risk. Reported first-time use of these substances was 12 percent lower at program exit than for comparison youth. Substance use by those who had already begun to use was 10 percent lower at exit than among comparison groups.

The study identified six useful components of prevention programs including life-skills development, connectedness to constructive peers and adults, and self-examination. Programs that had evidenced-based strategy, maintained intensive participant contact, and were offered in an after-school setting at times when youth are most at risk for substance abuse yielded more favorable results.

Editor's Note: These components also give clarity to children and youth with addiction in the family, who are among the population at high risk.



A STUDENT ASSISTANCE PROGRAM IN ACTION

By Cynthia Peck



One in four children in the United States lives in a home affected by alcohol abuse (Grant, *Am. J. Public Health*,

Jan. 2000). Effectively implemented Student Assistance Programs (SAPs) can be valuable resources for children of alcoholics as well as for all school-age children.

In Santa Ana, California, we at WestEd, with our school partners in the Santa Ana Unified School District, designed and tested a model elementary student assistance program. We tested the model in a quasi-experimental design with repeat measures over time to determine its effectiveness in preventing ATOD use as well as other health and behavior problems. What we found were some very significant results for children and their families. The lessons we are learning here may help other schools to better serve children of alcoholics and others who experience risk and stressors during their school careers.

In developing the study, we relied on evidence from researchers (e.g. Jessor & Jessor, 1977; Williams, 1997) who demonstrated that programs were more successful in reducing alcohol and drug use if they concentrated on improving the context of the lives of children and adolescents rather than only addressing ATOD use. We also acknowledged that each child presents his/her own unique risk factors and need for protective factors. One intervention would not be appropriate for every student in a "one size fits all" model.

Our SAP uses an integrated database management system to efficiently coordinate and conduct the prevention programming for students and his/her families as they are referred to the SAP. The action plans generated for each student and his/her family is created by a SAP team using the integrated database software. The team's SAP plan then assigns a case/outreach worker, and provides referrals for appropriate school and community-based services and/or assessment appointments. The service and assessment categories are: School Based Services including tutoring; Life Skills Instruction and Counseling; Parent Education, Support and Family Strengthening; Social and Leadership Opportunities and Community Based Services such as medical, dental, legal, immigration and child care.

The study of the comprehensive student assistance program funded by the U.S. Department of Education's Safe and Drug Free Schools Model Demonstration Program, which we call *Creciendo Saludable*, was implemented in one elementary school in Orange County, while three other elementary schools served as comparison sites. Both the intervention and comparison sites were 45 percent female with 98 percent of the students of Hispanic origin, 94 percent English Language Learners and over 83 percent living at or below the poverty level as measured by receiving free or reduced fee lunch. There were no significant differences between the intervention school and comparison schools at our baseline measurements.

At a one year follow-up we compared the changes for those who referred to the SAP in the intervention school

versus those referred to the response teams for troubled students in the comparison schools. (These latter students were referred because of academic or behavioral problems.)

We found that the SAP group declined in alcohol use, as compared to the comparison group, from seven percentage points lower for any past month use, to 19 percentage points lower for peer use. These differences suggest that compared to the SAP group, those in the comparison schools were between 1.3 times more likely (for ever use) to nearly three times more likely (for peer use) to engage in drinking and drug use.

One of the areas of concentration in the SAP was to improve academic performance and to decrease suspensions, absences and tardiness. There was a 17 percent increase on the annual standardized tests among SAP students compared to the comparison students.

We also found that a student in the comparison group was over two and half times more likely to experience a suspension than was a SAP student after a year of intervention. A student in the comparison group was approximately one and half times more likely to experience an absence, to be tardy, or to have an unexcused tardiness than a SAP student. Thus students who were in the SAP were attending their classes more often.

The most significant finding in our study was that parents of SAP students reported a large decline in the frequency of stress in their lives versus the comparison group.

The process evaluations found that children of alcoholics were often a sizeable sample in the SAP, although

- Continued on Pg. 5, col. 1.

- Continued from Pg. 4
Student Assistance in Action

SAPS AND COAS

By James Crowley

their parents' drinking was not the reason for their referrals.

Taken together, our results exemplify what the program is all about: early identification of behaviors of concern and a systematic response by schools to link children and their families to appropriate interventions and resources for each according to the concerns and pressures they face.

At WestEd we have developed a multimedia CD ROM, due out this summer, on how to conduct an elementary student assistance program. We are also in the process of developing technical assistance packages to assist other schools in implementing an SAP using the integrated database management system. For more information contact www.wested.org and click on Student Assistance Programs.

Cynthia Peck, PhD, is Project Director of Creciendo Saludable and has been developing student assistance and children of alcoholics model programs for 12 years.

Research has shown, and it is now readily accepted, that children growing up in an alcoholic or drug dependent family fall into predictable unhealthy patterns of reactive behaviors. These children bring their unhealthy coping skills to school and they negatively affect the ability of the child to reach the goals of the educational system.

School Student Assistance is an early-identification and support program designed so that these young people can be identified and referred to services that can help them before their problems become serious. A school-based program provides the greatest leverage in working for change with this very needy group of children. For example, the fifth grader who is learning self-destructive behavior patterns from her alcoholic parents can be offered support for behavior change.

James Crowley, MA, started some of the first student assistance programs in the nation during the 1975-76 school year.

needs, and the school system's opportunities to help them.

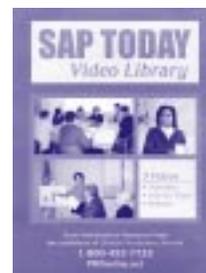
Although opposed to closing school, unaware of the connection between children of alcoholics and school issues, and never having heard of Claudia Black, Dr. Gretchko listened to his employees. Thus began one of the finest student assistance programs and best educated school systems on alcohol and drug problems. Dr. Gretchko, who loved children and believed they could "reach for the stars" with appropriate understanding and support, will be sorely missed.

IN MEMORIAM

Seymour Gretchko, long-time strong student assistance supporter, and Michigan's 2000 "Superintendent of the Year," died of a heart attack in March.

Dr. Gretchko, who was still an active superintendent at age 71, came to the West Bloomfield School District in Michigan 20 years ago. Upon his arrival, a group of school district employees asked him to close schools for a day and bring in Claudia Black, PhD, to educate every employee from the bus drivers to top administrators about children of alcoholics, their

VIDEO SHELF



SAP TODAY: VIDEO LIBRARY

By Stephanie Abbott

Student Assistance Programs,

modeled on Employee Assistance Programs, have come of age and proved their worth in identifying and providing solutions to common problems of children in the school system. A trained core team of teachers, counselors, school nurses, and administrators devise appropriate in-school support or referral for students with observable problems. Follow up and statistical evaluation insure that the program proves its worth, particularly to school boards that approve the expenditure.

The process is admirably explained by a new package of three videos by the always superb Gerald T. Rogers Productions with Performance Resource Press (the publishers of *Student Assistance Journal*). It is the result of the vision of PRP's founder George Watkins. The package includes three videos: the Overview provides the basics — who it is for, how it works, and how it benefits schools. The second, Join the Team, explains the roles, responsibilities, and training of the SAP core team members. The last, Referral, is designed to help students understand the kind of support available to them and encourages them to use their school's SAP.

I recommend the videos to all who work with the student population. For more information, or to order, see PRPonline.net or call 1-800-453-7733.



Affiliate News

CONGRATULATIONS TO MARY ANN SOLBERG!

The US Senate has finally confirmed Mary Ann Solberg, executive director of the Troy Community Coalition in Troy, Michigan, as Deputy Director of the White House Office of National Drug Control Policy (ONDCP). In announcing Solberg's confirmation, ONDCP's director John P. Walters acknowledged her extensive experience working with community anti-drug coalitions at the grassroots level.

The Troy Community Coalition, a NACoA affiliate, has developed a community prevention plan which has served as a blueprint for coalitions around the country.

NACoA WELCOMES NEW AFFILIATE

Comprehensive Alcoholism Rehabilitation Programs (CARP), Inc., a substance abuse treatment center with facilities in Palm Beach and Martin Counties, Florida, became a NACoA affiliate in May. Its 150-member professional staff provides prevention, education, and treatment services each year to some 6,000 individuals and families affected by alcoholism and drug dependency.

ALCOHOL AWARENESS ACTIVITIES

In April NACoA's affiliates celebrated Alcohol Awareness Month and found creative ways to encourage public reflection about alcoholism and its impact on children and families. On April 11, National Alcohol Screening Day, many conducted confidential alcohol screenings and informed participants about the illness, the availability of treatment, and the reality of recovery for both the person afflicted with the disease and family members who are often seriously affected.



CLEAN, Inc., in Winchester, Virginia, hosted three screening sites – in the Winchester Medical Center, in the Valley Health Systems Health Depot, located in a shopping mall, and at Shenandoah University. CLEAN staff advertised the screenings in a cable TV interview. CLEAN also conducted a class at the university on the consequences of alcohol and drug abuse.



Family Services of Western Pennsylvania hosted a buffet supper, panel discussion, and video viewing as a prelude to its screening session. The panel examined "The Costs of Alcohol" from different perspectives—that of recovering individuals, a child protection agency representative, and a clinician. The group also viewed "Voices of Experience," a video produced for National Alcohol Screening Day by the National Institute on Alcohol Abuse and Alcoholism.

INTERGENERATIONAL PROGRAMS



Informed Families of Miami, Florida, has gone statewide with its Grandparents Raising Grandchildren program. With the help of a grant from the state Department of Juvenile Justice, grandparents' support groups have been launched in Liberty City and Over Town in south Florida. Programs are also up and running in Tampa and Pensacola.

The thrust of the program is "empowerment training," according to program director Alina Sosa-Perez.

Families headed by grandparents are often in crisis, due in part to the alcoholism or drug addiction of the children's parents. The grandparents need information about their legal rights, strategies for financial survival, and available social services.

While the grandparents are participating in support groups, the grandchildren enjoy group activities. For more information call Ms. Sosa-Perez at 305-856-4886.



In the middle of an Alaskan winter, Volunteers of America of Alaska teamed up with the State Office of Fetal Alcohol Syndrome (FAS) to host a four-day inter-generational camp for more than 100 people in families with one or more children with FAS or fetal alcohol effects (FAE). Guest speaker Diane Malbin offered ideas for positive parenting and referrals to resources for specific needs. Jennifer Andrulli offered self care advice to parents. The children enjoyed crafts and a variety of outdoor and indoor sports. For more information contact Pat Cochran at 907-279-9646.

OTHER NEWS

NACoA's United Kingdom affiliate will hold its annual meeting on Saturday, June 15, 2002, in Bristol, England. NACoA-UK's guest speaker, Dr. Peter Taberner, Lecturer in Pharmacology at the University of Bristol, will describe "How the Brain Responds to Alcohol; Good and Bad Behavior." The organization, which since 1990 has provided direct telephone help to some 21,000 children, young people, and adults, can be contacted at nacoa@nacoa.org.uk. Its Web site is www.nacoa.org.uk.



THANKS TO OUR RECENT DONORS

Major (\$2,500-4,999)

The New York Community Trust
The Christopher D. Smithers
Foundation, Inc.

Patron (\$1,000-2,499)

Lori and Peter Deutsch
Ruth R. Glancy

Sustainer (\$500-999)

Jerry Moe
Dee and C.E. "Ted" Peck
Christina Pitts

Friend (\$250-499)

Jo and Bart Berman

Contributor (\$100-249)

Thomas R. Berry
Gloria Blewett
Douglas K. Braun-Harvey
Arthur L. Burrows, Jr.
Kerry Faudree
Susan H. and William J. Glanz
Denice Glowenke
Judith A. Hall
Karen and James Junker
Marcia and Michael Liepman
Nancy S. Marks
Suzanne Medgyesi-Mitschang
Judith A. Murphy
Nancy M. Ostrom
Millie Pakrad
Gerald T. Rogers
Barbara Rubin
Samanta, Inc.
Virginia M. Sullivan
Stuart A. Tiegel
Pamela K. Timm
Debbie Wick
Donna Xander

DONORS CLIMB MOUNTAINS, WASH DISHES

Next January, about the time NACoA's other supporters are running in Florida, Jamie Ellis of Portland, Oregon, will be climbing Mount Kilimanjaro, Africa's highest mountain, to raise funds for NACoA.

Jamie is one of a group of 10 women who are undertaking the climb together. Each woman has chosen a different charity to support. The women will prepare for the expedition by climbing mountains in the Portland area.

Meanwhile, an eleven-year-old from Ohio has chosen a home-based way to help the children. She writes that she washed the family dishes in order to earn money for NACoA. "I don't think it's right for children to get hurt for no reason," her letter read. "Thank you for caring."

NEW SCHOLARSHIP PROGRAM WELCOMES ACOA STUDENTS

As college administrators gear up to change the campus "culture of drinking," some are also reaching out to recovering students. Texas Tech University in Lubbock, Texas, has

created a successful recovering community—a close-knit group of over 100 students who study together, work together, and to a large extent, live together. The program has achieved dramatic results in its eight-year existence, notably a relapse rate below 5 percent, according to its director, Dr. Kitty Harris, a professor in the Department of Human Development and Family Studies.

One key to the program's success, according to Dr. Harris, is its scholarships program. Students who have achieved one year of sobriety, and who are willing to enroll in a Twelve-Step or other ongoing recovery support program, are eligible for financial support. Adult children of alcoholics can receive scholarships even if they themselves do not have a problem with alcohol. For more information, contact the Center for the Study of Addiction at 806-742-2891.

GREETINGS FELLOW RUNNERS, WALKERS AND CHILD ADVOCATES!

In January, TEAM NACoA's enthusiastic runners and walkers, along with our energetic cheerleaders, helped to raise the visibility of children of alcoholics with the more than 30,000 participants and spectators in the WALT DISNEY WORLD® Marathon and Half Marathon.

We had such an exciting and enjoyable time in our first NACoA marathon event as we walked, talked, ran and laughed our way around the course. We had a great Honorary Committee, headed by former First Lady, Betty Ford. Michele Engler, First Lady of Michigan, was with us for the weekend and ran with me for TEAM NACoA. Our runners and walkers raised over \$140,000 to support NACoA's important work.

Join us for the second annual *Run for the Children*SM and be prepared for even more fun next year as TEAM NACoA takes part in the WALT DISNEY WORLD® Marathon Weekend, January 11-12, 2003. Enjoy double the excitement and camaraderie as NACoA also celebrates its 20th anniversary with a gala dinner and birthday party honoring the NACoA medalists and the founders of this great children's advocacy organization. Help us to celebrate 20 years of work for COAs.



Happy Trails,
Julie F. Cummings
Chair - *Run for the Children*



THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
 11426 ROCKVILLE PIKE, SUITE 100
 ROCKVILLE, MD 20852
 301-468-0985

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 BETHESDA, MD
 PERMIT NO. 3522

Return Service Requested



“Act as if what you do makes a difference. It does.”

— William James

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**

Robert Ackerman, PhD, a NACoA founder, will deliver the keynote address

at the fourteenth annual Mid-Atlantic Addiction Training Institute (MAATI) Summer School, to be held July 15-19 at Indiana University of Pennsylvania in Indiana, PA. Writer/therapist Tian Dayton, PhD, a frequent contributor to NACoA NETWORK, and another NACoA founder Timothy J. Allen, MA, will also be part of the faculty. Call 724-357-2227 for more information.