



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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In Brief



BEVERLY WATTS DAVIS has been appointed director of SAMHSA's Center for Substance Abuse Prevention

(CSAP). Prior to joining SAMHSA, Watts Davis was the Senior Vice President of United Way of San Antonio and Bexar County, as well as Executive Director of its San Antonio Fighting Back Anti-Drug Community Coalition.

PRESIDENT GEORGE W. BUSH has appointed NACoA Executive Director Sis Wenger and the CEOs of two NACoA affiliates to the Advisory Commission on Drug-Free Communities. See pages 5 and 6 for details.

The Run for the ChildrenSM will be coming soon to Detroit, MI, Washington, DC and WALT DISNEY WORLD®. For information, see page 7.

THE FOUNDATION CENTER featured NACoA as its "Spotlight On" charity for two weeks in February. Visit www.fdncenter.org/washington/dc_spotlight.html to view the feature.

CADCA WAS AWARDED \$2 million from the Drug Free Communities Support Act to establish and administer the National Community Anti-Drug Coalition Institute. Leading the Institute are Jane Callahan, M.Ed., director; Dr. Caryn Blitz, the deputy director of evaluation and research; and Dr. Eduardo Hernandez-Alarcón, director of training and technical assistance.

CLERGY TRAINING PROJECT ADDRESSES FAMILY ADDICTION ISSUES

A ground-breaking panel of religious leaders convened in Washington DC February 26-27 under the joint sponsorship of NACoA and the Johnson Institute. This expert consensus panel was asked to reach agreement on what clergy need to know in order to help addicted individuals and their families.

The two-day meeting was part of a larger effort, underway since November 2001, to find ways to incorporate effective education about addiction and its impact into training clergy receive both pre- and post-ordination. It was funded by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment.

The meeting yielded a set of Core Competencies for Clergy and Pastoral Ministers in Addressing Alcohol and Other Drug Dependence and the Impact on Family Members, a listing of the basic knowledge and skills clergy need to deal effectively with these problems. The 12 competencies are designed to reflect the scope and limits of the typical pastoral relationship, as well as the spiritual and social goals of such a relationship.

"Ministers, priests, rabbis, imans and other pastoral ministers have in the past received very little training in how to address the problems of alcoholism and other drug dependence, and their harmful impact on children and families. This is a giant step forward," commented Johnson Institute Vice President and NACoA Board member George Bloom.

The meeting was facilitated by Jeannette L. Johnson, Ph.D. Present-

ers included A. Thomas McLellan, Ph.D., Director of the University of Pennsylvania's Treatment Research Institute, who addressed the disease and its effective treatment; Rev. Mark A. Latcovich, Ph.D., Vice President and Academic Dean at St. Mary's Seminary and Graduate School of Theology in Cleveland, OH, who spoke on "Spiritual Components and Signposts;" and NACoA's Sis Wenger, who reviewed So Help Me God!, a report from the Center on Addiction and Substance Abuse at Columbia University. Ms. Wenger also addressed the impact of addiction on the family with a special emphasis on children.

Hoover Adger, Jr., M.D., M.P.H., Director of Adolescent Medicine at the Johns Hopkins School of Medicine, was the first evening's dinner speaker, recalling incidents from his own practice that brought home to him the harmful impact of parental addiction on a child's health.

Now that the core competencies have been approved, NACoA and the Johnson Institute plan to disseminate them widely, and to urge their adoption by the institutions that train priests, ministers, rabbis, and other pastoral ministers.

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NACoA BOARD ELECTS NEW PRESIDENT



Julie Fisher Cummings was elected NACoA President at the annual meeting. She has been a member of the board since 1999. She initiated NACoA's Run for the ChildrenSM and has made that event a spectacular success the past two years.

Ms. Cummings' leadership and contributions to the betterment of children hurt by poverty and addiction spans many years and two cities, Detroit, MI, and Palm Beach, FL.

She is a co-founder of the Detroit-based Lovelight Foundation, a member of the Board of the Council of Michigan Foundations and chair of its Private and Family Foundation Committee, a member of the Rollins College Board and its Non-profit Leadership Center, a trustee of Children's Hospital of Michigan and Cranbrook Educational Community, a member of the Detroit Arts Commission and a founding member of the Jewish Women's Foundation in both Detroit and Palm Beach Counties.

NACoA WELCOMES TWO BOARD MEMBERS



Don L. Coyhis is a member of the Mohican Nation from the Stockbridge-Munsee Reservation in Wisconsin. He is the founder and president of White Bison, Inc., a non-profit organization dedicated to the development of the Native American community and a NACoA affiliate. White Bison's goals include facilitating the entry of 100 communities into healing by the year 2010.

In addition to his work with White Bison, Mr. Coyhis has produced multiple educational videos and books dedicated to fostering recovery in the Native American community.

Mr. Coyhis is currently touring the cities and suburbs east of the Mississippi in White Bison's Hoop Journey IV. See page 6 for more information about this incredible journey.



William C. Moyers, Vice President of External Affairs for the Hazelden Foundation, based in Center City, Minnesota, focuses his work on "carrying the message" about addiction and recovery into the public arena, especially to policy makers and civic groups across America.

His efforts on behalf of the recovery movement were honored by the National Council on Alcoholism and Drug Dependence in 1998, when it awarded him its highest achievement award, the

Gold Key.

Prior to joining Hazelden, Mr. Moyers was President of the Johnson Institute and was an award-winning journalist for 15 years.



YOUNG PREGNANT WOMEN DRINK MORE

A new study released by the Mayo Clinic in the Fall of 2002 found that women aged 18 to 20 are more likely to use alcohol and tobacco during pregnancy than older women.

The study, by Shahul H. Ebrahim, M.D., Ph.D., of the Centers for Disease Control and Prevention, and colleagues, examined data collected in 33 states. They found that 83 percent of older pregnant women stopped consuming alcohol and smoking cigarettes, compared to 74 percent of younger pregnant women. They emphasized that initiatives to reduce smoking and drinking among women of childbearing age are essential, since most women don't realize they are pregnant until the fourth week after conception.

In a related story from the Center for Substance Abuse Research at the University of Maryland, also in the Fall of 2002, only 17 percent of 81 examined obstetrical textbooks consistently recommend that expectant mothers abstain from alcohol consumption. Yet, it is established medical fact that alcohol can cause birth defects in the developing fetus.

GOOD NEWS IN FLORIDA

Florida Governor Jeb Bush and the Florida Office of Drug Control announced recently that drug use in the state is down in every category. The latest data from the National Household Survey on Drug Abuse shows that use of marijuana, cocaine, tobacco and alcohol have all dropped. Also down is the use of the drug Ecstasy, crack cocaine, and heroin. Alcohol remains the most commonly used illegal substance by children.

"Four years ago we set broad objectives for decreasing drug use in Florida. Preventing use among our young people was key to our overall strategy. To ensure what we were doing is making a positive difference, we set in place precise measuring tools," said Governor Bush. "Now, in our third consecutive year of confirmed decline, there can be no doubt that we are succeeding in the war against drug use."

Jim McDonough, Director of Florida's Office of Drug Control, commented, "...Since we know that the key to avoiding drug addiction as an adult is not using illicit drugs as a child, this is tremendous good news...(It) gives the lie to the myth that 'nothing works.'"

DRUG, ALCOHOL USE VARIES IN GIRLS AND BOYS

Girls and young women are more easily addicted to alcohol and other drugs, and have different reasons than boys for using mood altering substances, according to a report released in February of this year.

"They get hooked faster, they get hooked using lesser amounts of alcohol and drugs and cocaine, and they suffer the consequences faster and more severely," said Joseph A. Califano, Jr., chairman of the National Center on Addiction and Substance Abuse at Columbia University, which did the study.

"With some exceptions, the substance abuse prevention programs have really been designed with a unisex, one-size-fits-both-sexes mentality," he added. "We now know that girls are different than boys – let's recognize it, and let's help them."

The study found that while boys often experiment with cigarettes,

alcohol and other drugs for thrills or higher social status, girls do so to reduce stress or alleviate depression.

SAMHSA's Center for Substance Abuse Prevention's Girl Power! Program addresses these variables in girls. www.girlpower.gov

For more information on the study go to www.casacolumbia.org

HALF OF ALCOHOL SALES DUE TO UNDERAGE OR EXCESSIVE DRINKING

Underage drinking and adult excessive drinking (in excess of two drinks a day) accounts for 50.1 percent of the alcohol consumed in the U.S., according to an article in the February 26 issue of the Journal of the American Medical Association.

The article, "Alcohol Consumption and Expenditures for Underage Drinking and Adult Excessive Drinking," was written by researchers at The National Center on Addiction and Substance Abuse (CASA) at Columbia University.

CASA research has consistently shown that alcohol is a major contributing factor in the three leading causes of teen death: accidents, homicide and suicide. Drinking during the teen years substantially raises the chances of alcoholism later in life.

NATIONAL ALCOHOL SCREENING DAY

National Alcohol Screening Day was April 10. NACoA is again one of the national co-sponsors. The daylong event helped to raise awareness about alcohol's effect on health and offered screening for at-risk drinking at hundreds of sites across the country.

For more information, visit www.NationalAlcoholScreeningDay.org



Comment

MR. ROGERS' NEIGHBORHOOD AND A COMMUNITY OF PARENTS

By Robert J. Ackerman



Like many people I am saddened by the death of Mr. Fred Rogers. For those of us from Western Pennsylvania it touches home

even more. He was a part of our neighborhood and, if you watched his television show closely, you know that we were part of his. Mr. Rogers' Neighborhood was a children's show. He talked directly to children and he talked to them about their world. He was not afraid to be an adult who tried to understand children and to meet their needs. He had people on his staff who were educated in understanding human development, and he relied on them heavily for making his approach to children developmentally appropriate.

If you watched his show you learned how to better interact with children, but I always felt that he was teaching parents as well. Perhaps his secret message was always intended to reach parents to make a better world for their children. Maybe that is why I always liked his message. I always appreciated Fred because I knew that he was talking to all children, including those who were being raised in addicted families. I often thought, "I wonder how many children of alcoholics he talked to today?" His voice, soft and reassuring, told all children that they were special just for being themselves. That he liked them just for who they are.

During the past year we have seen

messages on television about reducing alcohol and drug abuse among our children. The message is directed towards parents and we are told "Parents, the Antidrug." I can imagine that Fred would agree and endorse this statement with enthusiasm. Research indicates that there are many factors that influence a young person's decision to use or not to use alcohol and other drugs. However, parental influence is at the top. Too often I hear from parents that their children used drugs because someone gave it to them, the school is not tough enough, we need better police,

or that there is nothing for young people to do in the community. Whether we like it or not, we as parents are involved and can influence our children's choices.

However, parents cannot do this alone. Fred Rogers created a community for children. If we as parents are going to be effective as the "Anti-drug" then we need to create a "Community of Parents." This may sound simple, but in today's world of hectic schedules and little time for face-to-face interactions among parents we may need to work on developing our community.

Kids who use drugs, just like all kids, create their own communities of friends. Parents need to do the same thing. We need to support each other in order to better support our children. In a study that I am conducting on parents' attitudes about raising children, when I asked, "What is the most difficult thing about raising children today?" the reply was

"other parents." In other words, many parents feel that they cannot count on other parents to monitor their own children, make good choices, or respect the wishes of their children's friends' parents. Obviously, we need to be more involved with each other about issues confronting our children and less challenging of each other.

A "Community of Parents" can develop when we are willing to act together. The following are some desired outcomes for creating our community.

1. Parents realize that they are in this together.
2. Parents expect and receive support from other parents.
3. Parents are willing to set a good example for all children in the community.
4. Parents support schools and other institutions that help raise their children.
5. Parents respect the values of other parents.
6. Parents stand up for what is right in and out of their homes.
7. Parents communicate with other parents.
8. Parents become involved in community activities.
9. Parents believe that they make a difference.

Thank you Mr. Rogers for everything, and let's make it a better day in the neighborhood.

Robert J. Ackerman, Ph.D., is a professor of sociology at Indiana University of Pennsylvania, Director of the Mid-Atlantic Addiction Training Institute, and a NACoA Advisory Board Member.

**LET'S MAKE IT
A BETTER DAY
IN THE
NEIGHBORHOOD.**



NACoA OUT AND ABOUT

Behavioral Health Tomorrow featured an article on cost-effective prevention for children living in addicted families. The article, written by Marion Torchia, Ph.D., NACoA's Director of Communications, carried the message that educational support group programs are relatively inexpensive and demonstrably effective in reducing future addiction.

Sis Wenger, NACoA's Executive Director, addressed 300 judges at a Minnesota Supreme Court conference in St. Paul, Minnesota, in December. Most recently, she spoke in March at the National Student Assistance Conference in New Orleans, Louisiana, and introduced the newly developed Children's Program Kit.

Dr. Torchia spoke at the Child Welfare League of America's annual national conference in Washington, DC, in March.

PRESIDENT BUSH APPOINTS SIS WENGER TO COMMISSION

By Stephanie Abbott

Anyone who knows NACoA's Executive Director Sis Wenger will understand what a smart decision President Bush made recently when he appointed her to serve on the White House Advisory Commission on Drug-Free Communities. I suggest her fellow Commissioners better look out because they will be working harder than they are probably used to. In fact, anyone who is on a project with her will find themselves doing some pretty heavy lifting.

The Commission provides input and expertise on the Drug-Free Communities Program, a federal initiative that provides grants, training and other resources to local organizations working to reduce alcohol and drug problems in their communities.

I have known Sis for over 20 years, and I have had to make serious efforts to avoid exerting myself whenever she decides its time for me to do something productive. My attempts to have a slothful and peaceful life are not in the least respected by Ms Wenger. You may wonder why I fall in line. This old friend of mine is hard to say no to.

She is very good at smoothing over others' rough edges, ignoring crankiness in favor of her goal of cooperation. She is excellent at figuring out exactly what are the strengths and weaknesses of every one involved, so she can pull out their best efforts and further the good work.

Part of this achievement is her ceaseless quest for new people who care about the welfare of children of alcoholics, because then we can join them in coalitions. Joining forces extends the effectiveness and reach of all our programs. Her perpetual frustration seems to be that she has more good ideas than she has time or staff to carry out.

She is the first to give credit to the most feeble effort, tactfully encouraging with praise. She seems quite uninterested in her own ego, a rare thing in Washington, but rather steams steadily toward her goals. "I don't care who gets the credit. Can we get it done," she says.

Perfect choice, Mr. President.

VIDEO SHELF

By Stephanie Abbott

New Al-Anon Video

Al-Anon, a support group for those who have or have had an alcoholic in their lives, was recently featured in The American Medical Review Series, which is satellite fed to all public broadcasting television stations in the US and Canada.

From that feature came a six-minute video designed to explain Al-Anon to everyone who knows someone affected by another's alcoholism. I believe that includes all of us.

Amazingly, this brief video manages to express, in the words of both a psychiatrist and several Al-Anon members (anonymously), what the program is for and what it sets out to do.

What a viewer takes away is the concept that, with support from others who have experienced some of the same problems, family members who have been focused to their detriment on someone else's disease can learn to take better care of themselves. Considering the time restraints, they do an excellent job.

A longer (15 minutes) video, which has been available for years, Al-Anon Speaks For Itself, covers the subject in more depth, and explains enabling as well as self-care, and also includes Alateen.

Al-Anon continues its masterful job of bringing information and support to families and friends of alcoholics. Treatment fads come and go, but this organization stays the course, doing what it does best. Today that includes its work in 115 countries.

For more information, go to www.al-anon.alateen.org



Affiliate News

AFFILIATE LEADERS RECEIVE PRESIDENTIAL APPOINTMENTS

The CEOs of two NACoA affiliates were appointed by President George W. Bush to the Advisory Commission on Drug-Free Communities. Judy Cushing, Executive Director of Oregon Partnership, is one of three appointments representing state organizations. Peggy Sapp, President of Informed Families is Miami, FL, was one of four appointments from national organizations, the National Family Partnership, which she also heads. General (ret) Arthur Dean, CEO of the Community Anti Drug Coalitions of America, and NACoA's Sis Wenger were also appointed as representatives of national organizations.



On April 4 in St. Louis, Missouri, White Bison began its Sacred Hoop

Journey IV, bringing its Wellbriety message to Native Americans living in the cities and suburbs east of the Mississippi. This Journey will be dedicated to healing Native Men and Children. The Hoop Journey will cover 6,000 miles and 16 cities over six weeks, concluding on May 23 in Oneida, Wisconsin.

Each stop on the Hoop Journey includes a Wellbriety Day presentation. The "Wellbriety" movement is structured to inspire Native American individuals, families and communities to go beyond sobriety and recovery and live a life of wellness and healing.

To find out more about Sacred Hoop Journey IV, please visit www.whitebison.org.



The National Student Assistance Conference drew over 800 student assistance profes-

sionals to New Orleans in late March. Co-sponsored by the Student Assistance Journal and the National Association of Student Assistance Professionals, the conference featured major national leaders in prevention and school programming, including Mary Ann Solberg, Deputy Director of the White Office of National Drug Control Policy.

The National Council on Alcoholism and Drug Dependence - Greater



Detroit Area is celebrating Alcohol Awareness Month by continuing to raise awareness of

the problem of underage drinking. NCADD highlights three areas which have proven to be effective in prevention of underage drinking: curtailing the availability of alcohol, consistent enforcement of existing laws and regulations, and changing cultural misconceptions and behaviors through education.



The Council on Alcohol & Drug Abuse for Greater

New Orleans recently conducted its **biannual fundraiser** Brindis a la Vida in support of its programs for the Hispanic community in New Orleans, netting over \$60,000. CADA also recently hosted a seminar by the Center for Substance Abuse Treatment on new drug treatment therapies for heroin addiction, drawing over 130 medical professionals. The ForeKids Foundation, the organization that puts on the 2003 Compaq Classic Golf Tournament, recently chose CADA as one of its charity recipients.

The National Forum will be hosted by the Johnson Institute at the National Press Club on April 25. Featured presenters will include Michael



Deaver addressing "Teaching America the Good News of Recovery;" George Koladner, M.D., who will speak on

"Managing to Survive With Managed Care;" and John Hulick who will discuss "A Case Study in Legislative Adocacy."



A Legislative Breakfast drawing more than 100 participants kicked off Alcohol Awareness Month in Buffalo, New York,

sponsored in part by The Erie County Council for the Prevention of Alcohol and Substance Abuse. Speakers included County Mental Health Commissioner Michael Weiner, Chair of the New York State Senate Committee on Alcohol and Substance Abuse Patricia McGee, a young man in recovery now working as an addictions counselor, and ECCPASA Executive Director Jan Duffey.

Two staff members – Director of Public Education Bill MacVicar and Focus on Consequences Coordinator Lois Hellriegel presented the Focus intensive educational intervention program at two recent conferences: Alcohol Policy XIII in Cambridge, Massachusetts, and Campus and Community: Partners in Prevention in Saratoga Springs, New York.

The Buffalo News published, as its lead letter to the editor in its wide-circulation Sunday edition, a submission by MacVicar outlining alarming new statistics about underage drinking.



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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NOW AVAILABLE



Call (888) 55-4COAS

RUN FOR THE CHILDRENSM GROWS



The Run for the ChildrenSM will join two additional marathons this year. TEAM NACoA has been accepted as an official charity in both the Detroit Free Press/Flagstar International Marathon on October 5, and the Marine Corps Marathon in Washington, DC on October 26. These prestigious marathons attract thousands of runners and spectators in both cities, and provide a unique opportunity for NACoA to spread its message of hope and healing throughout the country as our runners and walkers raise money to help the countless children hurt by parental addiction.

The Detroit Free Press/Flagstar International Marathon will feature relay teams of up to five members and crosses over the Detroit River into Canada, runs up the beautiful Canadian shoreline and back through the international tunnel to Detroit. The Marine Corps Marathon winds through our nation's capital, past monuments, museums and over the historic Potomac River.

TEAM NACoA will continue its flagship marathon at the third Annual Run for the ChildrenSM at WALT DISNEY WORLD® on January 11, 2004. Jerry Moe, MA will be the Run for the ChildrenSM National Chair and TEAM NACoA Coach Christina Pitts will chair the Detroit Run.

Join other child advocates in the fun, fitness and satisfaction of helping children of alcoholics and walk or run in one of these three great marathons.

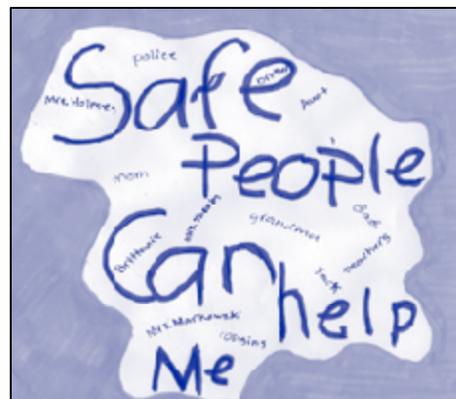
For more information, please call Mary Gillilan at (888) 55-4COAS.

ALCOHOL AWARENESS MONTH



April is Alcohol Awareness Month, a chance to raise awareness about alcoholism and other alcohol-related problems. "Give Children a Chance—End Underage Drinking" is the theme of the month-long campaign that encourages local communities to focus on underage drinking and to find solutions that work. For more information, visit www.ncadd.org.

POSTER CONTEST WINNER



NACoA is pleased to announce that Darren, grade 6, is the winner of this year's COA Week poster contest. His poster thoughtfully explores this year's theme, "Safe People Can Help Me." He will receive a \$50 U.S. Savings Bond and a McDonald's gift certificate. Congratulations, Darren!



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April is both Alcohol Awareness Month and Child Abuse Awareness Month. Often the two issues are intertwined. Visit www.nacoa.org for information on what you can do to help the children.

www.nacoa.org



“You must be the change you wish to see in the world.”
Mohandas Gandhi

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**

The fifteenth Annual Mid-Atlantic Addiction Training Institute (MAATI)

Summer School will take place July 14-18 at Indiana University of Pennsylvania in Indiana, PA. This unique conference provides one of the most current and practical training programs on the latest issues and intervention techniques for high risk youth and families. Call 724-357-2227 for more information. NACoA affiliate representatives can obtain 50% off scholarships through NACoA and should call the NACoA national office (1-888-55-4COAS) for more information.