



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

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In Brief

BETTY FORD IS MARATHON HONORARY CHAIR.

Former First Lady Betty Ford will be Honorary Chair of NACoA's *Run for the Children*, which will be held in the Walt Disney World® Marathon and Half Marathon January 6, 2002, in Orlando FL.

Honorary Committee members will be Michelle Engler, First Lady of Michigan; Mary Fisher, a champion for education and services for victims of HIV and AIDS; and Dennis Wholey, host of the PBS Saturday and Sunday evening television program *This is America* and author of the best-seller *Courage to Change*.

"It is a distinct privilege to have the support of such powerful and highly respected advocates for families and children affected by the diseases of alcoholism and drug addiction," said NACoA President Richard Evans, in announcing the committee.

ADULT CHILDREN OF ALCOHOLICS (ACA) will hold its 15th annual convention in San Diego, California, on November 2-4, 2001. The theme is "Recovery Comes Full Circle." For information call 619-445-9140.

DRUG STRATEGIES

(www.drugstrategies.org), a Washington DC-based nonprofit research institute, has released an overview of states' current efforts to deal with illicit drug use. The report indicates that public opinion seems to be turning toward the view that drug abuse is a public health problem better handled by prevention and treatment than by the criminal justice system.

INITIATIVES EXPANDED TO HELP COAS

Major federal agencies, working with NACoA, are joining forces to expand the reach and effectiveness of their respective efforts to bring helpful information and support to young and teenage children of alcohol or other drug addicted parents (COAs). These efforts include coordinated print materials, a radio media tour, multiple web sites for both youth and adult helpers, and strategically placed stories and "advertorials" in print media.

The Office of National Drug Control Policy's (ONDCP) National Youth Anti-Drug Media Campaign has produced two posters focused on helping COAs understand that they are not alone, that there are people available to support them and that talking helps. The posters offer a website (www.freevibe.com/talking) and a toll-free line to call for more information (1-800-788-2800). They are being distributed to schools and youth organizations across the country.

A pamphlet for natural adult helpers, encouraging them to reach out, listen to and support COAs, has been developed by the Department of Health and Human Services' Center for Substance Abuse Treatment (CSAT). Titled *You Can Help - A Guide for Caring Adults Working*

with Young People Experiencing Addiction in the Family, the brochure offers practical and simple strategies that can make a difference in a child's life.

NACoA's pamphlet for COAs, *It's Not Your Fault*, (featured in the Summer 2001 issue of *NETWORK*), the ONDCP posters, and the CSAT pamphlet for adult helpers combine to provide coordinated resources for maximum effectiveness in reaching COAs with messages of hope and support. All are available in quantities for schools,

youth organizations, treatment and prevention programs, and community and faith-based organizations through the National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686.



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**RON PETTENGILL JOINS
NACoA BOARD**



We are pleased to announce that Ron Pettengill, CEO of Mformation Technologies, Inc., an Edison, New Jersey, information technology company, has joined NACoA's Board of Directors. Ron brings a wealth of experience in business management and strategy. He has directed several IT companies serving Fortune 1000 clients in the financial services, telecommunications, publishing, manufacturing, and pharmaceutical industries.

ADVISORY BOARDS

We are also pleased to announce that NACoA's former Board President James E. Crowley has joined our Board of Advisors. Crowley, an expert in student assistance, community mobilization, and youth tobacco use prevention, is a long-time NACoA supporter. He is currently directing our education initiative.

Jeannette L. Johnson, Ph.D., Director of the Research Center on Children and Youth at the University of Buffalo (SUNY), has re-joined our Board of Scientific Advisors. She will serve as that group's Liaison to the Board.

ANNUAL MEETING

The Annual Meeting of the NACoA Board of Directors will be held in Orlando, Florida, on January 5, 2002. Members in good standing may attend. Those members wishing to do so are asked to e-mail or call the NACoA national office so that adequate arrangements can be made.

**CORE COMPETENCIES
PANEL TO MEET**

The first strategy session of a project which will hopefully yield a set of "core competencies" for the clergy's work with families affected by addiction is scheduled for November 14-15 in Washington DC. Experts in seminary training will attempt to identify clergy's needs for information on the impact of addiction on children and families and to recommend ways to get this information incorporated into clergy training programs.

NACoA is partnering with Johnson Institute on the project, which is supported by the federal Center for Substance Abuse Treatment in the Substance Abuse and Mental Health Services Administration. Jeannette L. Johnson, Ph.D., of the University of Buffalo, will serve as facilitator.

A CALL TO CELEBRATE

A conference celebrating NACoA's 20 years as the voice for children of alcoholics is planned for February 2003 in Orlando, Florida. Join our founders and the many other leaders in the field of family addiction to learn what's new and effective in helping children of alcoholics of all ages and to celebrate 20 years of service.

Please let us know if you will try to be with us. E-mail nacoa@nacoa.org or call 1-888-554-2627 and we will put you on the mailing list for the conference and celebration.



TREATMENT FOR WOMEN WORKS

Drug- and alcohol-dependent mothers significantly reduce their alcohol or drug use, as well as criminal behavior, following residential treatment, according to a new report issued by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. The study, *1993-2000 Residential Treatment Programs for Pregnant and Parenting Women*, evaluated substance abuse treatment programs designed for pregnant women or women with children.

The study also found the rates of premature delivery, low birth weight, and infant mortality were improved for participating women who were pregnant.

"There's no question that treatment provides a second chance to mothers and children, and we need to do everything we can to give them that opportunity," said Health and Human Services Secretary Tommy G. Thompson. "We must continue to make effective community-based treatment programs available to those who need it."

The report was released as part of the kick-off event for the 12th annual National Alcohol and Drug Addiction Recovery Month observation held in September. Recovery Month kits, web casts and other materials and information are available at www.samhsa.gov.

DRINKING FATHERS AFFECT CHILDREN

Scientists at the University at Buffalo's Research Institute on Addictions (RIA) have demonstrated that alcohol abuse, depression, and other problems in the father are related to the children's development.

Alcohol-abusing fathers are less sensitive parents, and some children of such fathers exhibited emotional and behavioral problems in research led by Kenneth Leonard, PhD, and Rina Eiden, PhD.

"Our hope," said Eiden, "is that this research will help us understand the processes by which family problems influence child development, and thereby provide clues as to the best ways to help children at risk."

The results were published in the May/June 2001 issue of *Infant Mental Health Journal*.

UNDERAGE DRINKING LINKED TO PROBLEMS OTHER THAN ALCOHOLISM

A study by psychologists at the University of Minnesota suggests that drinking by children under age 15 is connected to a wide range of behavioral problems, including drug abuse, antisocial behavior, and reduced educational achievement.

Past research has focused on the connection between early drinking and the risk of developing alcoholism, but the causal relationship has remained unclear. The authors, Matt McGue and colleagues, attempted to determine whether the association is more consistent with the hypothesis that the former causes the latter or with the hypothesis that both are manifestations of some common vulnerability. They report that their findings indicate some support for a "common-inherited vulnerability."

They suggest that familial transmission of alcohol use is caused in part by "genetic risk for disinhibitory psychopathology," at least in males.

The study was reported in a pair of articles in the August 2001 issue of *Alcoholism: Clinical and Experimental Research*.

DRINKING AND THE FEMALE BRAIN

Two new research studies show that women who drink to excess experience more brain damage, and sooner, than males who drink the same amount. The findings are the first to show gender differences in the effect alcohol has on the brain shrinkage that is common in heavy drinkers or alcoholics. Previous studies have shown that women are also more prone to liver and heart damage.

"We're showing that the brain is basically the same as these organs," said lead author Dr. Daniel W. Hommer. The Hommer study examined brain scans of 79 male and female alcoholics after three weeks of abstinence and compared the brain volumes with those of 39 healthy study participants. Alcoholic women showed an 11 percent smaller brain volume than healthy women. Hommer and his colleagues at the National Institute on Alcohol Abuse and Alcoholism reported their findings in the February 2001 issue of the *American Journal of Psychiatry*.

In another study, researchers tested participants for cognitive abilities and mood before examining their functional MRI, and tested their working memory abilities both before and during the functional MRI. The results indicated that cognitive abilities in women alcoholics are affected by heavy drinking.

Susan F. Tapert, first author of the study, said her findings suggest that even young and physically healthy females risk damaging their brains through chronic, heavy use of alcohol.

The California study was published in the February 2001 issue of *Alcoholism: Clinical & Experimental Research*.



TRIUMPHING OVER AN UNSEEN ENEMY

By Tian Dayton

On a beautiful September morning four hijacked planes were transformed into human terrorist bombs. Appearing like demons of destruction out of a bright blue sky, they penetrated our zone of safety, shattering structures, lives, and our sense of a predictable, orderly world. What was never supposed to happen on American soil happened, leaving us to experience the trauma of war, a constellation of psychological, emotional, physical and spiritual effects that have come to be identified as post traumatic stress syndrome.

As we looked on in sheer disbelief, the first effects of trauma set in: shut down emotions. In an orderly and responsible manner New Yorkers and Washingtonians, numb with shock, did what they needed to do.

Bystanders witnessing the surreal horror of the unfolding events swung from numbness and disbelief to terror, sadness or bursts of crying. Reactions varied, but for nearly everyone the ideal of the peaceful and orderly life they had always known and depended upon was challenged. This is one of the legacies of trauma, the symptoms of which can be a loss of trust and faith in an orderly, predictable world.

In our television society there may be many Americans and others around the world who experience some form of vicarious traumatization from watching the disaster over and over again on TV. After all, this is an attack on all of us, on our way of life in the free world. Guilt, sadness, fear, helplessness, and rage may be part of the set of reactions from those witnessing this assault from the supposed safety of their living rooms.

For those among us who have histories of addiction, neglect, or abuse, present-day trauma gets mixed up with the past and separating the two becomes difficult. We feel anxious, vulnerable, and at risk all over again. We may have an urge to cope in some dysfunctional way, such as self-medicating with excessive use of drugs, alcohol, food, sex, gambling or what ever else we've used in the past. Acting on these urges can lead to relapse for those who have been addicted.

After a traumatic event, time is often measured as life before the disaster and life afterwards, and the ground rules may feel different for each. This can mirror previous traumatic events. For example, a feeling that you need to walk on eggshells to keep something bad from happening. Trying to get opposing realities, like the drunk one and the sober one, or the world before the disaster and afterwards, to match up and make sense can leave us feeling crazy, discouraged, or confused. Don't try.

Accept it for what it is, sad and tragic, process it with any and all tools available to you, including self help groups and professional support, and keep going. Don't forsake your ordinary pleasures: laughter, dance, playing and smiling are natural stress busters and more important than ever. While you hypervigilantly scan your environment for signs of danger, scan for signs of beauty and hope as well; it uplifts the spirit and elevates the immune system. Looking for ways to find or create positive meaning can be healing. We can see ourselves as rising to meet an important challenge, rather than as helpless victims.

The meaning that children make out

of this disaster may be magical. One nine-year-old boy felt upset because he shot down the World Trade Towers over and over again in his video game. In his world they always bounced back up. Here they did not. He worried about his possible complicity.

When the terror of September 11 happened, one out of every four or five children in America did not go home to a calm, soothing, reassuring home environment. These are the children living with addiction, who are being robbed of what should be their primary source of support. They need help from other adults to restore a sense of normalcy. Listen to their fears and anxieties without minimizing, let them tell you their version of what they think happened, and understand that some extra acting out behavior may be related to this extra stress. Children may have fears of continued injury, death or separation from their loved ones. The more they witness competent adults taking charge, coping, and restoring normalcy, the more reassured they should be.

In Greek culture we have something that we say to each other at funerals after we lay our loved ones to rest and turn them over to God. It is "Zoes e mas," "life to us." These words of comfort at our most vulnerable moments reflect the accumulated wisdom that informs a people's faith, understanding our most pressing and profound human need to affirm life in the face of deep loss, so that we can have the strength to go on with our day to day lives. "Zoes e mas, life to us."

Tian Dayton, Ph.D., is the author of Trauma and Addiction, and the Director of Program Development, Caron Foundation, New York City.

BOOK SHELF

By Stephanie Abbott

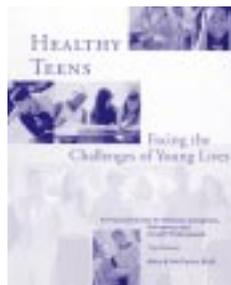
It isn't easy being a teenager and it isn't easy being a wise parent. Three new books are on the shelf at NACoA that address these challenges. They come from three different perspectives and all are useful.



It's My Life! by Tian Dayton, PhD, is a book billed as "a power journal for teens and a workout for your mind." Dr. Dayton emphasizes that it is important for teens to understand their feelings

and that, when they do, it reduces "acting out" behavior. The pages are full of creative exercises designed to help the teen express feelings or look at them from a new perspective. Dr. Dayton's goal for the reader is emotional literacy. Though not written specifically for COAs, this book would be a useful tool for therapists who work with that population. Published by *Health Communications*.

Healthy Teens: Facing The Challenges of Young Lives by Alice R.



McCarthy, PhD, is a guide for parents, educators and health professionals.

There are 12 chapters addressing matters of most concern to caregivers, such as adolescent development, harassment, sexuality, substance abuse, and school achievement.

The author touches lightly on the possibility of alcoholism in the family but never suggests that parents look at their own alcohol and other drug use. As the very common problem of

having an alcoholic parent is a huge challenge, certainly as important as the ones mentioned, this is an unfortunate omission.

Otherwise, I can certainly recommend this book for its excellent and well-written advice, which is based on current research. It deserves to go into another edition, and if it does I hope it will include material and direction for those with addiction in the family.

The book is being used as a health text in several universities and is published by *Bridge Communications, Inc.*

Living Today In Alateen is 366 pages that young COAs have written for each other, with one page for each day of the year. In it they reveal how they cope

with the impact of someone else's drinking. A subject index helps readers find pages on specific feelings, situations, or the tools of the Alateen program. Published by Al-Anon Family Groups Headquarters, Inc.



MARATHONERS' LIST

Since our last report (NACoA Network, Summer, 2001) 24 new runners signed up as NACoA *RUN FOR THE CHILDREN* marathoners or half marathoners. They are:

Patricia Baumann
 Marlies Castaing
 Heather Cirincione
 Leigh Coates
 Jamie Falkin
 Susan Glanz
 William Glanz
 Cathy Gregory
 Denice Glowenke
 Tim Gregory
 Heidi Isokangas
 Steven Jourdain
 Sandra Lousia
 Liz Mikre
 Myrtle Muntz
 Michael Newberry
 Mariam Noland
 Anna Piira
 Hanna Piira
 Michael Rapis
 Shannon Schemel
 Rita Wasserman
 David Wingate
 Suzanne Withorn



LEGISLATORS CO-HOST AL-ANON'S 50TH BIRTHDAY



Senator Wellstone

Minnesota's Senator Paul Wellstone (D) and Representative Jim Ramstad (R) shared the podium September 6 at Al-Anon's 50th Anniversary luncheon on Capitol Hill. The luncheon was held in cooperation with the Center for Substance Abuse Treatment's kick-off of National Recovery Month. Claudia Black, PhD, therapist, author, and NACoA Advisory Board member,

delivered the keynote presentation. Dr. Black challenged policymakers to "put their money where addictive families are readily identifiable."



Claudia Black, Ph.D.



Affiliate News



A new NACoA affiliate,

CLEAN Inc. (Community, Leadership, Education and Advocacy through Networking), of Winchester, Virginia, has just received a Center for Substance Abuse Prevention State Incentive Grant which will allow it to operate several new programs designed to prevent drug abuse by supporting the schools, families, and communities. The Adolescent Transitions Program is a parent-focused curriculum aimed at parents of at-risk early adolescents. Structural Family Therapy is intended to facilitate healthy family interactions.

Virginia's Governor Jim Gilmore presented the award to CLEAN at a reception in Richmond September 19. For more information about CLEAN and its programs, contact Justine Beck Rose or Jeffrey Rodman at 540-722-3589.



The Erie County Council for the Prevention of Alcohol and Substance Abuse in Buffalo, New York, has launched a new initiative - *Born Free* - to raise awareness of Fetal Alcohol Syndrome. A series of informational stickers have been sent to health care providers, universities, counseling centers, restaurants and other places where women of child-bearing age are likely to gather. These washable, vinyl stickers, available in both English and Spanish, advise that women who are pregnant or likely to become pregnant should not consume alcohol.

According to Helen Weinstein, who created the *Born Free* outreach, "The cost of FAS to our society



is far greater than dollars alone can reflect. The infant who fails to thrive, the preschooler with extreme hyperactivity, the impulsive adolescent, the adult who has difficulty holding a job or living independently, the frustrated parent or teacher—all pay the price." For more information, call 761-831-2298.



The Oregon Partnership celebrated Recovery Month with a comprehensive series of events to raise awareness of addiction recovery and to encourage those in need to seek treatment. They've sponsored radio announcements, newspaper op eds, and a press conference at a local detoxification center. Billboards announced that the Partnership's HelpLine is now on the organization's Web site at www.orpartnership.org.

Recovery Resources is a prevention, intervention, treatment service, and education agency serving residents of Northeast Ohio and their families. It operates an Employee Assistance Program (EAP) that reaches some 22,000 employees and family members. This year it celebrated Recovery Month by alerting its EAP clients to the importance of preventing and treating alcoholism and addiction, and of supporting the entire family in recovery.

A memo to the owners and managers of 100 client companies pointed out the direct and indirect effects of addiction on workplace productivity. A payroll insert told employees that substance abuse affects family and friends as well as the individual directly involved, and that the EAP could "unlock the door to recovery."

An article in a newsletter sent to all employees conveyed the message that EAP counselors "will guide an employee or a family member to effective addiction treatment." For more information, call Janet Crate, Director of Prevention, at 216-431-4131.



Faith Partners has been designated as "Community Champion" by the

Texas Commission on Alcohol and Drug Abuse for its work in helping congregations of all faith traditions develop substance abuse prevention and recovery team ministries. In announcing the award, Commission executive director Vernon Arrell said that "the best solutions to substance abuse are developed and implemented at the community level. . . . Your ministry is part of the solution."

Faith Partners now has 30 participating congregations in Austin, Texas; 26 in Minneapolis-Saint Paul; and 16 in Cincinnati, Ohio. For more information on Faith Partners, contact Trish Merrill at 512-451-9504.



Informed Families of Miami, Florida, is celebrating

Red Ribbon Week on October 23-31 with a massive tulip planting effort. Families plant red flower bulb packages on October 23,—“Plant the Promise Day,” so that they will bloom in April—National Alcohol Awareness Month.

Community leaders are encouraged to display red ribbons as reminders of the dangers of alcohol and other drugs. Contact Peggy Sapp at 305-856-4886.



CITIES TAKE ACTION TO PROTECT CHILDREN

Municipalities around the country are making concerted efforts to combat child abuse and neglect, according to a special report in the July 30 issue of the National League of Cities' *National Cities' Weekly*. Mayors, city managers, and other local administrators have come to the conclusion that over-loaded and under-funded state and county child welfare agencies cannot be expected to do it all—and that local communities can and should fill in the gaps with collaborative, innovative programming.

Advocates for children of alcoholics (COAs) can become part of this larger child-abuse prevention effort by contacting their local officials to inform them about the impact of family addiction on children and to encourage them to make services for COAs an explicit component of their child protection plans.

The League of Cities' report contains much information to support the COA cause. The lead article, "Protecting Our Children to Build Stronger Communities," calls attention to the economic pay-off of reducing the incidence of child abuse and neglect. It reports that unchecked abuse and neglect costs

society an estimated \$94 billion per year nationwide.

This estimate may not include the effects of familial substance abuse on children. In the Spring 2001 issue of *NACoA NETWORK*, health economist Alison Snow Jones enumerates these direct and indirect costs—higher educational costs, juvenile justice system and legal costs, and tragic losses in productivity when children are prevented from achieving all they could.

Another article in the League of Cities report, "Communities Reclaiming Their Role in Keeping Children Safe," shows how cities around the country are creating new sets of family-building tools, including assessments of family strengths, participation by parents in self-help groups, and a system of integrated services. In *NACoA's* view, support services for the children themselves, especially for COAs, are a natural part of such toolboxes.

The report is available on the National League of Cities Web site at www.nlc.org. Contact Julie Bosland at 202-626-3069 for more information about various cities' activities.

NIAAA'S PSAs COMBAT TWEEN-AGE ALCOHOL USE

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) has prepared two pairs of public service announcements (PSAs)—for TV and for radio—aimed at preventing alcohol use by 11-13 year-olds. One PSA in each set focuses on refusal skills; the other conveys the message that "cool kids don't drink." The messages have been extensively tested through focus groups. *NACoA* will send the PSAs to its affiliates. They can also be obtained directly from NIAAA. Call 301-443-3860.

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PLAN AHEAD

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December—National Drunk and Drugged Driving Prevention Month
www.3dmonth.org

February 10-16 – Children of Alcoholics Week 2002
www.nacoa.org



Please



Children of Alcoholics



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

COA MESSAGES GO TO SOCCER PLAYOFFS

The ONDCP poster *Think Again* was placed as a full-page ad in two issues of *Freekick*, the magazine for men's soccer, reaching 70,000 people during the soccer playoffs this Fall.

See lead story, p.1., for more on initiatives to help children affected by parental addiction.

