



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS

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In Brief



NACoA's Children's Program Kit has been

updated and enhanced for SAMHSA's Center for Substance Abuse Prevention by a team of expert children's program designers and trainers, led by Catherine Herzog, PhD, Betty Conger, LCSW, and Kathy Walton, MA. Stay tuned for availability information.

2015 Webinar Series continues through September, featuring intervention experts Debra and Jeff Jay, and Jerry Moe, Claudia Black, and Robert Ackerman. Send us your email address to receive the registration notices for future webinars at nacoa@nacoa.org.

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Recovery Movement Gains Momentum



September is **Recovery Month**, when we celebrate healthy people who demonstrate that prevention works, treatment is effective, and people can and do recover. There are millions of Americans whose lives, and those of their families, have been transformed by achieving recovery.

Recovery Month, in its 26th year, highlights the achievements of those individuals who have reclaimed their lives. Also honored are the treatment and recovery service providers, as well as peer support in mentoring and educating. The theme for this year is "Join the Voices for Recovery: Visible, Vocal, Valuable!" NACoA is joining as the Voice for children, and assists in collaboration of materials, and event sponsorship for the Recovery Month initiative. This includes participation on several Planning Partners subcommittees, including the Kit materials committee and the Sustainability subcommittee, which Sis Wenger, NACoA CEO, chairs with Marie Dyak, VP of Entertainment Industries Council. They also co-chair the Planning Partners annual *Ramstad/Kennedy Award*, which is a competitive award given to the single state agency director deemed to have been the strongest supporter of recovery and **Recovery Month** in a state the previous year. Visit www.recoverymonth.gov for the information and tools to host effective **Recovery Month** educational and advocacy activities in your organization and community.

Fall continues as a good time for recovery advocates as tens of thousands of people are expected at the National Mall in Washington DC on October 4 to stand up for recovery.



UNITE To Face Addiction is an advocacy effort to bring individuals and organizations together with this common goal. NACoA is a partner organization again to make sure there is a Voice for COAs at the table. Mary Beth Collins, Program and Operations Director, is the liaison. For more information on attending the rally or participating in a day of advocacy on Capitol Hill on October 5, go to www.facingaddiction.org. People are encouraged to take advantage of buses that have been organized so people can "get together and go!"



There is strength in numbers and we are paying attention to a new group of united young people whose goal is supporting recovery for youth, with a focus on three important issues: education, employment, and housing.

The organization is chapter-based, with each local group using the expertise of professionals in its own community. **Young People In Recovery (YPR)** has an advocacy strategy to strengthen community engagement, and is dedicated to spreading awareness of its cause. (Continued on p. 5)





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Meet New NACoA Staff



Mary Beth Collins joined the NACoA staff in January as Program and Operations Director. Mary Beth comes to us from the national office of the Autism Society, where she served as Program Director. Mary Beth will ensure the development, delivery, and ongoing operation of all NACoA programs, products, and services, especially focusing on *Celebrating Families™*. She will also oversee and direct NACoA's internal operations and administration. Additionally, she will act as liaison to NACoA's affiliate organizations.



Jennifer MacAdam-Miller joined NACoA in May as Communications and Marketing Manager. Previously, Jennifer was a freelance writer and editor, a public relations and marketing consultant, media relations specialist, and owner of a family literacy mission-based business called Reading Habitat.

Ackerman/Black Award



The NACoA Board of Directors voted at its April meeting to present the prestigious Ackerman/Black Award to Don Coyhis for his lifetime of dedicated service to helping children and families hurt by addiction to heal and find recovery, thus breaking the generational cycle.

A member of the Mohican Nation, Don is founder and board president of White Bison, Inc., an American Indian non-profit with the following vision: Creating and sustaining a grassroots Wellbriety Movement that provides culturally based healing to the next seven generations of Indigenous People. Through the leadership of White Bison, a NACoA affiliate organization, the Wellbriety Movement has taken a prominent role in the recovery of many Native Americans, their families, their children and their communities.

Don has worked to bring more attention and healing to the children and families impacted by addiction and multi-generational trauma in Native communities. He and White Bison supported the development of the Native American Children's Program Kit. This year, he spearheaded the creation of The Wellbriety/ *Celebrating Families™* partnership to integrate NACoA's evidence-based whole family recovery program into the movement's comprehensive community trainings and the enhancement of that curriculum with Native cultural teachings. Three regional trainings have been done by Native trainers, and the program has begun in several Native communities.

The award will be presented to Don during the NAADAC National Conference awards luncheon in Rockville, MD on Oct. 12, 2015.

Send us your email address to receive our monthly e-newsletter.

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Social Media Encourages Underage Drinking

Social media sites have alcohol brand fan pages for all to see, and provide the alcohol industry with a wide reach to market its products. Children and teens need only to like a page to find photos of beer bottles and mixed drinks, along with comments from “fans” of these pages, in their newsfeed.

The Center on Alcohol Marketing and Youth at Johns Hopkins University reports “14 longitudinal scientific studies provide strong evidence that the amount of exposure to alcohol advertising influences whether young people start drinking, or if they already drink, how much they drink.”

Brain Abnormalities and Marijuana Use

Teens who were heavy marijuana users, smoking daily for about three years, had an abnormally shaped hippocampus and performed poorly on long-term memory tasks, according to a new Northwestern Medicine study.

Advanced brain mapping tools allow scientists to examine detailed changes in small brain structures including the hippocampus. “The memory processes that appear to be affected by cannabis are ones that we use every day to solve common problems and to sustain our relationships with friends and families,” said senior author Dr. John Csernansky, the Lizzie Gilman professor and chair of psychiatry and behavioral sciences at Northwestern University Feinberg School of Medicine and Northwestern Memorial Hospital.

The longer the individuals were chronically using marijuana the more abnormal the shape of the

hippocampus, which may include the structure’s neurons, axons or their supportive environments, according to lead study author Matthew Smith, assistant professor of psychiatry. The brain abnormalities and memory problems were observed during the individuals’ early twenties, two years after they stopped smoking marijuana.

Adolescents’ Drinking Affects Memory

A new study looked at long term effects of intermittent drinking on the adolescent brain, which from a neuroscientist’s perspective lasts until age 25, and concluded that it can potentially cause lasting effects on the brain circuitry. The study investigated the biological mechanisms, says Scott Swartzwelder, the lead scientist and a professor of psychiatry at Duke University.

Dr. Swartzwelder’s team gave rats 10 doses of alcohol in a pattern that imitates how adolescents drink intermittently. Compared with the cognitive functioning of a control group that didn’t get any doses, the rats exposed to alcohol had worse functioning in the hippocampus, a brain region that is responsible for learning and memory.

Alcohol Use Disorders Affect 33M U.S. Adults

The journal *JAMA Psychiatry*, reported that under the combined categories of alcohol dependence and alcohol abuse in the DSM-5, 33 million American adults suffer from alcohol abuse disorders creating problems for themselves and others. Problem drinkers are defined as having at least two of 11 symptoms, such as drinking that harms performance at work, school or home, frequent hangovers, and failed attempts to limit drinking.

Collaboration With SPSARV Expands Reach of Existing NACoA Programs



NACoA has entered into a collaborative agreement with the Special Program on Substance Abuse and Related

Violence (SPSARV) of the General Board of Global Ministries of the United Methodist Church. The purposes of the agreement are to provide community-based one-day educational seminars for clergy on understanding addiction and supporting recovery, and to facilitate the expansion of NACoA’s ***Celebrating Families!***TM program throughout the country.

“Working together to provide resources that can strengthen local faith community efforts to address—and to prevent—alcohol and drug problems that are hurting the families in their congregations, and are endangering the development of their community’s youth, offers both SPSARV and NACoA greater opportunities to be effective in addressing our respective missions,” said Art Mellor, SPSARV Director.

Recently SPSARV supported NACoA’s training and the establishment of a ***Celebrating Families!***TM program in Huntington, WV, where the 16-week program is already in past the half-way mark. They also provided a grant to assure adequate support for a fledging effort in Tempe, AZ last month.

“With **CF!** and with clergy training, NACoA’s and SPSARV’s goals mesh. The collaboration holds great promise for the future,” said Sis Wenger, NACoA’s president and CEO.



NACoA Ends Mission – ‘All COAs Getting Help,’ Says CEO

By Stephanie Abbott



Maybe someday a headline like this will be true, and certainly NACoA has

accomplished a good deal since being founded in 1983. The goal has been to reach everyone who is in the fields of education, human services, mental health, medicine, religion and law enforcement—in short anyone who has interaction with youth—with tools to help children affected by parental addiction.

To accomplish this, NACoA partners with other organizations, federal, state and local, also interested in the health of Americans, while our focus stays firmly on families affected by alcoholism and other addictions. As Sis Wenger, CEO, is fond of saying: NACoA is the VOICE for Children, who can't speak for themselves.

If we need any more proof that the work we do is urgent, there is a landmark study which is supported by the research of others. The Adverse Childhood Experiences (ACE) Study, with Robert Anda, MD, MS as Co-Principal investigator, is an ongoing study that links childhood abuse and neglect with adult onset of chronic disease, mental illness, violence and being a victim of violence. Dr. Anda, who is on NACoA's board of scientific advisors, notes that these ACEs disrupt neurodevelopment and can have lasting effects on brain structure and function. Key among these experiences is growing up in households affected by alcohol abuse.

The ACE score can be compared to a cholesterol score for childhood trauma, as a point is given for each type of trauma. These include maltreatment,

neglect, sexual abuse, witnessing domestic violence, parental discord, and crime in the home. As the ACE score increases, so does the risk of numerous health and social problems throughout the life span. The ACE study is unique because of its size, but also because it was designed to assess the relationships of a broad range of adverse experiences to a wide range of health and social consequences.

Childhood Trauma Is The Nation's #1 Public Health Problem

The study revealed that these adverse experiences in childhood are common even in the relatively well educated population of patients enrolled in one of the leading HMOs in the United States. These risk factors for health and social problems are not randomly distributed, but cluster in the families with alcohol abuse and/or illicit drug use at home.

Another way of looking at this is that the child is overloaded with stress hormones which continue into adult life,

and that adopting health-risk behaviors as adults is a bio-chemical coping strategy. Not surprisingly then, the study discovered ACEs increase the risk of heart disease, chronic lung disease, liver disease, HIV, STDs, and other risks for the leading causes of death. The cumulative effects, captured in an ACE score of the individual, illustrate the consequences in adulthood of ongoing traumatic stress in childhood. This trauma is the nation's #1 public health problem.

In 2000, in the *American Journal of Public Health*, NIAAA research reported that one in four children lived in a family with alcohol abuse and suffered many negative consequences. The report stated this was the country's #1 public health problem. Consider the connection 15 years later!

How do we integrate what we now know into what we do? We can be agents for resilience, which is NACoA's mission. We partner with researchers and clinicians in multiple projects but we also partner with you who understand the pain of these children who will grow up into suffering adults without intervention. Please continue to help us help them as we provide needed programs and tools. We can't do it without you.



Book Shelf

By Stephanie Abbott

I like to “seed” our local library and used book sales with COA literature written for children. I have a fantasy that some worried child will find one. Or maybe an anxious grandparent or parent will see it and realize the wealth of help there is out there for families with addiction. Two new candidates are on my desk now, one for a child and one for a teen. These are both good for my private project.



The House of Weird, written by Alisa Schneidman and lavishly illustrated by

Beth Eckerd, seems suited for a child 8 to 11 with a good vocabulary, who identifies with trying hard to fix what is wrong with her house. The child in the story copes with confusing parents, changing rules, and loneliness.



The Prince of Denial by Doug Wilhelm is for readers from middle school on. I loved this book, because the seventh grader who tells the story

is very real and convincing. Does this sound familiar? The boy says to an adult who is asking about what is going on at home: “We’re fine, okay? Everything’s *fine*. There’s nothing *wrong*.”

But of course that’s not true, as this valiant kid is trying to cover for his very sick dad, while dealing with all that is involved with caring for and care giving an irrational alcoholic. There are no miracles, but I like these words from a helping adult in the story, “Sometimes the best thing you can do, the only thing really, is take care of yourself, stop protecting them, and hope they’ll come to that point of honesty soon.”

Experiencing Spirituality by Ernest Kurtz and Katherine Ketcham follows Dr Kurtz’ classic *Not-God: A History of Alcoholics Anonymous*, published in 1979, and *The Spirituality of Imperfection*, published in 1992 also with Katherine Ketcham.

Ernie Kurtz taught countless addiction professionals at Rutgers Summer School of Alcohol and Drug Studies, as well as being a popular speaker at conferences. His deep understanding of the history of Alcoholics Anonymous led to his investigation of the role of the growing variety of spiritual, religious and secular frameworks of addiction recovery. AA, Alanon and other 12 step programs flourish with the telling of personal stories. “How it was, what happened, and how it is today” is the way we come to understand how recovery is possible, whether it is from addiction or from the trauma of being close to someone who is addicted.

This is how Dr. Kurtz has shaped his book – with stories illustrating spiritual themes, to help the reader become more sensitive to those themes in our own lives.



I really didn’t want to read one more workbook for recovering people. But hey it’s my job, so with no more excuses I started

Alternative Healing Beyond Recovery for the GENIUS by Jill Raiguel. I almost quit when I read the phrases “shamanic practice” and “soul retrieval,” which sound so very California (and I was raised here so I know.) But you know what? It really is a wonderful book. Jill Raiguel is a very experienced therapist with impeccable credentials, and she writes with conviction and heart.

Simply put, she explains that adults with traumatic childhoods have missing life skills, and she explains it clearly without the dreaded social work jargon. As an ACOA herself she understands from personal experience, and clearly and comfortably outlines solutions.

I can recommend this workbook to everyone who grew up in a family with addictions. I also recommend it to those of us who notice some gaps in our coping skills from whatever cause. Anyone?

Young People In Recovery, (continued from p. 1)

The Employment Workshop and Employer Outreach Initiative plans practical support for finding and keeping employment: writing a resume, cover letter, explaining lapses in work history or criminal records, and developing healthy work habits.

The Educational Workshop and Academic Mentoring Program encourages all forms of education, and each Chapter will assist students in recovery in choosing a school, applying, developing an academic plan, and providing mentors.

Finally, the problem of housing options is addressed to aid the young recovering person in avoiding environments that enable the addictive lifestyle. Each community chapter will promote accreditation of recovery residents. *To reach YPR, go to:* www.youngpeopleinrecovery.org



Help us recycle!
Pass this newsletter on
to a colleague
or friend.



Affiliate News



The Hanley Center at

Origins, FL, hosted a conference in May focused on adults over the age of 65: *When Aging & Addiction Collides—The Challenge of Assessment, Intervention and Treatment of Older Adults with Substance Use Disorders*. With presentations spanning “The History of Older Adult Treatment in America: The Evolution of Age Specific Treatment From Frank Sinatra to The Rolling Stones” to “Not My Grandpa’s Oldsmobile: Older Adult Treatment in 2015,” the conference provided an innovative approach to recovery as it applies to elder care. Hanley Center provided the first treatment program designed specifically to care for the Baby Boomer generation in 2009.



Havre de Grace, MD-based Father Martin's Ashley

launched a new blog in *Psychology Today* entitled “Chronic Pain 360°: Real Hope for Recovery.” The primary blog author, pain recovery specialist and manager of The Pain Recovery Program, Scott Dehorty, MSW, LCSW-C, offers insight on topics related to chronic pain syndrome. To check out the blog, visit: www.psychologytoday.com/blog/chronic-pain-360



Portland, OR station KPTV hosted a telethon in May enjoyed by thousands of viewers called “Stand With Our Vets” to benefit **Lines for Life** and its military crisis line. With this one program, the first year effort raised \$35,000.

Lines for Life is currently on pace to answer 25,000 calls this year, almost double the calls in 2014.



The Neighborhood Center, Inc., Utica, NY, held a ribbon cutting and open house

ceremony for the Mario and Albertina Memorial Child Care Playground and Phase I completion of the Dr. Marie A. Russo Community Center & Neighborhood Center, Inc. This event brought residents together to celebrate over “110 years of building a stronger community” in central New York. The new facility brings together services and offices that had been spread across several buildings under one roof, and adds a gymnasium as well as expanded programming space.



NCADD - Greater Detroit Area's Youth

Programs serve many of Detroit's most talented youth. Their youth programs target a population that is comprised primarily of underserved and economically disadvantaged young people, ages 10-21.

NCADD-GDA's mission is to provide a safe environment where youth receive the support and resources needed to be drug-free, attain academic success, and develop social responsibility. The services are delivered by two unique early intervention programs: S.A.F.E.T.Y (Successful Alliance for Educating Talented Youth) and S.T.E.P.S. (Strong Teens Excelling in Prevention Services). Featured Services include an Assessment Center, After-School Learning Programs, Summer Employment Programming,

Character Education Programming, and two prevention radio shows, which targets youth. Their annual Cultural College Tour allows students to experience higher learning communities first hand as well as offering the opportunity to travel the country and see things beyond their own neighborhoods.



NACoA is pleased to announce that **The Moyer Foundation -**

Camp Mariposa® will receive this year's Meritorious Service Award. This honor recognizes outstanding programming by a NACoA affiliate to raise public awareness of the needs of children of alcoholics (COAs) during Children of Alcoholics Awareness Week. Camp Mariposa took COA awareness to social media throughout the entire week, using Facebook and Twitter.

Beginning and ending the week, posts echoed the national message. In the middle of the week, awareness took on a more personal tone, illuminating key impacts on COAs who take part in their camps. Highlighting local content successfully ties the campaign together, showcasing the tandem efforts of their organization and NACoA. It is an excellent example of a national campaign recognized locally.

Having a strong online presence is important for non-profits, who rely heavily on their constituency and supporters. Since many non-profits already have to deal with tight budgets and limited staff, social media isn't always easy, but it is effective. Camp Mariposa began developing their social media strategy in 2011.

Thank You!



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In Memory of a Special Friend

She was "volunteer of the year" (every year) at NACoA from 1992, the first year we

arrived in the Washington DC area, until 2013. Dorothy Paperiello brought talent, dedication, good humor and real professionalism every time she walked in the door. She was here to help on whatever was needed—from complex tasks to the mundane.

At her college graduation, she was elected to Kappa Gamma Pi, an honor society that drew people who both had attained academic honors but who also had demonstrated outstanding leadership and service during their college years. She lived the Kappa principles of service the rest of her life, giving back at every turn. For 20 years she was an extraordinary gift to NACoA. May she rest in peace.

In Honor of the Abbott Family

Stephanie Abbott

In Honor of Harry W. Pollock, MD

Frederic Kellogg

In Honor of Jay

Suzanne Cabaniss

In Honor of Mary and Jim Dredge

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Donna Cotter

In Memory of Dorothy Paperiello

Carl Paperiello

Sis Wenger

In Memory of Rudolph Kratzwald

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Congratulations to NACoA's own **Carol B. Sisco, Ph.D.** (on right), who received the 2015 Alumna of the Year Award from University of South Carolina

College of Social Work. We appreciate her generous donation which made possible this print edition of *Network*.

Please remember NACoA in your planned giving. By including NACoA in your will or estate plans, you can enjoy tax benefits and help sustain our work for generations to come. Contact NACoA at 301-468-0985.



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See www.nacoa.org for additional products and helpful articles.

Please remember Children of Alcoholics (NACoA) – CFC # 12020

OUR MISSION

To eliminate the adverse impact of alcohol and drug use on children and families

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



Zero - 3 integration and a growth in trainings and new programs being implemented continue at an increasing pace across NACoA's **Celebrating Families!**™ (CF!) program area, with standard 2-day implementation trainings, new trainings integrating the 0-3 component, as well as culturally specific trainings for the new Wellbriety/ **Celebrating Families!**™ project. Carrying the CF! message of successful whole family recovery will continue at a wide range of conferences in the months ahead—with two this summer and already three scheduled for Fall. Stay tuned!

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