

# NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

SPRING 2011 / VOLUME 25

## In Brief

**Training Events Continue.** The Clergy Education and Training Project® offers a one-day education program for clergy and other faith leaders through a contract with the Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Treatment. Six additional events are scheduled with more under development. The program will be in

- Cincinnati OH on May 19
- North Hampton MA on May 25
- Boston MA on May 26
- Rapid City SD on August 24
- Bismarck ND on August 25
- Des Moines IA on August 31

Contact NACoA at 1-888-554-2627 for flyers or more information on any of these offerings.

The two-day *Celebrating Families!*™ program implementation training will be held in Bethesda MD June 27-28, and a three-day training track will be part of the National Rural Institute on Alcohol and Other Drugs June 13-16 in Menomonie WI.



### Chair Honored in North Carolina

On Friday, April 29, NACoA’s Board Chair Faye P. Calhoun, DPA, received the North Carolina Central University’s Chancellor’s Award “in recognition of outstanding achievement in securing external grant funding.”

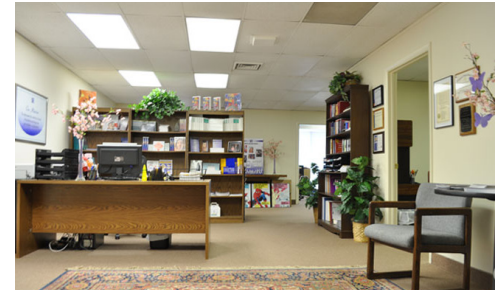


### Board Member Heads NAATP

Karen Carpenter-Palumbo has been named President/CEO of the National Association of Treatment

Providers (NAATP). Previously, she was the Commissioner of New York State’s Office of Alcoholism and Substance Abuse.

## NACoA’s Growing Programs Lead to Larger Staff and Offices



The National Association for Children of Alcoholics has moved to larger and more efficient quarters to accommodate the dual need of conserving the maximum amount of NACoA funds possible for program work and still providing additional space for its growing work. With 800 additional square feet and half the monthly rent previously paid, plus a convenient location and free parking, NACoA staff is delighted to be at the new headquarters at 10920 Connecticut Avenue, Suite 100, Kensington, MD 20895, pictured above. Phone, fax, internet address and emails all remain the same.

During the past 10 months, NACoA also added two senior staff, Gregory A. Fields, Vice President for Operations and Development, and Alan M. Levitt, Vice President for Communications and Partnerships. Previously, Greg was President of Philanthropy Directions International, a consulting firm, and Alan joined NACoA after retiring from the White House Office of National Drug Control Policy.

“Each of these moves has been part of NACoA’s efforts to carry out its critical mission more effectively in spite of – and taking advantage of – the changes in charitable funding, in how people learn and develop interest in important contemporary issues that impact children and families, and in individual and mass communication,” noted NACoA’s President/CEO Sis Wenger.



### NCAD Conference in San Diego September 17-21

NACoA will again co-sponsor, with other colleague national organizations, including NAADAC and NAATP, the National Conference on Addiction Disorders. Several presentations will feature NACoA speakers, with Advisory Board member Jerry Moe as the keynoter on September 18. Watch NACoA’s website and e-blasts for more information on this outstanding conference.

### 2011 MARTI Summer School Conference July 11-15

With a faculty headed by NACoA co-founder Robert J. Ackerman, Ph.D., and founder of the Mid-Atlantic Addiction Research and Training Institute (MARTI), the summer school promises its traditional superb educational event for educators, guidance counselors, clergy, mental health professionals, and children and youth service workers. MARTI focuses on the latest information and strategies to address “High-Risk Children (of all ages), Families and Behavioral Health.” The event will be held at Indiana University of Pennsylvania, in Indiana PA. Call 724-357-1288 for a brochure. To register, call IUP Conference Services at 724-357-2227.

More Inside

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## Robert Denniston and Kate Malliarakis Join NACoA's Board

NACoA is pleased to welcome two new members to its Board of Directors - Robert W. Denniston and Kate D. Malliarakis. "Their expertise and passion for making environments safer where children and youth grow is exemplary," said Faye Calhoun, D.P.A., NACoA's Board Chair, "and their insights will advance our mission with professional and public audiences."



Denniston, a Deputy Associate Director at the White House Office of National Drug Control Policy (ONDCP), has enjoyed a stellar career in the federal government. He is a former Director of ONDCP's National Youth Anti-Drug Media Campaign and headed SAMHSA's Center for Substance Abuse Prevention's division of prevention application and education. He also served as director of prevention and education at the National Institute on Alcohol Abuse and Alcoholism, and was chief of information projects at the National Cancer Institute. His federal career began 34 years ago as a Peace Corps volunteer in Thailand.

He has received many major awards from the public health and prevention fields, and served as chair of the national advisory committee for the Robert Wood Johnson Foundation's Developing Leadership in Reducing Substance Abuse. He recently received a lifetime achievement award from the American Public Health Association.



Ms. Malliarakis is President of KAM Associates, a health care consulting firm specializing in substance abuse and leadership issues. She is an Assistant Professor at George Washington University's School of Health Sciences Department of Nursing Education and directs the MSN Nursing Leadership and Management Program. Her private counseling practice

specializes in addictions and impaired health professionals. For five years, she was Chief, Specific Drugs Branch in ONDCP, and later served as a consultant to Fleishman-Hillard, where she worked principally on the National Youth Anti-Drug Media Campaign. Malliarakis was a Fellow in the Robert Wood Johnson Executive Nurse Leader Program. She is a founding member and current Chair of the Committee on Impaired Nurses (COIN) for the District of Columbia Board of Nursing, and Treasurer for the Association for Medical Education and Research in Substance Abuse (AMERSA). Her doctorate from Walden University is expected to be awarded in 2011.

## Founder and Former Board Chair Rejoin Board

**Robert J. Ackerman, Ph.D.**, helped found NACoA in 1983 and ever since has been a prolific researcher, teacher, author and consultant on young and adult children of alcoholics. He is Professor of Sociology and Program Degree Coordinator for Human Services at the University of South Carolina, Beaufort, SC. Previously, he founded and was Director of MARTI (see p.1).

**George W. Bloom, MA** has long been a leader in the addiction and prevention fields and was President of Johnson Institute Foundation when it developed employee assistance programs, created and supported intervention training, published outstanding prevention and training tools for educators, business leaders, school professionals and prevention professionals.

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## Children's Mental Health Awareness Day



This special annual Day was celebrated May 3. The Substance Abuse and Mental Health Services Administration has supported the "Caring for Every Child's Mental

Health" public awareness effort since 1994 when it was created to increase awareness around children's mental health. "NACoA is pleased once again to be an official supporter of the Day. It is a clear reminder to all of us that children living in the chronic emotional stress that is often the hallmark of the alcoholic or drug use-impacted home, is traumatizing for developing children," said Sis Wenger, NACoA's President/CEO.

For more information visit [www.samhsa.gov/children](http://www.samhsa.gov/children).

## NICK NEWS Produces COA Special



*Under the Influence: Kids of Alcoholics, the NICK NEWS with*

*Linda Ellerbee* program aired nationally in November and again during COA Week on February 15. This powerful broadcast, featuring adolescent children of alcoholic parents sharing their pain, fears, sense of abandonment - and hope - as they struggled through life with an alcoholic parent, is available now on TeenNick - [www.teennick.com/blog/under-the-influence-parents-alcoholism.html](http://www.teennick.com/blog/under-the-influence-parents-alcoholism.html)

## Meritorious Service Award

Congratulations to Father Martin's Ashley, Havre de Grace MD, which received NACoA's Meritorious Service Award for outstanding awareness programming by an affiliate during COA Week 2011.

## NACoA and COA Week Grow Internationally

International interest in acknowledging and addressing the on-going plight of the child growing up in a family impacted by addiction continues to grow. Initial organizing meetings in Poland were held in April, and efforts have begun to create NACoA Polska. NACoA volunteer Danuta Wilson (pictured above center) participated in the meetings and will be NACoA's contact with the new group.

Affiliates in Germany (NACoA Deutschland), Great Britain (NACoA UK), and Toronto, Canada expanded their COA Week awareness efforts dramatically in February, complementing American national events, which featured the NICK NEWS program on adolescent children of alcoholics, many local programs sponsored by NACoA and NCADD affiliates, and written and taped messages from the White House (see [www.nacoa.org](http://www.nacoa.org)).

## Current Program Initiatives and New Projects

**Clergy Training:** The on-line and print versions of the seminary curriculum, based on *Core Competencies for Clergy and Other Pastoral Ministers In Addressing Alcohol and Drug Dependence and Its Impact on Family Members*, is expected to be rolled out beginning in the Fall through leaders in multiple denominations and at meetings of theological schools. NACoA also received a renewed contract from SAMHSA's Center for Substance Abuse Treatment to continue its one-day community-based trainings for clergy and other congregational leaders. The new contract begins in September.

**Student Assistance Handbook:** *Help Is Down the Hall*, first published four years ago, is currently being updated by the Center for Substance Abuse Prevention

with assistance from the original authors. It is hoped that it will again be available free of charge through SAMHSA's clearinghouse. The first edition can be accessed on NACoA's website.

**New Projects:** In recent months, NACoA has been developing a potentially large-scale project addressing the COA/family addiction issues of children in foster care in California, in collaboration with stakeholders, foundations and leaders in the state foster care system. Latino children and families in New Mexico struggling with addiction-related issues are the focus of a project in development. Additionally, NACoA is working to enhance efforts to help military families impacted by the trauma caused by addiction in the family. Stay tuned!



## The More Things Change

By Stephanie Abbott



I began work in the addiction treatment field in the 1970s. In those days you couldn't fit your phone in your pocket and the electric typewriter

was the new best thing for writers. When a computer appeared in my office it did not have Windows (can you imagine that?) and when I wrote I had to remember keys to get it to do what I wanted. I could never remember what key did what so I had a large cheat sheet that I referred to constantly.

My field was family aspects of addiction and in those long ago days I worked at a treatment center that provided medical help with detox followed by FOUR WEEKS of inpatient, minimum, that was paid for by insurance companies. We had a family program too, for which I was responsible. We didn't know very much about the effects of alcoholism on the children in the family but we were vaguely aware there must have been some, which we thought would get all better if the alcoholic got sober.

Fortunately some researchers and writers began setting us all straight on exactly what the effects on the children can be and no, a sober parent did not automatically undo years of family malfunction. And here is where the National Association for Children of Alcoholics came in. And here is where I still am, proud to be a small part of an organization that knows exactly what its goals are and exactly how to achieve them.

Our goals are directed toward systemic change so that every COA today, this minute, has help and resources and support to deal with the very scary, often chaotic environment that living with active addiction provides. As well, we want to prevent that vulnerable population from also becoming addicted so that the cycle is broken. If you are familiar with our work you know how we go about that task: by educating and providing tools for helping to those who are in contact with children and families, by joining other coalitions to advocate for programs of support for impacted children and families and, by publishing books and facts and DVDs.

The last few years have been productive: international affiliates who have been carrying the message in their own countries, a curriculum for seminary students so that they can be more helpful to families in their work, a greater focus on children in the foster care system, and training provided for those who work with children.

We are in the process of development for an initiative to support military families and their children who are affected by addiction as well as the wars in Iraq and Afghanistan. We continue to form new partnerships with other organizations who share our goals so that we can strengthen our agenda with a collective voice. Our president and many of the board members and former board members are training here and overseas, working with professionals who affect the lives of children.

The work is exciting because we can see results. It isn't only the laptop I am writing on and the cell phone that

goes everywhere that is part of the change. Some children are getting the message in schools and scouting, church and synagogue, that if their parent is drinking or drugging it is not the child's fault, and there are places to get help. We need to reach all those other children who are keeping a painful secret, and who are frightened or worse by the behavior of the adults who should be protecting them.

We squeeze every cent we have so that nothing is wasted. We are proud that the money goes where it is needed because all our staff and volunteers are motivated and hard working. But we need to make some changes. Rather than send out expensive newsletters four or five times a year as we did for years, we are trying to do more on line and would like to begin sending you our news in emails. For us to change in this way we need you who care about our work to read our Website often ([www.nacoa.org](http://www.nacoa.org)) and to send us your email address (to [nacoa@nacoa.org](mailto:nacoa@nacoa.org)). Sign up on our website for our periodic ENews and you will keep up with all our projects. We want YOU to stay tuned. Communication is changing and we will change with it.

We know we can make a difference, and we must because one thing has stayed the same: the environment of addiction is traumatic and harmful for the children.

*Stephanie Abbott, MA, writer and family therapist, is editor of NETWORK. She has been working in the addiction field, writing and teaching since she wrote on clay tablets with a stylus.*

*Send us your email address*

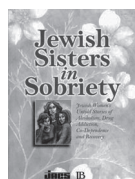
# Solutions

## Book Shelf

By Stephanie Abbott

One of the pleasures of writing about books for NACoA is that I am sent all the new ones as they come out, which combines two of my favorite things: reading, and useful books about family and addiction. Our website features books reviewed over the past fifteen years which you might check out as you may have missed some excellent ones.

Three new ones that have crossed my desk include one about addicted Jewish women and those who love them, one about helping your alcoholic sibling, and one written for young children of alcoholics/addicts.



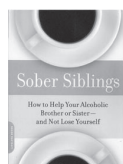
### ***Jewish Sisters in Sobriety***

is divided into two parts.

The first is a collection of shared experiences written to reach Jewish women who suffer from

alcoholism, other chemical addiction, and codependence. The stories will resonate with people with all faiths who identify, and usefully explain terms unfamiliar to non Jewish readers. The second part is Resources and Guides, which explains 12 step programs and gives sources.

*It is published by the Jewish Board of Family and Children's Services.*



### ***Sober Siblings How to Help Your Alcoholic Brother or Sister and Not Lose Yourself***

By Patricia Olsen and Petros Levounis, MD, MA

Patricia Olson is a member of the American Medical Writers Association and Petros Levounis is the director of The Addiction Institute of New York and chief of Addiction Psychiatry at St.

Luke's and Roosevelt Hospitals in New York City. They teamed up to write this book, alternating her stories about sober siblings with his commentary. The format works well, the style is clear and informative, and the information is invaluable for anyone affected by a sibling's addiction.

*Published by Da Capo Press.*



### ***Emmy's Question***

By Jennine Auth

Particularly appropriate for children aged 8 to 11, this story is the first person

account of a little girl struggling with her mother's alcoholism and feeling the pain and confusion normal to the COA. Though I felt Emmy's diary sounded more like an adult than a child, the information is very good and the story is realistic.

## **COA Camp Program In Washington State**

Camp Mariposa, located outside Seattle WA, has been created and funded by The Moyer Foundation, with guidance from Claudia Black a NACoA founder, to help meet the needs of children and teens facing the difficult challenges associated with an addicted or co-dependent family member.

The camp is a traditional, fun, multi-day camp providing counseling and emotional support, while teaching participants a variety of problem-solving and self-care strategies. It is run in partnership with Youth Eastside Services (YES), an organization dedicated to serving multiple issues facing at-risk youth.

The Moyer Foundation hopes to facilitate the establishment of similar camps across the country.

## **Celebrating Families!™ Program Expands**



NACoA's evidence-based early family recovery program, *Celebrating Families!™* is now in over 50 sites across 26 states. The program is being used in treatment settings, community-based prevention programs, and school-based family education programs focusing on children and families at risk.

The five-volume curriculum has been translated into Spanish, ¡*Celebrando Familias!* It has been culturally adapted and piloted at three sites. Results were consistent with the findings for the original version for English speakers. Parents indicated significant impact on family organization, cohesion, communication, conflict solving, improvement in parenting skills, and alcohol and drug use reduction.

See [www.celebratingfamilies.net](http://www.celebratingfamilies.net) for more information, or call Steve Hornberger at NACoA (888-554-2627).

### ***Partner with NACoA on a Journey of Hope by planning a gift today.***

Planned giving is smart giving. It helps to provide hope and supportive services to the thousands of children and families who are victims of alcoholism and substance abuse. There are many ways to make a gift, including: bequests, life income plans, life insurance and retirement plans. For more information on how to include NACoA in your estate plans, please contact Greg Fields, NACoA's Operations and Development Vice President, at 1-888-554-2627, or email - [gfields@nacoa.org](mailto:gfields@nacoa.org)



NACoA is honored to introduce and welcome nine affiliate organizations who have joined our thriving, dynamic cadre of national and international affiliates whose common purpose includes eliminating the adverse impact of alcohol and drugs on children and families. For a direct link to each of them, visit [www.nacoa.org](http://www.nacoa.org) and click "Affiliates."



### **Achieving Health Hand in Hand (Ahhh!) at Pinnacle Community**

Development Corporation works "to link, connect, strengthen and increase the capacity of faith and community partners in Durham and across North Carolina to address the needs of vulnerable populations" and "to prevent substance abuse, mental health disorders (depression/suicide) and HIV/AIDS." Through SAMHSA's Inter-Faith and Community Partnerships initiative, a statewide network of collaborating partners will replicate Ahhh! across NC.



### **Association of Persons Affected by Addiction (APAA)**

Association of Persons Affected by Addiction (APAA) provides recovery support services for individuals in or seeking recovery from alcohol or drug addiction. Located in Dallas, Texas, it is a peer-driven and peer-led recovery community support program that offers non-clinical peer to peer assistance to help support recovery, reduce relapse, and promote high-level wellness in individuals, families and in the community.



### **Community Healing Centers (CHC)** is a community based

organization in Kalamazoo, MI that provides integrated treatment and support services, including children and family support, mental health counseling, addiction treatment and recovery, education and prevention. Committed to serving children and families, CHC has seven sites throughout Southwest Michigan, offering "hope, health, and healing" through a range of professional counseling and support services for individuals and impacted children and family members.



### **Graham Children's Health Services** of Toe River is a

collaborative effort located in Burnsville, North Carolina. It is a community-based, community-led, volunteer coalition with the vision of every child in the Toe River Area achieving the best possible health. It provides NACoA-designed training to the community, to school counselors, nurses, and others to better identify and support children impacted by family alcohol and drug use and addiction.



### **The Neighborhood Center, Inc** in Utica, New York provides

a full range of outreach, preventive, developmental and therapeutic human services for nearly 20,000 people in the local and surrounding communities – a majority of which are children and their families. Its human service roots go back to 1905 when it began as a settlement house assisting immigrants file citizenship papers. Today it continues its enduring mission of truly "human" service by providing child care and family services, behavioral health care services, and a 24-hour no cost Mobile Crisis Assessment Team.



### **Pavillon** provides residential and outpatient

treatment, education and continuing care programs for patients and family members in the foothills of the Western North Carolina Mountains. The Children's Program is a free substance abuse prevention education and support program for children ages 6-14 who have a family member(s) with alcoholism or other addictions. Children learn healthy coping and social skills in a nurturing and comfortable environment.



### **Renascent** is located in Toronto, Canada and has the largest number

of treatment beds in Canada. It offers Renascent Complete Care, combining Primary, Continuing, Family and Alumni Care for those in need of recovery. Care is based on the 12-step philosophy, supports lifetime sobriety and shows the way to a better life in recovery. By involving families and workplaces in treatment, Renascent allows those most affected by the patient's disease to restore order in their lives.



### **Seabrook House** is a private inpatient drug rehab and alcoholism detox treatment center. It offers a three day

Family Matrix Program for family members age 13 and older that allows families to begin to heal and strengthen familial bonds strained by addiction. It also offers on-going family counseling and a unique children's program for young people ages 7-12. The main rehab facility is in Bridgeton, New Jersey and there is an extended-care transitional rehab facility in Tioga County, Pennsylvania.



### **Voices United** is located in Silicon Valley and since 1971 has promoted

lifestyles free of the need for alcohol, nicotine, and other drugs. It has a special focus on reaching those who are affected by other people's addiction, including children. It operates a clearinghouse and a free video/DVD lending library. Six times a year it publishes *New Times for Healthy Lifestyle Choices*, a newspaper with a circulation of 20,000; and every two weeks produces a local TV show on healthy living.



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THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS  
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**Our Mission**

*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 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



**For 2011-2012 race details  
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