

NCADA Makes Waves on the Internet



NCADA updates website

The new NCADA website is designed for anyone who is looking for information on addiction, prevention, intervention, treatment services - virtually anything in the

field of substance abuse and links to related sites. Check it out at: www.ncada-stl.org or www.addictioninformation.com.

Jane Nakken to Speak on Empowering the Recovery Community

Two years ago, the St. Louis Coalition on Addictions created the opportunity for almost two hundred people to hear William Cope Moyers speak at Webster University on what he called *The Great Awakening*, a talk that focused on the need for a "grassroots constituency for advocacy on addiction disease." On October 20, the Coalition and the Missouri Recovery Network will host another speaker at Webster University who will speak on issues that pick up where Moyers left off. Jane Nakken, Executive Vice President for Public Affairs at Minnesota's Hazelden Foundation will be in St. Louis to speak on *Empowering and Embracing Recovery*.

Nakken, who has been with Hazelden for twenty-four years, has a Doctorate of Education degree in Organizational Change and has authored fifteen recovery-related works for Hazelden Publications. She is well known throughout the U.S. for her strong passion for advocacy efforts in the addiction field. Nakken will speak at 7:00 p.m. on Saturday, October



20 at Webster University's Winifred Moore Auditorium. Admission is FREE, no reservations necessary. The event is being sponsored by The Coalition on Addictions, The Missouri Recovery Network, F.R.E.S.H. Renewal Center, The National Council on Alcoholism and Drug Abuse - St. Louis Area and Webster University.

For more information call 962-3456. Plan to attend this interesting and worthwhile evening. An opportunity for audience questions and comments with Jane Nakken will follow her talk as well as refreshments and a social hour. See you there!

NCADA is the Place To Turn for Red Ribbon Week



For the past six years NCADA has been working to spread the message of Red Ribbon throughout the St. Louis Area. The 2001 Red Ribbon activities city-wide will be bigger and better than ever!

In response to the 1985 death of Enrique Camarena, a DEA agent murdered by drug traffickers in the line of duty, communities across the country began wearing red ribbons as a symbol of their commitment to raise awareness of the destruction caused by drugs in America. Today the Red Ribbon is worn to symbolize the belief that one person can make a difference and that together we can give the greatest gift to our youth - a drug-free future.

We have expanded and improved our growing youth and community efforts. Our three days of Red Ribbon Youth Leadership Trainings will train over 1,200 area middle school youth. Topics for this year's workshops include: alcohol, tobacco and other drug (ATOD) information, as well as life skills training. Participants will also attend a special project planning session in which they will learn how to develop their own Red Ribbon activities to take back to their schools and communities. (See page 7 for dates and locations of trainings.)

The second component of our efforts is to educate and mobilize the community to support the Red Ribbon message. We are soliciting businesses, hospitals, faith groups, government and law enforcement to post Red Ribbon posters and have their members wear red ribbons during the week of October 23-31. We are proud to have Schnucks, Dierbergs and Walgreens participate in spreading the red ribbon message again this year. For more information, contact Liz Squibb at 962-3456.



From The Executive Director

In June of this year NCADA celebrated its 21st year of teen institutes and in August we hosted our tenth annual TREND Confer-

ence. Roughly five thousand youth participated in these two leadership events. Although I personally played only a small role in these activities, I feel privileged to have been a part of them and to have met so many of their wonderful *young adult* participants.

I deliberately chose the words "young adult" because in every sense, except age, these students meet at least my definition of an adult. That is, "someone who behaves responsibly and is a positive role model." Amazingly, most of these kids stand up to this definition – while many so-called "adults" do not.

My point however is not to criticize adults – other than to remind people that being of a certain age alone does not make you one. My purpose is rather to highlight some of the truly remarkable characteristics of these young people who I think exemplify "adult" behavior. For starters, these youth, ages 12-18, have the courage to tell their peers they do not wish to use alcohol, tobacco or other drugs. They are willing to stand up for what they believe, even at the risk of being ridiculed or less popular. They believe they have a responsibility to set a good example for younger children. What they probably

don't realize is that they set the example for all of us.

So these kids must be nerds – right? Wrong – that couldn't be farther from the truth. They are, in fact, normal, healthy, intelligent, athletic, good-looking, and fun loving – they just choose a lifestyle that does not include alcohol, tobacco or other drugs. I think they're pretty incredible, and everyday I hope more youth – and adults will follow in their footsteps.

After being in this field for nearly 30 years - it's easy to become a bit cynical. I find it more and more difficult to respect our top athletes, politicians, movie stars and musical artists who continually disappoint us with their bad behaviors. So, why do we look up to them, when the true heroes are young men and women like our teen institute and TREND graduates?

And you know what? These kids are not alone. There are boy and girl scouts, 4-H members, church youth groups, and many other young adults doing their best to do the right thing. They are leaders, struggling against tremendous pressures to fail, and yet they manage to endure. And oddly, our adult society gives them very little support and recognition.

So, to those of you who have accepted the challenge of being drug-free, you have my deepest respect and admiration. You make us proud. And, to all of our adult readers I encourage you to make your support known as well – because it will make a difference.

From The Development Director

Maggie Gunn Fowler

*Summer has come
Summer has gone
It's hard to believe
A new season has dawned!*

For the Development Office, the highlight came in June. We had a fantastic Golf Tournament thanks to generous sponsors, (especially Seeger Toyota and Toyota Motor Company), players, auction bidders, raffle participants, and volunteers.

*Goodness and kindness
Filled each summer day –
As generosity poured in
From every which way!*

Just check our donor page! We truly appreciate each and every contribution – from \$5.00 to \$10,000.

*All NCADA donors
Are a special breed
'Cuz they see the elephant
That lurks in our community!*

This elephant of course is substance abuse, which can be curbed if we stop underage use. Studies now show that youth who avoid abuse before age 21 have little or no chance of encountering such problems later on.

Therefore, we invite you to join in our special fall project during National Red Ribbon Week in the last week of October. You will be in good company!

NCADA-trained middle school students will lead school-wide projects including planting a *Drug-Free Garden*. During April Alcohol Awareness Month, red tulips will be a reminder to stay substance free. We will also distribute red ribbons to local stores and encourage area businesses to plant red tulips.

Now we extend a personal invitation to you. Please join our *Painting Party* and help set youth on the *Path of Prevention*.

*The War on Drugs –
It's real and it's here.
Together we'll win it
Starting this season, this year!*

The Key

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The National Council on Alcoholism and Drug Abuse-St. Louis Area is a private nonprofit agency serving metropolitan St. Louis as the primary resource on alcoholism and drug abuse. Services include assessment and referral, intervention services, trainings and comprehensive prevention programs for schools and communities.

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*then... Eastern
Region Teen
Institute (RTI) 1986*



now...RTI 2001



*then...a 1988 TREND
party hosted by
Monsanto*



*now...TREND
Conference 2001*

Commentary

Nowhere to Turn? Know Where to Turn!

How much do you know about the many services provided by NCADA – St. Louis? For instance, did you know that NCADA has a HELPLINE service that helps individuals and families find help for alcohol and drug problems?

Over the past thirty-six years the Council has become well known in St. Louis, but depending on one's involvement or exposure to NCADA, most people are not aware of all the services it provides to the area. Many have become familiar with the Council because of the work it does with youth to prevent alcohol and drug abuse, others because of media exposure. It is not unusual to see or hear an NCADA staff member on television or radio speaking on an issue relevant to alcohol and drugs. What is sometimes

lesser known is one of NCADA's core services, it's Information and Referral Helpline. NCADA's long-standing slogan *The Place to Turn* is perhaps best realized by the presence of our Helpline, a service



that makes alcohol and drug counselors available for the many calls that come into our offices every day by individuals or families looking for information or help with alcohol or other drug issues.

The NCADA Helpline is unique in the St. Louis area. Counselors are available from 9-5 Monday through Friday. Through it's Helpline NCADA receives thousands of calls a year from individuals with questions or seeking help for themselves or a loved one. They often have no idea what to do or where to start in achieving resolution for an alcohol or drug problem. At no charge to the individual, they receive valuable assistance by a counselor who will listen to their situation and provide guidance and referral information, depending on their needs. If you encounter an individual or a family who needs help, don't hesitate to have them call us at (314) 962-3456. The NCADA–St. Louis Area truly is the *Place to Turn*.

Teen Comments on 2001 Regional Teen Institute



Below is a letter from Greg Laposa (bottom right), a teen from St. Mary's High School, to RTI Director Marilyn Bader on his experiences at Regional Teen Institute (RTI):

Hey Marilyn,

I just wanted to say thank you. I can only describe Regional Teen Institute as "life changing." That's what it was for me. I can't tell you how great I felt when I left RTI. I will tell you the truth, when I first came to camp I was very homesick. I wanted to go home. However, as the week progressed, I didn't want to leave

RTI. I was very nervous and pretty shy in the beginning. As the week went on though, I felt like I could open up a lot more - and I did. I met so many people of so many backgrounds. I formed close relationships with them and I had no idea that I would actually make a lot of friends at RTI, but I did.

My small group was, in my opinion, the best group. We all listened and communicated with each other. It wasn't really until Thursday that I opened up in that group. But when I did, I felt so good inside. Friday was one of the hardest days I have ever faced. All of us in our small group, had to fight back tears as we read each other's endless compliments. That is what I call a "natural high." It made each person feel so good. We really didn't want to leave each other. I was shocked that I felt more emotionally attached to those people than I had at my own grade school graduation.

What does that tell you? It tells me that I have grown as a person. RTI is responsible for that. I plan to continue the many friendships I made at RTI this past week.

I also learned so much more than I ever knew about life in general. I learned leadership and "life skills." When I left RTI I truly felt that I could make an impact and that all of us can change the world. I learned about the many chal-

lenges that face the youth and the adult population of this world. I learned how I can make a difference and how I can change it.

I woke up today with a new attitude towards life and I will continue to do that. I thank you for that. I will be involved in several leadership programs. I am going to be a part of a core group of people who start the Renaissance program at our school. I also plan to join HiSTEP and TREND.

I respect you and the staff at NCADA and every single person I met at RTI. You are all heroes and leaders to me. You did change my life and my views on life. Instead of following, I will lead, and instead of watching, I will make a stand.

When I came home, I told my family that RTI was one of the best experiences of my life. I really want to come back next year and I am going to try my hardest to do that.

Well, I just wanted to take time out and give you all the gratitude from my heart for everything you have done for me. I wish there were more people like you in this world. Thank you so much!

Greg

Does prevention work? This letter and hundreds like them confirm the power of prevention - one life at a time.



Key Bulletin Board

Recovering Alcoholics Effective in Helping Others

A new report shows that people in recovery can help hospitalized alcoholics by encouraging them to quit drinking and enter counseling. The study included 140 patients who were hospitalized for alcohol related incidents. Researchers found that 59 percent of those who met with recovering alcoholics abstained from drinking for six months after the incident, compared to 44 percent of those who received addiction counseling alone, and one-third of those who only received medical care. Half the patients who met with recovering alcoholics had entered some form of treatment, compared with only 15 percent of those who received medical treatment and counseling.

Join Together - 6/14/01

Drinking Can Cause Brain to Shrink

According to a report in the July issue of the *Journal of Neurology, Neurosurgery & Psychiatry*, drinking contributed to shrinkage of the frontal lobe, the center for emotions, planning and other higher behavior, particularly as individuals aged. Studies have shown that this area is highly susceptible to alcoholic brain damage.

Reuters Health 7/4/01

Single Drug Exposure Can Alter Brain Function

Researchers from the University of California in San Francisco report in the May 31 issue of *Nature* that a single use of cocaine can modify neural connections in the brain, and this may help explain at the cellular level how occasional drug use can progress into a compulsion. The increase in synaptic currents that were activated by cocaine had many similarities to the changes in neural activity involved in learning and memory processes in many areas of the brain.

NIDA News 5/30/01

Energy Beverages Being Used as Party Drinks

Health officials are concerned that non-alcoholic energy drinks are being misused as party drinks. The new drinks, including Red Bull, Adrenaline Rush, and Jones Whoop-Ass Energy Drink, are the fastest-growing segment of the beverage industry. Most contain stimulants such as caffeine and guarana, a derivative of a South American plant. Health officials are concerned about the dangerous perception that mixing alcohol with these drinks make partiers get drunk faster but stay more alert at the same time.

Join Together - 6/25/01

Increasing Teen Use of Ecstasy, Steroids

According to the annual Monitoring the Future survey, the use of MDMA (ecstasy) has increased in all age groups and that the use of steroids has risen among 10th graders. The findings marked the second consecutive year of increased MDMA use among 10th and 12th graders and the first increase among 8th graders.

NIDA Notes, Volume 16, Number 2

Naltrexone Effective for Heroin Detox

Naltrexone, designed to block the effects of opiates and used to reduce cravings in patients with alcoholism, has been found effective in helping heroin addicts according to a study reported by the Australian Associated Press this month. Researchers found that patients who had been on methadone treatment in the past were more likely to continue treatment with naltrexone.

Alcoholism & Drug Abuse Weekly - 7/23/01

Britain's Drug Policy Favors Treatment

Brighton, England, Britain's drug mecca, has the highest level of heroin-related deaths in the country. With criminal justice measures failing to reduce addiction, the British government is being pressured to adopt a treatment-oriented approach to addiction.

For a number of years, Britain pursued a harm-reduction approach to its drug problems. But when this failed to show positive results, the government turned to more repressive criminal-justice measures, incorporating drug policy into a "get tough on crime" strategy. Presently, the British government is pursuing more drug treatment and has established an independent panel to look at Britain's drug laws.

St. Petersburg Times 7/31/01

Dad's Use of Marijuana May Increase Risk of SIDS

New research suggests that Fathers who smoke marijuana may be putting their infants at risk of sudden infant death syndrome (SIDS), a major cause of death among infants.

The findings, reported in the July issue of the *Archives of Pediatric and Adolescent Medicine*, show that infants of fathers who reported smoking pot at any time after the birth were nearly three times more likely to die of SIDS compared with infants of fathers who did not smoke. And men who smoked during their partner's pregnancy were about twice as likely to have a child who died of SIDS, the investigators found.

Archives of Pediatric and Adolescent Medicine 2001;155:765-770.

Cocaine Cravings Intense Months After Quitting

New research may help explain why some people addicted to cocaine have a harder time resisting the drug a few months after they stop taking it.

In a rat study, researchers found that the animals' cravings for cocaine increased rather than diminished as time passed after they were denied the drug. As time went on, the animals were much more likely to try to get a dose than animals who had recently stopped taking it.

If the same is found to be true in humans, the findings could have implications for treatment programs that currently just focus on getting addicts through the short-term withdrawal phase.

Reuters Health 7/11/01

Tobacco Use May Kill Women's Eggs

Scientists now have genetic evidence to explain a suspected connection between smoking and female infertility.

Experiments in mice grafted with human ovarian tissue show that toxic chemicals found in cigarette smoke and air pollution can activate a gene in egg cells that pushes them to self terminate. Boston researchers say the findings may help explain the early menopause and fertility problems that have been seen in female smokers.

Reuters Health 7/16/01

Tributes, Contributions and Memberships

Made June through July 2001

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Whitmoor Country Club
Bob Woodsmall



TRENDSitters at the National TRENDS Conference, August 3-6, at the Doubletree Hotel in Chesterfield are "busy bees" having drug-free fun with basketball great Archie Tally and earning college scholarships from Blue Cross Blue Shield of Missouri.

Staff Update



Joyce Fry is now on the C-2000 staff as a prevention specialist. Joyce is a certified speech and health teacher

and has most recently been the ESL teacher at Lindberg High School. As a parent volunteer, Joyce devoted much time to prevention in her community and is thrilled to be able to continue her dedication to our field as an employee.



Brennan Hollingsworth has joined NCADA's city office as a prevention specialist. He comes to us from the West

County YMCA's School Age Child program. In May, he graduated from Webster University with a B.A. in Elementary Education. Welcome Brennan!

Support United Way

The United Way of Greater St. Louis begins its 2001 fundraising campaign this month. Contributions generated from the campaign help support the programs of NCADA and more than 170 additional local health and human service organizations. A United Way Contribution is cost-efficient. That's because more than 90 cents of every contribution dollar is strategically invested to help people in the community.

Many of the people we serve receive help from more than one United Way supported agency. It takes a system of agencies providing a variety of programs to keep our community healthy. That's why a contribution to the United Way is so important.

Please support the United Way. It's the best way to give and the best way to care for our community.

TRENDsetting News

August 3-6, 2001, NCADA sponsored the National TREND Conference, the cornerstone leadership training for youth in TREND Chapters and other groups which provide drug-free alternatives for youth.

The Conference's tenth anniversary was held at the Doubletree Hotel in Chesterfield, where 250 youth and adults from ten states came together to initiate or expand their prevention programming for middle and high school students. A unique feature of the conference was the use of canines to illustrate TREND's drug-free message. NCADA's Information and Referral Specialist, Bobette Figler, and her service dog Flint presented a workshop entitled "Who Let the Dogs In" which informed students how they can use their volunteer services to let dogs into the lives of disabled individuals and support the American Service Dog Association. Other presentations with canine partners included entertainment by renown magician Jim Lysaght and his pups, Liberty and Rock II; a powerful address featuring Marcus Engle, a young



Bobette Figler and her service dog Flint

man blinded when his car was hit by a drunk driver, and his support dog Dascher; and K-9 Reno and Officers Dave DeGonia and Dave Eddebach from the Kirkwood Police Department presenting on narcotic searches.

To learn more about TREND, contact Ginny Shaller, TREND Coordinator or visit TREND's website at www.ncada-stl.org and hit the TREND link.



Volunteer Spotlight: 2001 Golf Committee

The Golf Committee is comprised of volunteers within the community who have an interest in helping NCADA raise money in support of our youth prevention programming. A great deal of time and effort goes into the planning of an event of this magnitude and this committee needs to be commended for all of their hard work in making the tournament such a success. The committee began meeting on a monthly basis last November, fine-tuning all the details of the event. Sponsorships, players and prizes all needed to be solicited, and the committee scoured the area looking for area businesses and individuals to support NCADA and our

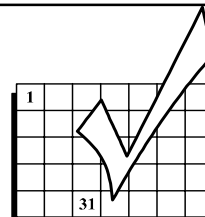
2001 Golf Committee

- | | |
|--------------------|------------------|
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mission. Due mainly to the efforts of this group, over \$43,000 was raised for the benefit of our area's youth. Congratulations on a total team effort! We are already making plans for 2002, and will begin meeting in October. If you, or anyone you know would be interested in joining our committee, please contact Chelle Dohrmann at 314-962-3456 or cdohrmann@ncada-stl.org.

RESOURCES

Coming Events



New Books at NCADA's Library

Two new books from Terry D. Cooper are available for check-out at NCADA's Brentwood Library. *I'm Judgemental You're Judgemental* and *Accepting the Troll Underneath the Bridge* are self-help books for freeing attitudes and overcoming self-doubts.

On-Line Resource for Treatment

Substance Abuse Mental Health Information (SAMHI) Online is a publicly funded website designed to help consumers, families, and professionals locate services and information relating to mental health, addiction, and mental retardation services in the St. Louis, Missouri area.

SAMHI's goal is to provide families and consumers with the information they need to make an informed choice in the behavioral health care. For more information, visit their website at www.samhi.org

New Resource for Kids

KidsCast is a radio news program featuring stories written and reported by kids for kids. The program is produced by The MissouriNet—a statewide radio news network—in cooperation with the Missouri Division of Alcohol and Drug Abuse. For more information call the NCADA or visit their website at www.kidscastradio.com.

Sep. 12

Coalition on Addictions Meeting - 12:00 p.m. at NCADA's Brentwood Office, (314) 962-3456.

Sep. 15

Brentwood Days - Visit our interactive family booth, 962-3456.

Sep. 17

Missouri Recovery Network - St. Louis Chapter Meeting, 5:30 p.m. at Behavioral Health Response, 12140 Woodcrest Executive Drive, Suite 220, (314) 469-4908.

Sept. 29

Operation BOB (Battle of the Bands) - Party for High Schoolers, Jefferson Barracks, \$8 in advance, \$10 at the door, 962-3456.

Oct. 2

Red Ribbon Leadership Training - Scottish Rite Cathedral, 962-3456.

Oct. 4

Red Ribbon Leadership Training - Festus Armory, 962-3456.

Oct. 5

Red Ribbon Leadership Training - UMSL, 962-3456.

Oct. 10

Coalition on Addictions Meeting - 12:00 p.m. at NCADA's Brentwood Office, (314) 962-3456.

Oct. 13

TREND Leadership Training - Richmond Heights Parks & Rec. \$20 per person, 962-3456.

Oct. 15

Missouri Recovery Network - St. Louis Chapter Meeting, 5:30 p.m. at Behavioral Health Response, 12140 Woodcrest Executive Drive, Suite 220, (314) 469-4908.

Oct. 20

Coalition on Addictions/Missouri Recovery Network: Empowering and Embracing Recovery, Jane Nakken, 7:00p.m. at Webster University, 962-3456.

Oct. 22-27

National Collegiate Alcohol Awareness Week - 303-871-0901 or www.bacchusgamma.org.

Oct. 27

TREND Party for Middle School - The Pointe in Ballwin, 962-3456.

Oct. 23-31

National Red Ribbon Week - celebrate drug-free lifestyle, 962-3456.

Nov. 9

Battle of the Bands - Party for high schoolers, Lafayette High School.

Nov. 13

TREND Sponsors Networking Meeting - Blue Cross Blue Shield, 962-3456.

Nov. 14

Coalition on Addictions Meeting - 12:00 p.m. at NCADA's Brentwood Office, (314) 962-3456.

Nov. 15

Great American Smokeout - American Cancer Society, (314) 286-8100.

Nov. 19

Missouri Recovery Network - St. Louis Chapter Meeting, 5:30 p.m. at Behavioral Health Response, 12140 Woodcrest Executive Drive, Suite 220, (314) 469-4908.

Nov. 22

Mid-America Holiday Parade - students needed as balloon handlers, 962-3456.



Bob Bowling made some excitement by hitting a Hole-in-One on the 17th hole and winning \$1,500 worth of Strata golf balls!



Congratulations to Championship Flight Winners, Kent Gaines, Perry Roberts, and Steve Hoven, sponsored by Emerson.



Executive Director, Ed Tasch, recognizes Tom Seeger & Toyota for helping youth become heroes in the War on Drugs by being presenting sponsors of the Golf Tournament since 1995.

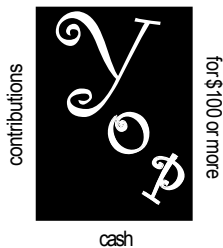
Congratulations to Marie Glynn, raffle prizewinner of the American Airlines/AE roundtrip ticket for two. Other raffle winners: Fred & Eda Varney - \$500 cash, and Paul Eckrich - 2 tent passes to WCG American Express PGA Championship, featuring Tiger Woods.



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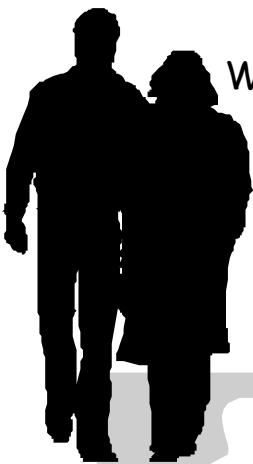
Mental Health Board



Missouri Community 2000
Support Center

PARENT NET

A Service for Parents with Using Teens



When they're
growing up,

things can
get shaky.



One of the most difficult and frightening experiences for any parent is having a teen who is using alcohol or other drugs. When this happens in a family most parents aren't sure what to do or how to react. "We get calls at NCADA all the time from parents in this situation. They are often upset and looking for guidance; seeking help for an issue that many of them have never experienced before," said Stacey Hensler-Stone, NCADA Information and Referral Specialist. "Over the phone we can help them, but Parent Net allows us the opportunity to provide a direct service to parents who are in need of more direction, ideas and guidance."

Parent Net is a new program at NCADA. Similar to Family Net, the program NCADA had offered in the past several years to parents and their teens, Parent Net is a safety net just for

parents. "We know how frustrating it can be and how frazzled parents get when they suspect or know their kid is using," said Bobette Figler, another of NCADA's Information and Referral Specialists. "Parent Net will provide them an opportunity unlike any other we are familiar with. They can come here and meet with other parents and professionals who are familiar with both the issues and the solutions of teens using chemicals. We have created a dynamic program that is extremely affordable and easy to access."

Parent Net is open to any parent or parents. It is held one Wednesday evening of each month from 6:30 – 8:30 p.m. The cost for one or both parents is \$25. It is necessary to pre-register. For further information, call the NCADA at (314) 962-3456.