



### NCADA Spring Awards Luncheon To Be Held April 4, 2003

It's that time of year...to mark your calendars and look forward to our annual luncheon, where we gather in fellowship, celebrate spring and honor some of the best and most dedicated individuals supporting the field of alcohol and drug abuse treatment and prevention. On Friday, April 4<sup>th</sup>, the annual **NCADA Professional Membership Program Awards Luncheon** will feature a keynote address by one of St. Louis' best-known media voices, **Charles Brennan** of KMOX Radio. Known for both serious and entertaining interviews and commentaries on KMOX, Brennan has also made his mark in St. Louis by regular appearances on KETC-TV's "Donnybrook," and by donating the royalties from his Zesty BBQ sauce and his book "Walking Historic Downtown St. Louis" to his non-

profit corporation "Rediscover St. Louis."

Brennan, a fifteen-year veteran of KMOX, was named one of America's top 25 "most influential radio talk show hosts" by USA Today, and one of the "100 most important talk show hosts in the United States" for the past eight years.

This year's luncheon will be held at noon on Friday, April 4 at the Junior League of St. Louis, 10435 Clayton Road. A silent auction, starting at 11:30, and the annual recognition awards will be included on the agenda. The Bronze Key, Gateway, Helen B. Madden, Volunteer and Community Service Awards will be presented.

The cost of the luncheon is \$27 per person or \$230/table of ten. All reservations must be prepaid by April 1. This event is open to the public. We recom-

mend calling or responding to mailed invitations as soon as possible. Please call NCADA, (314) 962-3456 to make reservations or for more information.

**Charles Brennan**  
April 4, 2003



### NCADA Trivia Night is "Unquestionably" a Success!

NCADA's 1<sup>st</sup> Annual Trivia Night on February 1 at Clayton High School was a sell-out! Thirty teams of eight competed to answer Master of Ceremony Jack Parres' questions, while also generously contributing to several raffles and a pot-of-gold. Thanks to them and the individuals and businesses that served as Round Sponsors and Attendance Prize donors, NCADA raised \$4,300 towards our prevention programs. Please help us show our gratitude by supporting

the area merchants (see Donor List) that made this night such a success!



### We Have A Winner!



Congratulations to **Della Wagener**, this year's winner in NCADA's 2nd Annual Huey's Honda Civic Challenge! The lucky ticket was drawn December 14 at Savvis Center during the SLU vs. Dayton basketball game. Special thanks to Saint Louis University's Athletic Dept. for donating tickets that allowed so many of our donors to be on hand for the festivities. This event would not have been possible without the generosity of **Huey's Honda**, and chairs, Peter & Emily Huey. Thanks again to all who purchased tickets to help "stop" underage drinking and other drug abuse!



## From The Executive Director

In a world of “political correctness,” I think I usually do a pretty good job of conforming.

Notice I used

the word “usually” because there is one area in which I seem to be extremely politically incorrect. Forgive me, but I have been unable to accept “alcohol” as an important part of my life. I don’t dislike alcohol. I feel it’s okay for adults to drink alcohol responsibly. But here goes the political incorrectness, I don’t think we need to glorify alcohol or make it a part of everything we do, especially at venues where children are present.

Okay – I’ve said it. I think our society makes too big a deal of alcohol. Alcohol use – and abuse – are portrayed as funny, sexy and a necessary ingredient for most every activity. Sure, maybe I don’t see it this way because I work in the field of substance abuse prevention and I am more aware than most of the damage alcohol wreaks on our kids, families and communities. And yes, I worked in the criminal justice system where I learned about the high correlation of alcohol to crime, and especially violent crime. And, of course, I pay a little more attention to things like the number of kids killed or injured in drunk driving accidents, those

who get pregnant under the influence of alcohol, and those abused by drunk or drugged parents. Perhaps I am a bit tainted, but should expressing negative feelings about alcohol really be politically incorrect?

Just think about it – where do you go anymore where alcohol isn’t served? The Fox – serves. Movie theaters – some serve. Charity auctions, golf tournaments, bowling alleys, little league ballparks – serve, serve, serve and serve. How about Major League sporting events? I sometimes think it’s become more about the drinking than the game. It’s too much.

Please don’t judge me as a radical, but could all this alcohol hype have something to do with why children are so drawn to alcohol?

Maybe with time I could begin to ignore what alcohol, tobacco and drugs do to our kids. Maybe I could learn to enjoy ads with two beer drinking, scantily clad, mud wrestling women without thinking how the ads might be perceived by a child. I could truly become politically correct by just accepting drinking as a right of passage. No – I can’t do it. I guess I’ll just remain a politically incorrect loser who doesn’t appreciate how important alcohol is to our society. Sorry.

## NCADA Board Elections

NCADA held its annual board of directors meeting at the Cheshire Inn on January 27, 2003. The meeting honored retiring board members now moving to the advisory board: Ruth Ann McGowan, Larry Richardson, Eva Frazer, Paul Clark and Diann Gross. Four new board members were welcomed: Mary T. Dolan, Cheryl Kellogg, Marilyn Moore and Darrell Roegner. Two current board members, John Costello and Tom Herrmann, were re-elected for another three-year term. The following board members were elected as officers for 2003: Judy Brostron, president; Tom Erickson, Tom Herrmann, Charley Meyer, Connie Schnuck, vice presidents; Tom Erickson, treasurer; and Peter Huey, secretary. Thanks to all these dedicated volunteers!

## From The Development Director

Maggie Gunn Fowler

**HOPE ABOUND!** As we closed 2002 and opened 2003, several couples and St. Anselm Parish invited friends, associates and parishioners to *Home for the Holidays* receptions. Although attendance was not huge, we received incredibly generous financial support – for which we are profoundly grateful.

Each gathering hosted two to four students who - in his or her own way – described today’s teen social scene and how NCADA has helped them and their peers confront underage substance abuse.

One-by-one, they brought prevention to life. Some shared their HiSTEP experiences as teen teachers for younger children. Young Lisa affirmed our strategy - “It’s hard to go out on Friday night and drink when you have these 4<sup>th</sup> graders in your head!”

Others spoke about NCADA’s 4-day teen institute where they learned about “alcohol and all kinds of other drugs,” and about healthy alternatives and exerting positive peer pressure. Many proudly touted their membership in TREND’s teen-run clubs.

What an incredible experience – to hear, see, and feel their bonds as brothers and sisters in NCADA’s family of young *heroes* fighting and winning real battles in the War on Drugs! These kids are living proof that NCADA **is** being true to our mission to free our community of problems associated with alcohol and other drugs.

And these 12 students represent a fraction of our almost 40,000 NCADA youth. On behalf of them and all the individuals and families we serve, I **appeal** to you to support our mission.

Throughout 2003, whenever you feel the urge to pin a badge of honor on your special *hero* – young, old, living, or deceased – please use your *Key* envelope to make a contribution towards our new funds. Your donation will set more youth on the *Path of Prevention* and more adolescents and adults on the *Road to Recovery*.



## The Key

Published by NCADA-St. Louis Area

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**Executive Director:** Edward F. Tasch

**Editors:** Jane Young, Teresa Ziegler

All contributions are tax deductible.

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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# BUSH ADMINISTRATION SEEKS FAITH-BASED TREATMENT FUNDS

Dan Duncan  
NCADA Director of Community Services

In his State of the Union address on January 28, President Bush proposed a new initiative to address drug addiction in America. The initiative would provide \$600 million over the next three years to "help Americans find treatment." While his address lacked specifics, the State Department later announced that this new program would provide vouchers to individuals in need of assistance for addiction. The main focus of this new initiative is the inclusion of faith-based treatment.

This new proposal, which will be presented to Congress, is already receiving scrutiny, with reactions that range from applause to protest. For those already involved in the delivery of services to the addicted, an infusion of funding to increase dwindling resources would be an extremely welcome phenomenon. The welcome, however, will be tempered with caution, depending on what exactly the administration will actually be proposing when it comes to faith-based treatment funding. Most concerns center around the issue of whether faith-based treatment will be in competition with, or in addition to, current treatment services. Also, what requirements will faith-based organizations be expected to meet in order to offer services to the addicted? These are the two primary questions that will have to be answered before the addiction treatment community in America will know whether

they can support this proposal, or not.

Hopefully, President Bush and his administration understand that faith-based programs cannot and should not substitute for professional, comprehensive programs that treat addiction. While there certainly can be a spiritual component to the



development and/or recovery from addiction disease (as is the case with other illnesses, as well) addiction is not a one-dimension illness. To the contrary, there are biological, psychological and social aspects that need to be addressed, as well. You would not likely go get treatment for heart disease or cancer from your minister, although you may reach out for spiritual assistance or sustenance, in ADDITION to other professional or medical help. In fact, the combination of traditional treatment and the reinforcement or renewal of one's spiritual faith can be a winning combination in the wellness of recovery.

The Department of State has stated that "The President's plan is designed to

complement existing programs and ensure that Americans struggling with addiction have access to a comprehensive continuum of effective treatment and support service options, including faith-based and community-based programs, and ensure that these options are more readily available...allowing individuals greater choices...states will work with a consortium of public and private entities to jointly administer the program...the transforming power of faith will now be available to those suffering from alcohol and drug abuse."

A word of caution is in order. The world of faith or religion is broad and diverse. Within that diversity exists various approaches to addiction. Some still approach addiction as a "sin" rather than the disease it is. The "sinner" approach often involves shaming, regarding the person as "bad" as opposed to ill. This is, in our opinion, a regressive approach to addiction, one that has not helped most people. If religious institutions are going to be allowed access to funding for the treatment of addictions, those institutions must be held accountable to the same standards of competency, science, licensure and practice that those they will compete with funding are held to. Failing that, we could be heading down a very slippery backwards slope to our past. Keep your eye on this issue, and be willing to speak out, if necessary.

## "NCADA's HEROES - HOME for the HOLIDAYS."

As 2002 came to an end and 2003 began, several couples and St. Anselm Parish invited friends, associates, and parishioners to *Home for the Holidays* receptions. Numerous students attended each gathering, where they described today's teen social scene and how NCADA has helped them and their peers confront underage substance abuse. Thanks to all the hosts and speakers for five wonderful events!

### Heroes Holiday Party Hosts:

Helaine and Mike Boland  
Judy and Ken Brostron  
Mary Lou and George Fitzsimmons  
Janet and Jason Popelka  
St. Anselm's Parish



### Youth speakers who helped make these events successful:

Ben Fischbein	Joe LaMonica
Brian Klesh	Phillip Laposa
Dan Kuhlmann	Jack Michaelson
	Quentin Mobley
	Jake Novak
	Jessie O'Leary
	Kristin Schmitt
	Lisa Yemm





### As Meth Increases, More Kids Placed in Foster Care

As the use of methamphetamine increases across the United States, the number of children being placed in foster care, especially in rural areas, is rising. According to authorities in Indiana, meth use is more prevalent in counties with the highest unemployment rates and fewest resources. The U.S. Drug Enforcement Administration warns that the manufacture of methamphetamine also puts children at risk for severe injuries. Since the drug is generally made in the home from household chemicals and fertilizer, children can be more at risk than with many other drugs.

*CNN.com 1/20/2003*

### New Research Supports Marijuana As Gateway Drug

New research from Australia may lend more support to the theory that marijuana can lead to use of other drugs.

The study from Queensland Institute of Medical Research involved 311 sets of same-sex twins, in which only one twin had smoked marijuana before age 17. The researchers determined that the marijuana-using twins were twice as likely than their siblings to later use opiates, such as heroin, and five times more likely to use hallucinogens, such as LSD.

Researchers noted there were a number of reasons why the marijuana smoker used other drugs besides brain chemistry—including access to drugs, willingness to break the law, and likelihood of engaging in risk-taking behavior. The controversy surrounding marijuana as a gateway drug has intensified over the years, as more states debate the use of medical marijuana and the legalization of the drug.

The study's findings and the editorial are published in the Jan. 22 issue of the [Journal of the American Medical Association](#).

*Join Together Online 1/23/2003*

### Federal Prisoners' Drug Use Rising

According to a report by the Justice Department, drug addiction and a lack of treatment are ongoing problems at the nation's 102 federal prisons. The report found that visitors, prison staff and the mail are the main ways drugs are getting into the prisons.

The report said the U.S. Bureau of Prisons does not provide enough drug treatment because it relies on outdated estimates of inmates with drug problems. The report said the bureau's estimate of 34% is at odds with more recent research that places the percentage at 50% to 80%.

Key avenues for drugs to enter prisons are "contact" visits in which inmates are allowed to touch family members and friends, the report said. Drugs have been passed to inmates through soda cans, babies' diapers and kisses.

*USA Today, 1/23/2003*

### Wine Not Sole Reason For French Health

New studies challenge the research that wine is the reason for the low rate of heart disease among people in France.

The World Health Organization reports that several studies now indicate that the heart-disease rate in France may not be as low as originally believed. The latest studies show that low heart-disease rates are mainly found in southern areas of France, where people eat a Mediterranean-style diet featuring less meat and more seafood and olive oil. Northern France residents, on the other hand, eat more high-fat meat and butter.

In addition, other studies have found that the French eat more fruits and vegetables than Americans, which also contributes to lower rates of heart disease. Plus, French people do more moderate exercise on a daily basis than Americans, and are half as likely to be obese.

*Join Together Online 1/31/2003*

### Females Become Addicted Faster

Girls and young women are more easily addicted to drugs and alcohol, have different reasons than boys for abusing substances and may need single-sex treatment programs to conquer their addictions, according to a study released from the National Center on Addiction and Substance Abuse at Columbia University. The study found that girls tend to experiment with drugs if they reach puberty early, have eating disorders,

want to reduce stress or alleviate depression, or have been physically or sexually abused, while boys typically try drugs for thrills or heightened social status.

Researchers suggest that treatment be designed to address this gender gap with parents, educators, and doctors boosting preventive efforts with girls who fall into the various risk categories.

*CBS News.com 2/5/2003*

### It's Never Too Late to Quit

According to a study published in the British Journal of General Practice, quitting smoking is easier for older smokers than younger people.

The study found that every 10 years of age increased the likelihood of success by 32 percent. In addition, participants who had tried to quit smoking before, were 80 percent more likely to succeed than those who had never tried to stop.

*Join Together Online 2/7/2003*

### Zero-Tolerance Policies Hide Students' Drug Usage

A British study finds that zero-tolerance drug policies, in force in many schools throughout the United States, may not be helping students. The study of 300 young offenders who had used drugs found that low- or zero-tolerance policies may be forcing students to hide their drug problems. Researchers concluded that the policies encourage children to conceal rather than deal with their drug use, and can lead to the exclusion of those caught. The report also stated that the students who are caught are not necessarily those who use drugs most and not the only users in school.

*Join Together Online 2/7/2003*

### Teens Think Trying Ecstasy is OK

The majority of American teenagers say they see no risk in experimenting with ecstasy, according to a survey released by the Partnership for a Drug-Free America.

Although use of ecstasy has leveled off after a big surge, 55% of teenagers say they see no great risk in trying it. The survey also found that although 77% of teens see great risk in using ecstasy regularly, only 45%, the minority, said they saw great risk in trying it once or twice. Nine percent said they had used the drug in the past year, little change from the 10 percent in 2001.

*CNN.com 2/11/2003*

## Tributes, Contributions and Memberships

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		Nancy Jones			
		Cheryl & John Kellogg			

## EASTERN REGIONAL SUPPORT CENTER PROMOTES HIGHWAY SAFETY

The Eastern Regional Support Center, a program of the National Council on Alcoholism and Drug Abuse – St. Louis Area (NCADA), was instrumental in identifying lawmakers' support which led to the passage of legislation that educates young people about safe driving. After the Support Center contacted State Representative Charles Portwood (R – Ballwin) who garnered support from State Senator Anita Yeckel (R – St. Louis), two identical acts were passed in the Missouri House of Representatives and Senate which require the Department of Revenue to give all first-time driver licensees information on the dangers of operating a motor vehicle while in an intoxicated or drugged condition. Governor Holden signed the legislation in July which became effective August 28, 2002.

A new annual safety initiative was created by the Support Center during

Red Ribbon Week, October 23 –31, a national celebration which encourages communities to show their support of a drug-free lifestyle. The Missouri State Highway Patrol cooperated by having all 1200 Patrol cars across the state turn on their headlights and display red ribbons tied to their antennas which were provided by the Gateway MADD Chapter.

In another partnership with the Gateway MADD Chapter, the Support Center recruited high school students involved in TREND, NCADA's drug-free alternatives program, to help promote safe driving on New Year's Eve. Students from TREND Chapters at Ladue Horton Watkins High School and Lafayette High School tied red ribbons to car antennas after the cars



were washed at the Waterway Car Wash in West St. Louis County. This annual collaboration is well supported by the community and the youth workers are rewarded with a pizza party following the event. If you would like to help support safe driving initiatives, contact Ginny Shaller at 314-962-3456.

**In Memorium**

We are sad to report the deaths of two individuals well known to the St. Louis addictions field. Lyle Cameron, who was the Executive Director of the Edgewood Program at St. Johns Mercy Medical Center before he retired, died on January 11<sup>th</sup> in Hudson, Wisconsin. Nancy Omohundro, long-time Program Director of Queen of Peace Center died on February 8. Both Lyle and Nancy positively impacted the lives of many individuals and families dealing with addiction disease over the course of their careers. They will be missed.

# Coming Events



**TREND Conference Update**

“Ignite Our Spirit – Illuminate Our Communities” is the theme for the 2003 TREND Conference to be held August 7-10 at the Doubletree Hotel in Chesterfield. This dynamic annual event is the cornerstone leadership training for youth and adults involved in two of NCADA’s prevention programs, TREND and the Regional Support Center for Community 2000 Teams. Interested individuals should contact Karen Jones at 314-962-3456 for more programming information and registration materials.



- Mar. 12..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Mar. 17-23..... **National Inhalants and Poisons Awareness Week** - www.inhalants.org or 800-269-4237.
- April..... **Alcohol Awareness Month** - Underage drinking will be the focal point for the 2003 Alcohol Awareness Month. Visit www.ncadd.org for more information.
- National TREND Awareness Month** - (314) 962-3456 or www.ncada-stl.org.
- Apr. 2..... **Kick Butts Day** - Tobacco awareness for young people. For more information contact Campaign for Tobacco-Free Kids (202) 296-5469 or www.tobaccofreekids.org.
- Apr. 2..... **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Apr. 4..... **NCADA ANNUAL AWARDS LUNCHEON** - (314) 962-3456.
- Apr. 9..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Apr. 10..... **National Alcohol Screening Day** - 314-962-3456, 781-239-0071 or www.menthealthscreening.org/alcohol.htm.
- May 7..... **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- May 14..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Jun. 4..... **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Jun. 11..... **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Jun. 17..... **NCADA’s 9<sup>th</sup> Annual Golf Tournament** - (314) 962-3456.

**Guy Phillips Teams With NCADA & Toyota.**

Warm weather is coming - and with that ...Golf Season! And with that ...NCADA’s 9<sup>th</sup> Annual Golf Tournament **June 17** at Norwood Hills C.C., sponsored by **Toyota**. This year NCADA is honored to have the support of Y-98’s **Guy Phillips** as Honorary Chair. Guy has worked in St. Louis radio for more than 24 years, and is well known for his charitable endeavors throughout the community.



In addition to Guy’s involvement, our youth need **YOUR** help because proceeds underwrite their programs. There are countless opportunities for both the golfer and non-golfer:

**Become a Sponsor!** Many benefits included. Cost: \$25 (the popular **Tribute** - honor an individual/youth/school), \$500 (**Hole**), \$1000 (**Patron**), \$2500 (**Silver**), \$3500 (**Gold**), \$5000 (**Platinum**), and \$10,000 (**Presenting**). \*

**Become a Player!** Four-person scramble event. Cost: \$275/person or \$1100/foursome.\*

**Become an In-Kind Donor!** Several tangible items needed for Silent/Oral Auctions, Contest Prizes and Attendance Prizes.

**Buy Raffle Tickets!** Need not be present to win fabulous prizes – see insert for details.

Participation in one or more of the above opportunities will help youth in your area face the difficult challenges brought on by drugs and alcohol. For details on how **YOU** can make a difference, contact Chelle Dohrmann (314-962-3456) or log onto our website, www.ncada-stl.org. We look forward to seeing you in June!

\*Players deduct \$100 for goods and services; remaining amount is tax deductible. Gifts of \$100 or more may qualify for 50% MO YOP Tax Credits.

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Affiliate, National Council on  
Alcoholism & Drug Dependence



A United Way Member



Missouri Division of  
Alcohol and Drug Abuse  
Regional Support Center



**TUESDAY, JUNE 17, 2003**

**NORWOOD HILLS COUNTRY CLUB**

*To Prevent Underage Drinking and Other Drug Use*

PRESENTING SPONSOR:  **TOYOTA**

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**Guy Phillips**

**HONORARY CHAIR**

Participate in this year's tournament and support the following K through 12<sup>th</sup> grade drug abuse prevention programs!

- **HISTEP** – 10-hour (2-day) trainings for 20-40 middle school and high school students. Trained teens teach prevention to 400 to 1000 younger students.
- **TREND Conference** – 4-day training for 200 - 300 members of teen-run clubs and their adult sponsors, promoting drug-free lifestyles and activities.
- **RTI (Regional Teen Institute)** – 4-day teen leadership retreat for 70 H.S. students who then promote an alcohol and other drug-free lifestyle in their schools and communities.
- **Winning Friendships** – Violence reduction and problem solving lessons for 1,200 area elementary children.
- **Life Skills Topics** – Approx. 1,000 K thru 12<sup>th</sup> grade students learn resiliency skills (bullying, self-esteem, managing feelings, and keeping our bodies healthy and safe) that help reduce their need or desire for underage substance abuse.
- **Goin' the Distance** – 6-hour trainings and 2-hr. coaches/parent mtgs. motivate athletes to exert positive influence in reducing peer substance abuse.

**\$275 Per Golfer / \$1100 Per Foursome**

**Please Note:** Players subtract \$100 per person for goods and services; remaining amount is tax deductible. Additional savings available through 50% MO YOP Tax Credits. A variety of Sponsorships are available – see page 7 for details, call Chelle Dohrmann – 314-962-3456, or visit our website: [www.ncada-stl.org](http://www.ncada-stl.org)