

Deputy Drug Czar Meets with NCADA, Local Leaders

Dr. Andrea Barthwell, Deputy Director of the Office of National Drug Control Policy (ONDCP) met with NCADA administration, board and selected community leaders on July 22 at the Missouri Athletic Club. Both at this meeting and at an earlier visit and press conference at the Queen of Peace C-Star Program, Dr. Barthwell astutely presented the Bush Administration's "Access to Recovery Initiative." The plan calls for expanding treatment resources through a \$600 million voucher program. She also discussed the ONDCP's efforts to confront marijuana use across the nation and the 25 Target City



St. Louis DEA head William J. Renton, Dr. Andrea Barthwell, ONDCP Deputy Director, and St. Louis City Police Chief Joe Mokwa

Initiative, of which St. Louis is part. This meeting set the stage for a communitywide summit to be led by ONDCP this coming Spring in St. Louis.

In outlining ONDCP initiatives, Dr. Barthwell noted a major shift in the ONDCP focus. "We have achieved an understanding that in order to successfully eliminate drugs and addiction, we must have an effort that is balanced. That balance has to be between interdiction, prevention, intervention and treatment. We have to address both the supply and the demand. If we don't address the demand, the supply will continue, creating a climate of more experimentation. More than ever we see new young users actively recruiting other new young users in order to normalize their behavior. Our efforts will target non-users to reinforce healthy choices, non-dependent users to get them to rethink their using and dependent users who need treatment." She also spoke of the importance of addressing the social norms that strongly influence the youth of our nation. "It is critical that parents are involved in every aspect of their children's lives, and it is important that responsible adults stand with us in our efforts."

Along with NCADA's administration



NCADA President Judy Brostron, Dr. Andrea Barthwell, NCADA Executive Director Ed Tasch, and Michael Couty, Director of the MO Div. of Alcohol and Drug Abuse

and board of directors, the meeting with Dr. Barthwell was attended by Michael Couty, Director of the Missouri Division of Alcohol and Drug Abuse; St. Louis DEA head Wm. J. Renton; St. Louis Police Department Chief Joe Mokwa; Peggy Quigg, Executive Director of ACTMO; United Way President & CEO Gary Dollar; State Senator Mike Gibbons; Karen Kocher, Senior Vice President of St. Louis YMCA; Don Cuvo and Dr. Wm. Kincaid from the St. Louis Mental Health Board of Trustees; and Lt. Col. Wm. Johnson, MO National Guard Counter Drug Coordinator, as well as others.

St. Louis Walks for Recovery

The 3rd annual St. Louis Walk for Recovery, sponsored by the St. Louis Chapter of the Missouri Recovery Network, will be held in the University City Loop on September 20th. Registration begins at 9:00 a.m., the walk will start at 10:00 a.m. The starting point for the walk is the front lawn of University City Hall, 9801 Delmar. The purpose of this walk is to raise public awareness that individuals and families can successfully recover from addiction disease.

"It's almost hard to believe it's 2003, at least in regards to this illness," said event committee member George Hamlin. "Ignorance is still common in regards to addiction disease. We have to get to the point

where people are just as willing to deal with and confront addiction as they would any other disease. That's likely not going to happen if those of us in recovery aren't willing to put a face and a voice to recovery. Because the recovering community has been so silent, the perception is that those who suffer from addiction, are hopeless. Even though the AMA and every other national and international healthcare authority declared alcoholism a disease way back in the 1960's, we continue to deal with widespread misconceptions, stereotypes, denial, ignorance and stigma. When we, as survivors of addiction disease, become willing to humbly go public with our wellness, then,

and only then, will the public begin to recognize this illness as the illness it truly is."



Won't you join us Saturday, Sept. 20th in the beautiful University City loop? Don't forget to bring your family and your friends. (For more information, see Commentary page 3.)

from the Executive Director



Alcohol is a “social lubricant.” It seems to help people who are shy become more outgoing; uptight people unwind; serious people become witty; nervous people relax; and even grouchy people become

friendly. According to one local seller of alcohol products, “the more she drinks, the better you look.” Wow, this truly is a magic elixir. If only I could pour it over my bar-b-que pork steaks – it would be perfect. What, I can actually use it to flavor my bar-b-que? Sure, and next you’ll tell me alcohol is good for my heart.

On the other hand, alcohol is an “anti-social lubricant.” It seems to take people who are sad and make them depressed; mean people become vicious; angry people get violent; sexual deviants gain the courage to act on their impulses; good drivers become manslaughterers; safe people have accidents; careful people make mistakes; and people predisposed to addiction become alcoholics. But at least I still look good the more she drinks – right?

Okay, alcohol has some good points and some bad points. In the right hands, used in

moderation, it’s probably fine. But in the wrong hands, like those of underage drinkers or alcoholics, it’s not fine. And yet, statistics show about 50% of alcohol is consumed by these two populations. Maybe it’s not so important that the more she drinks, the better I look. Somehow, when you think of all the people harmed by alcohol abuse and addiction, that kind of advertising just isn’t funny anymore.

If you believe the advertising, you may actually view alcohol as a solution to your social problems. But please know, using alcohol to fill some void, cover some weakness, or release your inhibitions can be a dangerous proposition. Alcohol is a drug. If you are using alcohol to self-medicate, to overcome shyness, fear, grief or insecurity, you could be setting yourself up for trouble.

Ads like the one I just mentioned are blatantly offensive. Others are more subtle, creating a myth that life without alcohol is boring or meaningless. For those who say these ads are just for fun, and nobody actually believes them – think again. Many teens have bought into the myth “hook, line and sinker.” The ads, deliberately or not, prey on the social insecurities of young people. Remember, these ads are designed to seduce us so we buy a product. Our best interests, and those of our kids, are not their primary concern.

YMCA Agrees to Collaboration Book BEES Begins A New Chapter



NCADA is excited to announce a new partnership with the YMCA. The Y has joined the Council in recruiting volunteers who will implement *Book Bees* at YMCA sites. This program trains volunteers to guide children, ages 4 to 7, in **Building Essential Empowerment Skills**.

Book BEES volunteers read stories that serve as centerpieces for discussions and activities that help little ones develop positive attitudes and handle difficult feelings. NCADA and the Y have designed lessons on appropriate stories and will provide volunteers with teaching materials.

Volunteer trainings will be held at NCADA, 8790 Manchester Road on the following dates: **Aug. 23, Sept. 23, Oct. 25, and Nov. 18.**

Pre-schools, early childhood programs, daycare centers, and libraries are also abuzz with *Book BEES!*

For information, call Janet Popelka at NCADA, 314.962.3456.



For any reason - or no reason!

FLOWERS within hours . . . the gift that EMPOWERS

Sometimes, flowers say “I love you,” “Thank you,” “Congratulations,” or “I’m sorry.” And now, through a special “arrangement” between Nettie’s Flower Garden and NCADA, a gift of Nettie’s flowers says “I support alcohol and drug-free youth.” For every order placed by calling the Council, Nettie’s will donate 30% of the cost to our underage substance abuse prevention programs. NCADA is deeply grateful to Nettie’s and to the following individuals for helping to empower K through 12th grade youth with skills, attitudes, and behaviors that enable them to resist drinking and other drug abuse.

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Please call NCADA, 314.962.3456 for more information or to place an order.

The Key is published by the **National Council on Alcoholism and Drug Abuse-St. Louis Area (NCADA)**.

President: Judy Brostron

Executive Director: Edward F. Tasch

Editor: Jane Young

NCADA 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. All contributions are tax deductible. 8790 Manchester Road St. Louis, MO 63144 Phone 314-962-3456 Fax 314-968-7394 www.ncada-stl.org e-mail:ncada@ncada-stl.org

If Nothing Changes, Nothing Changes

It's been said the world belongs to those who show up. On June 7th 49,000 people showed up for the St. Louis Komen Breast Cancer Walk for a Cure. What an accomplishment ... having that many people all at one time, showing that much concern, compassion and interest in a disease not only raises a lot of money for research, it also raises awareness. And maybe raising awareness is the most important aspect of this event, because from that awareness comes other things such as overcoming fear and silence (breaking stigma), funding of research that investigates cause (prevention), dealing more proactively with symptoms of the disease (intervention) and supporting current efforts to deal with those currently afflicted (treatment). Do any of these words sound familiar?

Perhaps my point is obvious? What if we apply this principle to addiction disease? Is there application? Absolutely. Stigma continues to haunt us. Prevention is barely supported, much less understood by the public. Intervention is just a word, and treatment becomes less viable and less available

each passing year. Yep, there's application, all right. Involvement, support, compassion ... all good words, but sadly, not very closely associated with the world of alcohol and drug addiction.

Consider this. The 3rd annual St. Louis Walk for Recovery is coming up Septem-



ber 20th ... what if WE all show up and claim our legitimacy and place in this world? Isn't it time that those in recovery, as well as their relatives and friends and anyone else who gives a damn, stand up and let the world know that this is a disease like any other, that it is sometimes preventable, certainly treatable and there are people out there right

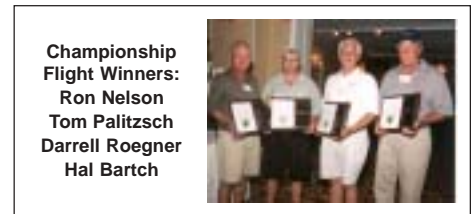
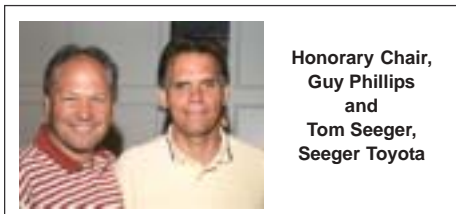
now having trouble getting help? The only way we are going to substantially make changes in how we deal with this issue is to make changes in how we regard it. What do you think? Isn't it time to change the way we do things? Will you join us and stand up for much-needed changes in how we regard addiction disease? Will you bring family and friends? It doesn't matter whether you are in recovery, if you have a family member who is in recovery or needs recovery, or if you work in this field. The more people who show up, the more this walk will mean. The Breast Cancer walk/run had 49,000. Two years ago we had fifty-four people participate in the Walk for Recovery. Last year we had three hundred. What if a thousand folks show up this year? Is it possible? Oh yeah, it's possible, but it's up to **you** to make it happen. You gotta walk the talk. You gotta show up.

If you want information regarding the Walk for Recovery, visit the NCADA website: www.ncada-stl.org or call the NCADA 314/962-3456.

Golfers Tee Off For NCADA

For the first time in its 9-year history, the NCADA Golf Tournament sold out the field at Norwood Hills Country Club on June 17! Thanks to Presenting Sponsor, **Toyota**, Honorary Chair, **Guy Phillips**, and all our sponsors and contributors (see donor page), we raised over \$68,000 in support of NCADA programming to reduce underage drinking and other drug abuse throughout our community. Special thanks to all of the volunteers who made the day run smoothly and to our volunteer golf committee who worked hard to make the event such a success!

Golf Committee: Colleen Ritchie, Henry Watkins, Terry Bader, Judy Brostron, Paul Clark, Doug Dohrmann, Mary T. Dolan, Tom Erickson, Ellen Haggerty, Tom Herrmann, Emily & Peter Huey, Dick McKinley, Charley Meyer, Dick Muckler, Mary Jo Napper, Paul Nix, Kay & Phil Roush, Mary Ann Rudloff, Tom Seeger, Howard Weissman, Bob Woodsmall, and Ibbly Woodsmall.



Contest Winners:	
Closest to the Pin:	Chris Arger (M) Jill Bertram (F)
Closest to the Pin 50/50:	Brad Beckham
Longest Drive:	Andy Seeger (M) Gina Conway (F)
Putting Contest:	Kenny Warren



Raffle Winners:	
West County Mall Gift Basket	Suzanne Booth
Southwest Airlines Tickets	Cheryl Prosser
Lion King/Radisson Package	Steve Schnitzer

Plans are already being made for next year's event - don't miss this opportunity to become involved. Contact Chelle Dohrmann by emailing cdohrmann@ncada-stl.org or calling 314-962-3456 ext. 335.

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Share our vision of a community free of problems associated with alcohol and other drugs. Please remember NCADA in your will.

Volunteers
 Tom Abbott
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 Russell Andrews

NCADA

The Place to Turn

From Maggie Gunn Fowler
 Director of Development

Recently, we asked 25 recipients of our school and community-based programs, **"How would you summarize NCADA's programming and its impact?"** Their answers and pictures (see samples) literally became the *centerpiece* of our Golf Tournament. We see you in this picture!



Valuable . . .

"NCADA is one of the most rewarding programs with which I have had the pleasure of working. The people who work there do nothing but add value to the lives they touch."

Dustin Allison
 2002 Alumni Leadership Award Winner
 and long-time program participant

Positive . . .

"If you are a school-age child to a senior citizen, NCADA has an educational program to help you learn to live your best life . . . If you or a loved one has concerns about tobacco, alcohol or other drugs in your life or community, NCADA can help you."

Anne Wilding
 Community Alliance Director, Clayton High School



Innovative . . .

"NCADA's philosophy of prevention has been embraced by St. Louis Public Schools through the Safe/Drug Free Schools and Communities Program for many years. We share a relationship of mutual respect, collaboration as well as innovation in providing prevention services to young people."

Jacqueline Vanderford
 Coordinator, Safe and Drug-Free School and
 Community Programs

Empowering . . .

"Working with NCADA has made my high school experience worthwhile. It has helped to shape the St. Mary's Class of 2003."

A.J. Agee
 Student, St. Mary's High School



Professional . . .

"The NCADA staff are probably the most committed people I've ever met . . . They are always available and we feel very blessed to be working with them. Like a friend - you can call them."

Veronica Banks
 Special Assistant, Department of Social Services
 Caring Communities Teen Drop-In Center



After-School Risks

In June, the House Appropriations Committee and the Senate subcommittee on Labor, Health and Education refused a proposal to cut federally funded after-school programs. Those afternoon hours are the prime time when kids are most likely to “commit crimes and acts of violence and experiment with drugs, sex, and alcohol.” Ensuring that children have a safe place to go and constructive things to do is a major defense against juvenile crime. In a poll taken last October, 72 percent of individuals questioned believed that after-school programming was absolutely necessary for their community. Ninety-two percent of parents polled said “. . . their children do better in reading, writing and math since attending an after-school program and 87 percent say their children are more likely to avoid drugs and alcohol since attending an after-school program.”

Fight Crime: Invest in Kids, Press Release
June 26, 2003
Afterschool Alliance, Press Release
October 9, 2002

Fetal Tobacco Exposure Harms

Researchers at Brown University found that children born to women who smoked during pregnancy displayed behavioral abnormalities similar to those associated with cocaine- or heroin-use during pregnancy. Infants exposed to nicotine in-utero were overly excitable, tense, showed signs of central nervous system and gastrointestinal distress, and may experience withdrawal symptoms. Theodore Slotkin, professor of pharmacology and cancer biology at Duke University Medical Center, noted that these findings are especially significant since the women in the study had smoked a “fairly low number of cigarettes.”

Pediatrics
June 2003

St. Louis Targeted by ONDCP

St. Louis is one of 25 major urban areas John P. Walters, director of the Office of National Drug Control Policy (ONDCP), and his aides plan to visit in their efforts to help cities increase knowledge of the latest methods of reducing illegal drug use and to improve efficiency in using federal anti-drug funds. Walters explained that fiscal mismanagement in some cities has made it difficult for people to access drug treatment and prevention programs. The ONDCP initiative is to enhance “. . . information sharing between cities and federal agencies and ease communications among law enforcement, courts, and prevention and treatment programs in each city.” President Bush pledged a 10 percent reduction in illegal drug use by December 2003 and a 25 percent reduction by 2006.

Reuters, June 30, 2003

Adolescent Addiction Is Developmental Disorder

Researchers at Yale University School of Medicine studied and analyzed teenagers’ attraction to novelty, less-than-adult levels of judgment, and overriding interest in sex. As the adolescent develops, the brain’s motivational circuitry is changing, “. . . the circuitry that releases chemicals associated with new experiences and the motivation to repeat them develops much faster than the brain mechanism that restrains urges and impulses.” As a result, teenagers are more likely than any other group to try drugs. Furthermore, alcohol and other drugs have a greater impact on the adolescent brain, leading researchers to conclude that adolescent addiction should be considered a developmental disorder.

New York Times
June 24, 2003

Pot Woes

Marijuana is linked to violent teen behavior, may be responsible for youth tongue cancer, and may trigger suicidal depression in weekly users. Marijuana is increasingly being used as a medium for stronger psychoactive drugs such as crack cocaine and PCP. Among illicit drugs, marijuana is second only to cocaine as the reason for emergency room visits.

Center for Substance Abuse Prevention
Prevention Alert
May 23, 2003

Effective Treatment Ingredients

Individuals usually enter alcohol treatment when their illness reaches a critical stage and, for various reasons, remain in treatment for only a limited time. “This acute care model may work for treating broken bones but it fails as a treatment strategy for the chronic disease of alcoholism,” according to Eric Goplerud, Ph.D., Executive Director of Ensuring Solutions to Alcohol Problems (ESAP). ESAP, a research-based project at George Washington University Medical Center, has identified 13 main ingredients of effective alcohol treatment. These include:

- Early detection, including screening and brief interventions (for nondependent problem drinkers).
- Comprehensive assessment and individual treatment plan.
- Care management.
- Individually delivered, proven professional interventions.
- Contracting with patients.
- Social skills training.
- Medications.
- Specialized services for medical, psychiatric, employment or family problems.
- Continuing care.
- Strong bond with therapist or counselor.
- Longer duration (for alcohol dependent persons).
- Participation in support groups.
- Strong patient motivation.

www.ensuringsolutions.org
June 27, 2003

Doctors Disregard Alcohol-Treatment Guidelines

“. . . individuals addicted to alcohol received the least standardized care of all the health conditions studied.” This was the conclusion of researchers at the Rand Corp. after examining the medical records of 6,712 people in 12 cities to review how often doctors followed the latest treatment guidelines for particular illnesses. Doctors treating 280 alcoholics or possible alcoholics followed recommended procedures only 11 percent of the time and less than 5 percent of the time when suggesting specific treatment programs.

New England Journal of Medicine.
June 26, 2003

**“Working Together Works”
Community 2000 Team
Receives National Award**

On May 28, the Department of Justice’s Executive Office of Weed and Seed presented the 2003 Coordination Award to St. Louis Operation Weed and Seed, one of NCADA’s Community 2000 Teams that works to reduce drug use and violence. The Executive Office of Weed and Seed honored this team at its National Conference in Albuquerque, New Mexico called “Working Together Works” for its ability to coordinate the work of the U.S. Attorney of Eastern Missouri, the Chief of Police, the Circuit Attorney and the Mayor. This coordination ensures that nuisance and criminal trials are effectively prosecuted on the local, state, or federal level.

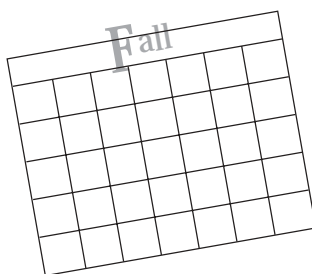
Among other milestones, their teamwork has resulted in expanded nuisance property prosecution, increases in federal and state weapons prosecution, and open communication between law enforcement and citizens through monthly meetings, a website and newsletters. Their work has also furthered Operation Weed and Seed’s mission to “weed out” violent crime, gang activity, drug trafficking in at-risk neighborhoods and “seed” these areas with social and economic programs. True to the conference theme, their efforts demonstrate that “working together” truly works!



**Congratulations
St. Louis Operation Weed and Seed!**

Erin Holbert (l.), Program Manager - Executive Office of Weed and Seed, Washington, D.C.; Renita Waters, Youth Department Coordinator - Northside Community Center; Andrea Ray (c.), Prevention Specialist - NCADA; Kim Norman, Executive Director - Weed and Seed; and Bob Samuels (r.), Acting Director of the Executive Office of Weed and Seed.

Please note the following correction to our June issue of *The Key*: At NCADA’s Annual Awards Luncheon in April, **Dick Dillon** received the Community Service Award and **Jack O’Keefe**, the Helen B. Madden Award. We apologize for our error.



coming
events

- Aug. 6 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Aug. 13 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Aug. 14 **VOICES Volunteer Training** - (314) 962-3456.
- Aug. 16 **VOICES Volunteer Training** - (314) 962-3456.
- September **National Alcohol & Drug Abuse Recovery Month.**
- Sep. & Oct. **United Way Campaign** - Please support the United Way.
- Sep. 3 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Sep. 10 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Sept. 20 **3rd Annual Walk for Recovery** - Sponsored by the Missouri Recovery Network and NCADA. Call (314) 962-3456 for information.
- October **Red Ribbon Month.**
- Oct. 1 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Oct. 8 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Oct. 9 **VOICES Volunteer Training** - (314) 962-3456.
- Oct. 11 **VOICES Volunteer Training** - (314) 962-3456.
- Oct. 23-31..... **Red Ribbon Week** - (314) 962-3456.
- Nov. 5 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.
- Nov. 8 **Huey’s Honda CIVIC Challenge Kickoff with Y-98 Morning Show**
885. S. Lindbergh Boulevard, 10:00 a.m - 12:00 p.m.
- Nov. 10 **Great American Smokeout** - American Cancer Society, (314) 286-8100.
- Nov. 12 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road. (314) 962-3456.

Putting Prevention into Action

“Putting Prevention into Action” was the send-off session for 70 teens who attended this year’s Regional Teen Institute (RTI). From June 10-13, students explored, discussed and learned about the many aspects of prevention. Topics such as “Leadership = Taking a Stand,” “Advocacy: Doing the Right Thing,” “What’s Up With Club Drugs?” “Building Relationships,” and “Peers as Teachers” helped to prepare participants to become leaders in their schools’ and communities’ prevention efforts.

RTI also trains students how to recognize when someone has a problem with alcohol or other drugs as well as how to help find resources for those in need. Participants continue to sharpen their prevention lead-

ership skills by becoming active in various NCADA programs: HiSTEP (High School Taught Education Program), conflict mediation programs, Champions – Goin’ the Distance, and TREND.



NCADA Advisory Board Member, Dick Muckler paid a visit to RTI after receiving an invitation with a personal note from RTI intern, Mary Drummond. Above, Mary welcomes Dick and thanks him for supporting youth and their prevention efforts.

NCADA

National Council on Alcoholism & Drug Abuse · St. Louis Area

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Missouri Division of
Alcohol and Drug Abuse
Regional Support Center

Huey's Honda

CIVIC CHALLENGE

Help prevent underage drinking and drug use!



TICKETS: \$10/each 3/\$25 14/\$100
DRAWING: December Billikens Basketball Game
(Date TBA - Need not be present to win.)

Join NCADA,
Huey's Honda &
Y-98 Morning Show live
at
Huey's Honda
885 S. Lindbergh
on
Saturday, Nov. 8th
10:00 a.m.-12:00 p.m.

**Come for fun, free give-
aways, activities, and more!**

Kickoff

For tickets or more information call 314.962.3456

NCADA

Huey's
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