

NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

FALL 2011 / VOLUME 26

In Brief

CADCA Forum Feb 6-9

CADCA's National Leadership Forum is a 4-day conference with more than 2,500 participants representing community anti-drug coalitions from all regions of the country, government leaders, youth, addiction treatment professionals, researchers, educators, law enforcement professionals and faith-based leaders. The Forum will be held at the Gaylord National Hotel and Conference Center.

Visit www.cadca.org

New Website Coming

NACoA recently let a contract to overhaul its website and create an improved E-Newsletter, along with plans for other outreach activities to provide more useful, easier-to-find information about NACoA issues, to better reflect NACoA priorities, to improve our ability to feature the work of our affiliate organizations, and to improve the dissemination of critical tools to help the children and families who are our focus. The new site is expected to be launched early next year

¡Celebrando Familias!

The Spanish translation and cultural adaptation of NACoA's evidence-based curriculum for supporting families in early recovery is nearing completion and will be available early in 2012. It has been tested in California and Oklahoma and promises to produce equal or greater outcomes than its English language version which already has proven to be very effective in reducing relapse (and recidivism in court-related programs), increasing family cohesion, and reducing the time to reunification for participants who have had their children removed because of alcohol and drug related problems in the home.



New NACoA Initiatives Set to Bring Support to 'Invisible' Children and Families

Item Most data indicate that more than 80% of all children in California's foster care system come from backgrounds impacted by familial alcoholism or drug abuse. Yet few foster parents are ever made aware of the effects those backgrounds have had on the children in their charge.

Item Along New Mexico's border, a heavy incidence of alcoholism within Spanish-speaking families exacts an ongoing toll on the children who must cope with the stresses and tensions these disorders invoke. But cultural and linguistic differences create barriers to support, and all too often these young people become lost, their suffering invisible.

These under served groups will have new opportunities to get the support they need thanks to new initiatives that bring service providers and state or county systems together, and arm them with effective materials, trainings and public messaging, all based on NACoA's existing program materials translated and culturally adapted to meet their needs.

NACoA has catalyzed a prototypical initiative in Doña Ana County, New Mexico, which targets Latino families lacking either awareness of or access to support mechanisms for addressing familial alcohol and drug use problems. Finalized at a planning session in Las Cruces on September 22, this initiative will launch in January with a series of community trainings and awareness sessions, introducing the impact of alcoholism and drug abuse on developing children and families and offering tools and strategies to support them. Over the ensuing several months it will be evaluated by the State of New Mexico's Behavioral Health Collaborative for possible implementation across the entire state.

In California, NACoA has successfully brought the issue of the impact of familial alcoholism or substance abuse on foster children squarely into the thinking of the state with the largest number of children in foster care. NACoA is working with the Department of Social Services, interested funders, representatives of the judicial system, administrators of foster care programs in a number of counties throughout the state, systems evaluators, and service providers to develop a practical set of support steps for children in foster care, foster parents, administrators and core families to address the impact of alcoholism or substance abuse.



Celebrate COA Week — February 12-18, 2012

Time to begin preparing for the internationally celebrated Children of Alcoholics Week 2012. Early planning materials and suggestions are on the NACoA website's COA Week section. Watch for updated information, or call NACoA at 1-888-55-4COAS. This year, international activities in support of COA Week were particularly impressive, with NACoA materials widely used, including being translated and adapted for use by our affiliates throughout Germany and Great Britain. This has resulted in making a largely invisible issue more widely known.





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Ackerman/Black Award Presented to Rosemary Tisch



"NACoA is pleased to honor and thank Rosemary Tisch with the Ackerman/Black Award," says Sis Wenger, President, "for her more than 25 years of creating and managing programs that facilitate recovery for children of addicted parents, along with the training of those who implement programs, benefitting countless children and their families. Further, her work has been recognized by federal, state and local authorities who have adopted her programs."

Rosemary Tisch, MA, is the Director of Prevention Partnership International of San Jose, California. Her early work, *Kids Are Special* in the 1980s, was a precursor to the development of *Celebrating Families!*TM which is now a NACoA evidence-based program which promotes recovery for the whole family.

She received the Award, which is named after two NACoA founders, Robert J. Ackerman, PhD, and Claudia Black, PhD, at the National Conference on Addictive Disorders in San Diego, CA on September 20, 2011. Dr. Black, who had presented at the conference, joined in the award presentation.

New Board Member and a Welcome Back



Fred Sansone brings to us his years of experience in strategic planning, marketing, and training. He is the Director of Gift and Estate Planning at Xavier University in Cincinnati, Ohio, where he has built a resource of legacy gifts for the University, and looks forward to contributing to the mission of NACoA as well.

Coming back to the Board is Midge Stulberg, recently retired after 30 years of professional fundraising, the last 13 years at Ohio State University as Senior Director, Eastern States. In her last two years, she added the Midwestern states and Executive Director of Women and Philanthropy to her portfolio. She has also directed development programs at Fordham University and Barnard College. Stulberg has served on several non-profit boards in California and New York and is currently a member of Central Ohio Planned Giving Council.

NACoA President Honored



Sis Wenger, pictured with Father Mark Hushen, OSFS, President of Father Martin's Ashley, received the Sister Ignatius Gavin Award for "outstanding dedication and commitment to the field of addiction treatment and recovery," at the annual awards reception in the National Catholic Conference on Alcoholism and Related Drug Problems in Boston July 12. Father Hushen was also honored at the event.

Vol. 26, Fall, 2011. NACoA NETWORK is published by the National Association for Children of Alcoholics, 10920 Connecticut Ave, Suite 100, Kensington, MD 20895. Telephone: (888)55-4COAS or (301)468-0985. Fax: (301)468-0987. E-mail: nacoa@nacoa.org. Internet site: www.nacoa.org. Editor: Stephanie Abbott. Copyright 2011. Materials may be reproduced with appropriate credit.



NIAAA Supports Proposed New Research on COAs

For decades researchers have hunted the holy grail of proof of inherited alcoholism. Is this all a matter of monkey see, monkey do, or can we actually find the gene or genes that predispose individuals to addictions? Most of the evidence points toward inheritance and obviously this has implications of how prevention efforts can be improved.

One research project involves an on-going three generational longitudinal study on an island that does not have universal alcohol use. The multigenerational study will enable researchers to tease apart the interplay of risk and protective factors that can't be done in U.S. samples where alcohol use is almost universal. The third generation offspring studied are now 12 years old or older and will be assessed for alcohol involvement and variables including genetic, personality, and parenting.

Another study will assess the effects of genetic vulnerability on the developing adolescent brain. These volunteers from high genetic risk families will have state of the art measures of brain structure, with MRI and functional MRI and cognitive assessment. These adolescents will be matched with low genetic risk controls. The study will determine if young people at genetic risk differ in brain structure and/or function before they start using alcohol or other drugs.

A third proposed study will examine healthy people with a family history of alcoholism and classify them according to their cortisol response to naltrexone, an opiate receptor blocker. The magnitude of this response is an indicator of abnormally elevated central opioid regulation. The researchers believe that among other domains of function, this will show biases toward risk taking and compulsivity in this group, compared with a control group without a family history of alcoholism.

Editor's note: Findings from these studies will further our understanding of the impact of parental addiction on their children and help NACoA refine its programs and trainings accordingly.

German Leaders to Visit NACoA's Programs

NACoA's German affiliate has been studying the SAMHSA Children's Program Kit, developed by NACoA, and expressed great interest in witnessing the use of the Kit in programs in this country. The Checkpoint Charlie Foundation in Berlin is supporting a December visit to the U.S. of Henning Mielke, Executive Director of NACoA Deutschland, along with two other leaders of that organization. They will arrive on December 2 in Detroit to study the children's programs offered there by two NACoA affiliates, Henry Ford Health System's Maplegrove Children and Family Program in West Bloomfield, MI, and the Betty Ford Center Children's Program being implemented at Brighton Hospital, in Brighton, MI. Betty Conger, coordinator of the Maplegrove program, and Jerry Moe, Vice President and National Director of the Betty Ford program, will provide orientation and training for our German guests while they are in the Detroit area.

The following week, they will visit San Jose, San Francisco, and Sacramento CA to learn about NACoA's *Celebrating Families!*SM program. They will meet with Rosemary Tisch, the program developer, Toni Welch, the director of EMQ, a large multi-site human services provider in the San Jose area which provides the program in

several locations; and meet with Judge Katherine Lucero, Supervising Judge of Dependency Court in Santa Clara County, and a strong supporter of the program.

They will wind up their U.S. NACoA visits in Sacramento on Saturday, December 17, meeting with Tiana Roye, director of a long-running *Celebrating Families!*SM drug court program and visit the program in action.

Sis Wenger, NACoA's President and CEO, and Jerry Moe provided training for the NACoA Deutschland national conference in January 2010 in Berlin. NACoA co-founder and Advisory Board member Ellen Morehouse, MSW, will be the lead trainer at their next national conference in March, 2012.

NACoA Continues International Growth and Collaborations

Brazil has become the most recent country to establish a National Association for Children of Alcoholics organization (Associação Nacional para Filhos de Alcoólicos e dependentes químico).

NACoA (U.S.) was pleased to be among those who provided assistance to Marcelo Brunstein, the leader of NACoA (Brazil), by sharing information and our materials for translation and providing other assistance. NACoA Brazil will be using the same NACoA logo as our other international affiliates, originally designed by NACoA UK, and now used by NACoA Deutschland and the newly developing NACoA Polska. The NACoA Brazil website can be viewed at www.NACoA.com.br

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The Impact of Substance Abuse on Children and Youth in Foster Care

By Judge Katherine Lucero



Child Welfare Courts are called different names in different states. In California it is called the Juvenile Dependency Court. In California 68% to 78% of our

children are in the foster care system due to drug and alcohol abuse.¹ Across the country 40% to 80% of the children in foster care are due to substance abuse.²

The consequences of this epidemic cannot be understated.

To add salt to the wound, the populations of families that enter the child welfare court systems actually do not have the wherewithal to treat the problem of addiction even if they wanted to because of the lack of education and resources to enter treatment facilities or outpatient services. Addiction itself is an enigma to the best educated, and the stigma of addiction keeps people sick and protects their secret long after it should have been addressed. For the addict from the lower socioeconomic levels of our society it becomes an incurable death sentence, which along the way means the loss of their children to foster care and possibly adoption along with the standard consequences of jails and institutions.

What I see in court each day is that substance abuse robs children of their parents and it robs them of a sense of themselves as belonging to a family unit “like everyone else.” They quickly become even more of an outsider than they already were by just having parents who are drug addicts or alcoholics. Now they have also lost their family. Foster children do not want anyone to know that they are in foster care. They often

go to great lengths to hide it. They become invisible and left behind. They feel hopeless. Foster children are often overmedicated and under championed through life. They are at the highest risk for becoming addicts and alcoholics themselves, and they have the least amount of support to face that reality or to become educated about that inevitability. It is well documented that children raised in the foster care system have poor outcomes.³

Foster children need us all to step up. They need judges, lawyers, foster parents and CASAs to step up. Foster children and youth need us to bring clarity to the very confusing and disorienting life of chaos that substance abuse in their families has wrought upon them. There are ways to do that.

Some of us have begun to champion the need to educate our youth about addiction and its impact on the family. Educating our youth about the disease of addiction and its impact on the family is a critical gap in the current child welfare systems family intervention paradigms. These children do not know that parental addiction is not their fault, that they did not cause it and can't make it better. They do not know that the bad things that have happened to them may be the result of addiction's hold on their parents, that this doesn't mean their parents are bad people, but are rather people in need of help to recover.

There are many excellent programs and activities which can help them, in age appropriate ways, to understand this family disease, its impact on them, and which can help them find their strengths. With accurate information and effective support, they can strengthen their resilience.

One study shows that if we can prevent first use of cigarettes, drugs and alcohol until the youth is 21 that they are likely never to become addicts themselves. This is a remarkable statistic that should be the hallmark and starting point for all of our work in child welfare systems with regard to child well being. The research goes on to say that no one has greater power to influence a teen's decision whether to smoke, drink or use drugs than that teen's parent or guardian. *That would be us for a foster child.*

As those who have stepped into the shoes of the parent to raise these children, we have the greatest power to influence their choices and to foster their resilience. How are we doing?

Judge Lucero is Supervising Judge of Dependency Court, Santa Clara County, CA

¹California has between a 68% to 78% removal rate for substance abuse (Foster care: Parental Drug Abuse Has Alarming Impact on Young Children – Letter Report 4/4/94 GOA/HEH 94-98, & T-HEH-98-40 Parent Substance Abuse Implications on Children)

²Across the country 40-80% of foster care children are removed for substance abuse. (Voices for Americas Children, Issues Brief, Nov. 2004)

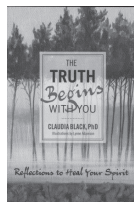
³Chapin Hall's Midwest Study provides a comprehensive picture of how foster youth are faring during this transition since the Foster Care Independence Act of 1999 became law. Foster youth in Iowa, Wisconsin, and Illinois were eligible to participate in the study if they had entered care before their 16th birthday, were still in care at age 17, and had been removed from home for reasons other than delinquency. The study showed that those who emancipate at age 18 were more likely to become homeless, experience early and unwanted pregnancy, incarceration and joblessness. http://www.chapinhall.org/sites/default/files/Midwest_Study_ES_Age_23_24.pdf

⁴Study can be found at www.casacolumbia.org. Click on prevention.

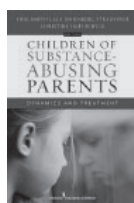
Solutions

Book Shelf

By Stephanie Abbott



Claudia Black is back with a new book for people in recovery, whether addiction (their own or someone else's), or other trauma. "You can't live your life by walking someone else's path" she wisely writes. The book is titled *The Truth Begins With You* and is a collection of healing messages. You can take a look inside the book and order it by going on her website www.claudialblack.com.



For professionals in the field of helping children, I recommend *Social Workers, Therapists, and Advocates for Children*. NACoA is offering this new resource at a 20% discount. The book features experts on children of substance abusers, and strategies for providing prevention, intervention, and therapy. Order your copy at our website www.nacoa.org.



And lastly, who doesn't love dragons? A new book for young children compares parental addiction with a dragon. This one is named Al the Dragon, and at first he is welcomed as a festive visitor at family events, but his relationship with Dad becomes all consuming, and Al becomes so big he forces everyone else out of the house. When treatment of the addiction begins, Al becomes smaller and smaller as he shows up with Dad at 12 step meetings and a visit with the sponsor.

The Dragon Who Lives at Our House (Fresh Fables) by Elaine Mitchell Palmore and delightfully illustrated by Norris Hall, is a paperback or a hardcover and is available at Amazon.com.

Living With An Addict 101

By Nan Reynolds, MSW, RN

So – who knew?? Not many people have home or school preparation for how to live with an addict. It should be worth at least 100 credits. If you are the child of an alcoholic, you learned how to survive, but not necessarily how to cope. As an adult, we need coping skills.

People advise that one should take care of oneself. Sounds good, but what does it mean? In my years as a therapist with a family program, I drew a picture that people seemed to grasp. I drew a boxing ring and in it was a stick figure of the addict dancing wildly with their addiction, arms and legs flailing about. The other stick figure in the ring was the family member standing next to the addict doing all the well-meaning behaviors: helping, rescuing, lecturing, saving, protecting and etc. Actually, all the family members got for their effort were several bruises as the arms and legs of the addict continued to swing about. Also – the anger grew and grew.

I then erased the family stick figure and simply placed it just outside of one of the ropes of the ring. Protection, not abandonment, but it was a safe place from which to observe the ongoing dance of the addict. The rope symbolized all of the ways of taking care of oneself. They include educating yourself about addiction, attending your own support group (Alanon or Naranon), no longer taking it all personally, setting boundaries for oneself, returning to your own authentic life and the things that you have postponed doing, learning to be responsive and not reactive, tending to healthier living.

You would be amazed what changing your perspective can lead to. And, as a bonus, when you finally see that the addict continues the wild dance, you can really see that it is not about you.

Clergy Education Grows

NACoA's *Clergy Education and Training Project*[®] (CETP) has finished the on-line distance learning version of its multi-denominational seminary curriculum based, as with all CETP projects, on the *Core Competencies for Clergy and Other Pastoral Ministers In Addressing Alcohol and Drug Dependence and Its Impact on Family Members*. Support from The Hanley Family Foundation has made this year-long effort possible, and a grant from Guest House will support the simultaneous dissemination of both the online version and the print version in early 2012.

Raising Money for NACoA

Razoo is a website that makes online fund raising easy for charitable causes. You go to the website and from there you can find, support, and raise money for your favorite cause. The site takes 2.9 % of the money raised to handle the credit card fees.

Laura Goldfarb of Red Boot Publicity knows that children in families with addictions need help so she started raising money for NACoA on Razoo, with the goal of \$1000 by the new year. She is half way to her goal. Thank you so very much, Laura and know that NACoA will put it to very good use.



Affiliate News

NACoA is honored to introduce and welcome its newest affiliate organization to 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 and click "Affiliates."



NACoA is pleased to introduce and welcome its newest affiliate organization, *Jackson Recovery Centers*. Serving seven counties in Northwest Iowa, it is rooted in the 12-Step tradition and dedicated to prevention, education and treatment of alcohol, drug, and gambling addictions. Jackson believes that everybody – families, adults, adolescents, and children – deserve high quality, effective and affordable treatment. They work to end the stigma associated with addiction and reach out with this thought: "Life Can Change. We Can Help." www.jacksonrecovery.com



Hanley Center offered its Professional Development for Clergy Program on October 25. Designed for clergy and spiritual leaders – including lay ministers – it provided a day of intensive training about addiction and the impact that addiction has on individual lives. Presentations from addiction professionals and discussions with staff and colleagues added to participants' ministerial knowledge and skills. www.hanleycenter.org



Faced with much needed roof repairs and the requirement to meet code, *Alcoholism Council of Cincinnati* applied for and was awarded a Local Community Treatment Grant from the State Capital Fund. By raising a local cash match of 20%, they are able to move forward with repairs that support the important work they are doing for children and families. www.alcoholismcouncil.org



Oregon Partnership announced that its nation-leading 24-hour crisis lines for the prevention of substance abuse and suicide now receive over 35,000 calls a year - and the number one abused substance is alcohol. Oregon Partnership educates youth and parents on healthy choices

and operates a dedicated youth line that allows teens affected by alcohol to speak anonymously with trained teen volunteers. www.orpartnership.org



The 4th Annual Red Road to Wellbriety held September 17 was a celebration of alcoholism recovery in Native American Communities in Pima County. NACoA affiliate *Compass Behavioral Health Care*, Tohono O'Odham Behavioral Health Services, People Wellness Center, Tuscon Indian Center and Pima County Library collaborated to create this deeply meaningful event that celebrated working with all sectors of the community to support recovery and to help end underage drinking. This year's Gathering included a Fun/Run Walk, Wellness Info, Cultural Entertainment and Keynote Speaker, Albino Garcia. www.compasshc.org and www.redroadtowellbriety.org



Troy Community Coalition's 16th Annual Celebrity Night Dinner was held October 27 in Troy, MI. This year's smashing fundraiser featured a silent auction, dinner, and live concert to support the Troy Community Coalition's work to improve quality of life for all who live or work in Troy by promoting a lifestyle free from the abuse of alcohol, tobacco and other drugs. www.troycoalition.com



Peter Palanca, Executive Vice President and COO for *TASC*, (*Treatment Alternatives for Safe Communities*) was presented the George Schwab Distinguished Service Award on September 9. Given by the Illinois Alcoholism and Drug Dependence Association (IADDA), this prestigious annual award is based on service to IADDA and the field, including leadership and expertise in the development of public policy. Peter also serves NACoA as the Vice Chair of its Board of Directors. www.tasc.org



Achieving Health Hand in Hand (Abhh!) hosted a "Coming Home" event on September 10 for service members, veterans and their families. Designed to reach out to veterans in the Durham, NC area, the day focused on connecting, strengthening and increasing the capacity of faith and community partners to address the needs of veterans and their families. www.durhamtry.org



Recovery Resources was awarded the Prevention and Education Meritorious Award by the National Council on Alcohol and Drug Dependence at the NCADD annual conference in September. Their Gambling Prevention Program was the only recipient of this year's national award recognizing innovative prevention and education programs for addiction. Recovery Resources is committed to helping people triumph over mental illness, alcoholism, drug and other addictions. www.recres.org



Informed Families kicked off this year's Red Ribbon Week (October 23rd – 31st) activities at Barnes and Noble with an exciting presentation by Dr. Peter DeBenedittis on how the media affects a child's brain and behavior. Dr. Benedittis, is nationally recognized for his advertising expertise which he now uses to educate others on how to use science-based media education for prevention. www.informedfamilies.org



Detroit will be the venue for the 2012 national **Recovery Month** kickoff rally on September 15. *NCADD of Greater Detroit*, a NACoA affiliate, will be one of the host organizations. Watch www.recoverymonth.gov for information all year long.



Thank You!

NACoA is grateful to its many supporters who have contributed so generously to our work since January 1 of this year. In addition to the very special donors who have given to our work through October 31 and listed below, NACoA's supporters include countless donors who contribute to our efforts for children and families every month through payroll deductions at their workplace – in the Combined Federal Campaign, State employee campaigns, corporate charitable campaigns and through United Way. They have played a significant role in our program support for many years.

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family

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New Kits to Help COAS



Visit NACoA's website www.nacoa.org to download these updated and beautiful kits. Although the kits are copyrighted materials, NACoA grants permission for their reproduction and use in educational programs or directly for helping young children of alcoholics and parents or grandparents seeking guidance on how to support children that are of concern to them.

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

OUR MISSION

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

OUR GOALS

- *To raise public awareness*
- *To provide leadership in public policy at the national, state and local level*
- *To inform and educate academic and other community systems*
- *To advocate for appropriate education and prevention services*
- *To facilitate the exchange of information and resources*
- *To initiate and advance professional knowledge and understanding*
- *To advocate for accessible programs and services*

NACoA's programs are designed to impact systems that affect children. NACoA supports its mission by seeking private and public funding through corporations, individuals, members, donations, grants and foundations.

To accomplish this mission we are

- *A membership organization which includes affiliate groups and cooperative relationships with other organizations*
- *A national center for information, education and advocacy for COAs of all ages, including:*
 - *the latest research information*
 - *culturally and linguistically sensitive materials*
- *A policy development center that obtains input from expert scientists, opinion leaders, policy makers and practitioners*
- *A central point of input for children's health and welfare advocates and service providers who address populations of COAs*

NACoA's Annual Giving Fund

This year's annual giving is seeking to raise financial support to ensure that those whose lives have been impacted by the effects of addictions in their family can received the support that can help them cope and thrive. Too often, church leaders, teachers, and coaches – even parents, grandparents, and close neighbors – are ill-equipped to recognize and help these vulnerable children and families in need. Individuals living with someone who suffers from alcohol or drug use problems often feel alone and powerless; yet their plight is often invisible to those around.

The resources NACoA makes available to professionals and lay people who interact with these families can have a positive influence. Please, help us reach our goal of \$150,000 in this effort by making a donation to NACoA. Please use the return envelope, or give online at our website at www.nacoa.org.