

Spring Awards Luncheon Set for Friday, April 25th

- Algonquin Golf Club, 340 N. Berry Road, Webster Groves
- Doors open 11:30; lunch at noon
- For reservations visit ncada-stl.org

Each spring NCADA honors individuals who have aided the work of our agency or made notable contributions to the field of substance abuse.



Keynote speaker,
James Sullivan,
St. Louis Drug Court
Commissioner

This year's honorees:


Mike Morrison – *Pioneer Award*

Renee Heney – *Community Service Award*

Kathy Gardner – *Gateway Award*

Michael Heaney, Travis Kearbey, and Heather Boelens Rucker – *Gateway Award*

Our keynote speaker will be James Sullivan, St. Louis Drug Court Commissioner since 2003. The St. Louis Drug Court was created to reduce Missouri's prison population by getting nonviolent drug-addicted defendants into treatment. Sullivan and fellow Commissioner Mike Noble have developed pioneering—sometimes controversial—programs. Their efforts have received widespread recognition; the National Association of Drug Court Professionals honored them with an outstanding achievement award in 2011.

The Spring Awards luncheon is open to the public. The cost is \$30 per person or \$290 for a table of ten. Reservations must be prepaid by April 18. Seating is limited so early reservation is strongly advised. To register, please visit ncada-stl.org. For additional information call 314.962.3456. 



See p. 3 for news
on the 2014
Prevention Leadership
Conference.

INSIDE:

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Join us Saturday, June 21 from 7–9 p.m. at bowling centers throughout metro St. Louis and help Strike Down Heroin.

Since its beginning in 2012, Strike Down Heroin has brought together friends and families, many of whom have lost a loved one to this deadly drug. It's an evening of fun – and healing – as the groups unite to help wipe out the local epidemic of opiate abuse.

Mandy Murphey of Fox 2 News is this year's honorary chairperson. Mandy and Fox 2 News have been instrumental in spreading the word about the dangers of opiates, promoting educational community town halls, and broadcast-



ing interviews with local substance abuse experts. The event is also being promoted by Hubbard Broadcasting and Clear Channel radio stations.

This year's event will be held at nine metro area bowling centers. All money raised from this event will support local prevention, intervention, and referral efforts focused on youth.

For more information, to join the committee, or to support Strike Down Heroin, contact Lynda Wolpert at lwolpert@ncada-stl.org or 314.962.3456 x 335.

See p. 4 for a list of bowling centers.

Philip Seymour Hoffman and the Nature of Addiction

DIRECTOR'S
COMMENTARY

The recent death of Philip Seymour Hoffman shocked and saddened Hollywood, Broadway and the entire country.

People and pundits asked: "How could this happen to a man who had so much to live for?"

The question speaks to a profound and prevalent ignorance about the nature of addiction. Those who've been there know that, when he died, Philip Seymour Hoffman really didn't have very much to live for. In fact, he had exactly one thing to live for; the thing that killed him.

When he died, he was desperately dosing himself with the only thing that satisfied an irresistible craving. His body was so enslaved by his addiction; his dopamine receptors so dysfunctional that, most probably, he was doing the only thing that made "sense" to whatever remained of his hijacked brain.

Not the Oscar statuette on his bookshelf, money in the bank, admiring fans, nor his own children's love could bring him back from the edge of the addiction chasm. And this all seems so incomprehensible because he seemed like such an intelligent, thoughtful guy.

When it happened to John Belushi or Chris Farley it was easy to look disapprovingly at reckless hedonistic behavior and wonder if they got what was coming to them. When it happened to Janis Joplin, Jimi Hendrix, Jim Morrison and Sid Vicious we shrugged because it was the universally understood middle of "sex, drugs and rock and roll." When it happened to Whitney Houston we mumbled that "she was a crazy and troubled diva." But when it happened to Heath Ledger, Cory Monteith and now, Philip Seymour Hoffman, we couldn't make easy sense out of it. "So much talent." "So much to live for."

As an actor, Hoffman was unique; as an addict, he was not. There are twenty-three million Philip Seymour Hoffmans in this country. Twenty-three million people with skills, talents, loved ones and a lot to live for. Twenty-three million people who are wrestling with an addiction. Twenty-three million Americans who are either going to get better, or die.



Howard
Weissman
Executive Director




And if that number scares you, consider this one: Here in St. Louis over 1,900 people have died from heroin or opiate overdoses since 2006, nearly all of them young. They too had a lot to live for.

If that number of people died from West Nile virus we would have seen a public health response of massive size and scope. Instead, we have thousands of shattered, uncomprehending families, an acute shortage of available treatment, rampant misunderstanding and no community outcry.

Philip Seymour Hoffman was neither weak-willed nor happy to be a drug addict. His death reminds us that addiction is a lifelong disease. It waited for him. He fought this cunning beast for two decades but when he slipped, it was there to catch him. That's how an intelligent man could be sober for 23 years and die with a needle in his arm. In our region there are 1,900 more stories like Hoffman's. Nearly every day, we add another.

Difficult problems do not have simple solutions. No one thing will stem the tide of drug abuse and make addiction go away. But we know that raising awareness helps and we know that Prevention works. We know that if kids can postpone their first use of tobacco, alcohol or other drugs until the age of 21 their chance of developing a substance abuse problem is decreased nearly five-fold.

The NCADA believes that, as a country and certainly as a community, we must make a concerted effort to teach our children how to live their lives without chemicals; how to manage their moods, deal with conflict, make friends and succeed in school; how to quiet their own emotional pain and find pleasure in the things that make us human (like love and intimacy, work, learning, laughter and play).

Until we make Prevention a priority—until we reduce known risk factors and increase protective factors—we will continue to watch thousands of young people, all with a lot to live for, die too soon. 

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In our region
there are
1,900 more
stories like
Hoffman's

Prevention Leadership Conference will Teach Teens to “Ride the Wave”

Features include national speakers, an overnight stay, and 28 activity sessions.

The 24th annual PLC conference, July 31–August 1, will teach teens breaking news on drug abuse and keep them Riding the Wave of Prevention.

Keynote presentations include:

Matt Bellace – A youth motivational speaker and stand-up comedian since 1995, Matt has a doctorate in clinical psychology and is the author of “A Better High.” Each year his “How to Get High Naturally” program encourages over 100,000 students to make healthy choices. Matt is a recurring guest comedian on truTV’s “World’s Dumbest.” His stand-up can be heard on Sirius XM’s Comedy Channels.



Milton Creagh – A motivational speaker, author and television host, Milton speaks annually to more than 200,000 people around the world. A featured speaker at several Super Bowls, NCAA Final Fours and national corporate conventions, Milton holds a very special place for speaking to youth about their lives and achieving greatness.

BreakDown STL – a peer-to-peer outreach organization dedicated to making a positive difference in youth culture. Recently voted the #1 not-for-profit in the St. Louis area!



The 2014 Conference offers more than 28 educational breakout sessions on a variety of topics including tobacco and alcohol education, leadership training, effects of drugs on the body and brain, internet safety, legislative advocacy, self-esteem and dating issues. Separate breakout sessions will be available for adults, for older teens, and for middle school students.

In response to suggestions from last year’s participants, we’ve extended the conference length, enabling us to offer more coverage of trending topics such as prescription drug safety and marijuana legalization. Back by popular demand will be




Last year’s Prevention Leadership Conference drew over 200 attendees.

opportunities to learn about – and participate in – service projects around the St. Louis area.



The Prevention Leadership Conference will be an exciting event designed to stem the tide of drug abuse that robs so many youth of their health and potential. Through education, empowerment, hard work and a lot of fun, we’ll keep students focused on riding the wave of prevention with courage and conviction.

The conference will be held at the Drury Plaza Hotel at the Arch. For details visit ncada-stl.org, or contact Lori Krueger at 314.962.3456 or lkrueger@ncada-stl.org. 

CALENDAR

For details on calendar items visit ncada-stl.org or call 314.962.3456.

2014 Ethics Workshops

- Apr. 3** Ethics—A Matter of Perspective
- Jun. 24** Ethics I...
- Aug. 12** Ethics—A Matter of Perspective

- Mar. 26** Speak Hard in Jefferson City
- Apr. 14-17** Substance Abuse Prevention Skills Training
- Apr. 25** NCADA Spring Awards Luncheon
- Jun. 3-6** Teen Institute
- Jun. 21** Strike Down Heroin
- Jul. 31, Aug. 1** Prevention Leadership Conference
- Aug. 8** Golf Tournament
- Sept. 11-23** Red Ribbon Trainings

St. Louis Coalition on Addictions Meetings

- Apr. 9** Stacey Langendoerfer, “Substance Abuse Professional Credentialing”
- May 14** David Patterson, “Using Community/Academic Partnerships to Bridge Addiction Sciences & Services”
- Jun. 11** Brenda Schell, “Recovery Advocacy Efforts in Missouri”

Coalition meetings are open to anyone interested in learning about addiction, and offer networking opportunities for those who work in the addictions field. Meetings are held the second Wednesday of each month from noon to 1:00 at NCADA, 8790 Manchester Road, Brentwood 63144. Lunch is served, and one contact hr. CEU certificates are available (\$3). No RSVP is necessary.

The St. Louis Coalition on Addictions is an NCADA program.

Strike Down Heroin Bowling Centers

Crest Bowl
Florissant

Crestwood Bowl
Crestwood

Plaza Lanes
St. Charles

Quonset Lanes
Crystal City

Show Me Lanes
South County

St. Clair Bowl
Fairview Hgts., IL

Town'n Country
Lanes
Washington

Tropicana Lanes
Clayton

West County Lanes
Ballwin-Ellisville


Fighting a St. Louis heroin epidemic



- Since 2009, more than 1,500 St. Louis area lives have been lost to heroin and opiate overdose deaths – nearly one death per day.
- Most deaths have been youths and young adults under 27 years old.
- Today's heroin is purer, cheaper, abundant, and no longer requires a needle – making it more addictive and more lethal.
- A “button” of heroin can be bought on the street for \$10 or less.
- NCADA's early efforts to fight this epidemic have placed us at the forefront of this issue. The Agency has become a regional and national voice on how communities can actively combat rising painkiller and heroin addiction.
- In December 2012, President Obama's drug czar, Gil Kerlikowske, presented the “Outstanding Community Prevention Effort Award” to NCADA and St. Louis County for the Not-Even-Once campaign.
- Our efforts are helping! 2013 data show a 34% decline in the number of overdose deaths in St. Louis County compared to 2011 levels – representing 127 lives saved last year.
- More needs to be done – people are still dying.

TEEN INSTITUTE FOR PREVENTION LEADERS

The 35th annual Teen Institute for Prevention Leaders will be held June 3–6, 2014 in Dittmer, Missouri. This fun and educational camp provides teens with valuable information about the impact of alcohol, tobacco and other drugs and helps them develop as leaders.

If you know a teen currently in 9th, 10th, or 11th grade who is interested in attending, please visit www.ncada-stl.org/ti or contact Libby Brim at 314.962.3456 x 320. 



BULLETIN BOARD

FDA petitioned to reverse approval of new narcotic

A new narcotic painkiller is due to come on the market this month, and critics want the FDA to reverse its approval of the drug, Zohydro ER. They claim it could become the next major opioid of abuse.

Critics of the FDA's ruling include attorneys general from 28 states and FED UP!, a union of consumer groups, addiction treatment providers, and others. They have petitioned FDA Commissioner Margaret Hamburg, MD, to prevent Zohydro from coming on the market. The FDA approved the drug even though its advisory committee voted 12 to 2 against approval.

Zohydro is too easy to abuse, critics say. It is the only approved extended-release product that contains only the man-made opioid hydrocodone. It will be available in doses as high as 50 milligrams per

pill—five times the amount in immediate-release hydrocodone pills [and] the pill could be tampered with to release a large dose all at once.

The FDA does sometimes approve a drug that an advisory committee rejected or turns down a drug that an advisory committee endorsed, says Michael Carome, MD. He is director of the Public Citizen health research group, which is among the organizations asking the FDA to reverse its approval of Zohydro. “In general, the more lopsided the vote, the less likely FDA will go against the recommendation of its advisory committee, but it does on occasion happen,” Carome says.

From WebMD

The President and Marijuana

He was right. He was wrong.

by Daniel K. Duncan

It seems everyone has an opinion lately regarding marijuana, including the President. The first thing I noticed about the President's comments regarding marijuana in the New Yorker interview is they largely reflect an opinion filtered through a prism of personal experience, which, after all is where most of us develop our opinions. However, this quickly brings me to the old saying "Opinions are like...." and you likely know the rest of it. It's true, opinions are not facts, and they're just as likely to be wrong as right, reflective of one person's thinking. In the President's case, however, one person's opinion carries considerable weight.

President Obama stated "marijuana is no more dangerous than alcohol." Maybe it is, maybe it isn't. But let's go with it and take his opinion as fact. If this statement is interpreted as an argument favoring the legalization of marijuana we're then obliged to first take a realistic look at the relative safety or danger of alcohol.

For those who use alcohol in moderation, alcohol is a central nervous system depressant that helps users relax and enjoy themselves; it eases social boundaries and can make special occasions more festive; it's safe when used in moderation...

But some do not drink moderately. For some, alcohol brings the horror of Fetal Alcohol Syndrome, drunk driving carnage, an increased chance of being victimized by or perpetrating a host of violent crimes, school failure, premature death and the half-trillion dollar costs of untreated alcoholism on industry, law enforcement, social services and healthcare. When not used in moderation...not so safe.

Through the lens of addiction and social costs, it's impossible to make a legitimate case that this country would benefit in any way from another drug that is "no more dangerous" than a widely abused substance which is, by any objective measure, highly dangerous to a percentage of its users, particularly youth.

So President Obama's comment doesn't actually add anything to any arguments that might favor legalization of marijuana; if anything it serves as an argument against legalization. He also noted legalization advocates were "overstating the case," that legalizing marijuana "could lead to a slippery slope [of legalizing other drugs],"

that using marijuana is "unhealthy and a waste of time." Legalization advocates won't be quoting him on these comments.

Mr. Obama also said "I smoked pot as a kid...I view it as a bad habit and a vice," the point being he doesn't believe that it harmed him and feels he's no worse for having used it as a young man.

This is the very same thinking error commonly made by many who used marijuana years ago.

As has been well-documented, today's marijuana is not the weaker product that the President smoked decades ago. Today's marijuana contains a much higher THC concentration and is a much stronger drug. (Stronger drug = more problematic drug.)

The bottom line is this: one person's experience is not necessarily the next person's experience. Yes, some people can use it without developing a problem. Some try it, use it for a while and lose interest. Others will continue to use it regularly and neither develop any addiction nor go on to other drugs. But, as all the major health-related agencies have noted over and over, some will become addicted and some will indeed go on to use other, more dangerous drugs.

While legalization advocates will deny this (as well as any and/or all other arguments against legalization) it's indisputable. Millions of young people will suffer these consequences and this is where we have an abiding responsibility...to protect our youth to the very best of our ability.

To do otherwise indicates a nation in decline, a nation whose priorities are slipping; essentially, a nation way too invested in getting high. 🚬

Daniel K. Duncan is associate executive director of NCADA.
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The State of the Art

by Howard Weissman

Several months ago I was sitting in a darkened auditorium watching a two-person play about Bill W., Doctor Bob and the founding of AA. The story is well-known to anyone who has found recovery through this fellowship:

On May 12, 1935, Bill W., a New York stockbroker in fragile early sobriety, takes a business trip to Akron, Ohio. The business goes badly. Depressed and on the verge of yet another relapse, Bill W. feels an irresistible pull towards the hotel bar. Desperately fighting the urge to drink he realizes, “I’ve got to find another alcoholic.” He ends up meeting with Dr. Bob, a local surgeon who struggles with his own drinking. The bond formed between the two men grows into a movement that will help more people get and stay sober than anything else in recorded history.

It’s a great story. AA and its numerous “spinoffs” (e.g. Narcotics Anonymous, Marijuana Anonymous, etc.) have saved the lives of countless sufferers. Today, in this country alone, there are over twenty million people in stable, long-term recovery and a lot of them got that way and stayed that way because of AA or other similar fellowships.

So I watched the play marveling at the underlying genius of AA and the serendipity that informed its founding in 1935. But I had another reaction.

In the 80 years since that night in Akron, AA still stands—but it stands nearly alone. Sure, there are some medications that assist with treatment, and Cognitive Behavior Therapy is a reasonably effective innovation, but the state of the art remains a group of committed individuals helping each other get well the same way they did in 1935. That same year Surgeon General Thomas Parran identified the nation’s foremost public health concerns as pneumonia, tuberculosis and venereal disease.

We’ve made huge advances in the treatment of those three conditions, but addiction remains locked in a time warp. This takes nothing away from the power—and staying power—of AA. Alexander Fleming discovered penicillin just seven years before Bill W. met Dr. Bob and we still use it today. But while we’ve developed better and stronger antibiotics since then, the menu of effective treatments for addiction remains appallingly small. There continues to be a lack of research dollars for addiction relative to other

conditions and this is particularly galling in light of the cost addiction exacts on society. No other disease comes close.

Addiction remains misunderstood and stigmatized. This is news to exactly no one. But RECOVERY is not stigmatized, it’s celebrated. The problem is, it’s celebrated quietly, often in closed meetings with coins that stay buried in purses or pants pockets. Addiction

~~~~~  
Recovery has a  
thousand faces too, and  
they’re all familiar.  
~~~~~

has a thousand faces and they’re all scary. Recovery has a thousand faces too, and they’re all familiar. Recovery’s on the face of doctors, airline pilots, police officers, TV or radio hosts, star athletes or business leaders. But today, recovery doesn’t have an identified face in our community and, until it does, our cause remains closeted, marginalized...and hopelessly underfunded.

NCADA wants to help put a face on recovery. If you’re in long-term recovery and would be willing to share your journey back to health and wholeness, I want to hear from you. I need you to help us advocate for more and better treatment. Together, we need to help paint a full, three-dimensional picture of recovery. There are over 175,000 people in our region enjoying long-term, stable recovery, and if only 10% of them start making noise and telling their stories more publicly then maybe—just maybe—we can start changing some funding priorities and give this killer disease the attention it deserves.

Now is not the time to remain invisible, throw up our hands and legalize more ways to get addicted. Now is the time to stand up, be noticed and demand answers. Now is the time to dedicate the best minds and best laboratories toward the treatment and prevention of addiction.

If not now, when? 🇺🇸

Howard Weissman is executive director of NCADA.
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Tributes & Contributions

December–January 2014

CORPORATIONS, FOUNDATIONS & ORGANIZATIONS

ACT Missouri
American Direct Marketing Resources LLC
Aon Foundation
The Clifford Willard Gaylord Foundation
Drury Hotels
Emerson
Gene-Del Printing, Inc.
Maritz, Inc.
Midwest BankCentre
The Saigh Foundation
Schnucks eScrip
The Siteman Family Foundation
Smith Patrick, LLC
Soulard's Restaurant & Bar
St. Louis County Children's Service Fund
Missouri Department of Health, Division of Behavioral Health
United Way of Greater St. Louis
Wal-Mart Foundation
Washington University

GRANTS RECENTLY RECEIVED

The Clifford Willard Gaylord Foundation
Teen Institute
Maritz, Inc.
St. Louis City Prevention First
The Saigh Foundation
St. Louis City Prevention First
The Siteman Family Foundation
St. Louis City Prevention First
Wal-Mart Foundation
Prevention Leadership Conference



The 2014 NCADA Trivia Night, held February 22 at Clayton H.S., was the most successful ever. Kudos to emcee Heidi Glaus, and organizers Lynda Wolpert and Tim Mickelson.

MEMORIALS

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Shirley Snyder
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Jeanill Curry
Nick Fortschneider & Darrell Stringer
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Kathy Vogelsang
Cecelia O. Friedman
Helen Friedman

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IN-KIND

America's Incredible Pizza Company
Bach Society of Saint Louis
Big Shark Bicycle Co.
Biggies Restaurant
Buffalo Wild Wings

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Cinema St. Louis
Circus Flora
City of Clayton Parks and Recreation
Clear Channel Media – The Bull
COCA
Cyrano's Café
Gus' Pretzel Shop
Harry S. Truman Presidential Library
Hodak's
Jazz St. Louis
Kakao
Kreiss' Restaurant
Landmark Theatres
Lu Lochmann
Maggiano's Little Italy
Massage Envy – Maplewood
Missouri Botanical Garden
Missouri History Museum
Moolah Theatre
Peel Wood Fired Pizza
Pi Pizza
Plowsharing Crafts
Pomme Café and Wine Bar
Seven Gables Inn
Shoji Tabuchi Theatre
Silver Dollar City
Six Flags Friends
St. Louis Cardinals
St. Louis Rams
Studio Branca Salonspa
Sunshine Drapery and Interior Design
The Pageant
The Repertory Theatre of St. Louis
The Sophia M. Sachs Butterfly House
The Westin St. Louis
Three Kings Public House
Upper Limits Rock Gym
Vie

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the
key