

Harriet Kopolow Retires After 33 Years at NCADA



A pioneer in the field of substance abuse prevention, Harriet's innovations forged NCADA's national reputation as a leader in the field.

See pages 4 & 5 for tributes.

Reflections on Retirement

Harriet Kopolow

It was March 17, 1980. Most of the people I currently work with were either pre-schoolers or yet to be born. It was my first day of work at NCADA.

I was leaving a profession that was familiar and comfortable—teaching and training teachers. I was entering a whole new field, and I now had something teachers never have: a title. I was a Prevention Specialist. And what did this job title mean? I would be providing alcohol and drug prevention programs for youth. “Really?” I thought to myself. I knew almost nothing about what I was supposed to do, and, as I reflect, that was both the good news and bad news.

Over the next few weeks I did a lot of reading. The prevention field was in its infancy and research was meager, but all the studies pointed the same way: Children and youth with strong “life skills” (now called resiliency skills or assets) and opportunities for constructive and rewarding leadership were at reduced risk to become

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2014
Helen B.
Madden
Memorial
Award

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Food & beverages
Top team prizes
New games

Best of St. Louis Auction
Questions for all ages

Saturday, February 22, 7 p.m., Clayton High School



Come join us as we celebrate 250 years of St. Louis at our 12th Annual Trivia Night with emcee Heidi Glaus—award winning reporter and star of “Hey Heidi.” The evening will feature eight rounds of trivia, games, St. Louis Survivor, raffles, and a silent auction with items from your favorite St. Louis spots! Decorate your table, wear costumes, and bring props based on our **Celebrate St. Louis** theme for a chance to win prizes!

Free food and beverages will be provided. Players may bring in outside food and refreshments. No alcohol is allowed on the school grounds. Doors open at 6:00 p.m.

Tickets are \$25 per individual or \$180 for a table of eight and may be purchased at ncada-stl.org.

Register at ncada-stl.org/trivia or contact Lynda Wolpert at lwolpert@ncada-stl.org.



NCADA
Trivia Night
is an Official
Celebration
Partner of
stl250.

A last stand, in which an outnumbered group of soldiers holds a defensive position against a stronger enemy,

DIRECTOR'S
COMMENTARY

Sanity's Last Stand

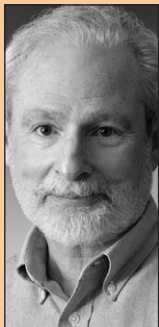
is a tactic of final resort. Fighters mount a last stand only when they believe that surrender is not an option and their sacrifice is essential to the greater good of their cause. The 200 Texans at the Alamo or the 300 Spartans at the Battle of Thermopylae are not remembered for losing, they are remembered for staying and fighting in the face of insurmountable odds.

We at the NCADA are making a last stand of our own. The pro-marijuana-legalization army has grown and we are besieged. Those who believe in the full legalization of marijuana are controlling the public debate and shaping public opinion in their favor. State legislatures—including Missouri's—drawn by the illusory promise of marijuana jobs and tax revenue, are champing at the bit to endorse legal weed as a solution to their problems.

We know that today's marijuana is 3-5 times stronger than the pot from the 1980s. We know that marijuana has significant, measurable effects on intelligence, motivation and mental health



We also know that mercenary forces have been working for years to create massively profitable marijuana business empires at the expense of our children. With legal marijuana the door is thrown open to the next Big Tobacco, an industry that will sell another addictive product to as many Americans as possible. And that means selling to kids.



Howard
Weissman
Executive Director

We also know that the active ingredients in cannabis have exciting medical potentials and should be researched and synthesized into safe, FDA-approved medicines. We know that our current drug laws are applied disproportionately to people of color. We know that no one should go to prison just for smoking marijuana and otherwise law-abiding pot smokers should not have their ability to apply for a job forever tarnished by a criminal drug conviction. We know that existing drug laws should be reformed.

Here's what we don't know:

We don't know if smoking marijuana causes cancer of the mouth/throat/lung, asthma, emphysema or other pulmonary diseases. We don't know what legalization will do to the numbers of kids who begin to use earlier or increase their use. We don't know what the legalization of marijuana will do to the number of automobile fatalities. We don't know what the drug cartels will do to make up for the estimated 18-20% of their business they might lose to legal marijuana. Rather than shuttering their operations it seems more likely that they'll flood our cities with the more profitable and easily transportable drugs, like heroin, MDMA, methamphetamine and cocaine.

Given how much we don't know I believe that the full legalization of marijuana is a misguided social and public health experiment of epic proportions. Remember: in an earlier age, before we studied it, we once described tobacco—which is also a naturally growing plant—as essentially harmless.

It's worth mentioning that until tiny Uruguay legalized pot last month, only one country on earth had legalized the use, cultivation and sale of marijuana. Any guesses? It's that bastion of creativity, innovation and freedom, North Korea. Following North Korea's lead on a social issue is like...well, it's like following North Korea's lead on a social issue because there is no more absurd way to complete that simile.

In this age
of Google
there seems
to be no such
thing as "not
knowing."

In this age of Google there seems to be no such thing as "not knowing." So much information is readily available we mistakenly believe that answers to even complex problems are as quick and easy as finding the name of a forgotten movie title. The pro-legalization lobby feeds us a steady stream of simplistic solutions to a host of social problems using half-truths or unproven assertions that sound attractive. Legal marijuana, they claim, will do everything from reducing alcohol-related crime and driving fatalities, to providing billions of dollars for education and substance abuse prevention, to freeing law enforcement to pursue more serious crimes, to opening space in our overcrowded prisons, to making our citizens healthier, more creative and more productive.

Is it possible that for the first time in recorded history a newly legalized, addictive drug will solve social ills and make this a better place to live? Perhaps. But perhaps not.

NCADA believes that full legalization is an ill-conceived idea that will lead to a cascade of unintended consequences, especially for our children. We continue to urge caution and we believe there are wiser alternatives to legalization. We're outnumbered and hopelessly out-financed, but we're still here and we're dug in. If you want to join the fight or if you simply want more information, give me a call or drop me a note. hweissman@ncada-stl.org

hweissman@ncada-stl.org



20th Annual NCADA Golf Tournament: New Location, New Day, New Time

Friday, August 8, 2014—Tapawingo National Golf Club

With an 8 a.m. shotgun start, you'll be finished with plenty of time left in your afternoon. You could even take in a second round of golf!

To join our committee, to register, or for more information: visit ncada-stl.org/golf or call Lynda Wolpert at 314.962.3456.

Strike Down Heroin Needs Sponsors, Volunteers

Save the Date—Saturday, June 21, 2014

Bowl with us at centers throughout metro St. Louis to **Strike Down Heroin** and save lives. All money raised is used to fight local abuse and addiction.

To join our committee, to register, or for more information: contact Lynda Wolpert at 314.962.3456 or lwolpert@ncada-stl.org.



CALENDAR

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

2014 Ethics Workshops

Jan. 10	Ethics Too	Jun. 24	Ethics I...
Mar. 5	Ethics yoU	Aug. 12	Ethics—A Matter of Perspective
Apr. 3	Ethics—A Matter of Perspective		

Jan. 29	Prevention Day at the Capitol
Feb. 14	Community Volunteer Training
Mar. 26	Speak Hard in Jefferson City
Apr. 14-17	Substance Abuse Prevention Skills Training
Apr. 25	NCADA Spring Awards Luncheon at the Algonquin Country Club
Jun. 3-6	Teen Institute
Jun. 21	Strike Down Heroin

St. Louis Coalition on Addictions Meetings and Speakers

Jan. 8	Kim Beck & Adam Moore, "Addiction Services and the Salvation Army"
Feb. 12	Jason Grellner, "Current Drug Trends & Smart Enforcement Policies"
Mar. 12	Dick Dillon, "2020 View of Addiction: How Technology Could Change <i>Everything!</i> "
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.

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involved with alcohol and other drugs. As my knowledge grew, I had my first real light bulb moment. I learned, quite simply, that there was a lot to do.

Life skills curriculum and youth leadership programming had to be developed, but then what? How would we get schools to accept our programs, especially when they believed there were “no problems with alcohol or other drugs” and they already had a health curriculum? Another learning: the tortoise’s approach is better than the hare’s. Slow and steady builds trust; school officials witnessed how our programs engaged students and created positive change. They appreciated that our goals for youth meshed with theirs. Partnerships emerged that are still strong today.

Over the years, I have learned the wisdom of that old axiom from geology class, “The only permanence is change.” Programs have to be adapted to maximize outcomes, growth is a huge challenge, technology takes over, funding goals shift, and staff come and go. I have learned to roll with change and accept it. The Serenity Prayer has been very helpful here!

In 1980, I started a job. But it didn’t stay just a job for very long. It quickly became a passion—a career that has been both gratifying and enriching. But, just because I have been at it a long time does not mean I am the reason for the success of our prevention programs. It truly does “take a village,” and I could not have had a better one. Ed Tasch, our retired executive director and always “my boss,” and Sue Lord, our late director of volunteers, were my teachers and mentors. Dan Duncan has been my “go to” peer for many years. Marilyn Bader and NJ Sterneck have been my partners and are still essential to the success of our programs. Other outstanding professionals who have retired or moved on include Ginny Shaller, the late Ellen Rose, Connie Otto, Leah Preston, Alysia Harris, and Janet Popelka. And the “good news” continues with our new inspirational leaders: Howard Weissman, our new executive director, and Nichole Dawsey, our new prevention director, are creating an even stronger NCADA village.

As I step away from the people and the place I have loved for decades, I have nothing but gratitude for the opportunities that have defined my career. And now for my final learning, another light bulb moment: There actually may be a lot to do in this new stage of my life! Thanks to you all! 📺



Above: At the 1984 Awards Banquet.
Below: At Teen Institute, 1986.

Ed Tasch

Everyone has had the experience of reflecting on the past and remembering a moment you know represents one of the best decisions you ever made. One of those happened to me in 1980 when as the new executive director of NCADA, I hired a young woman to create some programs in a relatively new area called drug prevention.

I have to be honest, at the time I hired Harriet she knew nothing of alcohol and drug abuse. She listened more than she talked, which was a good sign, because I really like to talk. When she did speak, however, she had ideas about what we should be doing. I acted like I already knew those things, but secretly kept notes just in case I didn’t hire her.

Turns out that Harriet is some kind of witch. She put a spell on me that made me love her. She did the same thing to our staff, board members, and volunteers, and then went about bewitching every child, parent and teacher she met.

In her years with NCADA she developed almost all of our prevention programming from scratch, making us possibly the most recognized substance abuse prevention organization in the country. She is responsible for most of our awards and accolades, the quality of our staff and the high standards set by the NCADA. Yet Harriet takes little credit for her contributions and cringes when people compliment her.

We now we say goodbye to Harriet who retired at the end of 2013. Even as I write this, tears come to my eyes remembering the amazing things she did for NCADA and the wonderful times we had together. While we no longer work together, I have a daily compulsion to talk to Harriet about anything and everything going on in the world.

Harriet, whether you truly are a witch or not, you have made many people love and admire you. If you won’t release us, at least promise to meet us at Steak n’ Shake on a regular basis. 📺

Ed Tasch is former executive director of NCADA, 1979–2013.

Nichole Dawsey

In 2005, I moved back to St. Louis after a disastrous stint as a 6th grade self-contained teacher in a rural setting. If I learned anything from that harrowing experience it was this: students need to be taught more than what is found in a textbook; they need to be taught how to control their anger, set goals, make healthy choices. They need to be taught Life Skills. So, I set about finding a place where I could do that. Enter the NCADA and Harriet Kopolow.

During my first interview, I told Harriet that I wasn’t a very good teacher. As I recounted my “failures,” she chuckled, looked me in the eye, leaned toward me, and empathized with the challenges of being a classroom teacher. She told me I was a great teacher in a difficult situation. She then posed several tricky scenarios to gauge my responses. She talked. She listened. We laughed. It was the longest first interview I had ever had.

Over the last several years, I have learned much from Harriet: how to develop a valid survey tool and write a solid lesson; the necessity of thinking through an issue from all sides before making a decision (something she refers to as “sechel”); that sometimes it doesn’t make sense to think logically; and most significantly, the importance of making every staff member feel valued.

Harriet baked brownies for every member of the Prevention staff. Every. Single. Year. She dropped what she was doing to talk to whoever entered her office. Every. Single. Time. Because she believes that the key to NCADA’s success is its people—people who feel valued.

When it was announced that I would be Harriet’s successor, many people, understating the obvious, told me I’d have big shoes to fill. Indeed. But rather than focus on self-doubts and debilitating comparisons, I decided to take all that Harriet taught me and embrace the challenge without fear of failure. And if you wonder how that’s possible, the answer is simple:

Because Harriet made me feel valued. 📺

Nichole Dawsey is director of prevention services at NCADA.

Marilyn Bader

“Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same.”
—Flavia Weedn

How perfectly this quote describes Harriet and the impact she has made on the lives of so many of us—staff, former staff, students and community members. Harriet’s footprint on our community is bigger and broader than most people know. She is someone who “leads from behind,” gently nudging in the right direction, guiding by example, posing questions, and simply being a servant leader. She shuns the limelight, opting instead to lift up “those who do the real work of the agency.” In reality, Harriet’s behind the scenes contributions are the backbone of our work. Her understanding of human nature, coupled with the wisdom of experience, has allowed her to nurture three decades of staff to become another generation of prevention advocates.

Some people will quickly go from our lives; Harriet is not one of them. Thank you, Harriet, for changing the field of prevention, for developing our passion for helping others, for modeling dedication to quality education, for being a woman of integrity, but most of all, for leaving us profoundly and forever changed. 📺

Marilyn Bader is a training coordinator at NCADA.

Dan Duncan

I’ve known Harriet since I came to work at NCADA in 1995. It took us a while to get to know one another. She was quiet, unassuming, kind and polite. What was obvious was her intelligence and devotion to NCADA’s mission. Fully understanding her role in the agency took a while.

Gradually I came to understand that Harriet was the architect of all our many quality prevention programs and curricula and that she incorporated the ‘science’ of prevention into what we do. Her impact was—and still is—enormous. Just about everything we do in Prevention has Harriet’s fingerprints all over it.

A former teacher, Harriet’s passion was always directed towards kids and towards helping them avoid the use of alcohol, tobacco and other drugs. It was never just a job to Harriet, it was a calling. Through the years I came to understand Harriet was NCADA’s ‘secret weapon,’ that she was instrumental in helping this agency become a highly-respected, and dare I say, highly competent entity.

As she retires I can’t help but think about the hundreds of thousands of youth she and her staff have influenced over the last three-plus decades. Harriet’s work has positively and permanently impacted untold numbers of kids and this is something Harriet should take great pride in.

I feel much as I did when Ed Tasch retired last year. I am glad for them, sorry for us. Best of luck in your retirement Harriet, you have most definitely earned it. 📺

Dan Duncan is associate executive director of NCADA.

NJ Sterneck

How do you describe someone who has knowledge, expertise, vision, tenacity, passion and grace, simultaneously being caring, genuine, encouraging, and always available, while wanting to stay “under the radar” giving credit to and supporting everyone else? That’s Harriet.

When hired by NCADA in 1996, I was quickly informed that Harriet was the “Princess of Prevention.” And although many of us still joke about it, turns out that it’s true. Harriet began the practice of prevention in Missouri. She researched and created programs, wrote grants to fund them, then got herself into classrooms to teach the programs she created. The rest is history. It grew and grew and is still growing. 📺

NJ Sterneck is a training coordinator at NCADA.

NCADA Volunteer Adrienne Eagles
Receives Georgia Frontiere Award

The 2013 Georgia Frontiere Community Quarterback Awards, presented by the St. Louis Rams, were given to four volunteer workers in the St. Louis area. Adrienne Eagles and her fellow winners each received a \$5,000 grant for the organization they represent.

When her son Andrew passed away from a heroin overdose in 2011, Adrienne was determined to spare other families the devastation of losing a child to opiate addiction. Adrienne contacted NCADA and helped organize Strike Down Heroin, a multi-site bowling event, to raise awareness and funds. Under Adrienne’s leadership the program raised \$75,000 for NCADA’s anti-heroin outreach and intervention programs.

Adrienne also founded the Andrew Eagles Memorial Fund. This group of friends and family—united under the slogan No More Secrets, Addiction Kills—works alongside NCADA to fight the local heroin problem.

Tim Mickelson, Adrienne’s nominator and director of development at NCADA said, “On occasion, parents will step up through the pain, turn it into actions that help others and, at the same time, begin to heal themselves. That’s what Adrienne did.”



Adrienne and her fellow winners were invited to Rams Park for an award luncheon on November 22.



l–r: Angie Wuebbels (Unlimited Play–Hannah’s Playground), Lucia Rodriguez (part owner & Chair of Community Outreach for the St. Louis Rams), Tim Mickelson and Adrienne Eagles (NCADA), James Laurinaitis (linebacker for the Rams), Pete Pozesfky and Karen Berry-Elbert (St. Louis Naturally Occurring Retirement Community), and Charli Cooksey (InspireSTL).

2014
Helen B. Madden
Memorial Award

Do you know someone who deserves recognition for exemplary work in the field of alcohol and drug abuse? If so, let us know!

Each April at the Spring Awards Luncheon, NCADA presents the Helen B. Madden Memorial Award. Helen was a pioneer in the local addiction field and worked for NCADA from 1965 until her death in 1976. Since 1977, the award has been presented each year to a local professional who, like Helen, has dedicated himself or herself to this field.

Nomination requirements are that the individual is currently employed as an addiction practitioner and is passionate, knowledgeable and dedicated to helping those who suffer from addiction disease.

Submit nominations online at www.ncada-stl.org or by mailing this form. If nomination is done by mail, use a separate sheet of paper to briefly explain why you are nominating this person. Send to: Helen B. Madden Memorial Award, NCADA, 8790 Manchester Road, St. Louis, MO 63144. All nominations must be received by February 10, 2014.

NOMINEE
EMPLOYER
EMPLOYER'S ADDRESS
ZIP
NO. OF YEARS IN FIELD
WORK PHONE
HOME PHONE
SUBMITTED BY
ADDRESS
ZIP
WORK PHONE
HOME PHONE

Tributes & Contributions

September–November 2013

- CORPORATIONS, FOUNDATIONS & ORGANIZATIONS
Brentwood Chamber of Commerce
Camelot Consulting Company LLC
D. L. Neuner Company, Inc.
Franklin County Children and Families Community Resource Board
John Burroughs School
Kohl’s Department Store
Missouri Department of Mental Health, Division of Behavioral Health
Missouri Professionals Mutual
Moondance Foundation in Great Britain
Nidec Commercial Motors
Schnucks eScrip
St. Louis County Children’s Service Fund
St. Louis Rams Foundation
Toyota Dealer Match Program
United Way of Greater St. Louis
W. Bevis Schock, Attorney at Law
Washington University
- TRIBUTES
Tib Albach
David & Valerie Weber
Ed Tasch
Huck & Mary Patterson
MEMORIALS
Kenneth Brown
Rich Cohen
Nancy Goldstein
Mary Lutz
Mark Twain
Hobby Center
Elizabeth Snidman
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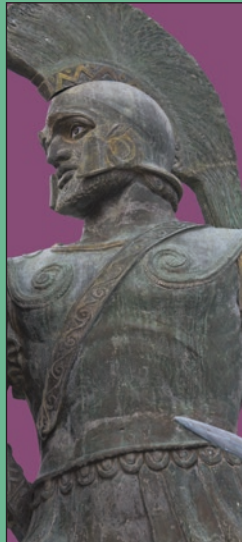
- Carol Peterson
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Gary Swalley
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Liz Warner
Kent & Shannon Weber
Lon & Laure Werner
Billy Kolen
Henry Engelhardt
Jeffrey Krueger
Joyce Coleman
John & Gerry Flynn
Timothy Galvin
Leslie Gennari
Gail Gordon
Elizabeth Kellerman
Keith & Karen Krebeck
Elizabeth Martin
Kathleen McVoy
Mildred Root
Gerald Tullman
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BJ Richardson
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John Dickey
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Jeffrey Drew
Henry & Diane Engelhardt
Doris Ferguson
Matt Gallagher
Judy Garcia
Robert Gulino
Janet Hennessy
Rick & Lynn Hill
W. R. & Shirley Horlacher
Edith James
Christopher Kallaos
Sirus & Kendra Karimi
Barbara Kodner
Paul & Joan Kutz
Yvonne Logan
Paul Melnuk
Peter & Debi Miller
Jack Mueller
Jim & Kathe Myer
Charles & Mary Parker
David Payne
David Rieck & Sherry Griesedieck
Marge Ritchie
Peter Rothschild
Edward Ryan
James Schneithorst
Connie Schnuck
Sanford & Sarah Scott
Thomas & Sheila Shelby
Thomas Stern
Tim Temmen & Kumiko Shimoda
John Tramelli, Jr.
Michael Wallace
Howard & Susan Weissman
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Grant Williams
Kyle Wootten
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Tim Flynn
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Alice Geary
Paul & Suzanne Geerling
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Jennifer Hyatt
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Kaitlyn Maguire
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Adrienne Eagles p. 6



the
key