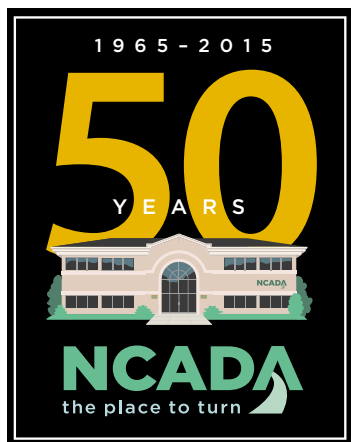


Open House on Jan. 28

For nearly 50 years, NCADA has been *the place to turn*. We usually are not talking about bricks and mortar when we say this, but this time the emphasis is on **place**: 9355 Olive Boulevard. Please come see our new home. Join us for an Open House from 8:00-10:30 a.m., with a ribbon-cutting ceremony scheduled for 9:00.



Our Open House marks the official start of NCADA's 50th anniversary celebration. Fifty years ... it has taken NCADA quite awhile to get to 9355 Olive, and along the way you have partnered with us, worked for us, funded us, volunteered for us, and inspired us. As wonderful as this building is, it is your support that continues to make NCADA the place to turn.

So please put us on your calendar. There are many things we want to show you, and we would love to kick off our 50th anniversary with you. Emphasis on **you**.

NCADA OPEN HOUSE

January 28, 2015

8:00 – 10:30 a.m.

RSVP by January 21 to Jane Young
at jyoung@ncada-stl.org.

2015 Helen B. Madden Memorial Award

For outstanding work in the
field of substance abuse.

Nomination information – p. 6

50th Anniversary Calendar of Events

p. 4

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Red Ribbon Training
- 7 Helen Madden Award
Tributes and Contributions

NCADA trivia night

Prizes
Food
Questions for
all ages

Saturday, March 7, 7 p.m., Westminster Christian Academy

NCADA is turning 50, and we're hosting a Birthday Party themed Trivia Night.

Grab seven of your closest friends and join us for a night of games, trivia, and lots of opportunities to win. Decorate your table, wear costumes, and bring props based on our Birthday Party theme for chances to win additional prizes.

Snacks and beverages will be provided. Players are welcome to bring their own food and refreshments. No alcohol is allowed on the school premises. Doors open at 6:00 p.m.

Tickets are \$25 per person
– \$200 for a table of eight.
Sponsorships are available
starting at \$100.

To register, or for more info,
contact Lynda Wolpert at
lwolpert@ncada-stl.org. You
may also register at
ncada-stl.org.

**Westminster Christian
Academy:** 800 Maryville Centre
Drive, Town and Country, MO
63017.

Exit Hwy. 40 at Hwy. 141, and
take South Outer 40 west for
one-half mile.

Everyone thinks Missouri is “The Show-Me State,” but that’s not the state’s motto.

DIRECTOR’S COMMENTARY

The State Motto

Missouri’s official motto, established in 1821, appears in Latin on the Great Seal: *Salus populi suprema lex esto*. It means, “The health of the people should be the supreme law.”

This is a noble principle, and life might be very different if our laws and public health policies actually embodied it. Just consider:

We know that high alcohol taxes are inversely correlated with drinking, and especially with underage use. When booze is cheap, more kids can afford it. When the price goes up, use goes down.

We also know that less drinking among young people means less alcoholism when they become adults: Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence and two-and-a-half times more likely to become abusers of alcohol than those who don’t drink until they’re 21. Less underage drinking also means fewer traffic crashes, less property crime, less high-risk sex, less violence, fewer injuries and deaths, and better educational outcomes.

According to the official Missouri motto, preventing underage drinking should be a supreme law of the state. Yet statistics from the Missouri Division of Behavioral Health indicate that underage customers consumed 19 percent of all the alcohol sold in Missouri in 2009. Incredibly, underage customers drank an average of three MORE drinks per day than legal customers did. In so doing, each too-young drinker spent an annual average of \$1,776, generating a smooth \$215 million of profit



Howard Weissman
Executive Director

for the alcohol industry. And that’s in 2010 dollars, back when \$215 million was real money.

One thing that keeps alcohol prices low here is taxes. Among all 50 states, Missouri’s alcohol tax ranks 47th. We do even worse on cigarettes; Missouri’s tobacco tax rate is the lowest in the nation. Even states where tobacco is grown have tax rates that are triple ours. New York’s tobacco tax rate is 25 times higher than Missouri’s. Our low tax rates don’t discourage underage smoking and drinking; they encourage both.

These two examples are instructive if and when Missouri is asked to consider legalizing marijuana. Regulate it, we’ll be told, and we can keep it from kids under 21. Tax it, and we will reap huge profits for the state that will pay for treatment and prevention.

That argument might be more convincing if there were real evidence to suggest that the health of the people is actually the supreme law in Missouri. But there is none.



If you’ve been following the news lately, you’d think that the greatest threat to our health is the Ebola virus. This seems strange, given that the chances of

We ignore real threats and obsess over imaginary ones.

contracting Ebola in America are essentially zero, unless your favorite snack is raw African fruit bat. Scientists are working feverishly, so to speak, to develop a vaccine and an effective treatment for Ebola, but they are all but ignoring the disease that should strike terror in our

hearts – one that is taking hundreds of our children every year, right here, right now.

That disease is addiction, and if the health of the people were a supreme law of the state, we would treat it with the same urgency and desperation now being devoted to tropical plagues that pose no real danger. We’d be spending many more millions on effective prevention strategies. We’d have dozens more treatment centers. We’d offer timely assistance to those in need. We’d enforce existing laws about underage use, and we’d be sure that our alcohol and tobacco taxes were high enough to discourage it.

The lives of our children are threatened when we ignore real threats and obsess over imaginary ones. The lives of our children are imperiled when we put profit and corporate interests above public health and make it easier for kids to drink and smoke, instead of making it harder.

If we actually practiced what our official state motto has preached for close to 200 years – *Salus populi suprema lex esto*, Missouri would be the envy of the nation.

Show me, indeed. [↗](#)

hweissman@ncada-stl.org

CALENDAR

January 28: NCADA Open House

8:00 – 10:30 a.m.; NCADA, 9355 Olive Blvd. See story on page 1.

January 28: Prevention Day at the Missouri State Capitol

For information contact Angela Yarbrough at ayarbrough@ncada-stl.org or (314) 962-3456 x322.

February 20: Youth Mental Health First Aid Training

St. Charles Community College. For information contact Danna Squires at dsquires@ncada-stl.org or (314) 962-3456 x301.

February 24: Youth Mental Health First Aid Training

NCADA, 9355 Olive Blvd. For information contact Danna Squires at dsquires@ncada-stl.org or (314) 962-3456 x301.

March 4: Ethics – Black, White & Shades of Gray

8:30 a.m. – 3:30 p.m.; NCADA, 9355 Olive Blvd. For full details or to register visit ncada-stl.org or contact Catie Myers at (314) 962-3456 x318.

March 7: NCADA Trivia Night

7:00 p.m. at Westminster Christian Academy. See story on page 1.

March 19: Youth Mental Health First Aid Training

NCADA, 9355 Olive Blvd. For information contact Danna Squires at dsquires@ncada-stl.org or (314) 962-3456 x301.

March 20: Addiction & the Family Impact

8:00 a.m. – 3:30 p.m.; NCADA, 9355 Olive Blvd. To register visit ncada-stl.org or contact Catie Myers at (314) 962-3456 x318. (Also offered June 16, August 4 and December 10, 2015.)

March 25: Speak Hard Youth Conference

Jefferson City – for details visit ncada-stl.org or contact Angela Yarbrough at ayarbrough@ncada-stl.org or (314) 962-3456 x322

April 13–16: Substance Abuse Prevention Skills Training

NCADA, 9355 Olive Blvd. For information contact Jenny Armbruster at jarmbruster@ncada-stl.org or (314) 962-3456.

April 23: NCADA 50th Anniversary Symposium

In the St. Louis Room of St. Louis University. Visit ncada-stl.org for the latest details.



Upcoming presentations of the St. Louis Coalition on Addictions

Jan 14 – Ann Lovell: The St. Louis VA’s Approach to Addiction Treatment

Feb 11 – Howard Weissman: Legal Marijuana? Pros, Cons and Unknowns

Mar 11 – Will Hassett: Experiential Therapy in Addictions

Apr 8th – John Colligan: Neuroscience & Addiction

May 13th – Ed Moses: Synthetic Drugs

June 10th – Marilyn Bader: Social Media: the Pluses & Pitfalls

The St. Louis Coalition on Addictions is an NCADA program that brings together individuals concerned about addictive disease. It provides a forum for networking, for learning and advocacy about the use and abuse of alcohol and other drugs, and for discussion of other addictions. Participation is open to anyone interested in the prevention and treatment of addictions.

The Coalition meets the second Wednesday of each month from 11:45 – 1:00 at NCADA, 9355 Olive Blvd. in Olivette. Lunch is provided free of charge (courtesy of Alkermes, Inc.) and one CEU contact hour certificate is available for \$3.00.

NCADA Prepares for 50th Year

2015 will mark the 50th anniversary of the National Council on Alcoholism and Drug Abuse – St. Louis Area. Accordingly, we are planning events throughout the year and we hope you will help us celebrate.

January 28 NCADA Open House

Come see our beautiful new building at 9355 Olive Blvd. in Olivette (for more information see page 1.)

March 7 NCADA Trivia Night

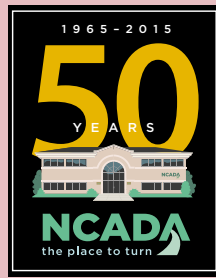
(See page 1.)

April 23 NCADA Symposium

Our Annual Spring Awards Luncheon has been broadened into a full-day symposium called “Looking to the Future.” Visit ncada-stl.org for more information.

August 22 NCADA 50th Anniversary Concert

Features 5-time Grammy Award winner Michael McDonald. Visit ncada-stl.org for more information.



Taking on Substance Abuse: Old School vs. New School

Commentary by Dan Duncan

The United States first declared a “War on Drugs” under the administration of President Richard M. Nixon in 1971. Nixon actually didn’t care for the war analogy, nor did he want the effort imbalanced by too great an emphasis on interdiction, law enforcement and corrections. Nevertheless, that’s what he – and the rest of the country – got.

Forty-three years later, the nation’s approach to dealing with drugs continues with the same basic punitive approach, even as the public has increasingly come to regard this model as a failure. It certainly has not stopped the flow of drugs coming into the U.S. It has not significantly reduced drug use. Prisons are overflowing with people imprisoned for drug-related offenses, too many of them low-level users and addicts. And we’ve had to confront new kinds of drugs that pose additional threats to health and life, including the deadly epidemic of opiates.

Going on half a century later, the ineffective War on Drugs is clearly Old School, which raises the question: Is it time for a New School approach, and, if so, what should it look like?

Logically, New School would incorporate what we’ve learned about dealing with drugs after 43 years of policies focused on supply rather than on demand. Michael Boticelli, the new director of the Office of National Drug Control Policy at the White House, wants to move away from the War-on-Drugs approach. “Substance abuse,” he said, “is a public health issue.... We can’t arrest our way out of the problem.” While this is a welcome acknowledgment of the obvious, we have yet to see a new master plan.


So here, humbly offered, are some components of a New School plan, dealing with both demand and supply in a balanced way:

- A ten-year, gradual restructuring of funding of federal and state corrections systems to increase support for habilitation/rehabilitation of non-violent drug-involved prisoners.
- Vibrant, well-crafted, multi-dimensional public awareness/community education programs.
- Comprehensive state-of-the-art, science-based, innovative substance abuse prevention programming for youth and young adults from kindergarten through higher education.
- More drug courts and treatment programs, both inside the correctional system and outside, that offer co-occurring treatment,



medical detox, medication-assisted therapy, housing and jobs programs for treatment recipients.

- Make “treatment on demand” the norm rather than the exception.
- Institute a new federal response to marijuana that is consistent with scientific knowledge. Congress should consider revising the terms of schedule classification (of marijuana) to allow comprehensive, longitudinal studies of its effects which should then be taken into account regarding any and all considerations of legality. In terms of potential allowance of legalization, reject commercialized alcohol-based models as promoted by advocates. Additionally, the issue of medicinal value of cannabis should be kept entirely separate from any discussion of legal status for recreational use.

Is something like this feasible? Absolutely, but it would take leadership, vision and a shift in attitude. It’s time to get off this well-trod path of chemical abuse, addiction and dysfunction. We need to help the nation’s youth, our families and our communities. It’s time for something different. It’s time. 

Dan Duncan is associate executive director of NCADA.

dduncan@ncada-stl.org

BULLETIN BOARD

Rep. Rehder to File Prescription Drug Monitoring Bill

November 24th - Jefferson City – At a press conference in the state capitol building, District 148 State Representative Holly Rehder announced her intent to file a bill for a Prescription Drug Monitoring Program (PDMP) for Missouri. A PDMP is a database that can be accessed by pharmacists and physicians to stop doctor-shopping, a common practice for those addicted to opiates and other controlled substances.

The press conference was sponsored by the PDMP NOW Coalition. Rep. Rehder co-sponsored a bill last year for a PDMP and is going to take the lead this year. Rehder cites the opiate epidemic and the concerns she’s heard expressed by her constituents, “We are hearing more and more public outcry,” she said, “and that’s what it’s going to take to move the needle on this.”

There has been growing support for this issue in Jefferson City in both the House and the Senate but it has been held up primarily by one legislator, Senator Rob Schaaf from St. Joseph, who has cited privacy issues as the reason for his opposition. Schaaf has gone so far as to filibuster a past PDMP bill but Rehder doesn’t buy Schaaf’s reasoning. “Fear motivates,” she said. “Using that privacy issue is just motivating fear.”

The PDMP NOW Coalition is a statewide group of law enforcement, substance abuse, and social service organizations dedicated to securing a PDMP for Missouri, the only state in the nation lacking such a tool. Rep. Rehder encourages those who support this idea to contact their legislators and let them know they feel this is important to the state.

A Cure for Drug Addiction?

The groundbreaking addiction treatment that Dr. Stanley Glick has been working on since 1995 seems on the verge of becoming a reality [...]. Glick and his colleagues at California-based Savant described 18-MC as a potential game-changer in treating addiction for a variety of

substances, including cocaine, methamphetamine, heroin, alcohol and cigarettes.

The drug works on different brain circuitry than most drugs used to treat addiction. Most treatments interfere directly with the brain’s dopamine system — the “reward pathway” that is activated by many addictive drugs. But 18-MC acts on a parallel circuit [...] sometimes called the “alternate reward pathway” — which indirectly tempers the dopamine system. It has received much less attention from researchers after the dopamine system’s role in addiction became apparent in the mid-1980s, Glick said.

It turns out the two pathways have many connections, Glick said. Tests in animals showed that the effect of 18-MC in the alternate pathway is to reduce the dopamine released when several addictive drugs are administered.

(Excerpt reprinted from timessunion.com)

We Want Your Memories!

As we enter our 50th year we’re thinking about our past. If you have stories or recollections of the early decades of NCADA we’d love to have them. Please contact Jane Young at jyoung@ncada-stl.org or (314) 962-3456.



A Very Big Check

As part of their annual Red Ribbon Week, students at Barack Obama Elementary School in the Normandy School District were invited to donate their pocket change to an agency that was "making a difference." We were surprised and flattered to learn that the students chose NCADA, and we were downright astonished that in one day they raised over \$350! Over the last 49 years we have received some larger donations, but none that filled us with more pride and gratitude.

NCADA Holds Legislative Forum

In anticipation of the upcoming legislative session in Jefferson City, seven state legislators joined staffers of NCADA's Regional Support Center and members of regional advocacy coalitions for a "legislative conversation" at NCADA headquarters on Nov. 21.



It was a lively, interesting discussion of relevant NCADA issues including marijuana regulation, prescription drug monitoring programs, methamphetamine, Good Samaritan laws, and alcohol/tobacco sales enforcement. With area coalition members expressing their views and asking questions and legislators responding in kind, it was a valuable exchange.



Right to left: Rep. Jeanne Kirkton, Rep. Cloria Brown, Claudia Schwartz-Wendling, Kay Young.

Red Ribbon Training Draws Over 700 Students

Each September since 1992 NCADA has presented Red Ribbon Training to help students and faculty prepare for national Red Ribbon Week at their schools. In 2014 training sessions were conducted in Jefferson County, St. Charles County, St. Louis County, and Franklin County.



Students make models of brain neurons at the Jefferson County Red Ribbon Training.



Catherine Pilarski quizzes students on facts and myths about marijuana.



Marilyn Bader discusses energy drinks.



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. All nominations must be received by February 10, 2015.

Tributes & Contributions

September – October 2014

CORPORATIONS, FOUNDATIONS & ORGANIZATIONS

- Aegion Corporation
Employees Community Fund of Boeing St. Louis
Franklin County Children and Families Community Resource Board
Kohl's Department Stores
Missouri Department of Health, Division of Behavioral Health
Missouri Department of Transportation
Missouri Foundation for Health
Schnucks eScrip
St. Louis County Children's Service Fund
Toyota Dealer Match Program
United Way of Greater St. Louis
Washington University

GRANTS RECENTLY RECEIVED

- Employees Community Fund of Boeing St. Louis
Prevention First-City
Maritz
Prevention First-City

TRIBUTES

- Chris Aguirre
Andrew Lench
Jacob
Nancy Woolbright

MEMORIALS

- Kyle Lima
Terry & Linda Daum

- Eric Peterson
Mary Ballowe

Leah Schweiss

- Joan Birk
E. Caywood
Destination Asia
Jacqueline Goldy
Ann Gravette
Kandace Gregory
Diane Henderson
Stephen & Virginia Klopfer
Lauren Kortas
Sheila Kyle
Terri McCart
Monsanto Fund
Karen Newberry
Richard & Margaret Pikora
Raymond & Colleen Schulte
Phillip Shannon
Thomas Westerman
Melanie Westlake
World Marketing Group, LTD

IN-KIND

- Jared Opsal
Lynn Watkins

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Jarohn Johnson
James Kueneker
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Kayla Theberge
Stephen Warmack

Daniel Spielberg

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Barry & Lisa Bornstein
Robert & Donna Cohen
Karen Eddinger
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- Larry & Judy Lazerwitz
Jodi Markman
Allen & Maureen Merkley
David & Anna Lee Nissenholtz
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Jill Shapiro
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INDIVIDUALS

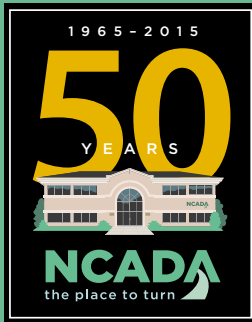
- Debbie Broms & Chip Miller
Jim & Annette Gambell
Jim & Diann Gross
Larry Manion
Charley & Ann Meyer
Jared Opsal & Stacey Zellin
Peter Perkins
Celeste Player
Dale & Deborah Poslosky
Phil & Kay Roush
Doug Schell & Peg Weathers
Mark Schupp
Bill & Susan Sunderman



Volunteer Kayla Theberge mans a refreshment station at the NCADA golf tournament.



NCADA Open House p. 1



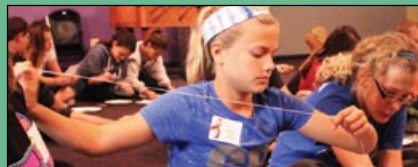
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