# Michael McDonald Returns for NCADA's 50th Anniversary

### by Dan Duncan

His voice is distinctive, rich, unique, and soulful. The music he writes and performs is unforgettable and brilliant. His ability to touch audiences is undeniable.

If you're a fan of the world-renowned, five-time Grammy winner Michael McDonald – his solo achievements and his transformational contributions to the Doobie Brothers and Steely Dan – make plans now to attend NCADA's 50th Anniversary Concert on Saturday, August 22, at The Sheldon Concert Hall.



Michael McDonald's Concert for NCADA – August 22 at The Sheldon Concert Hall.

What better way for us to celebrate our 50th anniversary than to host

St. Louis' own Michael McDonald in a special one-night event at one of the area's most comfortable concert venues? It will mark McDonald's third benefit concert for NCADA in the past ten years, just one of the ways he has maintained his connection to the community where his talent took shape and began to blossom. His previous concerts for NCADA – one at The Pageant and one at the Touhill Performing Arts Center – sold out.

NCADA chose The Sheldon this year specifically for its intimate atmosphere and unmatched acoustics. "It's an ideal setting for audiences to see an artist of Michael's caliber," said NCADA Executive Director Howard Weissman. Another St. Louis artist, R&B singer Brian Owens, will open the evening's entertainment.

NCADA's 50th Anniversary Concert featuring Michael McDonald is sponsored by Midwest BankCentre and KSDK Channel 5. **Tickets are on sale now at Metrotix** (metrotix.com or 314.534.111). A limited number

of \$150 VIP tickets, which include parking passes, are available through NCADA—please contact Angie Yarbrough (ayarbrough@ncada-stl.org or 314.962.3456 x352) to reserve yours now. Keep in mind that seating truly is limited, so don't wait! You do not want to miss this special opportunity to see and hear one of the most distinctive and soulful singers of our time, the great Michael McDonald.

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### NCADA Golf Tournament Set for August 10

The NCADA Golf Tournament – a summer tradition since 1995 – will be held Monday, August 10 at The Country Club at St. Albans. All proceeds benefit



NCADA's programs for youths. Registration is \$300, or \$1,200 for foursomes. Sponsorships are welcome, and net donations of \$1,000 or more are eligible for Missouri's Youth Opportunities Program tax credits.



#### Register online at ncada-stl.org/events

For further information, including sponsorship benefits, contact Angie at (314) 962-3456 x352 or ayarbrough@ncada-stl.org.

# In the St. Louis region, four hundred of our young people died from heroin/opiate

overdoses in

2014.

# Progress and persistence

Weissman

That's a record number of people – a record high number – paying the ultimate price for using these drugs. Some of them had developed an addiction and couldn't stop. Others had been in the early stages of a treacherous experiment and were killed by an unexpectedly potent dose

or perhaps a lethal mixture of substances.

↑ /hatever the specifics, virtually all of them left shattered families to try to make sense of one of life's most wrenching tragedies: the loss of a child.

Obituaries and death notices in these situations typically use phrases like "died suddenly at the age of 23..." But we know

that people in their twenties do not, as a rule, die suddenly, and we also know that more than 2,300 people in the St. Louis region have died "suddenly" for the same, usually unnamed, reason.

The overwhelming pain of loss feeds a need for privacy, of course, but shame and stigma also push many families to keep the cause of death a secret. "It's no one's business," they say. Yet when a child dies from leukemia, muscular dystrophy, or cystic fibrosis, it's announced. Despite their pain, parents write—not untruthfully—that their child was taken after a "long and courageous battle with...."

hese apparent contradictions may help explain why the death of a young woman in New Hampshire, more than 1,200 miles from here, had such a powerful effect on me and on scores of others all across the U.S. who read the obituary for Molly Parks:

Molly Alice Parks, age 24, who most currently resided in Manchester, N.H., passed away on April 16, 2015 as the result of a heroin overdose....

Molly graduated from Old Orchard Beach High School in 2009 and attended one year at Southern *Maine Community College until her addiction took* over. Most recently, she was employed as a delivery driver for Portland Pie Co. in Manchester, N.H. She enjoyed theater, fashion, reading – especially Harry Potter – and will always be remembered for her

fearless personality and her trademark red lipstick. Along Molly's journey through life, she made a lot of bad decisions including experimenting with drugs. She fought her addiction to heroin for at least five years and had experienced a near fatal overdose before. Molly's family truly loved her and tried to be as supportive as possible as she struggled with the heroin epidemic that has been so destructive to individuals and families in her age bracket....

If you have any loved ones who are fighting addiction, Molly's family asks that you do everything possible to be supportive, and guide them to rehabilitation before it is too late.

It's sad to say that this is what stands for progress in our field—that a heartbroken father disclosed the actual cause of his child's overdose death—because, in one way, it reflects only how

People in their twenties do not, as a rule, die suddenly. desperate the epidemic has become. Parents cannot wait for cures or for the problem to go away. The mere fact that, in anguish and desperation, a parent dared to tell the truth in the hope that another child might be spared, became newsworthy. The obituary went viral. Millions saw, shared, or commented on it.

It is an act of singular courage and love. And yes, it serves to reduce stigma and raise awareness. But make no mistake: it's not progress, at least not the kind of progress we truly need.

rogress would involve a significant change in the way doctors treat pain and in the way we, as patients, manage it. Progress would involve coordinated efforts to teach our children that medications should be taken correctly and sparingly. Progress would involve keeping legal drugs out of easy reach of our youth and rejecting the normalization of the use of more mind-altering substances. Progress would involve a persuasive public education campaign about safely disposing of unneeded medications. Progress would involve stigmatizing the

underage use of drugs and alcohol, rather than stigmatizing the unfortunate few who become hostages to an addiction. Progress would reduce death and suffering. Progress — real progress — has not yet arrived.

At NCADA, we believe there can be no progress without

Communities, schools, and families should persist in giving our children the right messages. Starting at a very young age, kids need to learn how to rely on themselves to manage emotional and physical discomfort without popping a pill.

octors and hospitals must persist in putting evidencebased treatment ahead of patient preferences and offer opioids only when they are clinically indicated.

Law enforcement officials and officers should persist in reducing the supply of heroin and other drugs, but they also must persist in reducing demand for drugs by getting serious about the underage use of EVERYTHING.

These are big problems with complex solutions and limited resources for fighting back.

here are some who contend that heroin and prescription opioids have received more attention lately not just because of their lethality, but because they're killing "good

kids from good

families" - code

for "white kids

in the suburbs."

and incomplete

This is an

insufficient

explanation.

misuse, and

abuse is the

number one

Substance use,



public health An online tribute page for Molly Parks. problem in ALL neighborhoods across our region. In terms of social costs, nothing comes close. Until we begin to address it as a public

health crisis — systemically, energetically, and persistently — too many communities will decay and too many parents, like the father of Molly Parks, will be faced with the unfathomably awful question of how much truth to include in their child's obituary.

The time is now and the need is acute. If you want to join NCADA in this struggle, please contact us and learn more. **-D** 

hweissman@ncada-stl.org

### **CALENDAR**

### June 16: 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 August 4 and December 10.)

### June 20: Strike Down Heroin

4:00 p.m. - 6:00 p.m.; Tropicana Lanes, 7960 Clayton Road. See story on page 4.

### June 24: Ethics yoU

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

July 20 & 21: Prevention Leadership Conference 2015 St. Charles Convention Center. See story on page 4.

### **August 4: 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 and December 10.)

### **August 10: NCADA Golf Tournament**

See story on page 1.

### August 11: Ethics - A Matter of Perspective

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.

August 22: Michael McDonald – Concert for NCADA See story on page 1.

### September 2: Ethics - Right Way? Wrong Way?

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

### St. Louis Coalition on Addictions **UPCOMING PRESENTATIONS**



July 8: Rod Campbell – Self-Compassionate Parenting of

Aug. 12: Ned Presnall – Grieving the Loss: Addiction & Recovery from an Attachment Perspective

**Sept. 9:** To be announced; check ncada-stl.org for updates.

Oct. 14: Jay Winig & Linda Meyer – Collegiate Recovery

Nov. 11: Dr. Russell Hyken – Wilderness Therapy

Dec. 9: Mark Stringer - An Update on the Missouri Division of Behavioral Health

The St. Louis Coalition on Addictions (an NCADA program) 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. (one-half mile west of I-170). Lunch is provided free of charge (courtesy of Alkermes) and one contact hour certificate is available for \$3.00.

NCADA KEY NCADA **KEY** 3

# Strike Down Heroin 2015 **Coming to Tropicana Lanes**

Register at strikedownheroin.com, and then join us Saturday, June 20, 4-6 p.m.

Strike Down Heroin was launched in 2012 by a dedicated group of volunteers, many of whom had lost friends or family members to

opiate overdose. The concept was simple: People bowl a few games, and the proceeds benefit NCADA's anti-opiate programs.

The tradition continues this year at Tropicana Lanes, 7960 Clayton Road in Richmond Heights. The \$25 admission includes a Strike Down Heroin t-shirt, shoe rental, and two hours of bowling.

For more information, including sponsorship opportunities, contact Angie Yarbrough at (314) 962.3456 x352 or ayarbrough@ncada-stl.org. 🗊



Strike Down Heroin is a family-friendly event and a great way to do your part for the fight against opiate abuse in the St. Louis area.

Generous support provided by Alkermes, and the Andrew Eigles Memorial Fund.



Eigles ŽAE

Alkermes

Honorary chairperson Mandy Murphey of Fox 2 News

### Teens Rethink and Reset at TI Retreat

Ninety-four teens from 36 different area high schools attended this year's Teen Institute for Prevention Leaders held in Dittmer, Missouri from June 2-5. The theme was "Reset" and students were encouraged to "reset" what they



thought they knew about alcohol, tobacco and other drugs as well as "reset" their perception of addiction.

Teens participated in workshops to broaden their understanding of substance abuse and heard from

individuals who have faced addiction in their own lives. When they weren't learning, the teens recharged by paddle boating, playing sports, and just relaxing with new friends. They even participated in a yoga class and learned a few circus tricks!

Participants left not only with new knowledge about substance abuse, but also with confidence in their leadership skills and a new positive peer group. Most importantly, they left with the realization that they can make a difference, and with enthusiasm to share their knowledge with others.

PREVENTION
LEADERSHIP
CONFERENCE
PLC is a 2-day conference that brings together 200
young people from more than 50 metro. St. I swings young people from more than 50 metro St. Louis schools to learn about drug and alcohol prevention,

youth advocacy and the power of positive peer pressure.

For 25 years, PLC has challenged local teens to embrace a healthy lifestyle and become leaders in their schools and communities.

### July 20-21 St. Charles Convention Center

The cost for meals, all activities, and overnight accommodations at the Embassy Suites St. Charles is only \$50!

For details visit plc2015.org or contact Lori Krueger at (314) 962-3456 x323 or 1krueger@ncada-stl.org.

> Join the posse and bring your friends! Register at plc2015.org

Keynote Speakers/Special Guests









### What Do I Know?

### Commentary by Dan Duncan

The older I get, the less I seem to know. No, I'm not talking about memory loss; I'm talking about

When I was new to the substance-abuse field, it was the era of Father Joe Martin, Claudia Black, and Melodie Beattie. Standard treatment was 30 days in an in-patient facility. A.A. and its spin-offs were regarded as consistently reliable, successful programs for posttreatment referrals.

Managed care had not yet arrived, and personal computers and cell phones were wonders limited to a precious few. Life without the Internet alone made it a whole different world. I was a young - or, at least, younger – addictions counselor, and I felt moderately comfortable that I knew what I was doing.

As I look back now, things seemed simpler and less complicated than they are today, in some respects at

Then came computers, mobile communications, the Internet, and rapid changes in health care, health insurance, and ... the world changed. The old substances – alcohol always predominant – stayed with us, but there were new and different additions. Crack cocaine arrived, followed by rave parties and Ecstasy. Methamphetamine use increased, and we witnessed a gradual increase of prescription drug abuse to epidemic proportions, fueling a once-unimaginable "popularity" of heroin.

And now we see young people using a proliferation of highly toxic synthetic drugs that mimic marijuana, cocaine, and hallucinogenics. I wonder how many more dangerous layers we can pile onto America's banquet plate of deadly substances.

Father Martin has since died, and other recovery gurus have faded into relative obscurity. Our language has

adapted to the changes as well. What we once called "dual diagnosis" disorders are now "co-occurring." Addiction as a "disease" has given way, with more science, to understanding addiction as a "brain disorder." The 12-step approach is becoming less automatic as a post-treatment referral with the advent of motivational interviewing, cognitive behavioral therapy, mindfulness, and medication-assisted treatment – all part of a new and ever-evolving landscape.

### Everything's the same; everything's different.

As our culture inevitably shifts and rolls, I sometimes find myself resisting, rather than embracing, change. I react to rap music in much the same way I remember my dad looking at my Rolling Stones and Jimi Hendrix albums, wondering what the heck the appeal is.

Man, I must be getting old. Wait ... getting old? Maybe I AM old!

If I no longer know as much as I once thought I knew, I do know some things:

I know that getting treatment for addiction can dramatically improve and maybe save someone's life. I know that it's our responsibility to protect our young people and that we can and should be doing much better at it. That includes making sure we are doing the very best we

can to provide substance abuse prevention programs where the kids are: in schools.

I know that alcohol is not what the ad agencies make it out to be. I know it can destroy souls and that it takes no prisoners and shows no remorse. I know it can kill.

I know marijuana is not the safe, harmless drug so deftly promoted – with glaringly insufficient safeguards for youth – by the proponents of legalization.

I know that heroin is the nastiest crap on earth. I hate it so much at such a primal, visceral level that I wish I could discover a way to wage some sort of agricultural war against poppy cultivation.

I know that this field I love, the field of substance abuse, needs to continue to grow as those of us who've been at it for decades begin to retire and have some time in our lives to do something other than try to help knock monkeys off other people's backsides.

I know that I am mighty grateful that I became and have remained sober for the bulk of my life and have had the opportunity to help others along the way.

And I know that's a lot, even if I don't know as much as I once thought I did.

Dan Duncan is associate executive director of NCADA.

"Facilities are primarily using psy-

dduncan@ncada-stl.org

### **BULLETIN BOARD**

### Study: Only 25 Percent of Treatment **Facilities Offer Medications for** Alcohol Use Disorder

Although four drugs have been approved by the Food and Drug Administration for Alcohol Use Disorder (AUD), many patients lack access to evidence-based treatments that can potentially benefit them, the researchers say.

Researchers from the Substance Abuse and Mental Health Services Administration (SAMHSA) analyzed national data from a 2012 census of more than 14,000 U.S. substance abuse treatment facilities [and] found only 25 percent of all facilities offered at least one of the AUD medications and only 5 percent offered all four.

The approved medications are naltrexone (available as an oral drug, Revia, and an injectable drug, Vivitrol), acamprosate (Campral) and disulfiram (Antabuse). Naltrexone can help people reduce heavy drinking. Acamprosate makes it easier to maintain abstinence. Disulfiram blocks the breakdown of alcohol by the body, causing unpleasant symptoms such as nausea and flushing of the skin.

chosocial types of treatments," said Margaret E. Mattson, PhD, a research scientist in the Center for Behavioral Statistics and Ouality at SAMHSA. "A lot of them are wedded to various 12step programs, which are not inclined toward medication as the primary form of treatment.... There is still the notion out there that alcoholism is not a disease," she said. "Certain facilities believe it is a problem that should be tackled by willpower and without the aid of medication."

Excerpted from an article at drugfree.org.

NCADA **KEY** 5 NCADA **KEY** 

# Science, Debate and Drama Make for a Lively Symposium

On April 23, NCADA's 50th Anniversary Symposium brought together experts from across the nation to address the prevention and treatment of substance abuse.

Hosted by Saint Louis University and sponsored by Plancorp, the symposium covered a wide spectrum of drug-related issues. After an opening address from David Mineta of the White House's Office of National Drug Control Policy, Mark



Outside the Wire actors read from Eugene O'Neill's Long Day's Journey Into Night. Left to right: Alex Morf, Zach Grenier, Kathleen Chalfant, Colleen Finnegan.

Kleiman (UCLA) and Kevin Sabet (Smart Approaches to Marijuana) offered practical advice on marijuana decriminalization. Jonathan **Gibralter** (Frostburg State University) provided nuts-and-bolts strategies for dealing with student drinking. **Matthew Johnson** (Johns Hopkins University School of Medicine) discussed advances in addiction research. New York's

**Outside the Wire** capped the day's events with a dramatic reading and an audience discussion.



Jonathan Gibralter discusses alcohol abuse at his university and his campaign to involve parents, students, police and nightclub owners in finding solutions to a deadly problem.



Scott Ferguson (left) and Mark Schupp, receive the Gateway Award for their work on NCADA's Heroin PSA.



Bill Tayon (left) receives the 2015 Helen B. Madden Award from Celeste Player of the NCADA Board of Directors.

## **Tributes &** Contributions

February 2015 – April 2015

#### **CORPORATIONS, FOUNDATIONS & ORGANIZATIONS**

Cardinals Care

Crestwood-Sunset Hills Rotary Club

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Missouri Department of Mental Health, Division of Behavioral Health

Optimist Club of Clayton

Saigh Foundation

Schnucks eScrip

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United Way of Greater St. Louis

Washington University

#### **GRANTS RECENTLY RECEIVED**

Strike Down Heroin

Cardinals Care

Youth Leadership Programs

Crestwood- Sunset Hills Rotary Club Prevention Leadership Conference

Cuivre River Electric Company Trust Youth Leadership Programs

Dana Brown Charitable Trust Prevention First - City

Drury Hotels

Prevention Leadership Conference

Express Scripts Strike Down Heroin

Jefferson Memorial Community Foundation Youth Leadership Programs

Kohl's Associates In Action Trivia Night

Missouri Department of Transportation Prevention Leadership Conference

Optimist Club of Clayton Prevention Leadership Conference

Optimist Club of Kirkwood Prevention Leadership Conference

Saigh Foundation Prevention First - City

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Missouri History

Moolah Theatre

Raging Rivers

WaterPark

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Rain Tunnel

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Silver Dollar City

Saint Louis Symphony

Shoji Tabuchi Theatre

The Pasta House Co.

Massage Envy

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Kayla Theberge



A huge thank you to the volunteers from the Moneta Group! Your efforts helped make NCADA's 2015 Trivia Night the most successful ever.

### Red Ribbon **Training**

Red Ribbon Week is the country's largest anti-drug event, and each year NCADA conducts training for middle school students, supplying materials and ideas to help their schools organize antidrug programs.

THIS YEAR'S SCHEDULE

Sept. 3 ST. CHARLES COUNTY ST. LOUIS COUNTY Sept. 10

FRANKLIN COUNTY Sept. 24 JEFFERSON COUNTY

Teachers and school administrators who want to learn more about the trainings should contact Lori Krueger at lkrueger@ ncada-stl.org or (314) 962-3456 x323. 🖘

NCADA KEY

### **Participants at Youth Advocacy Conference Witness** Senate Approval of Prescription Drug Monitoring Bill

Since 2005 NCADA has provided advocacy training for teens, and then organized trips to Jefferson City to let them put that training into action. This year on April 2, as part of the Youth Advocacy Conference (YAC), the participants met with state legislators to discuss substance abuse issues, and later observed the Missouri legislature in action.

Over the past decade, the Jefferson City trips have provided important education on public advocacy. However the teens rarely have witnessed the legislature voting on or debating substance abuse issues. This year was an exception. Mere hours after talking to individual legislators about Missouri's need to pass a Prescription Drug



YAC students meet with state senator Dave Schatz.

Monitoring Program, many of the teens watched the Senate approve the measure. This was a triumph, as passage of the measure has long been one of NCADA's major goals.

Unfortunately, the biggest lesson the teens learned was the need for persistence. The legislative session closed on May 15 without the bill coming to a final vote. Missouri remains the only state without effective prescription drug monitoring. 🗊



"Not Just Yacking"

NCADA **KEY** 



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