

Transitional Counseling Rolling Into Jefferson Co.



It will come as a surprise to exactly no one that teenagers sometimes make unhealthy decisions about using alcohol or other drugs. For nearly a year and a half, our Transitional Counseling Program (TCP) has been serving families and teens who find themselves in some difficulty with substances.

The difficulty might be that things don't seem quite right at home, and the family is concerned; it might be because of a school suspension; it might even be for a drug- or alcohol-related misdemeanor. But whatever the reason, everyone in the family is affected, and often they don't know what the next step should be. When a substance-related issue rears its head, the first question is, "Okay, what now?"

TCP gives families a great option. We provide a thorough evaluation and, for those kids who require treatment of any kind, a referral to the proper level of care and to the right kind of provider. But often teen substance use is not related to a serious drug or alcohol problem. Sometimes it's related to family or peer relationships, sometimes to social or academic pressure, sometimes to mild depression or anxiety—sometimes to all of the above.

For those young people who don't have an issue that requires treatment, we provide a **free**, non-punitive, non-treatment focused approach which enhances the motivation to make healthier choices and gives teenagers the tools to stay self-aware and sober as they make their way towards young adulthood. At the same time, we offer academic tutoring, and information sessions that give family members a way to reengage with their teen.

School officials, the legal system, other social service agencies, and therapists have embraced TCP. Many area schools want NCADA's TCP to be the first stop for kids in trouble with substances, and they have been referring their students to us.


But for families living in the more distant counties, transportation to our office can be a real obstacle. This is especially true in Jefferson County, with no easy route to Olivette and a lack of public transportation. **So rather than demanding that the families of Jefferson County come to us, we're going to them.**

Thanks to a generous grant from the Jefferson Memorial Community Foundation, we will be purchasing and designing a customized trailer—a mobile office building—as well as a truck large enough to tow it. We will be parking near local high schools and the health department on a rotating basis. This will enable anyone living in Jefferson County, from Fenton to DeSoto and all points in between, to be within ten minutes of this very necessary and helpful program.



Counselor Chris Allen, M.A., RASAC II, counts down the hours till he hits the road in Jefferson County.

Our thanks to the Jefferson Memorial Community Foundation for their willingness to think outside the box and fund this innovative capital project. And our continuing thanks to the Missouri Foundation for Health for supporting TCP and enabling us to deliver it at no-cost to families and teenagers.

We hope to be rolling to JeffCo by the spring. So a few months from now, if you see the NCADA mobile office on the road, give the driver a wave. But give him plenty of room and do not honk your horn, because even though Chris Allen is a pro at helping kids, he's new at hauling a 30-foot trailer. Once he's parked, please come and visit. We're looking forward to meeting our Jefferson County neighbors. 

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Save the Date

2016 Spring
Awards Luncheon,
Friday, April 8

Including presentation of the

Helen B. Madden
MEMORIAL AWARD

For outstanding work in the
field of substance abuse.

Nomination information – p. 6

Dan Duncan is retiring from NCADA at the end of this month.

DIRECTOR'S COMMENTARY

Dan in the arena

Well, he's not fully retiring and I'm happy to report that he'll be with us one day a week for a while with a new title: Consigliere. But his days as a full-time employee are coming to a close.

Dan has spent more than two decades fully engaged in the fight against substance abuse. More than twenty years advocating for long-term recovery; more than 240 months of being constantly available for television, radio and print interviews; and more than 1,000 weeks of his life helping NCADA establish a reputation for honesty, credibility and integrity.



Howard Weissman
Executive Director

In this fight Dan was much more than a soldier, he was a brigadier general who, in addition to guiding hundreds of individuals to sobriety, helped shape the public debate about how best to address this problem.

It's easy
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Of course, in those twenty years neither Dan nor NCADA won the war. Addiction still takes a terrible toll on the lives of thousands upon thousands of our friends, family and neighbors. Alcohol and other drug use continues to ravage our region and still threatens to unravel the ties that bind families and communities together.

Lesser men would have walked away from the fight because the victories are pyrrhic and it's easy to grow frustrated with the glacially slow progress in the war against addiction. But Dan never quit and never backed down. Instead, for two decades, he gave it all he had.

Some dismiss Dan's and NCADA's efforts as futile, some throw up their hands and sneer, "Why bother? People are always going to use drugs and drink."

The answer, of course, is that Dan and NCADA are trying to make the region a better place. And when I hear anyone question the value of such a pursuit, I am reminded of Teddy Roosevelt's famous words:

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who comes short again and again, because there is no effort without... shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Dan Duncan spent his career in the arena. As he wends his way into a well-deserved retirement our field will lose a fierce advocate and NCADA will lose a wise and knowledgeable spokesman. We will go on without him, but we won't be the same.



For more than 20 years, Dan was constantly available for television, radio and print interviews.

So, on behalf of our entire board and staff, I thank Dan for his twenty years of exemplary service; twenty years of striving valiantly, twenty years of great enthusiasms and great devotions, and twenty years of devoting himself to a worthy cause. Well done, Dan. Well done.

Dan Duncan: soldier, brigadier general, friend, and now, consigliere. The fight continues. ➡

hweissman@ncada-stl.org

Coalition on Addictions to partner with WUSTL

NCADA is pleased to announce its Coalition on Addictions program will be joining forces with the Community-Academic Partnership on Addiction (CAPA), an initiative begun by Dr.

David Patterson at the Brown School at Washington University in St. Louis. The partnership begins on January 1, 2016.

It is CAPA's mission to bring science to addiction services, and it is the Coalition on Addictions' mission to help educate addiction professionals. "It could not be a better fit," said Howard Weissman, NCADA executive director.

"The Coalition on Addictions has long been a forum for those who work in the substance abuse field to network with one another and receive the latest information about current clinical trends and other important issues impacting our field. By partnering with CAPA we enable the Coalition to offer even more interesting and dynamic presentations to the local substance abuse professional community. This collaboration will both strengthen the Coalition and provide a wider audience for Washington University faculty and advanced graduate students to introduce new ideas and innovations."

Coalition continuing education units will now come via the university and be recognized by virtually all professional licensure boards. ➡

St. Louis Coalition on Addictions UPCOMING PRESENTATIONS

Jan. 13 – Rob Fruend: Building a Trauma-Informed Community

Feb. 10 – Kathy Ellis: It's All About the Warmup – An Introduction to Psychodrama and Sociometry

Mar. 9 – Chris Allen: Transitional Counseling – A New Approach

Apr. 13 – Clif Johnson: The Importance of Documentation

May 11 – Ted Cicero: An Overview of Washington University's Addiction Research

June 8 – Lara Pennington/Trish Heiser: Treating Addicted Women

The Coalition meets the second Wednesday of each month from noon – 1:00 at NCADA, 9355 Olive Blvd. in Olivette. No RSVP is required. Lunch is provided free of charge; a CEU for one contact hour is \$5.00.



CALENDAR

February 13: Trivia Night

Temple Shaare Emeth, 11645 Ladue Rd., 63141. Produced by the Andrew Eagles Memorial Fund and NCADA. For information visit ncada-stl.org or contact Sarah Roberts at (314) 962-3456.

February 17: Youth Mental Health First Aid Training

NCADA, 9355 Olive Blvd. For information contact Jeanne Cordingley at (314) 962-3456.

March 22: Addiction & the Family Impact

8:00 a.m. – 3:30 p.m.; NCADA, 9355 Olive Blvd.

To register visit ncada-stl.org or contact Jeanne Cordingley at (314) 962-3456.

March 29: 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 Jeanne Cordingley at (314) 962-3456.

March 30: Youth Mental Health First Aid Training

NCADA, 9355 Olive Blvd. For information contact Jeanne Cordingley at (314) 962-3456.

April 5: Ethics – A Matter of Perspective

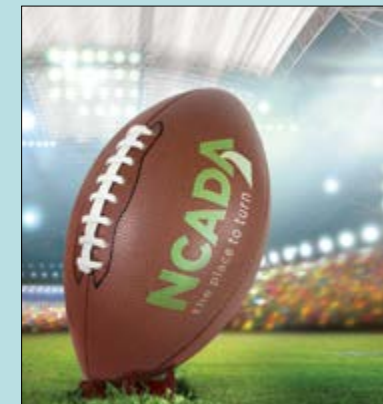
8:30 a.m. – 3:30 p.m.; NCADA, 9355 Olive Blvd. For full details or to register visit ncada-stl.org or contact Jeanne Cordingley at (314) 962-3456.

April 13: Speak Hard Youth Conference

In Jefferson City – for details visit ncada-stl.org or contact Lori Krueger at lkrueger@ncada-stl.org or (314) 962-3456 x323.

New PSA coming Feb. 7 on KMOV's broadcast of Super Bowl 50

Thanks in part to a generous grant from the Missouri Foundation for Health, NCADA will again air a heroin-focused public service announcement during the 2016 Super Bowl. The same creative team as last year is producing the spot and you will be hearing much more about it in the days ahead.



Movin' along

Commentary by Dan Duncan

I've written many commentaries for The Key over many years. It's been a chance to vent my spleen and share my thoughts on any number of NCADA-related issues. If you've taken the time to read any of them, thank you.

Having the opportunity to write these commentaries has sometimes been a necessary exercise in therapeutic bloodletting, because working in this field can sometimes be frustrating. Progress can be slow, and stigma, ignorance and societal denial all are as strong today as when I started.

So what's my point?

I will be retiring at the end of this month. Semi-retire might be a more apt description because I will remain with NCADA one day per week. As I step down as Associate Executive Director I take on the role of Consigliere for NCADA. (I kid you not, that's my new title!). So, I'm not really saying goodbye just yet.

While I'm tickled to be able to (semi) retire, I'm also happy to stay on with NCADA for a while, albeit in a much more limited role. I've been at this a long time. My first job in the field was back in 1984 as a substance abuse counselor. I'd been sober for a few years at that time, had gone back to college and was rip-roaring ready to immerse myself into helping people get well. I quickly learned not everyone gets well, but those that do—those that you are able to help—fuel your fire and keep you going.

Eleven years later I received a call from Ed Tasch. He wanted to discuss my taking a management position with NCADA. Oddly enough, I'd had a gut feeling for some time that this is where I would wind up working. It seemed like a natural progression as I was already involved and believed strongly in recovery advocacy – and of course NCADA, at its very roots, is an advocacy organization. Vini, vidi, vici...I came, I stayed, I thrived. It was a good fit. I valued the work of this agency then and now. It is a first-rate organization. To cop the words of my more religious brethren, I've been blessed.

This seems like a good time to thank a few folks. This could easily be a very long list so I'm going to make an effort to keep it brief. On a very personal level I thank my wife, Dana for always being so encouraging and supportive. I also thank my children, Daniel and Anna for being such great kids and proving that prevention can and does work.

Second, a sincere thanks to Ed Tasch. Once he'd hired me, Ed quickly became more than a boss, he became a mentor and a friend. I don't know that I can adequately articulate how much Ed has meant to me. I must also thank Harriet Kopolow. She and I were both here as directors for a good many years. Harriet, like Ed, was a co-worker whom I came to greatly admire for her work ethic, integrity and her smarts, all rolled into one special package.



Dan Duncan, Michael McDonald, Ed Tasch and Billy Peek at NCADA's 40th Anniversary Concert in 2005.

I'd also like to express my appreciation to and for Howard Weissman, who assumed the role of executive director after Ed Tasch retired. Howard, like Ed, possesses a quick wit, intellect, heartfelt passion for this work combined with an admirable and assertive tenacity. I take comfort in knowing that NCADA is in good hands.

I offer a heartfelt thanks to all my NCADA co-workers and also to my professional colleagues who work in this field. If I start naming names I'll sure as heck forget someone, so I will just thank you all for your acceptance and your friendship. As I begin the process of moving along, I want to urge each of you to be willing to speak out, to be advocates for better and smarter responses to substance abuse issues. We can do better.

The full embrace of a public health approach to addiction is not going to just evolve organically; it's going to require advocacy. It's not enough to counsel, supervise or administer; this work requires each of us to speak out and speak loud about how we can do better. Thanks to everyone who I've worked with and who has assisted me in my journey. Peace, out. ➡

*Dan Duncan is associate executive director of NCADA.
dduncan@ncada-stl.org*

My friend Dan

Ed Tasch

First the nice stuff. Dan was like the boy scout of NCADA: trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. Okay, maybe not reverent. He was the face and voice of NCADA; knowledgeable, articulate, and willing to go and do whatever was necessary to carry out the agency's mission. He is what made NCADA great.

And now some other stuff. When I was NCADA executive director, Dan was my right-hand man, but more than that, he was my friend. We had so much in common. We loved talking about our kids. We both had bad backs and would argue whose was worse. We loved and hated the same politicians. I liked cars, Dan was obsessed with them. I was tall, handsome, and athletic. Dan wished he was.

It's truly rare when you can work with someone for years who genuinely seems to respect your style of management, likes the way you write, laughs at your jokes, and goes to lunch with you every day to talk about the things you like to talk about. But then, maybe he was just a big suck-up. Either way, it was fun.

And here's a couple of things you may not know. Dan plays banjo and congas. He once shared a flask with Janis Joplin. He hates cold weather, so much so, I think he begins wearing long johns



Dan Duncan, Governor Mel Carnahan and Ed Tasch, 1997 in Jefferson City.

in August. And, his biggest claim to fame is that he has more leaves to pick up than anyone else in St. Louis. You gotta love this guy.

I could go on and on, but that would make Dan uncomfortable. So Dan, best wishes in retirement. Oh, and the next lunch is on you. ➡

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

BULLETIN BOARD

Study shows brain's white matter may be damaged by high potency cannabis

Smoking high potency "skunk-like" cannabis can damage a crucial part of the brain responsible for communication between the two brain hemispheres, according to a new study by scientists in Great Britain.

Researchers have known for some time that long-term cannabis use increases the risk of psychosis, and recent evidence suggests that alterations in brain function and structure may be responsible for this greater vulnerability. However, this new research, published in *Psychological Medicine*, is the first to examine the effect of cannabis potency on brain structure.

Exploring the impact of cannabis potency is particularly important since today's high potency "skunk-like" products have been shown to contain higher proportions of THC than they did around a decade ago ... "Skunk-like" products high in THC are now thought to be the most commonly used form of cannabis in the UK.

Dr Paola Dazzan, senior researcher on the study said, "We found that frequent use of high potency

cannabis significantly affects the structure of white matter fibres in the brain, whether you have psychosis or not. This reflects a sliding scale where the more cannabis you smoke and the higher the potency, the worse the damage will be."

The researchers examined the corpus callosum, the largest white matter structure in the brain, which is responsible for communication between the left and right hemispheres. White matter consists of large bundles of nerve cell projections (called axons), which connect different regions of the brain, enabling communication between them.

The corpus callosum is particularly rich in cannabinoid receptors, on which the THC content of cannabis acts.

The study found that frequent use of high potency cannabis was linked to significantly higher signs of damage in white matter structure.

The damage was significantly greater among heavy users of high potency cannabis than in occasional or low potency users. The researchers concluded that there is an urgent need to educate health professionals, the public and policymakers about the risks involved with cannabis use.

<http://www.kcl.ac.uk/ioppn/news/records/2015/november/Study-shows-white-matter-damage-caused-by-skunk-like-cannabis.aspx>

NCADA hosts legislative event

On November 20, six legislators gathered at NCADA to discuss legislative activity related to substance abuse. Concerned citizens and members of various community coalitions were in attendance to observe and ask questions.

The legislative panel included Missouri Senator Jill Schupp, Representatives Cloria Brown, Susan Meredith, Tracy McCreery, Bill Otto and Holly Rehder, and (representing US Senator Claire McCaskill) Divine Shelton. Topics included the legalization of both medical and recreational marijuana, tobacco taxes, clean indoor air laws, and an update on a Prescription Drug Monitoring Program (PDMP) for Missouri.

“Substance abuse and addiction are major issues in our communities, and citizens want to know what their government representatives are doing about them,” said Howard Weissman, executive director of NCADA. “The legislative panel answered questions and offered detailed instructions on how citizens can effectively support substance abuse policies, such as PDMP.”

All of the legislators expressed frustration that Missouri remains the only US state or territory to not have a PDMP. Legislation for a PDMP has been proposed multiple times in the Missouri legislature, however it has repeatedly stalled in the Missouri Senate.

In addition to discussing the current landscape of substance abuse policies, several of the legislators shared their personal stories of their friends and family who have been impacted by substance abuse and addiction.

Dan Duncan, Associate Executive Director of NCADA, concluded, “We’re grateful for all who participated in this discussion, and we’re looking forward to seeing results from our elected officials at all levels of government.”



L to R: Rep. Cloria Brown, Rep. Holly Rehder, Rep. Tracy McCreery, Rep. Susan Meredith, Sen. Jill Schupp, and Howard Weissman.



Rep. Bill Otto described how substance abuse had affected his own family.



The event included time for individual discussion with legislators. L to R: Kelly Millan, Katie Spradling, Rep. Brown.

Red Ribbon training 2015

Each September since 1992 NCADA has offered Red Ribbon training to help students and faculty prepare for national Red Ribbon Week at their schools. In 2015 training sessions were conducted in Jefferson County, St. Charles County, St. Louis County, and Franklin County.



The Jefferson County training was held September 24. At the end of the day student representatives announced their schools’ planned activities for Red Ribbon Week.



2016 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.
All nominations must be
received by February 12, 2016.

Tributes & Contributions

September – October 2015

CORPORATIONS, FOUNDATIONS & ORGANIZATIONS

- Employees Community Fund of Boeing St. Louis
- Franklin County Children & Families Community Resource Board
- GFI Digital Inc.
- Missouri Department of Mental Health , Division of Behavioral Health
- Missouri Department of Transportation
- Moondance Foundation
- Pfizer Foundation Matching Gifts Program
- Schnucks eScrip
- St. Louis County Children’s Service Fund
- United Way of Greater St. Louis
- Washington University in St. Louis

GRANTS RECENTLY RECEIVED

- Employees Community Fund of Boeing St. Louis
Prevention First–City
- St. Louis County Children’s Service Fund
St. Louis County Prevention Programming
- Peter G. Dodge Foundation
Reduced Cost Adult Assessments
- Franklin County Children & Families Community Resource Board
Franklin County Prevention Programming
- Jefferson County Community Foundation
Jefferson County Mobile Counseling Office
- Maritz
Prevention First–City
- Missouri Foundation for Health
Curiosity + Heroin Public Health Campaign
- Russell Sabor Foundation
Prevention Leadership

MEMORIALS

- Dr. Jack Croughan**
- Vincenza Bellone
- Roger Bernhardt
- The Devoti Family
- Gail & Charles Eisenkramer
- Frank Hamsher & Peggy Guest
- Susie Hochman
- Paula Jackson
- Peggy Lents
- Phyllis & George Markus
- Missouri State Medical Association
- Francis Oates
- Andrew Rehfeld
- Connie Schnuck
- Nathan Simon
- Robert Tucker
- Brian Woo

Caleb Miller
Gladys Miller

Joyce Terry
Marilyn & Terry Bader
Becky Shimony
Howard & Susan Weissman

INDIVIDUALS

- Angela Bernstein
- Jeffrey & Mary Ann Buckner
- Mary T. Dolan
- Christopher Kallaos
- Debbie Broms & Chip Miller
- Peter Perkins
- Dale & Deborah Poslosky
- Grant Williams
- Kyle Wootten

VOLUNTEERS

- Thomas Ferdman
- Laura Greiner
- Francis Marie Isaac
- Sherri Lenan
- Sarah Rice
- Allison Stauder

FEB 13

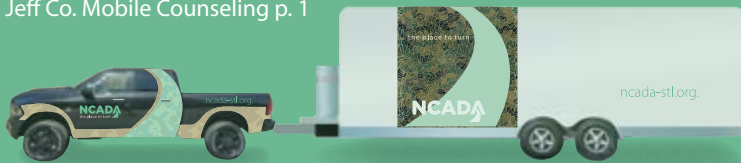
TRIVIA 2016

SAVE THE DATE

and visit ncada-stl.org



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