

NCADA Among Top Workplaces in St. Louis

This year the NCADA was named one of the best places to work in the greater St. Louis area. The winners were announced in a special section of the *St. Louis Post-Dispatch* on June 23.

The evaluation for the Top Workplaces program was based on anonymous responses to a survey completed by our employees and submitted to WorkplaceDynamics, a leading research firm on organizational health.



We're honored and proud to be named as a top workplace, but we are also unsurprised. We've known for a long time that we have a great staff and we know that—while we try, within the constraints of our budget, to provide a fair salary and generous benefits—real job satisfaction comes from doing meaningful work, being treated with respect and having a real voice in the organization.

These are the reasons that ours is such a terrific place to work and why our employees, from top to bottom and from full-time to part-time, are so fully engaged. ➡

Monday, August 5

The Country Club of St. Albans

**19TH ANNUAL
NCADA GOLF
TOURNAMENT**

To register or for more information, visit ncada-stl.org/golf or call Lynne at 314.962.3456.

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Pass It On... An Evening with Bill W. & Dr. Bob

Saturday, October 5, 2013, 7:00 p.m.
Brentwood High School Theatre

Not to be missed, "Pass It On... An Evening with Bill W. & Dr. Bob", is a two-man show dramatizing the early history of Alcoholics Anonymous, delivering hope, help and the miracle of recovery.

Staged as if the audience is attending an old time recovery meeting with the co-founders of A.A. as the guest speakers, this unique, inspirational and often hilarious theatrical production celebrates sobriety. Bill W. and Dr. Bob recount legendary drinking sprees and the extraordinary

night they met in Akron, Ohio in 1935. They regale the audience with fascinating yarns about the early history of A.A., including writing and publishing *Alcoholics Anonymous* (the Big Book), creating the 12 Steps, and overcoming tremendous obstacles as they struggled to develop their new program of recovery and pass it on to others who were still suffering.

All tickets are \$20 for general admission seating and may be purchased at ncada-stl.org or at sponsoring treatment facilities. ➡

For over 35 years you've opened this newsletter and been greeted by a different photograph of a different man with a different voice.

In this space Ed shared his thoughts with you every few months for the last three and a half decades – often with humor, sometimes with statistics, usually with too many commas, and always with passion. It is a daunting task to try to fill his Shaq-sized shoes.

I want to tell you where we're headed. It's exciting, but the road ahead is long and perilous. And it's not as dangerous for you and me as it is for our kids and grandkids. We are engaged in a fight for their future, the enemy is everywhere and it often feels as if we're hopelessly outnumbered.



Howard Weissman
Executive Director

But the NCADA continues to do its work because we have a ridiculously bold vision statement that is both implausible and heroic. We want to see a community free from problems associated with the abuse of alcohol and other drugs.

Many of you may read that and say, "Yeah, well good luck with that..." and you'd be right to doubt our sanity or our ability to even make a dent in such a pervasive, persistent and pernicious public health problem. But ask yourself this: What if it were possible? How would our community be different if we were not plagued by the problems attached to alcoholism or drug addiction, dependence or misuse?

How much safer would our highways and neighborhoods be? What might happen to the crime rate? How much more productive and less ac-



cident-prone would our employees be at work? How much better would our students perform in school? How many more of them would complete college and what

might life be like on a college campus if no one got hazed, nothing got destroyed and more students graduated on time? How many more people might

keep their jobs? What might happen to the divorce rate? How much longer would we live? How much cheaper would our health insurance premiums be? How might life be different if hepatitis, pancreatitis and cirrhosis of the liver all took a holiday, STD rates dropped and the incidence of several major cancers dropped? And how much better might we sleep at night if we knew our kids were going to come home, alive, with their bodies and brains undamaged?

Just imagine it...

If this vision appeals to you, join us. Help us educate people, raise awareness and change attitudes and behavior. We believe that prevention works, and we want to reach as many kids as we can. But we need to reach parents too. If we can reach parents I believe we can move the needle by making one small, but critically important change:

We need to convince parents that alcohol and other drugs do permanent, profound damage to the developing brain, and that our brains are not fully developed until our mid-20's. Parents must enforce the drinking age and take seriously the law that kids are not permitted to drink until they are at least 21 years old. If all we did was take this law seriously and prevent underage drinking we would, in one generation, see a dramatic decrease in all problems associated with alcohol and other drugs.

None of us lets our children drive a car before they're 16. To do so would be crazy, reckless and irresponsible. We understand this and we obey this law.

And none of us should let our kids drink before 21.

Just as 16 is probably a little too young to allow kids to drive, 21 is still a little too early to allow kids to drink. Postponing drinking/drug use until that age will reduce the likelihood of developing a problem by over 70%.

Imagine. Just imagine what that might do for our families and our community. 

hweissman@ncada-stl.org

I believe we can move the needle by making one small, but critically important change

For parents, matching responsibilities to maturity is fundamental.



2013 Prevention Leadership Conference

August 1 & 2; Drury Plaza Hotel at the Arch in St. Louis

There are heroes among us, and there is a hero within each of us. "The HERO in YOUTH" is the theme of the 23rd annual Prevention Leadership Conference, and participants will find their inner hero!

Speakers include:

Talia Leman, the 20-year old CEO and founder of RandomKid.

Marshall the Miracle Dog (accompanied by owner and translator **Cyndi Willenbrock**, author of the nationally-acclaimed children's book *Marshall the Miracle Dog*.)

Simone Bernstein, founder of www.stlouisvolunteer.com.

Jordan Connell, who recently completed an Atlantic-to-Pacific cross-country run to raise awareness of teen homelessness. Connell will provide the opening Youth Challenge presentation.

Educational breakout sessions will cover a variety of substance abuse topics including tobacco, alcohol, and marijuana. Other breakout

sessions will offer leadership training and explore the issues of texting and driving, cyber bullying, self esteem and dating, and teen suicide.

New this year will be sessions focused on the safe and responsible use of prescription drugs and over-the-counter medicines. Separate sessions and topics will be available for older teens, for middle school students and for the adult sponsors.

We are excited to return to a full 24-hour format this year – encouraging participants to stay overnight to enjoy the facilities, forge valuable friendships and participate fully in all the social activities we have planned.

With a focus on volunteerism, participants will have opportunities to engage in a variety of service projects during the conference. This power-packed event is designed to stem the tide of drug use that robs so many youth of their potential, and to turn kids into school leaders, community advocates *and* the true heroes they can be. 📺

Registration fee of \$75 covers meals, materials and overnight accommodations.

Registration forms for students and adult sponsors are available at ncada-stl.org/conference.

For more information contact Lori Krueger at lkrueger@ncada-stl.org or 314.962.3456.

**LIMITED SPACE
ENROLL ASAP**

Upcoming St. Louis Coalition on Addictions Meetings and Speakers

July 10 – Tom Quinn, MA LPC, "The Role of Spirituality in Recovery"

Aug. 14 – Dr. Stephen Huss, "Comtrea's Bridle Ridge Project"

Sept. 11 – Mark Stringer, ADA Director, "A Division Update"

Oct. 9 – Chris Fry, author, "Three Wisdoms of Recovery – An Experiential Exercise"

Nov. 13 – Connie Fisher, Mental Health of America of Eastern Missouri, "Care of Self/Care of Others"

Dec. 11 – Julie Leicht, "What's New at the St. Louis County Children's Service Fund"

Coalition meetings are open to anyone interested in learning about addiction disease, and are a networking opportunity 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 hour CEU certificate is available (\$3). No RSVP is necessary.

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

CALENDAR

Aug. 1-2 Prevention Leadership Conference
Details: ncada-stl.org/conference

Aug. 5 NCADA Golf Tournament
Details: ncada-stl.org/golf

Aug. 15 Workshop: Ethics 1
Details: ncada-stl.org/pdfs/flyer_ethics2013.pdf

September Red Ribbon Workshops

Sept. 10 St. Charles County

Sept. 12 Franklin County

Sept. 17 Jefferson County

Sept. 24 St. Louis County

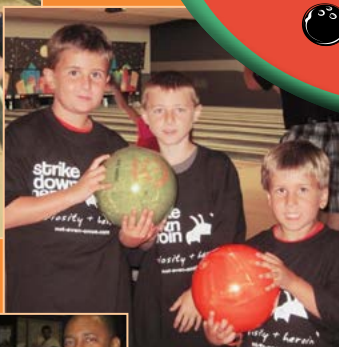
Details: ncada-stl.org/redribbon/trainings.html

Sept. 15 Workshop: Ethics: A Matter of Perspective
Details: ncada-stl.org/pdfs/flyer_ethics2013.pdf

Oct. 5 "Pass It On" play (See article in this issue.)



The registration line for Crestwood Bowl ran out the door, with total attendance near 200.



Moms and dads, brothers and sisters, nieces and nephews, friends and spouses helped raise funds for NCADA's "Not-Even-Once" anti-heroin campaign.

June 22, 2013 – Over 800 people came out and bowled at Strike Down Heroin, raising \$50,000 to help prevent opiate and heroin addiction. We thank our sponsors, our volunteers, and all the bowlers!



Joe and Wendy Richardson captained our largest Strike Down Heroin location at Cave Springs Lanes – in memory of their son, BJ. They are pictured here with daughters, Taylor (left) and Rianna.

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Plaza Lanes –
St. Charles

BULLETIN BOARD

Foods Made With Marijuana Can Make Children Sick, Study Finds

Children who accidentally eat food such as cookies made with marijuana can get sick, according to a new study. Researchers at Colorado Children's Hospital report they treated 14 children who ingested the drug, half of whom ate marijuana-laced foods.

Symptoms, most of which were mild, included unusual drowsiness and unsteady walking. One 5-year-old boy had trouble breathing. Eight children were hospitalized, and two were treated in the intensive care unit, according to the Associated Press. All of the children recovered within a few days.

"Physicians, especially in states that have decriminalized medical marijuana, need to be cognizant of the potential for marijuana exposures and be familiar with

the symptoms of marijuana ingestion. This unintended outcome may suggest a role for public health interventions in this emerging industry, such as child-resistant containers and warning labels for medical marijuana," the authors write in the journal *JAMA Pediatrics*.

In an accompanying editorial, William Hurley, MD, from the Washington Poison Center, and Suzan Mazor, MD, from Seattle Children's Hospital, write, "The legalization of recreational marijuana, especially the solid and liquid-infused forms permitted in Washington, will provide children greater access to cookies, candies, brownies, and beverages that contain marijuana." They note ingesting marijuana leads to stimulation with hallucinations and illusions, followed by sedation. They say additional training is needed for emergency medicine, pediatric emergency medicine and primary care pediatric physicians to recognize and manage these toxic reactions.

From drugfree.org

The Dynamics of Helping People

(And a Tire Changing Tip even the Triple-A Guy Didn't Know)

by Marlon Fields

hair. Stuck like a sword in a stone. I kicked the tire. I shook the wheel till the jack wobbled. I tried prying with the tire tool but couldn't get purchase.

That was the worst part of the day; the best part was my first assignment. Libby and Nichole dropped by my office to discuss the new Teen Institute t-shirt. "The silkscreener wants the design as vector art, do you know what they mean by-?" "Vector art? Sure no problem. And where you've got this circle of white type, maybe we could reverse the words so they show up as green letters. Let me make you a little sketch." Basic stuff, but their shoulders seemed to slump with relief that just maybe I knew what I was doing.

Helping people feels good, but asking for help usually doesn't. However, while sitting in my tilted car I'd hatched a theory about the frozen wheel and needed advice. My coat was starting to soak through, which made the asking easier. The car was in the parking lot of a small gas station; I went inside and approached the man in front of the cigarette rack. "Excuse me sir, I'm changing a tire out in your lot. I've got the lug nuts off but the wheel is not budging at all. I've never changed a tire on an alloy wheel before; do you know if there's a trick to removing them?"

Five minutes later, all three of the station employees were clustered around my car. They kicked the tire. They pried with the tire tool. They shook the wheel till the jack wobbled. We stared at each other's wet faces, and eventually I thanked them and said I'd walk to the auto parts store next door. Maybe buy a crow bar. As they were shuffling back inside one of them pointed to a AAA truck in the far corner of the lot. The driver was hitching up a car. "That guy would probably know something."

It felt worse asking that guy for advice because I should really be paying for his help, but my credit card had been cancelled in the Grocery Chain Security Breach of 2013 and not yet been replaced. There was just 70 bucks in my business account so my debit card had to be babied. Still it seemed the fates had brought this man to me, and he couldn't have been friendlier. He said wheels could be really hard to remove and that he'd be happy to help, except he couldn't do anything beyond what had already been tried. "You could get some WD-40 and spray it in there."

A part from having a flat tire on my lunch break, my first day at NCADA went well. The flat was bad because the forecast for all-day rain was on the money, and after the car was jacked and the lug nuts off, the wheel budged not one

Sometimes the fates just like to mess with you, but it could have been worse. I wasn't broke down on the highway, the rain was steady but not hard, and having an auto parts store handy was good luck. Things got even better when the parts store turned out to be a repair shop.

"My car is jacked up in the lot next door, and I can't get the wheel off. If I drove it over here could you give it a try?" A man sitting at a desk covered with papers looked up, said okay, and added one majestic sentence of instruction, "When you drive over here, leave the lug nuts a little loose."

It was simple, it was basic, and it made my shoulders slump with relief because whether or not it worked, I was in the presence of someone who knew what he was doing. Turns out he was the shop owner.

I drove the car to the repair lot, and asked if they could handle it now. The counter man didn't look happy – it's dirty work changing a tire – but said they'd do it. The owner pulled my car in and when the nuts came off, so did the wheel. No fighting required. There was a big nail in the middle of the tread, so the plug job was simple. While the counter man handled that, the owner asked me, "Is your car stalling a lot?" In fact I was gunning the engine at every stoplight. "The car is junk," I said, "I think some of the air ducts are falling apart." He popped the hood, and pointed to a repair I'd made with metallic tape, "Is this what you mean? I think we can get that part for about \$75."

That was my cue to tell him I had \$70 in my account, that this was my first day on a new job and that I needed to get back as fast as possible. He asked where I worked and what I did, and then said, "Let me try putting some Gorilla tape on that," which he did with unhurried precision. "Let's put some plastic ties on the ends." He pulled them tight and trimmed the excess. "This will probably help your mileage."

The bill totaled \$19.95. The owner told the woman at the counter, "Get his phone number. He's an artist and I need one. Maybe we can trade car repair for some design work." I told him, "That sounds great, as long as the fair market value of all goods and services exchanged is properly reported as income to the Internal Revenue Service." (Quotes are approximate.)

The moral is straightforward: When you need help, ask for it. If you know someone with a substance abuse problem have them contact an NCADA counselor. In my few weeks on the job it's become obvious that people here have knowledge, ability and desire; they want to help. There is nothing better than being helped by someone who knows what they're doing. 

Marlon Fields is a graphic designer for NCADA.
To get the name of a mechanic: mfields@ncada-stl.org

He looked up, said okay, and added one majestic sentence

It seemed the fates had brought this man to me



Exploring the Power of “One”

One. That was the theme of the 34th annual Teen Institute for Prevention Leaders held June 4-7 in Dittmer, Missouri. A simple, short word took on a big and powerful meaning. One may seem insignificant, but our teen leaders learned that one idea, one voice or one action can make a very big impact on their schools and communities.

Teen Institute (TI) is a four-day, three-night event that helps teens explore the impact of alcohol, tobacco and other drugs on friends, family and society. TI gives them the tools to be leaders and advocates for a healthy lifestyle without the use of chemical substances.

This year, teens participated in various workshops to increase their information on various drugs, and heard from individuals who have faced the struggles of drug addiction. When not learning, these teens spent their time playing: card games, sand volleyball, karaoke, even square dancing!

TI brings together the bonding and fun of a summer camp, with the information and power of an intensive, immersive seminar. Yes, kids learn about alcohol, drugs and addiction. But most of all, they learn about themselves.

One TI participant summed up the week in one simple statement: “TI is absolutely life-changing. That is all I can say about it.” 📺



TI Coordinator, Libby Brim, received this email from the mother of one of this year's attendees. We think it's worth sharing:

I can not thank you enough for hosting the Teen Institute and for providing this amazing experience for Laura. She talked non-stop the whole way home, going on and on about how incredible the week was. She said she not only learned a ton of powerful information about the effects of drug and alcohol use, she was also inspired to be a leader among her peers for healthy choices, and she raved and RAVED about the staff, interns, and students. Thank you for everything you did to make her experience so special.

As a professional organizer, I am thoroughly impressed with how well organized this camp was! From the communication with the parents (prior to and during the week!), to the warm greeting we received on day 1, to the efficient and helpful registration process, to the strategies used to bond the small and large groups, to well, everything. From what Laura shared, you did what many youth leaders find impossible – to combine teaching, structure, and purposeful group times with enough free time that it flows so effortlessly the kids didn't even realize when the fun started and stopped – it all was fun and fluid. It all was purposeful without feeling “strict” or “rigid”. Well done!

Please share this with your amazing staff and interns. They made a difference in our daughter's life and for that we are truly thankful.

Laura said she definitely wants to fill out the application in November to be an intern. :) — Julie Hough

ncada-stl.org

An advance screening of “The Anonymous People” was presented May 9 at the Tivoli Theatre. The event sold out with over four hundred people in attendance. Connecticut filmmaker Greg Williams conducted a Q&A session following the film.



Review by
Dan Duncan

“The Anonymous People” is about the history and current state of the recovery advocacy movement. The title refers to those who publicly speak out about their own recovery to promote an improved national response to substance abuse and addiction disease.

The film covers the history of this movement back to the 1940s when Marty Mann, an author and early female member of Alcoholics Anonymous, organized the National Council on Alcoholism (with the blessings

of A.A. founders Dr. Bob and Bill W.). The film takes the viewer up to what is happening today with organizations like FAVOR (Faces and Voices of Recovery) and MRN (Missouri Recovery Network) that are trying to reduce the stigma associated with addiction disease, by showing people getting well and putting their illness behind them.

This film – while not disparaging the tradition of anonymity associated with twelve step programs – does encourage those in recovery, particularly those in long-term recovery, to speak freely about their recovery in a general manner so as to help change the negative perceptions that continue to define addiction.

Following multiple sneak previews around the country this spring, the film will advance either to a network television showing this fall, or be nationally distributed to theaters. Either way “The Anonymous People” is sure to be seen by a broad audience and will encourage conversation about recovery advocacy. For more information visit www.theanonymouspeople.com. 📺

Dan Duncan is associate executive director of NCADA.
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The St. Louis screening of “The Anonymous People” was sponsored by NCADA, the Missouri Recovery Network, and Queen of Peace, with Alternative Behavioral Care, ARCA, Bridgeway Behavioral Health, St. Louis Coalition on Addictions, CenterPointe Hospital, Christian Hospital, Gateway Foundation, Midwest Institute for Addiction, Northbound St. Louis, Preferred Family Healthcare, and Sober Living by the Sea.

Tributes & Contributions

February – May 2013

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Brian Zielinski

IN-KIND

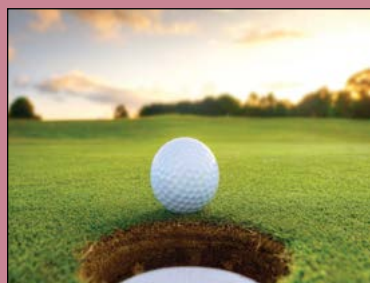
Adriana's
America's Incredible Pizza Co.
Bellacino's Pizza & Grinders
Bill Gianino's Restaurant
Citizen Kane's Steakhouse
City of Bridgeton
First Watch - Kirkwood
Fortel's Pizza Den
Frankie G's
Ginger Bay Salon & Spa
Guido's Pizzeria & Tapas
Hidden Valley Ski Resort
David & Susan Huddart
Kreis' Restaurant
Lake Forest Country Club
Lu Lochmann
Maggie O'Brien's Restaurant & Irish Pub
Meramec Lakes Golf Course
P'Sghetti's Pasta and Sandwiches
Raging Rivers WaterPark
The Repertory Theatre of St. Louis
Riverside Golf Club
Rizzo's Restaurant - South County
Rolling Hills Golf Course
Phil & Kay Roush
Seven Gables Inn
Silver Dollar City
Six Flags St. Louis



St. Louis County
Children's Service Fund
Keeping Kids First



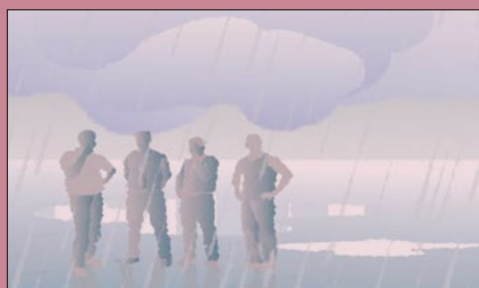
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