



All proceeds benefit NCADA

\$25 registration fee includes SOA Walk t-shirt and lunch.

8:45 am: Check-in begins

9:30 am: Opening kickoff

10 am: Two-mile walk begins

October 13

Faith Lutheran Church
6101 Telegraph Road
St. Louis 63129
314.846.8612

Deadline for registration including t-shirt: **Sept. 22.**
Registration and more info:
faithstl.org/stompoutaddiction



9355 Olive Blvd. St. Louis, MO 63132



Return service requested

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What's in a name?

For the past 32 years, *National Council on Alcoholism and Drug Abuse* has been the identity of this organization. This name has always been a conundrum for us. It's been a tongue-twister, a misnomer, and, recently, a barrier to people-first language.



Nichole Dawsey
Executive Director

We tried living with it by adopting a fresh logo and color palette in 2015. and then by shortening it to NCADA in 2017. We felt like the name was synonymous with who we were, and to abandon it would somehow mean that we were abandoning our mission and our history. While none of that is true, of course, it somehow felt true.

But, alas, the proverbial final straw came this spring when our parent organization – NCADD – experienced significant financial difficulties and filed for Chapter 7

bankruptcy. Upon learning this news, our Board of Directors unanimously decided to disaffiliate from the national organization. And because we are no longer “National,” we found ourselves in an identity crisis.

And now, this organization is faced with a tremendous opportunity to rebrand.

So, in preparation for our 55th birthday, we are revisiting our name, our reputation, and the way we “show up” in the community. This summer we engaged over 20 groups of stakeholders (funders, coalition members, legislators, treatment centers, etc.) in discussions about our mission and our image; we surveyed our staff and Board for their insight; and we organized a team to hone our core values and set naming parameters (No Acronyms!!).

Our next steps include hiring a marketing/advertising firm who “gets” us. Yes, we need a new name and a new tagline, but we also insist on maintaining the essence of who we are. We want to honor our past, and embrace the future. We want to double down on our youth prevention focus and validate the experiences of those in treatment and recovery.

That is who we are. That is who we have always been.

Stay tuned and watch this space. 📺

ndawsey@ncada-stl.org

Sans Bar: Refilled

COMING NOVEMBER 2, 2019

Presented by NCADA's Wellness Council.
For details visit thewellnesscouncil.org.

Our first Sans Bar was such a success; the sky is the limit for the upcoming pop-up in November. Well, at least 238 feet...

Sans Bar STL 8:00 pm - midnight,
Vue 17, 1034 S. Brentwood Blvd. #1700, St. Louis, MO 63117



Music, mocktails, fortune tellers and more.



NCADA Heroin/Opioid Remembrance and RESOURCE Event

Monday, Nov. 4, 2019

Catered by BARTOLINO'S

The Fourth Annual Heroin/Opioid Remembrance Event
SAVE THE EVENING
Details coming soon



NCADA – a New Name is in the Works • Legislative Update
New Programs • Tributes & Contributions • Golf Tournament Message

CALENDAR

For event information and registration: ncada-stl.org/events

Or email Jeanne at jjordingley@ncada-stl.org, or call (314) 962-3456 x304 (unless otherwise noted in the event listing).

FOR STUDENTS

RED RIBBON TRAINING

Red Ribbon Week is America's largest annual drug-awareness event. NCADA's free trainings help 6th, 7th and 8th graders prepare activities for their schools. For more information visit ncada-stl.org/redribbon

Sept. 19: St. Louis County

United Hebrew Congregation,
3788 Conway Rd., 63141.

Sept. 27: St. Louis City

Deaconess Center for Child Well-Being,
1000 N. Vandeventer Ave., 63113.

FOR PROFESSIONALS

Dec. 6: Ethics Training – Ethic yoU

8:30 am – 12:00 pm, NCADA, 9355 Olive Blvd. 63132. \$30; 3 contact hours approved by the Missouri Credentialing Board and the State Committee for Social Workers. Registration is required by Dec. 3.

TRAUMA & SUBSTANCE USE AWARENESS TRAINING FOR JUSTICE PROFESSIONALS

Free. Provides law enforcement (particularly interviewers and interrogators), attorneys, and guardians ad litem with the necessary education and tools to communicate with children while minimizing trauma. Registration is required.

November 14: Kansas City

9:00 am – 11:00 am
KCPT, 125 E 31st St., Kansas City, MO 64108.

Feb. 20, 2020: Columbia

2:00 pm – 4:00 pm, Activity & Recreation Center,
1701 W Ash St., Columbia, MO 65203.

March 19, 2020: Webinar

9:00 am – 11:00 am

FOR EVERYONE

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is a free, one-day training that teaches participants how to provide initial help to young people experiencing mental health problems such as depression, anxiety disorders, psychosis and substance use disorders.



September 12: Franklin County

8:30 am – 5:00 pm, Foundations for Franklin Co.,
3033 Highway A, Washington, MO 63090.

Oct. 11: St. Louis County

8:30 am – 5:00 pm, NCADA, 9355 Olive Blvd. 63132.

Nov. 8: Lincoln County

8:30 am – 5:00 pm, Lincoln County Health Dept.
5 Health Department Dr., Troy, MO 63379.

Dec. 10: St. Louis County

8:30 am – 5:00 pm, NCADA, 9355 Olive Blvd. 63132.

Sept. 20: S.O.S. – Signs of Suicide Implementer Training

9:00 am – 12:00 pm, NCADA, 9355 Olive Blvd. 63132. Free; registration required. Participants will learn to recognize symptoms of depression and suicidal thoughts, and how to approach a young person who might need help.

Oct. 13: Stomp Out Addiction Walk

See fold-over panel for details;
Faith Lutheran Church, 6101 Telegraph Road, 63129

Dec. 6: Ethics Training – Ethic yoU

8:30 am – 12:00 pm, NCADA, 9355 Olive Blvd. 63132. \$30; 3 contact hours approved by the Missouri Credentialing Board and the State Committee for Social Workers. Registration is required by Dec. 3.

Oct. 22–25: Substance Abuse Prevention Skills Training (SAPST)

8:30 am – 5:00 pm, NCADA, 9355 Olive Blvd. 63132. \$50. An introduction to the fundamentals of sub-

stance use prevention. Participants will need to complete an online course prior to the four days of training. Meets the criteria for the Missouri Prevention Specialist credential requirement.

Nov. 2: Sans Bar STL

See fold-over panel for details;
8:00 pm – midnight.

Vue 17, 1034 S. Brentwood Blvd.
#1700, St. Louis, MO 63117

Nov. 4: Remembrance and Resource Event

See fold-over panel for details.

Nov. 14: Kendra Scott Give Back Event

Kendra Scott at Plaza Frontenac. A portion of sales benefit NCADA. 5:00 pm – 8:00 pm.



ST. LOUIS COALITION ON ADDICTIONS



Noon – 1:00. Doors open at 11:30 am.
No RSVP required.

Oct. 9: Advocacy for Public Health

Brandon Costerison, NCADA

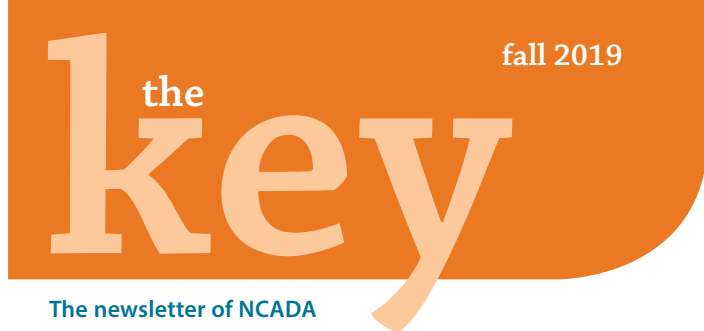
Nov. 13: Genomic Applications for Smoking Cessation and Smoking-Related Diseases

Dr. Alex Ramsey, *Washington University*

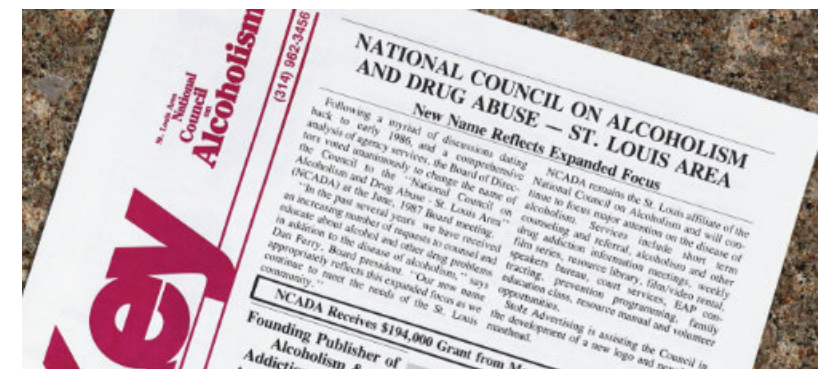
Dec. 11: ‘Holiday’ Recipes for Success—Feats and Fails of 2019

Multiple speakers

The Coalition on Addictions (COA) meets the second Wednesday of each month at NCADA, 9355 Olive Blvd. in Olivette. Lunch is provided free of charge, courtesy of Alkermes, Inc. A CEU for one contact hour is \$5.00. COA is a service of NCADA and the Community Academic Partnership on Addictions. (CAPA is an affiliate organization of the Brown School at Washington University in St. Louis.)



The newsletter of NCADA



September 1987: The Key announces that the St. Louis affiliate of the National Council on Alcoholism will be changing its name to the “National Council on Alcoholism and Drug Abuse – St. Louis Area” (NCADA).

Teen Mental Health First Aid

NCADA was honored to be chosen as one of 35 pilot sites nationwide for the new **Teen Mental Health First Aid** (tMHFA) program. We will partner with Northwest High School in Jefferson County to launch the pilot program with the junior class. This training expands our menu of peer-education programs which empower young people to support each other. NCADA is continuing to offer Youth Mental Health First Aid for adults who work with adolescents (see the Events Calendar in this issue).

tMHFA, an in-person training for grades 10 to 12, teaches students about mental illnesses and how to identify and respond to a developing mental health or substance use problem among their peers. Similar to CPR, students learn a 5-step action plan to help friends who may be facing a mental health problem or impending crisis (such as suicide), and highlights the important step of involving a responsible and trusted adult.

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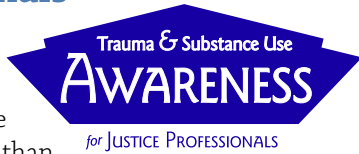
The Born This Way Foundation (founded by Lady Gaga and her mother Cynthia Germanotta) is a major sponsor of the Teen Mental Health First Aid Program. For additional information visit mhfa.org/teen.

Continued from front page.

Addressing the mental health needs of teens is critically important. Half of all mental illnesses begin by age 14 and three-quarters by the mid-20s. Left unaddressed, mental health issues can lead to serious consequences for young people, including increased risk of dropping out of school or experiencing homelessness. Tragically, suicide is the second-leading cause of death for 15- to 24-year-olds. Recognizing the early signs of mental health and substance use disorders is necessary to build healthier communities. 📺

Introducing a new NCADA training
Trauma & Substance Use Awareness
for Justice Professionals

Shelley Stretch



The unfortunate reality is that Missouri youth experience more childhood adverse experiences than the national average. Helping Justice Professionals (including law enforcement, attorneys, and guardians ad litem) expand their knowledge of both trauma and substance use can benefit the youth and families they work with, which benefits the greater community.

When Justice Professionals understand affirmative ways to interact with children who have experienced abuse it can help those children be less vulnerable later in life.

A simple shift in thinking can make a difference: Instead of looking through a lens of judgment, challenge yourself to be more trauma aware. Change the automatic thought to ‘what happened to this child/person?’.

Sharing the knowledge I have gained as a clinician is an honor, and I’m looking forward to changing the perception of trauma and substance use across the state. 📺

RCORP Project for Franklin County

In our continuing effort to address opioid misuse, NCADA has secured funding for an RCORP (Rural Communities Opioid Response Planning) project from the U.S. Health Resources and Services Administration.

This project will focus on enhancing Franklin County’s response to opioids and opioid use disorder. Our proposal includes a one-year planning project to develop strategic and workforce plans to address gaps in the areas of prevention, treatment, and recovery service.

A consortium of community organizations will lead the planning efforts. The initial consortium members include NCADA, Mercy Healthcare, Foundations for Franklin County, Franklin County Health Department, and the New Haven Ambulance District.

We’ll be collaborating closely with our partners in order to develop solutions from all sides. 📺

Schrödinger’s Medical Program

Can Missouri’s Medical Marijuana Program be Two Things at Once?

LEGISLATIVE
UPDATE

Brandon Costerison

In the 1930s, scientists learned that quantum particles can exist in several states at the same time and then collapse down to a single state when they

interact with other particles. Unable to understand this phenomenon, researchers drifted from science into philosophy, and declared that quantum particles only collapse to a single state when viewed by a conscious observer. In 1935, an Austrian physicist named Erwin Schrödinger devised a thought experiment to illustrate the problem with this interpretation.

In Schrödinger's imaginary experiment, a cat is placed in a sealed box (where it cannot be seen by any conscious observer) with a tiny bit of radioactive substance. When the radioactive substance decays, it causes a poison to be released that kills the cat. Because the radioactive substance follows the laws of quantum mechanics, it starts in a combined state of both "decaying" and "not decaying", and since there is no conscious observer present, the whole system remains a combination of the two possibilities.

The cat, according to quantum theory, ends up both dead and alive at the same time.

In 2019 we are in a comparable situation with Missouri’s new medical marijuana program. Just as we know the cat must either be alive or dead, embarking on this massive social experiment will either be a net gain or a net loss. It can’t be both.

There’s evidence that this program reduces some harms associated with marijuana use, while enabling those suffering from debilitating diseases to seek relief.

- The Missouri Department of Health and Senior Services has been able to outline rules that inhibit dispensaries and other industry entities from marketing to children or incentivizing recreational use.
- Sellers must have plans to address diversion, recognize the signs of cannabis dependence, and refer to local substance misuse organizations. NCADA has worked with many local health departments and municipal governments – discussing zoning laws and how to minimize the harm of normalizing marijuana use.

- Legislation has been introduced in the general assembly to prohibit certain forms of edibles and to ensure substantial penalties for diversion of medical marijuana products.

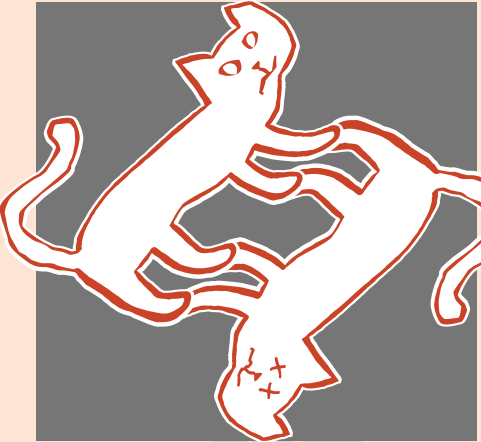
- Many medical providers are seeking education on what health benefits may or may not truly exist with marijuana and marijuana-derived products.

On the other hand, there’s evidence that some are trying to take advantage of the system.

- Some clinics are assuring people that almost anyone can receive a medical marijuana card.

- Providers and companies that are more interested in getting rich than helping those with legitimate medical conditions are arriving from other states.

- There are currently no controls on how providers can advertise. Social media ads, billboards, and even signs stapled to power poles promote the ease of access. Some of these providers are reminiscent of the opioid pill-mill clinics that dotted the regional landscape as recently as a year or two ago.



Without direct objective observation, we can’t know if medical marijuana is a good or a bad thing for Missouri. So far:

Doctors have begun certifying patients.

Patients can now grow their own marijuana.

Regulations have been issued, and applications for cultivation, manufacturing, and dispensaries have been submitted, but dispensaries are not yet opening.

The results will most likely be somewhere in the middle, with some restrictions and regulations on business practices, but some unethical entities taking advantage of loopholes and targeting young people and those prone to substance use disorders, all in the name of turning a quick profit.

NCADA will continue to monitor events, and advocate for public health solutions that protect our youth and minimize the harms associated with legally available marijuana.

For more information, please contact Brandon Costerison at bcosterison@ncada-stl.org or (314) 962-3456. 📺

Tributes & Contributions

February 2019 – August 15, 2019

GRANTS

Adult Assessments

Episcopal Presbyterian Health Trust

School-Based Prevention

Bridgeton Landfill Community Fund
Cuivre River Electric Community Trust
Herman and Phenie Pott Foundation
Jefferson Foundation
Saigh Foundation
St. Louis Community Foundation

Talk About It/ Red Ribbon

Dept. Of Justice-DEA

Teen Institute

Crestwood-Sunset Hills Rotary Club
Kirkwood Optimist Club

MAJOR GIFTS

REVOLUTIONARY \$50,000+
Moondance Foundation

CHAMPION \$10,000+
Seeger Toyota

GAME CHANGER \$5,000+

Anonymous
Jack and Ann Cahill
Midwest BankCentre
Tom and Missie Seeger

ADVOCATE \$1000+

Anonymous
Argent Capital Management
Aviary Recovery Center
BG Services
Boeing Company Gift Match Program
CenterPointe Hospital
Clayco
Doug and Chelle Dohrmann
Fifth Third Bank
First Congregational Church
Webster Groves
Frederick Pitzman Fund
Heartland Children’s Fund
Hogan Transportation Companies

Patrick Kinlen and Daina Skujins-Kinlen
Laborers’ Local 110
Missouri Foundation for Health
James and Nancy Murphy
Mutual of America
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Paric Corporation
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Recovery St. Louis
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Barbara Tarnowski
Matt Tonjes

Norman and Mary Tonjes

David Trost
Tulay Turan
Leah Walsh

Patricia Wibbenmeyer
Kelly Wicks

Joe M. Schweizer
Robert and Mary Frenzel-Berra

Alec Van Stavern
Cynthia Brasseur

Jerry Yost
Arlene Miller

TRIBUTES IN
HONOR OF

Nichole Dawsey
Becky and Josh Shimony

Gus Erpenbach
Anonymous

Julie Zapor
Jewish Federation of St. Louis

DONATIONS AND
EVENT GIVING

Dustin Allison
John and Kathy Anderson
Nancy Bengtson
Emma Birge-Osborne
Ellen Bryan
Lawrence Cannon
Canon Solutions America
Cape Girardeau Public Schools
Charities Aid Foundation of America

School District of Clayton
Brandon Connelly

John and Ev Corich
Steve and Shary Creamer

Kathy de La Garza Ortals
Mary T. and Patrick Dolan

John and Erika Drake
Facebook Payments
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MSMF Wealth Management
My Tribute Gift Foundation
Katie Otto

Peter and Meredith Perkins
Georgia Pettus

A Word from our Golf Committee Chair

Henry Watkins

When I left the NCADA’s Board of Directors – on which I had the pleasure of serving for far too long – I knew I wanted to stay involved with the organization.

NCADA is important to me and the cause is a very personal one. While the philanthropic association has been invaluable, the folks at the agency have paid me back beyond anything I could give. They gave my brother nine sober years at the end of his life. They will forever be in my heart when I hear his grandchildren talk about ‘Big Daddy’, someone they would never have met without his sobriety.

For the past four years, I have volunteered to serve as the Golf Committee Chair.

NCADA’s golf tournament is our most successful fundraiser, and this year the Twenty-Fifth Annual NCADA Golf Tournament held true to that tradition.

Throughout the day we told players about the programs their donations support. They

met the real heroes – those that have been helped and continue to spread the good deeds, agency staff that have been the ‘helpers’ and folks that support the agency with their time and money.

It isn’t often you find so many people that intently make a difference in one gathering. We are all fortunate to be surrounded by folks that are

directly doing good things. You can see how much good will come from your giving.

I’d like to thank the Board members that pledged sponsorships and players. Your support is what helps make this work for the agency. My most heartfelt and deepest appreciation for your giving.

Thanks to the volunteers and the committee for the hard work that got us to this point. There is always true grassroots support for all of our guests to witness.

Thanks to all – you are my real heroes. 📺

Leah Picker

Drs. Celeste and Stephen Player
Sally Raftery
Kathy Reimer-Pollard

Matthew Robinson
Albert Rose

Walter Schmieder
Joe and Kathy Schweizer

Michael and Kierstyn Smeeds
Charles Stewart

Debbie and Micheal Strobl
Ellen Svenson

Target Corporation
The Merck Foundation

Scott and Beth Tomasino
Kim Van Stavern

Peg Weathers
David Weber and Val Tripi

Howard and Susan Weissman
Cheryl Yost
YourCause
Kathy Zapor

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