

**Addiction  
Resource  
Council, Inc.**

An Affiliate of the National  
Council on Alcoholism and  
Drug Dependence since 1971

# The Advocate

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**February is National Children of Alcoholics Month.**

Be a support to children by letting them know it's not their fault; it's a disease. They didn't cause it and they can't make it stop.

## February is National Children of Alcoholics Month

February is National Children of Alcoholics Month, an annual, national observance that recognizes the damaging effects of alcoholism on children. Hundreds of Waukesha County children are living with an alcoholic parent or family member. In fact, one in four children/adolescents live a family with alcoholism or alcohol abuse. Here are some facts about children with alcoholic parents that will make us more aware of the problem.

Information taken from the National Association for Children of Alcoholics' fact sheet, "Children of Alcoholics: Important Facts."

- Alcoholism and other drug addiction tend to run in families. Children of addicted parents are more at risk for alcoholism and other drug abuse than other children.
- Family interaction is defined by substance abuse or addiction in the family.
- A relationship between parental addiction and child abuse has been documented in a large proportion of child abuse and neglect cases.
- Children of drug addicted parents are at higher risk for placement outside of the home.
- Children of addicted parents exhibit symptoms of depression and anxiety more than do children from non-addicted families.
- Children of addicted parents experience greater physical and mental health problems and higher health and welfare costs than do children from non-addicted families.
- Children of addicted parents have a higher rate of behavior problems.
- Children of addicted parents score lower on tests measuring school achievement and they exhibit other difficulties in school.

- Children of addicted parents may benefit from supportive adult efforts to help them.

The National Association for Children of Alcoholics uses the "Seven Cs" to help children of alcoholics understand what they can and cannot control and find ways to better take care of themselves.

**Remember the Seven Cs**

- |                   |                            |
|-------------------|----------------------------|
| I didn't          | Cause it                   |
| I can't           | Cure it                    |
| I can't           | Control it                 |
| I can take better | Care of myself             |
| by                | Communicating my feelings, |
| making healthy    | Choices,                   |
| and               | Celebrating myself.        |

**Children of Alcoholics Resources**

**National Association for Children of Alcoholics**  
www.nacoa.net

**National Association for Native American Children of Alcoholics**  
www.whitebison.org/nanacoa

**National Black Alcoholism Council**  
www.nbacinc.org

**National Council on Alcoholism and Drug Dependence**  
www.ncadd.org

**Children of Alcoholics Foundation**  
www.coaf.org

**Adult Children of Alcoholics**  
www.adultchildren.org

# 2008 ARC Program Statistics

## Driver Safety Plan

Total Completed Assessments: 2,151

76.4% Male

23.6% Female

### Client Age

Average Age of Client: 34

Youngest Client: 16

Oldest Client: 86

### Client Referred By Source:

Court: 74.7%

DOT: 6.3%

Voluntary: 19%

### Client Recommendations after Assessment:

Education: 44.8%

Treatment: 55.3%

(Outpatient: 51% Other Treatment: 43%)

### Presenting Drug of Concern

Alcohol: 82.4%

Alcohol and Other Drug: 15.7%

Drug: 1.8%

(Marijuana: 63% Cocaine: 19.6%

Other Opiates: 8.6% Oxycodone: 6.8%)

### Number of OWIs:

First Offense: 1,239 Second Offense: 516

Third Offense: 251 Fourth Offense: 95

Fifth Offense: 31 Sixth Offense: 14

Seventh Offense: 7 Ninth Offense: 1

Tenth Offense: 1

### Exit Interview Results (Reported)

Continued Sobriety: 85%

Reduced Use: 12.6%

No New Legal Offenses: 96.5%

Recovery Support Group Attendance: 51.7%



## Get Your Loved One Sober:

### Alternatives to Nagging, Pleading and Threatening



Number of Participants: 25

Male: 11

Female: 14

White (not Hispanic): 25

Number of 6-Week Sessions: 4

21-24 years old: 1

25-44 years old: 3

45-64 years old: 15

65 + years old: 6



## Freedom From Smoking



### After the Clinics:

96% felt confident they could quit.

58% had QUIT.

39% had dramatically reduced their use with a goal of quitting.

97% understood more about their smoking patterns and triggers.

96% gained knowledge of the nature of nicotine addiction.

### Demographics

52% males 48% females

51% 25-44 years old

46% 45-64 years old

73% started smoking before 18.

55% smoke a pack a day or more.

## ADDICTION: Why Can't They Just Stop?



Total Number of Participants: 56

### Participant Quotes

"This series has really helped; it has made me have more compassion for my son."

"This is a very educational program."

"This program needs to be everywhere!"

"I love that ARC has made info available to us through this series. It's been invaluable to me so far. Thank you, thank you...Thank you!!"



## and THINK

### Underage Alcohol & Other Drug Use Restorative Justice & Lifestyle Risk Reduction Program

Number of Participants: 240

One parent had this to say:

"I, as a parent was very pleased with the **Stop and Think** classes for our son. He came home the last night and asked my husband and me if he could talk with us. We muted our TV and our son never really told us about what they did or talked about [at the class], but he said he was very sorry for putting us through what he did and that he realized how bad he was messing up his life. His eyes were watering and he hugged both my husband and I, and told us how much he loved us. To this day, I am still not sure what all went on, but it certainly got through to him. Thank You!"



## Crisis Help Line

Number of Calls: 676

### Top Caller Concerns

Referral to Another Help Line  
Opiate Information  
Support Group Information  
Alcohol Information  
Supportive Listening



## 14 Restaurants Move to Go Smoke Free in Historic Downtown Waukesha

The ARC has been closely following the State's progress on the Smoke-Free Wisconsin bill, but some establishments in the Waukesha community decided not to wait around for the state bill and recently declared themselves Smoke-Free establishments. Here is an article written by the Waukesha Business Improvement District on January 15, 2009.

"The Waukesha Business Improvement District announces that 14 dining establishments are smoke-free throughout Historic Downtown Waukesha. Establishments include:

**The Black Trumpet**, 314 W. Main St., 262-549-3800    **Chill, Fine Wine and Martinis**, Gasper St., 262-547-7077  
**Clarke Bar**, 314 W. Main St., 262-549-3800    **Daddy-Oh's Restaurant**, 250 W. Broadway, 262-547-7077  
**Divino Gelato Café**, 227 W. Main St., 262-446-9490    **Generations at the Five Points**, 294 W. Main St., 262-446-3300  
**House of Guinness**, 354 W. Main St., 262-446-0181    **Ray's on South**, 225 South St., 262-522-6450  
**Rochester Deli**, 143 W. Broadway, 262-522-6450    **Taylor's People's Park**, 337 W. Main St., 262-522-6868  
**Sakura Japanese Sushi and Grill**, 332 W. Broadway, 262-408-5681    **Springhouse Tea Room**, 913 Clinton St., 262-522-3605  
**Sprizzo Gallery Caffé**, 363 W. Main St., 262-513-5640    **The Steaming Cup**, 340 W. Main St., 262-522-3605

"I am excited that 14, seven of which are new, establishments have decided to be smoke-free and voluntarily offer consumers another option for enjoying Downtown Waukesha in a comfortable and healthy environment" said Karen Richards, executive director of the Waukesha Business Improvement District.

Although no current law bans smoking from establishments, some downtown businesses have moved to operate a smoke-free facility. Ray's on South Restaurant and bar owner Kevin Sinnett, discussed the continuous responses he received from customers. "We kept a record of unsolicited comments from customers regarding the smoke free atmosphere. After 400 'Thank You's' and four complaints, we were confident in our decision to meet the needs of this continually growing market."

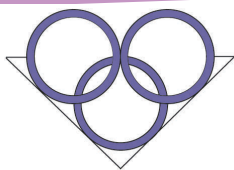
Ray's on South is one of Downtown Waukesha's new smoke-free restaurants, but several downtown eateries have been smoke-free for many years. Sprizzo Gallery Caffé, which recently relocated to 363 W. Main St., has been smoke-free since they underwent new management in 2003. "As a non-smoker and cancer survivor, I did not want to work in an environment that was notably harmful to myself and others. I wanted to provide my customers with that same atmosphere," said Sprizzo Gallery Caffé Owner, Karla Harper "In addition, we sell artwork at the caffè, and I don't want smoke hampering that part of my business."

According to the American Lung Association, the rate of adult non-smokers in Wisconsin is 80.4%. This is the first year in which this rate has increased above 80%. Business owners choosing to keep their environment smoke-free have many customers enthusiastic with their decision. "I am very excited that there are a number of smoke-free restaurants and pubs in downtown Waukesha now," said Joe Fahl, a city of Waukesha resident. "I avoid going to many restaurants and bars because of cigarette smoke. When I do go out I will definitely continue to go to one of these smoke free establishments now that I have that option."

"It is a tribute to the business owners that they are on the forefront of what seems to be a trend," Richards said. "This progressive mindset has increased the concentration of quality establishments within walking distance of each other in Historic Downtown Waukesha."

Rich in history and packed with contemporary flavor, Historic Downtown Waukesha & Riverwalk is easy to find with two way streets and ample parking that make it a friendly option. From I-94 exit at Hwy F south to Barstow, turn left to enter the Downtown Business District. From I-43, exit at Hwy 164 north; continue north to Wisconsin Avenue, turn left and the Downtown Business District is on the left. A variety of parking options are available including on-street parking, a variety of public parking lots and two parking structures.

For more information, contact the Waukesha Business Improvement District at [bid@DowntownWaukesha.com](mailto:bid@DowntownWaukesha.com) or 262-549-6154."



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## ADDICTION RESOURCE COUNCIL, INC.

*Help and Hope*

**We're on the Web!**  
[www.arcouncil.net](http://www.arcouncil.net)

The ARC can earn a donation every time you search the Internet and shop online!!!

**GoodSearch & GoodShop**



Search the web with Yahoo-powered **GoodSearch.com** and they'll donate a penny to the ARC each time you search!

Shop at more than 600 **GoodShop.com** merchants including Amazon, Best Buy, Toys R Us, and others, and a percentage of each purchase will go to the ARC!

• Since 1971, the Addiction Resource Council, Inc. has been providing affordable, cost-effective solutions to help address substance abuse and dependence problems.

## Upcoming Recovery-Friendly Events

**Pass It On Club-Milwaukee:  
Breakfast Club and AA Speaker**

Sunday, February 8, 2009

Breakfast 8:00-9:30 am

Speaker 10:00 am

Visit [www.passitonclub.com](http://www.passitonclub.com)

414-379-3607 for more info

**PIOC Annual Membership Meeting**

February 7, 2009

10:00 am-2:00 pm

Visit [www.passitonclub.com](http://www.passitonclub.com) for more info

## Upcoming Council Events

**Make sure to put the  
Annual**

**ARC Open House**

on **Friday,**

**February 13th from  
2:30-4:30**

**on your calendar!**

Come and see what the ARC has to offer!

Please RSVP to 262-524-7921 Ext. 110 or [bduffy@arcouncil.net](mailto:bduffy@arcouncil.net) by February 10th.

**Get Your Loved  
One Sober**

**Monday Evenings:**

**February 2 - March 16**



**5:30-7:30pm at the ARC**

No fee to attend, (except for the cost of the book) but **registration is required.**

The book can be found at local bookstores, on the internet or at ARC for \$15.

## What's In Your Medicine Cabinet: Teens and Prescription Drug Abuse

A presentation of Families and Community Together (FACT)

Come and see ARC's own Jim Pearson, along with James Aker from ProHealth Care present on **February 3, 2009 from 7:00-8:30 pm** at the Waukesha North High School Auditorium, 2222 Michigan Avenue, Waukesha 53188

*Refreshments will be served.*