

**Addiction  
Resource  
Council, Inc.**

# The Advocate

**Volume III,  
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An Affiliate of the National  
Council on Alcoholism and  
Drug Dependence since 1971

## February is National Children of Alcoholics Month

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The following story comes from .shoutinginside.com, a website for Children of Alcoholics. Unfortunately, there are thousands of stories just like this one. ARC hopes that you take this time to reflect on the many people, especially children, who are affected by someone's addiction.

### IN DREAMS

Ever since I can remember, my mother was an alcoholic. Only I didn't know that she was an alcoholic. And that wasn't all that she was - she was also kind, talented, and funny. She also struggled with a deep depression.

When, as a teenager she told me that she was an alcoholic, I was angry. Why hadn't she told me before? Shortly thereafter she moved out and I was so angry that visits were difficult. I missed her. Why can't you just come back and take care of me? I needed her.

I was always afraid to talk to her, to tell her honestly how her drinking affected me, because I was afraid that she would hurt herself. She was always so sad and I didn't want to be the person who pushed her over the edge.

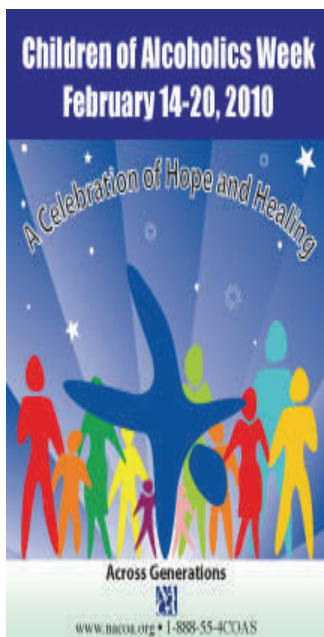
The hardest thing for me was not knowing who to expect. Which person would I be talking to? One mom was very different from the next. It created a lot of stress and anxiety. I also constantly worried about her and wished I could protect her from herself. I know her life was not easy.

We walked a fine line between fiery anger and deep, longing love. I wanted more than anything for her to be the one mom that I adored.

I got sick in my later teenage years and she was in rehab. She took care of me and I know that she saved my life. It was the single most incredible year of our lives together. I actually got to know my mother as a person and came to understand who she was a lot more. This 12 months is still so precious to me. But it was only 12 months and soon after, she was back to drinking and our one year was gone like a mirage.

The next couple of years were difficult with glimmers of good moments in them. I was tired of playing the parent, of being the responsible one. I was starting to see a pattern within my relationships with other people that really reminded me of my dynamics with my mother.

My mom died almost two years ago. Last night, she visited me in my dreams. So often I feel like a small child, wanting her with such intensity that it feels like physical pain. I wasn't sure how this process of grieving for her would unroll. I thought I would be consumed by guilt, for all of my anger and for all of the unrest and turmoil of our relationship. But I am not and am starting to understand that my reaction was normal. She visits me in my dreams and it's always the same - she tells me that she loves me but that she cannot stay. I am starting to realize that although I have lost her physical being, her physical presence in my life, she is still in my mind and my heart. And we are still working on our relationship.



# Women face tough challenges in overcoming addiction

Article from CADA's 1-14-10 online newsletter

<http://www.cadca.org/resources/detail/women-face-tough-challenges-overcoming-addiction>

Women often find it harder than men to recover from addictions, according to the January 2010 issue of the *Harvard Mental Health Letter*.

They face other challenges as well. Women tend to progress more quickly than men from use of an addictive substance to dependence on it (a phenomenon known as telescoping). They also develop medical or social consequences of addiction faster than men, and are more susceptible to relapse after quitting.

Take tobacco use as one example. Nearly 71 million Americans—about 35% of men and 23% of women—currently smoke. Women who smoke are more likely than men to develop lung cancer, and they're twice as likely to have a heart attack. But women find it more difficult than men to kick the habit, and are more likely to start smoking again if they do manage to quit.

The reasons for these gender differences are not clear. Some studies have found that women are more likely than men to smoke in response to environmental cues and triggers, while men are more responsive to nicotine (the addictive element in tobacco). This may explain why nicotine replacement therapy appears not to work as well in women as it does in men.



According to the *Harvard Mental Health Letter*, kicking the habit is especially tough for women during the menstrual cycle's luteal phase (which begins just after ovulation). Women who time their quit dates to occur during the follicular phase (which begins after menstruation and ends at ovulation) have a better chance of stopping smoking.

Dr. Michael Miller, editor in chief of the *Harvard Mental Health Letter*, notes that a better appreciation of gender differences in addiction might help identify ways to tailor treatment for women and increase their chances of recovery.

## Teens who drink with parents may still develop alcohol problems

Article from CADCA's 1-28-10 online newsletter

<http://www.cadca.org/resources/detail/teens-who-drink-parents-may-still-develop-alcohol-problems>

Despite the research on the negative effects of alcohol use on young people, many parents still believe that teen drinking is a right of passage. Many take the approach of trying to teach responsible drinking by letting their teenagers have alcohol at home. However, a new study published in the latest issue of the *Journal of Studies on Alcohol and Drugs*, shows that this approach is ineffective.

In a study of 428 Dutch families, researchers found that the more teenagers were allowed to drink at home, the more they drank outside of home as well. What's more, teens who drank under their parents' watch or on their own had an elevated risk of developing alcohol-related problems. Drinking problems included trouble with school work, missed school days and getting into fights with other people, among other issues.

The findings, say the researchers, put into question the advice of some experts who recommend that parents drink with their teenage children to teach them how to drink responsibly — with the aim of limiting their drinking outside of the home.

That advice is common in the Netherlands, where the study was conducted, but it is based more on experts' reasoning than on scientific evidence, according to Dr. Haske van der Vorst, the lead researcher on the study.

"The idea is generally based on common sense," says van der Vorst, of Radboud University Nijmegen in the Netherlands. "For example, the thinking is that if parents show good behavior — here, modest drinking — then the child will copy it. Another assumption is that parents can control their child's drinking by drinking with the child." But the current findings suggest that is not the case.

Based on this and earlier studies, van der Vorst says, "I would advise parents to prohibit their child from drinking, in any setting or on any occasion."

The study included 428 families with two children between the ages of 13 and 15. Parents and teens completed questionnaires on drinking habits at the outset and again one and two years later.

The researchers found that, in general, the more teens drank at home, the more they tended to drink elsewhere; the reverse was also true, with out-of-home drinking leading to more drinking at home. In addition, teens who drank more often, whether in or out of the home, tended to score higher on a measure of problem drinking two years later.

The findings, according to Van der Vorst, suggest that teen drinking begets more drinking — and, in some cases, alcohol problems — regardless of where and with whom they drink.

"If parents want to reduce the risk that their child will become a heavy drinker or problem drinker in adolescence they should try to postpone the age at which their child starts drinking," the researcher noted.

# Mental Health Parity Addiction Equity Act: Operational Analysis Available at ARC!

Advocates for Human Potential (AHP) has just distributed a new White Paper titled: **Operational Analysis of the Mental Health Parity Addiction Equity Act (MHPAEA) Interim Final Rules**. Below is a summary of the special report's introduction. The full report is available by request by emailing [bduffy@arcouncil.net](mailto:bduffy@arcouncil.net).

This Special Report provides a preliminary analysis of the Mental Health Parity and Addiction Equity Act (MHPAEA) Interim Final Rule and regulations. It is written for the benefit of diverse audiences including health plans, payers, state and federal agencies, legislators, mental health and substance use disorder providers, consumer advocates and other stakeholders in the healthcare and health insurance domains.

In marked contrast to the highly polarized debate on health care reform currently in process, the MHPAEA was sponsored in a bi-partisan fashion and signed into law by then President George W. Bush. It evolved from more than a decade of earlier state and federal legislation and large scale research, as well as impassioned advocacy, negotiation and compromise between legislators, civil rights and patient advocates, the medical community, the mental health and substance use disorder treatment communities, the recovery community, business, commerce, and health insurance stakeholders.

The MHPAEA is a remarkable achievement for all Americans touched by mental health and substance use issues and their many constituencies, as well as an historic example of good policy being enacted through good legislation. The IFR ushers that policy into effect, and this Report, drawing upon the same spirit of cooperation and mutual interest that produced the law, aspires to make the implementation process more informed and effective for all who are involved.

**The Report is organized to provide the reader with a detailed summary of the regulations; and an in-depth review of the operational and strategic implications of the Interim Final Rule and regulations from the viewpoint of Plans, Payers and Providers; a review of the challenges and unanswered questions that remain as the MHPAEA is implemented; and the opportunities that are available to stakeholders in the field. The goal is to provide readers with the preliminary analysis necessary to determine their immediate next steps in their respective roles.**

## Understanding the New Mental Health Parity Law

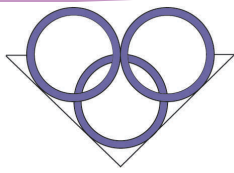
Article Taken from the Psychologically Health Workplace Program website:  
<http://www.phwa.org/resources/goodcompany/blog/2009/10/understanding-the-new-federal.php>

Not familiar with Mental Health Parity Addiction Equity Act? Below is a very simplified explanation of the law.

In 2008, Congress passed legislation that requires private health insurance plans to provide equal coverage for mental and physical health. The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (Wellstone-Domenici Parity Act) was passed with the intent to improve access to appropriate treatment for people suffering from mental health disorders and extend equal coverage to all aspects of health insurance plans. The act preserves existing state parity and consumer protection laws while extending protection of mental health services to those not protected by state laws. The Wellstone-Domenici Parity Act was designed to include mental health coverage for both in-network and out-of-network services.

The law applies to groups with more than 50 employees and **goes into effect January 1, 2010**

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



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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!**

## SAVE THE DATE: APRIL 25TH 8:00PM

Hallmark Hall of Fame has asked the National Council on Alcoholism and Drug Dependence to take the lead in working with them on their upcoming movie: "When Love Is Not Enough", based on the book, "The Lois Wilson Story- When Love Is Not Enough" by William G. Borchert.

The movie follows a 1989 Hallmark Hall of Fame movie titled, "My Name Is Bill W" starring James Woods and James Garner. The Emmy award winning film was seen by over 10 million people!

**Mark your calendars and spread the word: April is Alcohol Awareness Month.**

**THANKS TO ALL WHO ATTENDED ARC'S OPEN HOUSE ON JANUARY 29TH! WE HAD A GREAT TURN OUT AND THERE WAS A GREAT ENERGY IN THE ROOM!**

## NA MEETINGS AT ARC OFFICE

**MONDAYS: 7:00PM**

**TUESDAYS: 6:30PM— NEW!**

**CALL JOHN WITH QUESTIONS: 414-336-8982**

## Upcoming Council Events

### ARC Annual Meeting

Friday, March 26, 2010

DoubleTree Hotel  
Brookfield, WI

Registration: 11:30am

Lunch & Meeting:

12:00pm-1:30pm

Guest Speaker:

Nina Emerson from the  
Resource Center on  
Impaired Driving

Look for your e-mail  
invitation soon and please  
RSVP to Brianna at  
[bduffy@arcouncil.net](mailto:bduffy@arcouncil.net)

### Emerging Science around Brian Development and Substance Abuse

Presentation by:

Dr. Ken Winters, Director of  
the Center for Adolescent  
Substance Abuse

Friday, March 19, 2010

Excellence Center Leadership Hall  
N4 W2200 Bluemound Rd.  
Waukesha, Wisconsin

RSVP to Erin Drout from Drug  
Free Communities at  
[edrout@waukeshacounty.gov](mailto:edrout@waukeshacounty.gov)

**FREE AND OPEN TO  
THE PUBLIC!**