

**Addiction
Resource
Council, Inc.**

The Advocate

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

2010 Membership to ARC

Contact Brianna Duffy at bduffy@arcouncil.net or 262-524-7921
with questions and for membership materials.

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"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!!" (Addiction Series)

The Addiction Resource Council, Inc. would like to invite you to consider becoming a member of our organization in 2010. Membership in the Addiction Resource Council strengthens the battle against the stigma of addiction right here in Waukesha County.

Addiction knows no boundaries; it affects you, your family and your community.

ARC has served Waukesha County residents for over 40 years and your financial support is needed to continue our work. Please review the membership options and contact ARC with any questions regarding membership and/or the services we provide for Waukesha County residents.

\$50 Supporter

\$100 "I Care" Member

\$150 Sponsor

Includes 1 Ticket to Annual Meeting

\$250 Benefactor

Includes 2 Tickets to Annual Meeting

\$500 Corporate

Includes 5 Tickets to Annual Meeting

All contributors will be mentioned in our Annual Report, one issue of ARC's monthly newsletter, The Advocate and have discounted admission to all ARC sponsored events.

All memberships and donations are tax deductible.

Your contributions will be used to support ARC's programs and services. Through the generosity of people like you, in 2008, we were able to serve: **2,200 individuals** in Intoxicated Driver Assessment (IDP), **240 youth** in Underage Alcohol & Other Drug Use Lifestyle Risk Reduction (Stop and Think), **56 people** in Alcohol and Drug Prevention (Addiction Series), **25 people** in Family Intervention Training (Get Your Loved One Sober), **82 people** in Smoking Cessation, **676 callers** on the 24-Hour Drug and Alcohol Crisis Helpline and Leadership & Collaboration with **more than a dozen** community based organizations.

As an ARC Member, you have the power to help:

- * **Serve the residents of Waukesha County with alcohol and other drug prevention education, intervention, assessment, referral services.**
- * **Reduce the stigma associated with addiction and help people seek recovery.**
- * **Change attitudes to work together and promote community health, social and environmental development.**

**BECOME A MEMBER OF THE ADDICTION RESOURCE
COUNCIL TODAY!**

Cocaine Vaccine Shows Promise for Treating Addiction

Article from CADCA's 10-8-09 Online Newsletter

<http://www.cadca.org/resources/detail/cocaine-vaccine-shows-promise-treating-addiction>

Immunization with an experimental anti-cocaine vaccine resulted in a substantial reduction in cocaine use in 38 percent of vaccinated patients in a clinical trial supported by the National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health. The study, published in the October issue of the *Archives of General Psychiatry*, is the first successful, placebo-controlled demonstration of a vaccine against an illicit drug of abuse.

"The results of this study represent a promising step toward an effective medical treatment for cocaine addiction," said NIDA Director Dr. Nora Volkow. "Provided that larger follow-up studies confirm its safety and efficacy, this vaccine would offer a valuable new approach to treating cocaine addiction, for which no FDA-approved medication is currently available."

Like vaccines against infectious diseases such as measles and influenza, the anti-cocaine vaccine stimulates the immune system to produce antibodies. Unlike antibodies against infectious diseases, which destroy or deactivate the disease-causing agents, anti-cocaine antibodies attach themselves to cocaine molecules in the blood, preventing them from passing through the blood-brain barrier. By preventing the drug's entry into the brain, the vaccine inhibits or blocks the cocaine-induced euphoria.

This study included 115 patients from a methadone maintenance program who were randomly assigned to receive the anti-cocaine vaccine or a placebo (inactive) vaccine. Participants were recruited from a methadone maintenance program because their retention rates are substantially better than programs focused primarily on treatment for cocaine abuse. Participants in both groups received five vaccinations over a 12-week period and were followed for an additional 12 weeks. All participants also took part in weekly relapse-prevention therapy sessions with a trained substance abuse counselor, had their blood tested for antibodies to cocaine, and had their urine tested three times a week for the presence of opioids and cocaine.

Participants differed in the levels of antibodies generated in response to vaccination. Thirty-eight percent attained blood levels of anti-cocaine antibodies thought to be sufficient to block cocaine's euphoric effects. During weeks 9 to 16 (when antibody levels peaked), these participants had significantly more cocaine-free urines than those who received the placebo or those with active vaccine but low levels of anti-cocaine antibodies. Participants with the highest antibody levels had the greatest reductions in cocaine use. No serious adverse effects were associated with vaccine treatment.

"Fifty-three percent of participants in the high-antibody group were abstinent from cocaine more than half the time during weeks 8 to 20, compared with only 23 percent of participants with lower levels of antibodies," said Thomas Kosten, M.D., of Baylor College of Medicine in Houston, the study's principal investigator.

"In this study immunization did not achieve complete abstinence from cocaine use," added Dr. Kosten. "Previous research has shown, however, that a reduction in use is associated with a significant improvement in cocaine abusers' social functioning and thus is therapeutically meaningful."

Dr. Kosten led the study in collaboration with colleagues from Yale University School of Medicine, the Connecticut Veterans Administration (VA) Healthcare System, Baylor College of Medicine, and the Michael E. DeBakey VA Medical Center.

For more information, visit NIDA's website www.drugabuse.gov.

Great American Smokeout on 11/19/09

From the Prevention Partners Website: http://www.preventionpartners.com/events/great_american_smokeout.cfm

The American Cancer Society holds the Great American Smokeout® every year on the third Thursday in November. This year the Great American Smokeout® will take place on November 19, 2009. The purpose of the event is to set aside a day to help smokers quit smoking, quit using tobacco products, for at least one day, with the hope that they will quit completely. Not only does the event challenge people to stop using tobacco, it helps to raise awareness about the dangers of smoking and the many effective ways available to quit smoking permanently.

The Great American Smokeout's history began in 1971 when Arthur Mullaney, a Massachusetts resident, asked people to give up smoking for a day and to donate the money they would have spent on tobacco to a local high school. Lynn Smith, editor of the Monticello Times, led the charge to create Minnesota's first D-Day (Don't Smoke Day). The idea gained momentum; and, the California chapter of the American Cancer Society encouraged nearly one million smokers to quit for the day on November 18, 1976. With the success in California, the ACS took the event nationwide in 1977.

Keep your eyes and ears open for Great American Smokeout events at ARC!

National School Survey Finds Increase in Adolescent Alcohol, Tobacco, Drug Use

Article from CADCA's 9-17-09 Online Newsletter

<http://www.cadca.org/resources/detail/national-school-survey-finds-increase-adolescent-alcohol-tobacco-drug-use>

The 2009 Pride Survey National Summary of adolescent alcohol and drug use shows small, but significant increases in 30-day prevalence for a number of drug categories, and no significant decreases in 30-day use of any drug category measured in grades 6 through 12. These results are based on surveys completed during the 2008-2009 school year.

Most of the increases witnessed were small (less than 1 percent). However, they suggest that decreases in adolescent drug use over the last several years may have come to a halt.

Last week the Substance Abuse and Mental Health Services Administration released results of the 2008 National Survey on Drug Use and Health. The 2009 Pride Survey data reflect several of the trends seen in the NSDUH survey, for example increases in ecstasy use and little change in marijuana use among adolescents. However, the Pride Survey data was more recently collected (by at least six months) than the NSDUH data.

Here are some of the key findings of the 2009 Pride Survey National Summary: Grades 6-8 (ages 11 to 14)

- * Increases in 30-day prevalence of cigarettes, cigars, any tobacco, beer, marijuana and lifetime prescription drug abuse.
- * No significant decreases in 30-day use.

Grades 9-12 (ages 14-18)

- * Increases in 30-day prevalence of cigarettes, smokeless tobacco, cigars, any tobacco, beer, wine coolers, liquor, any alcohol, marijuana, inhalants, heroin, ecstasy, OxyContin, meth and any illicit drug.
- * No significant decreases in 30-day use.

Grades 6-12 (ages 11 to 18)

- * Increases in 30-day prevalence of cigarettes, smokeless tobacco, cigars, any tobacco, marijuana, ecstasy, OxyContin and lifetime prescription drug abuse.
- * No significant decreases in 30-day use.

The 2009 Pride Survey National Summary is based on the responses of 122,243 students selected from 447,532 students who completed the Pride Survey for Grades 6 to 12 during the school year from August 2008 until June 2009. These students, while not drawn through a formal probability sampling process, do represent a broad cross-section of American youth. Results from previous years have tracked closely with nationwide surveys such as *Monitoring the Future*.

Secondhand Smoke A Killer, Institute of Medicine Report Says

Research Summary from the Join Together website www.jointogether.org
Originally appeared 10/20/09

There is compelling evidence that secondhand smoke can trigger heart attacks, according to a new report from the Institute of Medicine (IOM), and people with heart conditions are urged to avoid exposure to tobacco smoke, the Associated Press reported Oct. 15.

The report, requested by the U.S. Centers for Disease Control and Prevention (CDC), said there is no safe level of exposure to secondhand smoke, and that people with cardiovascular disease could risk heart attack with less than an hour's exposure environmental tobacco smoke, with restricts blood vessels and increases clotting.

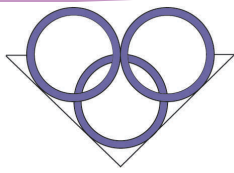
"If you have heart disease, you really need to stay away from secondhand smoke. It's an immediate threat to your life," said researcher Neal Benowitz of the University of California at San Francisco.

Benowitz added that everyone, in fact, should avoid secondhand smoke, since many people who have heart disease are not aware of the problem if they have never had a heart attack. "Even if you think you're perfectly healthy, secondhand smoke could be a potential threat to you," he said.

"The evidence is clear," said CDC head Thomas Frieden. "Smoke-free laws don't hurt business ... but they prevent heart attacks in nonsmokers."

Researchers found "clear and consistent" evidence that smoking bans cut the rate of heart attacks, according to the statistician Stephen Feinberg of Carnegie Mellon University, a member of the IOM committee that compiled the report.

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

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!**

ADDICTION RESOURCE COUNCIL HOLIDAY FUNDRAISER:

**MARCUS THEATER MOVIE TICKETS AT
EXTREMELY DISCOUNTED PRICES!**

PLATINUM TICKETS: \$8.00

**** NO RESTRICTIONS! ANY MOVIE, ANY TIME!**

SILVER TICKETS: \$6.00

**** NO SATURDAY NIGHT (AFTER 5:30 PM) MOVIES**

**** NO SPECIAL FEATURES**

BUY 2 TICKETS AND GET A FREE POPCORN!

GIFT CERTIFICATES: \$5, \$10 & \$25

**GO AND SEE THE LATEST HOLLYWOOD MOVIES
AND STARS AND HELP ARC RAISE MONEY TO
CONTINUE TO HELP WAUKESHA COUNTY
RESIDENTS! SEND IN YOUR ORDER TODAY!**

**CALL 262-524-7921 OR EMAIL BDUFFY@ARCOUNCIL.NET
FOR AN ORDER FORM**

Upcoming Council Events

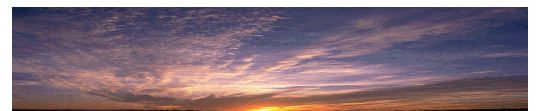
**Happy Thanksgiving
from Everyone at
ARC!**



**Enjoy the holidays and be
sure to check out ARC's
website for safe party tips
for adults as well as some
tasty non-alcoholic drinks!**

www.arcouncil.net/safe-party-tips-for-adults.html

**Get Your Loved One Sober:
Alternatives to Nagging,
Pleading & Threatening**



A seven week program based on the book by Robert J. Meyers, Ph.D and Brenda L. Wolfe, Ph.D.

Monday Evenings 5:30-7:30

November 2 - December 8

Addiction Resource Council
W228 N683 Westmound Drive
Waukesha, WI 53186

There is no fee to attend but please call 262-524-7921 to register and with questions.