

ALASKA LEGISLATURE SPECIAL COMMITTEE / HOUSE SELECT COMMITTEE

35 SCOMM 6 : SENATE SPECIAL COMM. ON ALCOHOLISM 1977-78

# NEWS from the National Council of Alcoholism Alaska Region

A Private Non-Profit Corporation Dedicated to the Goal of the Adoption by Alaskans of a Positive, Supportive and Knowledgeable Attitude Toward the Solution of the Problems of Alcoholism and Alcohol Abuse

4510 International Airport Road - Suite 1  
Anchorage, Alaska 99502

ITEMS OF INTEREST FROM THE COUNCIL AND ABOUT PEOPLE AND ORGANIZATIONS INVOLVED IN THE FIELD OF IDENTIFICATION, COUNSELING, TREATMENT, AND PREVENTION OF THE DISEASE OF ALCOHOLISM

Vol. 6 No. 11

November 1977



## Alcoholism Hearings Held Statewide

WHEN THE SPECIAL SENATE COMMITTEE ON ALCOHOL AND ALCOHOL RELATED LEGISLATION HELD HEARINGS THROUGHOUT THE STATE LAST MONTH, HUNDREDS OF PEOPLE, PROGRAMS, RECOVERED ALCOHOLICS, AND REPRESENTATIVES OF THE LIQUOR INDUSTRY GOT A CHANCE TO SPEAK THEIR MINDS ON ALCOHOL, TAXES, PREVENTION, TREATMENT, AND THE POLITICS OF ALCOHOL. SEE STORY ON PAGE 16.

## Papers Solicited For Arctic Rim Conference

FOR THE FIRST TIME, PEOPLE OF THE ARCTIC COUNTRIES WILL GATHER TO DISCUSS THEIR PROBLEMS WITH ALCOHOL, ALCOHOL MIS-USE, AND ALCOHOLISM. THE CO-SPONSORS OF THE ARCTIC RIM CONFERENCE ON ALCOHOL PROBLEMS INVITE ARCTIC AREA NATIVES AND INDIANS TO PROVIDE GRASS ROOTS INPUT. TOPICS AND CRITERIA FOR PAPERS TO BE PRESENTED AT THE APRIL 16-20 GATHERING AT THE UNIVERSITY OF ALASKA IN FAIRBANKS CAN BE SEEN IN A STORY ON PAGE 5.



## 47 Learn About Alcoholism Education For Schools



TEACHERS, ADMINISTRATORS, AND PROGRAM PEOPLE FROM AROUND THE STATE SAW FOR THEMSELVES THE MATERIALS WHICH COULD BE USED IN AN ALCOHOLISM CURRICULUM IN ALASKA. RESOLUTIONS CONCERNING ADOPTING "HERE'S LOOKING AT YOU" WERE COMPOSED, SIGNED, AND SENT TO GOVERNOR HAMMOND FOR HIS CONSIDERATION. SEE STORY ON PAGE 4.

## Volunteers Prove Impairment Before .10 %

ALTHOUGH THE LEGAL LIMIT OF INTOXICATION FOR DRIVERS IN ANCHORAGE IS .10% BLOOD ALCOHOL CONTENT, SIX DRIVERS WHO VOLUNTEERED TO GET DRUNK AND DRIVE A TEST COURSE DISCOVERED THAT IMPAIRMENT OCCURS WELL BEFORE THE LEGAL LIMIT IS REACHED. FOR PICTURES, STATISTICS, AND COMMENTS BY THE DRIVERS' OBSERVER/MONITORS, SEE PAGES 10-14.



# NEWS from the

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All photos by NCA-AR staff unless otherwise indicated.

The staff of the NEWS welcomes comments and criticism of the information and manner of presentation of material in this publication. You are invited to send news items about yourself, others you know in the field of alcoholism in Alaska as well as your comments, concerns, and opinions to:

Editor, NEWS  
National Council on Alcoholism-  
Alaska Region  
4510 International Airport Road  
Anchorage, Alaska 99502

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Commission**  
on Accreditation of Hospitals

## WOMEN & YOUTH SURVEYS CONTINUE THROUGH ALASKA

Bristol Bay and Kotzebue area women and youth had the opportunity to air their views, opinions, and suggestions about alcoholism and alcoholism treatment in Alaska at recent meetings.

The seminars, which were conducted by National Council on Alcoholism - Alaska Region (NCA-AR) personnel, were held in the city council chambers in both Kotzebue and Dillingham. These were the first in a series of five to be held statewide.

Judy Hart, community programs director for NCA-AR, and Dale Hopkins, community department administrative assistant, led the discussion/surveys, and will document the findings and include statewide ideas in a final report to the State Office of Alcoholism and Drug Abuse in February, 1978. Questionnaires were handed out and collected for the purpose of this report, Ms. Hart said, and specific proposals to help solve alcohol-related problems of women and youth were included.

"This is the first time a survey concerned specifically with alcohol-related problems of women and youth has been done in Alaska," according to Suzanne W. Perry, NCA-AR executive director, "and the information will be a valuable addition to the growing body of literature and statistics available on alcoholism in the 49th state."

Other meetings are scheduled for November 15 in Fairbanks, November 29 in Juneau, and December 13 in Anchorage.

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*According to present scientific evidence, drinking alcoholic beverages during pregnancy can be unwise for the expectant mother. The National Council on Alcoholism suggests that the safe decision for mothers-to-be is to abstain. Contact your physician or call 243-4324 for further information.*

## ALASKAN TELEVISION PUBLIC SERVICE ANNOUNCEMENTS TO BE DISTRIBUTED TO STATEWIDE STATIONS

Statewide distribution of eight new television public service announcements on alcohol, alcohol mis-use, and alcoholism began this month, after a year of script-writing, production, and planning.

Suzanne Perry, executive director of the National Council on Alcoholism - Alaska Region (NCA-AR), said a wide variety of topics is represented in the eight new one-minute spots. "We appreciate the concern of program directors who select the Alaska Public Education and Prevention Project television public service announcements for air play. They are an important and effective part of the effort to combat Alaska's number one health and social problem," Ms. Perry said.

The new public service announcements, produced under a federal grant from the National Institute on Alcohol Abuse and Alcoholism, were written and produced in Alaska, by Alaskans, for Alaskans, Ms. Perry explained. The Alaska Native Commission on Alcoholism and Drug Abuse provided consultation and input on the spots as they might relate to Native Alaskans.

"Because Alaskans in general have become more aware of the problems related to alcohol mis-use

over the past few years, the new public service announcements discuss specific facts and myths related to alcohol and alcoholism. We hope these spots will not only inform the public, but cause individuals to look at themselves and to change their behavior if drinking is becoming a problem in their lives," Ms. Perry explained.

The spot entitled "Beer/Wine/Liquor" illustrates the equivalent amounts of ethyl alcohol in a bottle of beer, shot of liquor, and glass of wine; "No Obvious Signs" debunks the myth that all alcoholics are on skid row by presenting a middle class businessman who drinks his way through the day; "Women and Alcoholism" asks the question, "How do you spend your time? Like these busy, happy women? Or drinking?"; "Mom Wants You To Understand" shows a teenage boy asking others to accept his mother as a recovering alcoholic who sought treatment and resumed a productive life; "The Card Game" tells the story of a hero who finds health, success, and fame with non-alcoholic beverages; and three spots narrated by Father James Royce, director of Seattle University's Alcohol Studies Program, are informative minutes on covering up for one's spouse, symptoms of alcoholism, and the reduced stigma and availability of treatment for alcoholics.



ANCHORAGE POLICE OFFICER Chuck Betts (left), and Anchorage Police Major Brian S. Porter demonstrate the accuracy of the breathalyzer during the recent safety fair held at the Captain Cook Hotel in Anchorage. Interested visitors to the booth were given a drink by the Cabaret, Hotel, and Restaurant Association (CHAR), then Betts and Porter tested the individual on the breathalyzer to show how one drink will register.

#### CAPTAIN COOK SAFETY FAIR INCLUDES ALCOHOLISM

The problems of modern day survival were addressed recently in a one-day safety fair at the Captain Cook Hotel in Anchorage.

Sponsored by the hotel, 24 local organizations set up booths in the Fore Deck with representatives present to give out literature and information. Among the groups participating were the Anchorage Police Department, Cabaret, Hotel and Restaurant Association (CHAR), the Anchorage Council on Alcoholism (ACOA), and the Bartender's Association.

Teachers brought students from nearby schools to tour the exhibits which covered everything from defensive driving, to proper handling of guns, to first-aid for drug abuse. Many visitors stopped by the Blood Bank of Alaska booth for a simple test to find out their blood type. Although not everyone stopped long enough to view the entire film, Anchorage Council was showing continuously the movie, "Alcoholism, Bottom Line". The ACOA booth attracted people with the Question and Answer display. Interested visitors stopped to test their knowledge about alcohol and alcoholism.

Hotel personnel director Ann Pittenger said the fair had grown out of a safety education program sponsored by her department. "The fair was professionally handled by all exhibitors and was very successful," commented Ms. Pittenger. The hotel took the exhibitors to lunch and provided snacks for everyone visiting the fair.

Barbara Hoffmann, director of the Anchorage Council on Alcoholism, said a representative of CHAR expressed an interest in the safety fair idea and said "CHAR would be willing to work with councils on information and education projects."

#### FROM THE PRESIDENT....

We have a new member of the Operating Committee. His name is John Reese. With his background as a practicing attorney, he can bring to the Operating Committee the analytical mind of a lawyer. We are particularly pleased with his area of interest and welcome his addition to the Committee.



With the news that our NIAAA grant has not been approved for next year, the Operating Committee met late in October to review the situation. With the assistance of staff, we gain by seeing if the council is fulfilling its reason for existence and if this reason still exists. We also discussed possible alternate plans for financing, and interim plans until new funds are available.

PHOTO BY FRANK FLAVIN

Temporary operating plans will be adopted. It should be emphasized that certain functions of NCA-AR, such as this newsletter, are financed from state funds and so these functions will continue until those funds are exhausted.

We will not reach any decision on these matters before this newsletter is sent out, however, staff has already begun some cost cutting.

If you have any thoughts on the problem, I'd like to hear them. Some particular areas where you could help us are: 1. What services do we provide your Chapter that could not be duplicated elsewhere? 2. How might we raise additional funds? 3. Are there services not being provided that should be provided?

In connection with cutbacks in expenses, we have decided to hold the work session of the annual meeting at NCA-AR offices, if the reduced office space is big enough to accommodate us.

We have submitted a revised grant application to NIAAA and so it is possible additional funding may be available after some delay.

Sincerely,

Leonard McLean  
President

#### NOTICE

The Board of Directors of the National Council on Alcoholism - Alaska Region has approved a motion calling for information concerning the operation, goals, and objectives of NCA-AR, to be made available for inspection.

This is to notify interested persons that NCA-AR's Plan of Operations, including its goals, objectives contained in the Articles of Incorporation, and the documents relating to the currently funded projects and programs are available and may be inspected in the Council's office at 4510 International Airport Road, Suite 1, Anchorage, Alaska, 99502.

## WASHINGTON STATE CURRICULUM PRESENTED AS POSSIBILITY FOR ALASKAN STUDENTS, TEACHERS

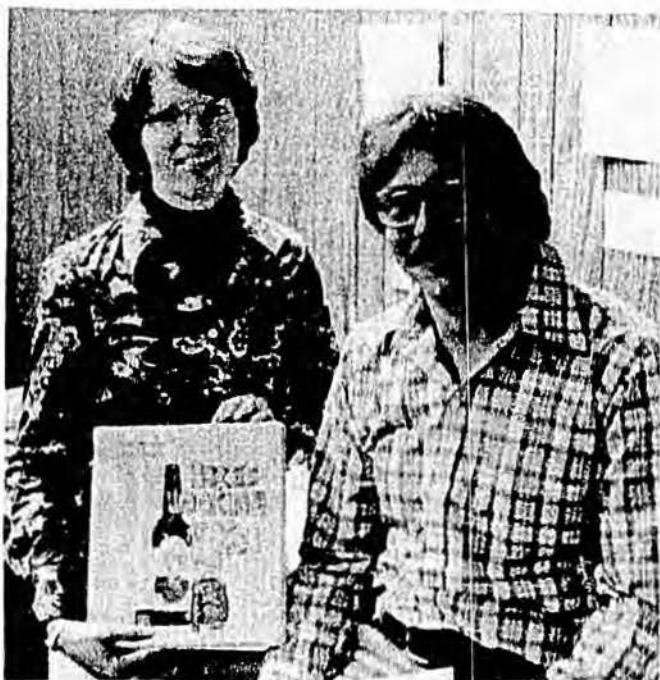
The Alcohol Education Project, developed in King County, Washington, for use in elementary and secondary schools, has been used successfully by Carolyn Peter, a teacher at Wonder Park School in Anchorage.

Mrs. Peter, the Alaska Native Commission on Alcoholism and Drug Abuse (ANCADA), the Anchorage Council on Alcoholism, University of Alaska Center for Alcohol and Addiction Studies, the State Department of Education, and many interested individuals were successful in bringing the originators of "Here's Looking At You" to Anchorage for a three day workshop. Clay Roberts, health education coordinator and director of the program, and Carol Mooney, project coordinator, presented the curriculum to teachers, school board members, regional technical assistants, alcoholism workers, counselors, and village representatives.

"The meetings were well attended," said Dr. F.J. Phillips, who assisted in the presentation. "Forty-seven people from 15 communities throughout Alaska and Whitehorse, Yukon Territory, participated in the learning program."

According to Roberts, Alaska is doing more than other states toward adopting a curriculum in the schools and is showing more interest in the comprehensive curriculum. "Many states have alcohol information in the schools but it is only one portion of the whole spectrum, said Roberts. "The kit concept in a curriculum allows for utilization into any subject and encourages creativity by the teacher and students," continued Roberts. "Everything is included to teach the information and the teacher is not spending half the time rounding up information, books, films or other pertinent material."

Ms. Mooney commented that participation was excellent in every workshop. "People are anxious to educate children about alcohol and alcoholism," said Ms. Mooney. "Suggestions have been made for a few minor changes needed to adapt the material to the village and rural areas. It is exciting to see people become involved with such enthusiasm," she continued.



CREATORS OF THE CURRICULUM "Here's Looking At You" Carol Mooney and Clay Roberts visited Anchorage from Washington State to describe their plan for alcoholism education for students in all grades.



ALASKA NATIVE TRAINING INSTITUTE coordinator Joyce Nelson, far right, sits with ANCADA's Evelyn Myers by a display of curriculum materials at the early October presentation.

Barbara Hoffmann, director of the Anchorage Council on Alcoholism, assisted by Ms. Peter, discussed alcoholism in the family with the group. Dr. Phillips presented an overview of alcoholism and led a discussion of the film "Medical Aspects of Alcohol" following its viewing. Roberts and Ms. Mooney made presentations and led discussions covering the alcohol education kits, basic teaching behaviors, basic student behaviors, interaction of student and teacher, decision making, coping skills, alternatives, and training others.

Participants were most interested in the demonstration lessons and discussion of the kits by grade level. "To actually be shown how to utilize the puppets, books, films and stories helps to give the curriculum credibility," said Roberts. "Now, when they go back and read the material, they know how it is to be used."

One major item that came from the workshops was a letter to Governor Jay Hammond, signed by all those attending," said Ms. Hoffmann. "A 'Here's Looking At You' kit and a petition accompanied the letter," she continued.

The petition signed by the participants read as follows:

WHEREAS alcoholism is the number one health problem in Alaska, and

WHEREAS the most effective means of working in the field of prevention is education, and

WHEREAS an exciting comprehensive alcohol education curriculum entitled "Here's Looking At You" has been developed for grades kindergarten through twelve, and

WHEREAS there are people in Alaska knowledgeable and trained in presenting this curriculum

BE IT THEREFORE RESOLVED that we, the undersigned, are in full support of the alcohol education curriculum "Here's Looking At You" as an effective means of implementing a positive prevention program, and see an urgent need for materials to be provided in order to implement this program through the state of Alaska.

The curriculum, funded by a grant from the National Institute on Alcohol Abuse and Alcoholism (NIAAA), consists of presentations of teacher training workshops and assisting teachers to implement the program.

# TOPICS, CRITERIA SPELLED OUT FOR PAPERS TO BE PRESENTED AT INTERNATIONAL ARCTIC RIM CONFERENCE

Papers to be presented at the first International Arctic Rim Conference on Alcohol Problems are being solicited from the people of Alaska, Canada, Denmark (Greenland), Finland, Soviet Union, and Sweden, with a special request for input to the Natives and Indians of those localities.

## FROM THE DIRECTOR....

It came to my attention recently at the First Annual Governor's Safety Conference that many people still have an appalling lack of information about the effects of drinking alcohol and the illness alcoholism. Unfortunately, some of these individuals are in high places of leadership in government and the private sector.




NCA-AR in cooperation with the Alaska Native Commission on Alcoholism and Drug Abuse has waged a multi-media campaign since July, 1974, to raise people's level of awareness concerning the problems of alcohol mis-use and alcoholism in Alaska. These materials were generalized in nature and aimed at the entire population of Alaska. They seemed to be effective in creating awareness among the state's population that there are vast problems associated with alcohol mis-use and alcoholism.

It is obvious however, that these messages have not yet been personalized. People are aware there are problems in their communities, but they are not yet aware of solutions to the problems nor are they yet convinced that the problems can be solved. Until people are convinced that as members of the community they have a responsibility and an ability to assist in solving the community problems, progress will not be made in preventing problems associated with alcohol use.

Perhaps one of the most disheartening and depressing things to happen to people working within the field is hearing statements such as "we should teach people to drive while they're drunk so they'll remember what to do, because when we teach them to drive while they're sober they forget how to drive when they're drunk". The problems with alcohol in Alaska are not insurmountable. They can be alleviated and Alaska can reduce the subsequent costs to society for alcohol-related problems. This is not an easy task. Treatment programs alone will not be able to do it, but the individuals who make up the population of the state can do things individually and collectively.

Sincerely,

  
Suzanne W. Perry  
Executive Director

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*Wondering what others will think if you admit you have a drinking problem and ask for help? Guess what! They probably already know! False pride kills. You're only fooling yourself. There are people who can help you help yourself. Contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.*

According to Suzanne W. Perry, executive director of the National Council on Alcoholism - Alaska Region (NCA-AR) which is one of the co-sponsors of the conference, topics and/or papers are currently being reviewed for presentation at the April 16-20 event. They should be sent to her at NCA-AR, 4510 International Airport Road, Anchorage, AK 99502, or to Archer Tongue, director, International Council on Alcohol and Addictions, Case postale 140, 1001 Lausanne, Switzerland, she said.

"Papers to be presented should be of general interest and practical application, rather than research models. Special consideration will be given to grass roots input from Arctic area Native and Indian peoples," Ms. Perry explained, "and papers should be easily read and understood by non-professionals. For presentation purposes, they should not exceed 20 minutes' duration."

Topics for papers being reviewed for presentation may include alcohol and its effects on Arctic societies; diagnosis, treatment, and rehabilitation in the Arctic; laws which relate to alcohol use, abuse, and alcoholism in Arctic countries; effects of alcohol on employment; special problems of youth, women, and the elderly regarding alcohol, alcohol mis-use, and alcoholism; prevention techniques and special topics; and climatic effects on alcohol consumption, Ms. Perry said.

The conference will be held at the University of Alaska, Fairbanks, and will be preceded by a day of registration on April 15. Conference and housing information may be addressed to Judith Strohmaier, head, Department of Conferences and Institutes, 117 Eielson Building, University of Alaska, Fairbanks, AK 99701. Dormitories and hotels will be available, Ms. Strohmaier said, and room and board expenses are not included in the registration fee of \$85.00 (200 Swiss francs).

Registration fees can be mailed in advance to NCA-AR or to the International Council on Alcohol and Addictions, according to Ms. Perry. Fees will cover participation in the five-day conference, for both presenters of papers and members of the audience, she said.

Alaskan co-sponsors of the event include the Center for Alcohol and Addiction Studies, State Office of Alcoholism and Drug Abuse, Alaska Labor and Management Employee Affairs, Inc., and the Alaska Native Commission on Alcoholism and Drug Abuse.

### BRICKS, BOUQUETS, SUGGESTIONS, & CRITICISM

I would like the following items brought to the attention of the new NCA-AR Board of Directors:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(use extra sheet of paper if more space is needed)

Name \_\_\_\_\_

Address \_\_\_\_\_

## YAKUTAT ALCOHOLISM PROGRAM COMES "A LONG WAY"

"We've come a long way, baby!" said Stella Adams, program director of the Yakutat Alcoholism Program. The program, started in 1972 primarily to offer information and referral counseling to clients, expanded under the direction of Rosemary Riley to offer client follow-up and emergency services provided by the Yakutat Health Clinic.

Ms. Adams took the position of program director in July, 1977, replacing Ms. Riley, who spent the summer fishing and plans to return to school this winter. "The program has expanded and has become an active part of Yakutat and surrounding village life," said Ms. Adams.

The program, under the wing of the Health and Social Services Director, Cornelia Howard, now has an aide who will be trained to assist Ms. Adams in presenting the cottage meetings. Ben Stower, director of the Sitka Council on Alcoholism, will give a three-day workshop on the cottage meeting plan for interested people of Yakutat. "The Presbyterian church minister has been working closely with our program and is very interested in the cottage meeting concept," said Ms. Adams.

The Yakutat facility holds Alcoholics Anonymous meetings twice weekly. "There are new people coming to each meeting so it is exciting to watch it grow from the three original members," commented Ms. Adams. According to the director, Fred Kent, superintendent of the Yakutat Public School, contacted the program to present classes on alcohol and alcoholism throughout the school term. The local television station is showing public service announcements on alcohol and alcoholism in cooperation with the Alcoholism Program.

"Our combined sleep-off/office is now open in the evenings for a drop-in center. Hot coffee is served and people can visit, watch T.V., play cards, whatever," said Ms. Adams. "Having the center open in the evening is a boon to the community because a lot of people have no other place to go except to the bars," she continued.

Ms. Adams concluded that "Good things are happening and we hope they will continue."

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## DILLINGHAM WORKSHOPS USE MULTI-MEDIA MATERIAL

Two three-day alcoholism workshops were held in late October and early November in Dillingham, sponsored by the Bristol Bay Area Health Corporation and the Alaska Native Commission of Alcohol and Drug Abuse.

These workshops were aimed at community health aides and others interested in basic information about alcoholism as a disease, its effects on the alcoholic, the family, and the community, according to Peg Benepe, human services planner. Featured speakers were Dr. F. J. Phillips of Anchorage, and Fred Pete and Louie Andrew of Bethel.

The sessions included films, lectures, small group discussions, and sharing of experience. The mini-display from the National Council on Alcoholism (NCA-AR) provided additional information, and a substantial supply of literature including Alaska Public Education and Prevention Project (APEPP) materials was distributed.

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## *Alcoholism Program Activities In Alaska*

### KODIAK COUNCIL PLANS DRIVER SCREENING PROGRAM

Drivers convicted in Kodiak of operating their motor vehicles while intoxicated are now receiving more than alcohol information school from the Kodiak Council on Alcoholism.

With the assistance of the Highway Safety Planning Agency's (HSPA) consultant, Dennis Kelso, Kodiak is joining those areas in the state who are adopting (and adapting) the ASAP model for court referral programming.

A series of discussions with key law enforcement and criminal justice system people in Kodiak culminated recently in an all-day workshop conducted by Kelso and HSPA consultant Gary Scrimgeour. In addition to Kodiak COA staff, participants in the workshop included the city police chief, district attorney, city patrolman, state trooper detachment commander, district court magistrate, a Kodiak physician, and the chief of the Coast Guard's Drug and Alcohol Clinic.

As a result of these efforts, the courts are now referring most OMVI offenders to the Kodiak COA for a diagnostic screening interview and a program to be designated by the Kodiak COA. Persons diagnosed as social drinkers in the screening interview are generally referred to Phase I of the agency's alcohol information school; however, those diagnosed as problem or presumptive problem drinkers are referred to the agency's counselor for further assessment and development of a treatment plan.

Bette Ford, executive director of the Kodiak COA, feels optimistic about the program. "We have wanted an early intervention program for some time now, and we have already begun to see some benefits from the system being developed here. Because of the denial factor in the illness, court coercion can play a vital role in bringing people to early treatment and early recovery." For further information regarding Kodiak's program, contact Susan DeWitt-Ramaglia, program coordinator, 486-3535.

A drinking and driving series on KMXT has been completed, as well as a series of alcoholism articles for publication by the Kodiak Times, Ms. Ford said.

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### BRISTOL BAY AREA COUNCIL ELECTS NEW OFFICERS

The Bristol Bay Council on Alcoholism and Drug Abuse recently elected the following officers: president, Dennis F. Lang; vice-president, Harry Brink; treasurer, Roger Moody; secretary, Joy Neff Lang.

"Our primary goal at present is to establish a community non-medical sleep-off center," according to the secretary, Ms. Lang.

In other Bristol Bay area alcoholism activities recently, Dillingham was host to a workshop on the problems of alcoholism among women and youth, sponsored by National Council on Alcoholism - Alaska Region.

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## JOHN REESE, ATTORNEY, JOINS NCA-AR DIRECTORS

John Reese, an Anchorage attorney, joined the National Council on Alcoholism - Alaska Region (NCA-AR) Board of Directors October 4. Reese received his law degree at the University of Oklahoma and has been a practicing attorney in Alaska since 1968. Reese and his wife, Catherine, have a son, John (but not Jr.).

Currently chairman of the Family Law Committee for the Alaska Bar Association and a member of the Continuing Legal Education Committee, Reese was appointed to the NCA-AR operating committee. Other members of the committee include: NCA-AR President, Leonard McLean with Pacific Alaska LNG Company; Robert Orell with the First National Bank of Anchorage; Captain David E. Boyd with the Salvation Army; Jacqueline Slack, homemaker; and honorary member, Gary Millette. The operating committee is an Anchorage-based segment of the statewide board which meets twice monthly to oversee the day-to-day operations of the Council.



CONGRATULATING THE NEW MEMBER of the National Council on Alcoholism - Alaska Region's Operating Committee is Leonard McLean, president, right. John Reese, who joined the board in October, is an Anchorage attorney.

## EDUCATION PLAN FOCUSES ON SEWARD HIGH SCHOOL

The Seward Council on Alcoholism and Community Services has developed a curriculum plan for high school classes for alcohol/alcohol mis-use prevention according to Gene DeGooyer, director.

The plan, designed by Ellie Graffia, alcoholism counselor, includes a series of five programs, ranging from physiological effects of alcoholism, symptoms, a debate on prescription dispensing of the drug alcohol, presentation of the play "Lady on the Rocks", and movies.

Ms. Graffia said the curriculum plan is in the discussion stages with school personnel now, and should be implemented sometime within the next few months.

## NEWS ITEMS .....

FROM THE

CENTER FOR ALCOHOL & ADDICTION  
STUDIES - UNIVERSITY OF ALASKA

The Western Area Alcohol Education and Training Program workshop on volunteer utilization has been postponed until November 28 and 29. For further information, contact Jean Higgs at the Salvation Army Comprehensive Alcoholism office (274-1693) or the Center (272-5522 x 131).

The workshop on the King County Alcohol Education Curriculum entitled, "Here's Looking At You", was well attended with approximately 50 participants from all around the state of Alaska.

Six elementary schools in Anchorage are presently participating in the Teacher Training Program. Participating schools are: Abbott Loop, Birchwood, Chinook, North Star, Scenic Park and Wonder Park.

The WAAETP workshop on program evaluation will be conducted by Dr. Ray Dexter of the Salvation Army. The workshop is intended for program directors, as the emphasis will be on a method that can be utilized to evaluate the effectiveness of one's own program. The workshop will be held in mid-November; for further information contact the Center.

Barbara Hoffmann conducted a WAAETP workshop on family counseling in Kodiak, which was well attended and evaluated highly by the participants.

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*Alcohol is a drug just as heroin is a drug or LSD or cocaine and its real impact on society is infinitely greater and its addiction is just as vicious. For further information contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.*

## KZJJ RADIO SHOW FEATURES ALCOHOLISM PROGRAMS

A weekly program presented by the Anchorage Council on Alcoholism on KJZZ, a local FM radio station, has brought enthusiastic response from the community, according to Sue Trice of the Anchorage Council.

Barbara Hoffmann, director, and Marianne Kufel, media specialist, tape a 15-minute segment each week to be played Wednesdays at 6:15 p.m. Ms. Hoffmann commented the weekly show is a good opportunity to disseminate worthwhile information to the public through presentations by guests from such groups as the Cook Inlet Native Association, Alcoholics Anonymous, and others. Father Martin of 'Chalk Talk' fame taped one show during his recent visit to Alaska, and a guest from the municipality's health department employees assistance program will be featured soon, Ms. Hoffmann said.

## ALCOHOL-RELATED PROBLEMS INTERWOVEN IN WORKSHOPS DURING FIRST ANNUAL GOVERNOR'S SAFETY MEETING

The topics of alcohol mis-use and alcoholism were woven throughout the various seminars, panel discussions, and guest speeches at the First Annual Governor's Safety Conference held in Anchorage. Alcohol as it relates to safety was afforded as much attention as occupational safety, highway safety, and first aid because of its inter-relationships in those areas, and was the topic of a luncheon which attended by all delegates.

Representatives of alcoholism prevention and treatment agencies were called on to describe their programs and answer questions at the conference, a gathering of more than 200 safety-related personnel from all over the state. Providing input to the conference were Don Ryder, Alaska Labor and Management Employee Affairs, Inc., George Barril, Alaska Native Commission on Alcoholism and Drug Abuse; Bob Cole, State Office of Alcoholism and Drug Abuse; Jerry Grover, State Office of Mental Health; Tom Georgianna, Alaska Highway Safety Planning Agency; Suzanne Perry, National Council on Alcoholism - Alaska Region; and Dr. Gary Scrimgeour, Professional Study Associates, alcohol and safety expert, Bloomington, Indiana.

The sharing of ideas and experiences in the areas of safety and alcohol mis-use, according to conference organizers, was the first step in a collective effort to bring pressure to bear on the Governor and the Legislature for action deemed necessary by those in attendance. The conference coordinators, the Alaska State Advisory Committee, are an association of 12 labor and management, state and private, civilian and military leaders whose goal in the conference was to identify, define, elaborate, and take action on safety issues, according to Vern Smith, conference chairman. Smith represented the Highway Users Association.

### SPEAKER CHASTISES AUDIENCE

Despite numerous scheduling changes, most of the planned sessions related to alcohol and safety were conducted, although the attendance at each session for non-alcoholism professionals was disappointing, accord-



VISITING EACH SMALL WORKSHOP during the Governor's Safety Conference, Governor Jay Hammond also attended the wrap-up session on alcohol and safety, and spoke of his alcohol-related programs pending in the Alaska legislature.

ing to NCA-AR's Suzanne Perry. The most attention-getting alcohol-related event of the conference was the lunchtime speech of Dr. Gary Scrimgeour when he chastised audience members for their apathy concerning the "number one public health problem in Alaska."

"Although everyone makes a great deal of fuss about alcoholism, they don't mean it," said the Indiana consultant during his sixth visit to Alaska. Citing a popular definition of alcoholism -- "When a man gets drunk and busts up the place, he has a drinking problem" -- Dr. Scrimgeour said "that's where Alaska's at, waiting until things get busted up".



Basing his speech on both his experiences as alcoholism consultant to the court system in Alaska and his current attendance at alcohol and safety sessions during the Governor's Safety Conference, Dr. Scrimgeour hit hard at the safety professionals in attendance for their ignorance concerning the effects of alcohol, and for their unwillingness to do anything about the problem.

### HIGHWAY SAFETY EXPERTS FUMBLE ALCOHOL FACTS

"In no way can you be a regular, heavy drinker and perform as well in any area of your life," he said, responding to comments made earlier in the day by highway safety experts who cited alleged cases of improved driving while drinking, and who suggested such things as training drivers to drive while they are intoxicated to insure their remembering the instruction.

Challenging the audience, Dr. Scrimgeour said, "I invite you to accept more responsibility for learning about the damage that is going on around you. You've heard all the statistics. Alaska is more wrecked by alcohol than any other area of the country. Alaskans are failing to act, and therefore condoning alcohol abuse. It's up to us to do something."

Speculating that perhaps 25% of the "important people" in the state have a drinking problem, Dr. Scrimgeour said people must cease tolerating alcohol mis-use and drunkenness as standard behavior, and must quit using the cop-out that "there's nothing else to do". Not only laborers but management, he said, should adopt a position of "enlightened self-interest, which is not disapproval of alcohol, but disapproval of the anti-social behavior which follows its abuse".

The Indiana consultant echoed in his speech what Tom Georgianna of the Alaska Highway Safety Planning Agency told the highway safety workshop earlier: 85% of court cases are alcohol-related, the courts deal less with crime than with the "foolish behavior that comes with alcohol over-consumption", and courts are emerging as the leader in the fight against alcoholism. "Courts and police are in the front line, but they should not be the front line because by the time a case reaches the courts, the damage has already been done," Dr. Scrimgeour said.

Once in the judicial system, Georgianna said, the alcohol-related offender can be screened for the most rehabilitative sentencing possible for that particular problem. "Not all DWI offenders are the same, and

## ALCOHOLISM PROFESSIONALS DRAFT RESOLUTIONS FOR GOVERNOR HAMMOND TO CONSIDER, ACT ON

\*\*\* Governor Hammond should ask the World Health Organization to declare alcoholism an epidemic in Alaska.

\*\*\* The effect of alcohol mis-use is so pervasive in the area of safety that it behooves all elected officials to rise above partisan politics to solve the problem.

\*\*\* The Governor should invite labor and management people to a cocktail party to discuss what they can do to help alleviate Alaska's number one health and social problem.

Audacious requests? Not in the opinion of alcoholism prevention and treatment personnel who gathered at the conclusion of the Governor's First Annual Safety Conference to summarize their findings during the two-day session and to put together a list of proposals and resolutions to present to the Governor himself.

The informal gathering, attended by persons from the State Office of Alcoholism and Drug Abuse, National Council on Alcoholism - Alaska Region, Alaska Labor and Management Employee Affairs, Alaska Highway Safety Planning Agency, an outside alcoholism consultant, and a number of "civilians", was marked by more anger and frustration than usually surfaces during such exchanges. The prevailing feeling was one of disappointment at the lack of interest by other safety personnel in the area of alcohol mis-use, and the prevalence of myths and misunderstanding about the basic issues relating to alcoholism.

Other propositions and resolutions asking the Governor for action include: requesting reports

and information from industries on alcohol mis-use and their plans for alcoholism employee programs; requesting information about highway safety; developing and disseminating information to the public on costs of alcoholism and its consequences; intervening with Federal agencies for proper use of alcoholism resources; congratulating the court system for their dealing properly with OMVI and DWI cases; congratulating the Governor and legislature for their efforts to do something about the problem; and asking professionals for their beliefs and policies on alcoholism.

The alcoholism professionals began their discussion by expressing their feelings in favor of moderate proposals for well-funded information education projects; this suggestion was followed by statements like "you can't just hand people a list of statistics", "you need to embarrass a few people", "arrest public officials for DWI", "educate the Chamber of Commerce that getting the derelicts off the street is not a main priority of alcoholism treatment", and "infiltrate safety departments of companies to impress management of the potential profits they lose to alcoholism annually".

Although the idea was voiced to combine resources of all alcoholism agencies in the state for a paid alcoholism lobby in Juneau, those attending the session did not readily accept that idea. A counter-proposal described the more effective impact of an information/education effort toward lobbyists in other areas who could voice their concern over alcohol mis-use and alcoholism in their particular areas of interest.



SPEAKING OUT AT the afternoon session on alcohol and safety which led to resolutions to be presented to the Governor, Don Ryder of the Alaska Labor and Management Employee Affairs, Inc., said it was time to "embarrass some people and get some things done".



SUMMING UP ALCOHOL-RELATED problems in Alaska, Bob Cole, coordinator of the Office of Alcoholism and Drug Abuse, speaks to participants at the Governor's Safety Conference. Also on the panel were Jerry Grover of the State Office of Mental Health, and Suzanne W. Perry of the National Council on Alcoholism - Alaska Region.



A SMALL AUDIENCE participated in the alcoholism resources segment of the First Annual Governor's Safety Conference held September 28-29 at the Anchorage Westward Hilton.

## "DRINK AND DRIVE IN" VOLUNTEERS EXHIBIT IMPAIRED SKILLS PRIOR TO "POINT ONE O" ON BREATHALYZER

With Alaska State Troopers and assorted alcoholism and safety agency workers encouraging them to "drink up", six Anchorage drivers volunteered for a day of drinking and driving September 27, to illustrate the effects of alcohol on motor skills, attitudes, and behavior behind the wheel.

All six conclusively showed that as their blood alcohol levels approached one tenth of a percent (.10%), their driving abilities became significantly impaired, with reaction times doubling, tripling, and quadrupling. "Point One O" is the level of legal intoxication in Anchorage, although impairment occurred in all six driver volunteers before that level was reached. At .40% death would occur in all but the most alcohol-tolerant persons.

Early in the day of the test, the six drivers were briefed by Howard Eddy, National Highway Traffic Safety Administration, Region X, Seattle, one of the sponsors of the event. "Don't sip slowly like you're at a party," he told them, "we want you to drink up and reach a blood alcohol level of .10% in a few hours." Other sponsors of the test were the Troopers, Anchorage Police, National Council on Alcoholism - Alaska Region, and Division of Highways.

### LAWYERS, MEDIA, YOUTH REPRESENTED

Representatives of the legal profession, media, youth, and highway department volunteered for the "Drink and Drive-in" held at Elmendorf Air Force Base in Anchorage. They included Rip Collins, defense attorney; Don Starks, Anchorage municipal prosecutor; Don Johnson, state district attorney; Barbara Rogers, "Anchorage Times" reporter; Marty McGee, University of Alaska student; and Chuck Landers, engineer for the highway department.

Each driver had an "observer/monitor" who followed him around at all times, noting changes in behavior and attitude, food eaten, drinks consumed, as well as specific results of tests; bartender Jack Holly of the Crow's Nest, Captain Cook Hotel, was instructed to give precisely measured drinks only to the monitors to insure proper record keeping. The monitors, volunteer military police from Elmendorf and Ft. Richardson, included S/Sgt. Johnny C. Jones, T/Sgt. Frank Venters, Sgt. John Savage, Sgt. James Deweese, and S/Sgt. Armand Helton. Paul Piper, former program director of the Salvation Army Comprehensive Alcoholism Services, served as the sixth monitor.

Drinking started in earnest at about noon on the day of the test, and picked up considerably at approximately 2:00 p.m. when it was noted that none of the drivers was reaching even moderate levels of intoxication. Shouts of encouragement to "have another" and "how about a double or triple this time" greeted each volunteer as he emerged from the Alaska State Troopers van which held breathalyzer and other testing equipment.

### DRIVERS TAKEN FROM COURSE AFTER IMPAIRMENT

Blood alcohol levels quickly increased within the next hour, and all drivers had reached the legal limit of intoxication by 3:00 p.m., three hours after they began drinking. Quantities of alcohol consumed ranged from eight ounces to 21 ounces, with the larger, heavier volunteers requiring more to make their hit .10%. By 4:00 p.m., the troopers were no longer permitting the driver volunteers to get behind the wheel. Most were entirely too intoxicated to safely take the tests, in spite of their protestations that "I feel fine", or "I can drive just as well now as I can sober".

All of the subjects ate one or two ham and cheese sandwiches and snacked on pretzels and peanuts during the afternoon. All had eaten roughly the same breakfast -10-



MOVING HIS BAR OUTSIDE during a break in the weather, bartender Jack Holly measures drinks for the volunteers. Holly, bartender at the Crow's Nest, Captain Cook Hotel, is also a member of the Cabaret, Hotel, and Restaurant Association (CHAR).

that morning, including bacon, eggs, toast, juice, and coffee. The only major variables in getting drunk were weight and tolerance to alcohol. Although the driver volunteers were given their choice of beer, wine, or liquor, only one selected beer (provided by Prinz Brau) and the others drank bourbon or blended whiskey. Each drink contained approximately the same amount of absolute ethyl alcohol.

The obstacle and test course, set up on the old east runway at Elmendorf was manned and equipped by highway department staff. The one-third mile area featured a serpentine through cones, backing serpentine, park in garage, back into garage, straightaway with a lane change decision, "S" curve, traffic signal, controlled stop, and parallel parking. After the test drivers became progressively more drunk, the most dramatic examples of their impairment occurred at the lane change decision and the traffic signal, which were flashed suddenly to force the drivers to make quick judgements and movements. A common result of these two points was sudden braking or failure to obey the signal. The more aggressive drivers who attempted to prove their driving skills while drunk made quick work of the "S" curve and serpentine, knocking down cones and speeding around corners.

### BASELINE TESTS GIVEN IN ADVANCE

Each driver and his observer ran the course five or six times during the day, two dry runs while sober to obtain a baseline, and three or four times as the drinking progressed. Before each test drive, breathalyzer, peripheral vision, depth perception, and reaction time tests were also given.

CONTINUED ON PAGE 14

STATISTICS AND COMMENTS ON DRIVER/VOLUNTEERS...



FIELD SOBRIETY TESTS are administered to Don Starks, municipal prosecutor, by his monitor/observer Air Force T/Sgt. Frank Venters.



BARBARA ROGERS LOOKS on while Officer Jim Brown of the Anchorage City Police calculates her blood alcohol content on a breathalyzer. Officer Brown administered breathalyzer tests to all driver/volunteers.

STATISTICS ON DRIVER VOLUNTEERS

Name	Wgt.	Alcohol Consumed	Final Blood Alcohol Content	BAC At Time Of First Impairments	Reaction Time Changes, Sober to Drunk Measured in Seconds	Field Sobriety
Barbara Rogers	119	8 oz.	.136%	.03%	.35/.98	gradually decreased
Marty McGee	172	14 oz.	.137	.08	.40/1.7	gradually decreased
Don Johnson	189	16 oz.	.177	.07	.30/.90	satisfactory, but slow
Don Starks	210	16.5 oz.	.142	.04	.30/1.0	gradually less steady
Rip Collins	215	21 oz.	.135	.03	.45/.81	dropped dramatically
Chuck Landers	258	16 oz.	.162	.07	.30/1.0	gradually decreased

SKILLS & ATTITUDES OF VOLUNTEER DRIVERS

Name	Driving Skills at Above .10%	Attitude When Drunk	Comments by Observers/ Monitors
Barbara Rogers (Sgt. Helton)	faster, hit cones, missed turn & light	overcautious	"Keeps talking all the time, feels like whiskey is getting to her, very hard for her to drive."
Marty McGee (Sgt. Jones)	missed "garage", hit cones, irrational	careless	"After 8 oz., subject began to accelerate too fast, spin wheels excessively, and weave irrationally. After 14 oz., road test proved subject to be a hazard."
Don Johnson (Sgt. Savage)	missed turn & light, hit cones	very aggressive	"Outspoken, driving very aggressive, maintained motor capabilities in excellent condition until breathalyzer reading approached .08%. Until this time, I believe he could operate a motor vehicle not impaired."
Don Starks (Sgt. Venders)	excessive stopping, hit cones, missed turn	boisterous	"Appeared more aggressive once behind the wheel, heavy foot on gas pedal. Subject was not abusive, but would not listen to instructions."
Rip Collins (Piper)	slid around corners, hit cones, faster, missed turn	aggressive argumentative	"Progressed from quiet and concerned to boisterous and argumentative. Bragging about number of drinks, determined to prove driving ability."
Chuck Landers (Sgt. Deweese)	braking uncertain, hit cones, wrong lane choice	aggressive, over-confident	"Subject convinced that poor scores in vision test resulted from manipulation by officer. He wanted to prove he could still drive with control and was very argumentative on this point."

...A LOOK AT THE TEST COURSE...



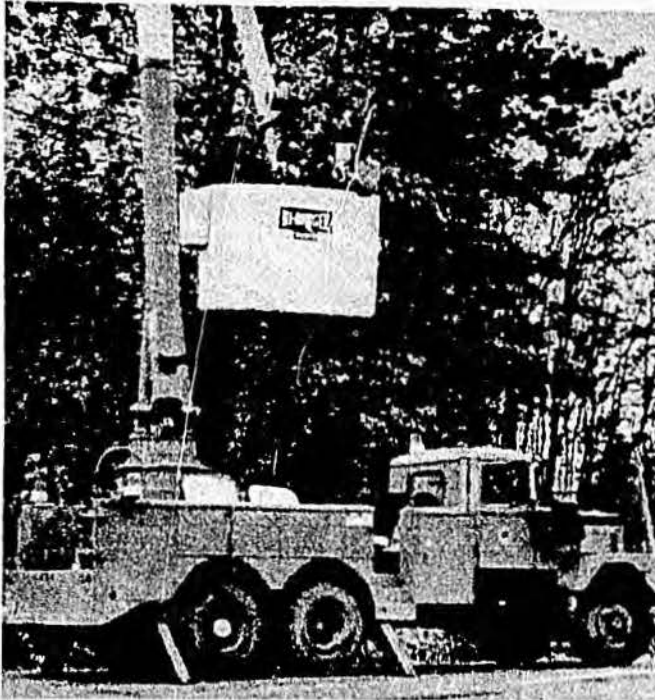
SPECTATORS BY THE "BAR" TENT...



DRIVERS SPEED DOWN A STRAIGHTAWAY...



...TO MAKE A LANE-CHANGE DECISION...



...AND VIDEOTAPERS FROM THE BUCKET IN THE SKY...



...AND ATTEMPT TO BACK INTO A 'GARAGE'



...VIEW THE "DRINK AND DRIVE-IN" ON A REMOTE RUNWAY,



-12- A DRIVER/VOLUNTEER SHOWS SIGNS OF IMPAIRMENT.

...THE DRIVERS MIX DRINKS AND TESTS...



DON STARKS, right, municipal prosecutor, asks bartender Jack Holly for another drink during the "Drink and Drive-In" held at Elmendorf Air Force Base.



HAVING ANOTHER DRINK, Barbara Rogers is pictured with her monitor S/Sgt. Armand Helton on the right and a Highway Department employee who was in charge of the 65' bucket truck which members of the media used for photographing the event.



MOVING CONES on the course between tests was accomplished with the help of Emily McKenzie, Judy Hart, and Suzanne Perry. Ms. McKenzie, pictured above foreground, worked fast between tests to alter the course from a lane-change to a backing serpentine.



WAITING A TURN on the breathalyzer, Don Johnson, district attorney, with his monitor U.S. Army Sgt. John Savage, stand outside the CERT van with testing equipment provided by the Alaska State Troopers.



WALKING THE LINE, Chuck Landers of the Highway Department performs field sobriety tests under the eye of Alaska State Trooper Sgt. Wayne Starr and the observer assigned to him, Sgt. James Dewese.



MEASURING FOR DEPTH PERCEPTION and peripheral vision, Captain Bob Penman of the Alaska State Troopers runs -13- Marty McGee through the tests.

...AND A "WET" DAY WRAPS UP.



MONITOR PAUL PIPER updates his report on Rip Collins while Judy Hart, community programs director of the National Council on Alcoholism - Alaska Region, looks on.



SPECTATORS UNDER THE UMBRELLA include Ardi Bury and Barbara Stuckel of the Salvation Army's Comprehensive Alcoholism Services, flanked on the left by NCA-AR's Suzanne Perry and on the right by Emily McKenzie, administrative officer of the Anchorage Alcohol Safety Action Program.

"DRINK AND DRIVE-IN" SHOWS IMPAIRMENT  
(Continued from page 10)

Administering the tests were Anchorage City Policeman Jim Brown on the breathalyzer, Alaska State Trooper Sgt. Wayne Starr on the field sobriety tests (balance, walking a straight line, touching nose with eyes closed), and Alaska State Trooper Capt. Bob Penman on reaction, depth perception, and peripheral vision tests. John V. Moulden, research psychologist from the National Highway Traffic Safety Administration in Washington, D.C., gave a demonstration of a portable roadside breath analyzer which measured remarkably close to the electric-powered machine used in police stations.

Following the testing, Sgt. Venters from 21st Comp. Wing Safety Office, Elmendorf, added the comment to his summary: "This was a very interesting test, one of the more enjoyable and informative that I have participated in in years. I've learned quite a bit about alcohol and driving. You won't find me on streets, roads, highways, or sidewalks drunk in Alaska".

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PRE-CONFERENCE SEMINAR POINTS TOWARD SAFETY

The Alaska State Highway Safety Planning Agency sponsored a seminar/workshop on alcohol-related criminal and safety problems in late September. The two-day meeting was held the weekend prior to the first Governor's Safety Conference in Anchorage.

According to Emily McKenzie, administrative officer of the Anchorage Alcohol Safety Action Program, representatives from a number of local and statewide agencies participated in the workshop held at the Anchorage Westward Hilton. These included the Highway Safety Planning Agency, municipal prosecutor's office, district attorney's office, public defender's office, Alaska Court System, Studio Club, Salvation Army, DARE Center from Ft. Richardson, Elmendorf Social Action Program, Alaska Labor and Management Employee Affairs, Inc., Anchorage Police Department, Alaska State Troopers, Municipality of Anchorage, State Office of Alcoholism and Drug Abuse, defensive driving, National Council on Alcoholism - Alaska Region, and Governor's Advisory Board on Alcoholism.

Gary Scrimgeour, national consultant and expert in the areas of alcohol and safety, conducted the seminar for personnel who come in contact with alcohol-related offenders, both in legal and health care areas.

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DR. GARY SCRIMGEOUR made several appearances and speeches in Anchorage and Kodiak on the areas of his expertise, alcohol and traffic safety. He was featured luncheon speaker at the Governor's Safety Conference, and pointed fingers at Alaskans who do nothing about the state's alcoholism problem.

GOVERNOR'S SAFETY CONFERENCE HELD  
(Continued from page 8)

they don't require the same treatment," Georgianna said. Currently in Anchorage, he explained, the Anchorage Alcohol Safety Action Program provides alternative sentencing for alcohol-related offenders, ranging from mandatory defensive driving classes to admission to alcoholism treatment.

Other facts on alcoholism brought home to conference participants included: \$57.5 million in production are lost annually due to alcoholism; the private sector is ahead of the government in labor/management alcoholism programs; the average Alaskan alcoholic is male, age 22-29, a craft employee with a family, who usually hits the social service system through the courts with a driving while intoxicated charge; and deteriorating work performance is an excellent opportunity for intervention by the employer of an alcoholic.

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## ANCHORAGE WOMEN'S TASK FORCE ON ALCOHOLISM INCORPORATES, PUBLISHES MONTHLY NEWSLETTER

The women's task force on alcoholism in Anchorage has incorporated as a non-profit organization. Along with the change in status came a name change, according to President Mary Jane Margeson. "The group is now the Anchorage Women and Alcoholism Task Force, Inc. (AWATF). We felt the change was necessary to help identify this group from others that are now being formed," explained Ms. Margeson.

"The AWATF group is a volunteer organization addressing the needs of women with alcohol-related problems," said Dale Hopkins, vice president of the group and community programs administrative assistant for the National Council on Alcoholism - Alaska Region. "I feel that we will be able to have a strong group as time goes on; however, like every organization, we need to build our membership and gain community support," Ms. Hopkins commented. "Membership is \$12.00 per year (\$6.00 for students) and includes the monthly newsletter," she added.

Officers for the newly incorporated group are: Mary Jane Margeson, president; Dale Hopkins, vice president; Marianne Kufel, secretary; Denise Bousley, treasurer; and Rita Dursi Johnson, editor.

AWATF provides volunteer services in selected projects and publishes a newsletter to keep women better informed as to what is happening nationwide in the field of women and alcoholism. The newsletter, published monthly, is entitled, "Alcoholism Out Front". "We welcome articles relating personal experiences, notes and comments on alcoholism," said Editor Johnson. "Deadline for submitting articles is the third

Wednesday of each month for publication in the following month's issue. Items may be delivered to the AWATF office at Room 200, 825 L Street, or mailed to "Alcoholism Out Front", Anchorage Women and Alcoholism Task Force, Inc. P. O. Box 2972, Anchorage, Alaska 99510," continued Ms. Johnson.

"Those interested in becoming a member of the Anchorage Women and Alcoholism Task Force, Inc. and receive the monthly newsletter, can by mailing your check with the completed form (below)," said Ms. Johnson.

- 
- \_\_\_\_ Yes, I want to join AWATF and receive "Alcoholism Out Front". My check for \$12.00 (\$6.00 for students) is enclosed.
- \_\_\_\_ I want to receive "Alcoholism Out Front" only. Enclosed is my check for \$2.00.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

Mail to: Editor, ALCOHOLISM OUT FRONT  
Anchorage Women and Alcoholism  
Task Force, Inc.  
P. O. Box 2972  
Anchorage, Alaska 99510

*Consuming alcoholic beverages can be unwise for the expectant mother, according to the National Council on Alcoholism. The Council suggested that the safe decision during pregnancy is to abstain. Consult your physician or call 243-4324 for further information.*

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### CURRICULUM PRESENTED AS POSSIBILITY FOR ALASKA

(Continued from page 4)

Materials include a teacher's manual and instructional materials for the activities outlined in the manual, including discussion pictures, filmstrips, films, instructional games, and student reference materials. All of the materials are packed in kits (2' x 1' plastic tubs) which are loaned to teachers for a three week period. Seven different curriculum kits have been developed to cover grades kindergarten through senior high school.

"Through different activities at each grade level, the curriculum provides students with facts about alcohol use and mis-use and helps them develop decision-making skills, ways of coping with problems, including sources of help in the school and community, and an appreciation for themselves as worthwhile human beings," said Ms. Mooney. "Students also have an opportunity to examine their own attitudes about alcohol as well as how they are influenced by other people and events."

For additional information concerning the "Here's Looking At You" curriculum, contact Evelyn Myers, project coordinator to technical assistant of ANCADA, 274-5531.

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A VARIETY OF MATERIALS offers students of all ages alcoholism information in an amusing and interesting manner, utilizing games as part of the program.



AN AUDIO-VISUAL PRESENTATION was part of the workshop presented by Clay Roberts at the invitation of the Anchorage Council on Alcoholism, the Alaska Native Commission on Alcoholism and Drug Abuse, and the Center for Alcohol and Addiction Studies.

## EDUCATION, MORE ACCESSIBLE TREATMENT CITED AS SOLUTIONS TO ALASKA'S ALCOHOL-RELATED PROBLEMS

Education of children and adults, better enforcement of existing laws, and cooperation among existing programs could all help solve alcohol-related problems in Alaska.

That was the consensus of over 70 persons from Anchorage who attended the Special Senate Committee on Alcoholism and Alcohol Related Legislation hearing held October 19 at the Boney Memorial Court Building. Approximately one-half of the participants were alcoholism workers; the remainder were recovered alcoholics, representatives of the liquor industry, Natives, church people, health department employees, social workers, teachers, and interested people from the community. Meetings earlier in the month attracted 40 in Seward, 45 in Homer, and 60 in Kenai. Subsequent hearings were held in Palmer and Dillingham.

Senator Mike Colletta, R-Anchorage, chairman of the committee, said the Governor has called alcohol misuse the state's number one social problem. Colletta instructed the group that although controversial alcohol-related legislation had been introduced, it was not the purpose of the hearing to discuss the Governor's alcohol package.

"The problem is much larger than that," said Colletta. "Collectively, we have to come up with workable solutions. In 18 stops, most of us think the same despite different environments. Everyone seems to feel preventive measures and alternatives to drinking are more conducive to solving the problem than increased alcohol taxes," he continued. "We want you to come to your own conclusions, and then help us create the necessary legislation to solve the problems."

### LIQUOR INDUSTRY VOICES CONCERN

Industry representatives voiced concern over increased taxes and laying the blame on liquor store owners. "We are providing sessions with parents of teenagers to help educate them as to the problems we all face with alcohol. It is the uneducated mis-use of a substance that is the biggest problem to society, not the substance itself," stated one industry member.

Rex Cooper, licensed liquor salesman and board member for Cabaret, Hotel and Restaurant Association (CHAR), said, "We all recognize that alcohol mis-use is a problem and we in the industry are even more concerned because it could lead to our destruction." He went on to say that in the Education Committee of the States study, two possible decisions on alcohol were cited: use it responsibly or not at all.

Cooper suggested that beverage sales places could also be used as "distribution points for alcohol education. Hours of operation have no relevance, warning labels are ineffective, and license limitations do not prevent alcoholism," continued Cooper. "You cannot stop a social action by legislation in a free country. Drinking is a social custom and people exercise their freedom of choice by drinking or not," concluded Cooper.

### EARLY CHILDHOOD EDUCATION STRESSED

Barbara Hoffmann, director of the Anchorage Council on Alcoholism, and Carolyn Peter, teacher at Wonder Park School in Anchorage, introduced the "Here's Looking At You" alcohol/alcoholism curriculum to the group. "It is necessary to initiate an intensive education program for the children and then for the adults," said Ms. Hoffmann. Dr. F. J. Phillips' theory of tuberculosis stigma and education was cited and related to alcohol mis-use and alcoholism. "The same thing needs to take

place now with alcohol," said Ms. Hoffmann. "Teach kids about the illness itself and responsible decision making. Fourth through sixth graders often experiment with alcohol and 43% to 51% of these fourth through sixth graders consider themselves alcohol users once a week," she continued. An active discussion followed the presentation of curriculum materials and it was explained that the materials are "flexible, encourage teachers and students to be creative, and also include parents."

Ms. Peter said that four pilot schools in Anchorage have been approved for using the curriculum. It was commented by a member of the audience that "this is probably the most informative thing we'll hear tonight, however, we won't see the results in our lifetime." Ms. Peter replied that she had been prepared for disapproval by the parents. "Instead, some students got parents into treatment, and began to see alcoholism as a disease and not something 'bad' or 'immoral'. Results are readily seen." Ms. Peter continued to say that three week units can be easily handled by teachers.

### BOOTLEGGERS AND LAWBREAKERS

After a short break, which drained the coffee pot, the general discussion was opened by a comment to the effect that "people who sell alcohol are selective but if they sell to someone else, the retailer cannot be blamed; dope peddlers sell to anyone but nobody asks questions about this because no tax is involved." A police officer stated that retailers cannot be blamed if the proper I.D. was shown. "He has no way of knowing that the 19 year old purchasing the liquor is going to a party where he is the senior member." Since bootleggers harm the alcoholic beverage industry, one representative suggested the use of notarized certificates for buyers who guarantee they will not resell what they purchase.

It was pointed out that present enforcement of the license laws are not adequate because many times the profit far exceeds the penalties so the illegal actions continue because it is "worth the risk". Byron Gillam, owner of Kut Rate Kid and oldest license holder in Alaska, said the "younger group uses pot, wine and beer. When I asked one man why he was using pot with his drinking, he just said because he gets 'high' faster." Gillam went on to point out that approximately one million acres of land was given to support mental health treatment in Alaska. It was explained by a member of the group that the land indeed existed and that 200,000 acres had been sold or leased with the money going into the general fund. "Why couldn't this help pay for alcoholism programs instead of higher taxes?" asked Gillam.

### INVOLUNTARY TREATMENT ENCOURAGED

Dr. Helen Beirne, director of the behavioral health division of the municipal health department, commented on involuntary commitment. "Having a facility to take people for treatment and job training will get the derelict off the street and sort out the actual alcoholics. Many of these people are not alcoholic, just people who need a skill and a place to go," continued Dr. Beirne. "Anchorage spent \$1.2 million on the public inebriate group. Involuntary treatment and job training would be less expensive and would put these people back into society with a productive skill."

Dr. Beirne said there needed to be a survey conducted to show "WHO the problem drinkers in our society actually are". Workers who don't show up on the street

CONTINUED ON PAGE 18

SPECIAL SENATE COMMITTEE ON ALCOHOLISM AND ALCOHOL RELATED LEGISLATION

Alcoholism and alcohol abuse has been identified as the major human needs problem facing Alaskans today. The Special Senate Committee is gathering public comment about the problem, what currently is being done, and what can be done to lessen the burdens of alcohol abuse.

Your opinion and suggestions are welcomed by the Committee. To assist us, please answer the following questionnaire.

1) Why do you think people become alcoholics?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) Do you think there is a difference between an alcoholic and a heavy drinker?

yes                      Why \_\_\_\_\_  
 no

3) Do you feel a person should be held responsible for things he does when he is drunk?

yes  
 no

4) Who do you think has the most responsibility for doing something about alcoholism; should it be the

state  
 local community  
 family  
 individual

5) If beer, wine, and liquor taxes were raised, do you think people would drink less?

yes  
 no

6) If alcohol were harder to get, do you think there would be fewer alcoholics?

yes  
 no

7) Should the public drunk or the person with a repeated and continuing alcoholism abuse record be required to undergo treatment?

yes  
 no

8) Following are some suggestions of things to be done. Please list the priority order (1, 2, 3, etc.) in which they should be accomplished. If you do not feel a thing should be done, leave it blank.

- \_\_\_\_ increase more money for state alcoholism programs
- \_\_\_\_ increase more money for local alcoholism programs
- \_\_\_\_ raise liquor industry taxes
- \_\_\_\_ raise price of drinks
- \_\_\_\_ provide more money for alcoholism programs regardless of the source
- \_\_\_\_ close bars at 2:00 AM
- \_\_\_\_ increase enforcement of liquor laws
- \_\_\_\_ place greater emphasis on education
- \_\_\_\_ place greater emphasis on treatment
- \_\_\_\_ provide incentives for alternatives to drinking programs

Printed as a public service by the "NEWS from NCA-AR". Clip and send completed questionnaire with any additional comments to the Special Senate Committee at 1016 W. Sixth Ave., Suite C, Anchorage, AK 99501, before December 1.

## EDUCATION, TREATMENT CITED AS SOLUTIONS

(Continued from page 16)

cost the economy as much by lower productivity and absence from work, continued Dr. Beirne. Voicing agreement to Dr. Beirne's statement, a gentleman in the audience said, "Alcoholism is a disease. But the problems with the stigma, loss of job, family, and friends and lack of insurance coverage, makes it easier for a person to remain a practicing alcoholic rather than seek treatment. We need more easily available treatment," he continued. "Detox is not effective alone. The problems and red tape add to the suffering of an already sick person." "Two years ago in Anchorage we got help, now it's just chaos and red tape", echoed Carolyn Peter.

Don Ryder, director of Alaska Labor Management Employee Affairs, Inc., expressed appreciation to the committee for traveling around the state to find out what the public actually feels regarding alcohol mis-use and alcoholism. "I see much of the friction between government and programs with under funding or no funds at all as a big political game. You don't play the game, no funds. This goes on and on, but it is the alcoholic who still suffers because of the constant red-tape. The answer now is to tie in agencies with each other to cut down on the friction and improve the services available for those who need to be treated," said Ryder. "There is a lot more to this than the Chamber of Commerce getting burnt up over the 'drunks' on the street offending tourists. These are sick people we are talking about", Ryder said.

### STREET DRUNKS, DERELICTS CRITICIZED

Conversation continued concerning the "drunks around businesses who wander into family neighborhoods breaking in" and who need to be picked up and held until they are sober. "There is too much protection of wrong doers. They should still be accountable for their actions", were additional comments. The involuntary treatment idea was again stressed with the statement by a lady that three-fourths of the drunks are capable of earning a living, however, "now they are coddled". Bob Lang spoke of teenagers who get drunk, hit another car, and get arrested for D.W.I., vs. the alcoholic who is addicted. Both are problems, but different, he said. "Not everyone who is drunk is an alcoholic", said Lang. A lady bar owner said she didn't like having drunks ruin the good time for other customers. "Can we ask for police to remove drunks?" she said.

Vern Smith, chairman of the Alaska Safety Advisory Committee, said it was determined at the Governor's Safety Conference that the two main causes of accidents were "stupidity and alcohol". Both need education and the best way to apply it is with stricter enforcement of the laws", said Smith. Statements followed to the effect that you cannot legislate morality; if a person wants to drink, tax or price won't deter the disease alcoholism or experimenters; and that the family and employer actually have the best leverage to make or help a person to quit.

### COUNSELOR COMPETENCY QUESTIONED

Leonard Nugen, director of the Studio Club, stated that part of the treatment problem was "having 20 year old counselors work with 60 year old drunks who know all the tricks. It just doesn't work!" said Nugen. "We need hard-core counselors", he continued.

"Some of my best friends are alcoholic. In fact, some of the nicest people I know are alcoholic", said Sal-

vation Army Captain David Boyd. "I feel there are standards for alcoholism workers that should be followed. I would like to defend the young alcoholism worker who is trying his best", said Boyd. "I find in the youth working in the field, what they lack in experience they make up for in enthusiasm. There are a lot of people getting well and getting back to work through the efforts of the young alcoholism workers," Boyd said.

Discussion continued that part of the problem lies between the prevention on one hand and treatment on the other. "I feel there is a lack at the state level as far as funds and guidance are concerned. There seems to be a lot of unnecessary friction between programs and there is a real lack of communication and direction from the Governor's office and the State Office of Alcoholism and Drug Abuse," stated one participant.

### PREVENTION IS DIFFERENT THAN TREATMENT

A social worker in attendance stated that you cannot easily document what you prevent. "The percentage of funds allocated to prevention should not contain the same rules or method requirements for documentation as do the funds allocated to treatment," she continued. She went on to say that treatment should require built-in evaluation measures so only programs who demonstrate some sort of effective methodology be funded. Speaking as a social worker, she voiced frustration at the duplicatory waste of programs. "The members of the same family can be treated by four of the five departments of the Health & Social Services", she stated. "I wait for the day when we will be able to coordinate just the departments of the Department of Health & Social Services!" Numerous people agreed.

According to Ms. Peter, from her experience in the village areas, Anchorage has the reputation of having the answers for treatment programs. More discussion followed regarding the drinking situation in the villages and how it affects Anchorage programs. Alternatives to drinking in the villages was suggested as a means to alleviate part of the problems. One participant said when the TV station was shut down for a short time in Bethel, the orders for liquor tripled during that period of time because of nothing else to do. Some villages have community centers and places for people to go in the evening, but many of them either do not avail themselves of those options or their recreation places close too early in the evening, leaving nothing to do but drink. Anchorage doesn't lack alternatives, people just have to be educated as to the use of alcohol, according to a lady who says she has been in Anchorage "since it was a village".

### COLLETTA OFFERS SUMMARY REMARKS

Senator Colletta said that throughout the hearings, three major areas have been identified: combination of education and prevention; redirection of the entire problem; and rural alternatives to drinking.

In his closing remarks, Colletta told the group, "Don't expect me to write a bill to solve this problem! This committee is going to propose a working draft. Everyone who has attended these hearings will be contacted to work as a catalyst in the community to contact more people. Then, all of us will write a bill to present to the legislature."

Participants with Colletta in the panel facing the audience were Senator Glenn Hackney, R-Fairbanks; Representatives Kris Lethin and Mike Beirne, both R-Anchorage; Patrick Sharrock, director of the Alcoholic Beverage Control Board; and Jerry Abramczyk.

Following the round of hearings in Southcentral Alaska, Colletta is scheduled to begin a trip November 14 to the Southeastern part of the state for hearings in Juneau and 10 other communities.

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*(Editor's note: This is the ninth in a series of articles highlighting some findings in the five-volume study of alcohol, alcohol mis-use, and alcoholism in the 49th state, "Working Papers: Descriptive Analysis of the Impact of Alcoholism and Alcohol Abuse in Alaska, 1975", which is the first comprehensive study done on Alaska's number one health problem. The report was prepared by Dennis Kelso, Ph.D., for the State Office of Alcoholism under a grant from the National Institute of Alcohol Abuse and Alcoholism. The following article summarizes portions of Volume II, "An Analysis of State Legislation Pertaining to Regulation and Control of Beverage Alcohol and Alcoholism and Alcohol Abuse, Alaska, 1975", which presents as comprehensive a review of Alaska's alcohol-related laws and regulations as possible, and which provides an analytic description of the various policies which do exist and their relationship to each other.)*

In response to the question of what (in its entirety) constitutes the problem of alcoholism and alcohol mis-use in Alaska, the Analysis of Alcohol Problems Research Project was organized in September, 1975. The project assumed as its province the full context of the intended and unintended consequences of the sale, distribution, and consumption of beverage alcohol in the state.

Theories abound as to the causes of problem drinking. Definition of the very nature of the "problem" are as numerous as the dozens of state agencies, officials, organizations, and interest groups created (or simply compelled) to deal with it. With the health and medical services community exhibiting as much variance within its own ranks as between itself and the law enforcement or educational communities, little agreement existed as to how "alcoholism and alcohol mis-use" should be defined. Considerable agreement exists, however, on the fact that alcoholism and alcohol abuse impact the general public and social system in a variety of ways. Alcoholism program client loads, child abuse, automobile accidents, alcohol-related crime, etc. -- are equally valid and interconnected ways of looking at alcohol's impact on Alaskan society.

Following is a brief summary of Alaskan and federal laws relating to alcohol according to categories: (1) sales, covering statewide regulations, local controls, licensing, and the Alcoholic Beverage Control Board (A.B.C.); (2) revenue measures, including license fees and excise tax; (3) criminal and civil disabilities associated with alcohol; (4) the Uniform Act and Title IV; and (5) administrative agencies concerned with alcohol.

#### SALES

##### When sales may not occur.

- a. Sales may not occur between 5:00 a.m. and 8:00 a.m. each day of the week.
- b. It is unlawful to give, barter, sell, or in any licensed premises to dispose of intoxicating liquor on an election day until the polls have closed.

##### Where sales may not occur.

- a. Retail liquor store sales may not occur on any licensed premises (retail) which is connected by a door or any other means of passage to another retail establishment (except establishments licensed under Title 4).
- b. Beverage dispensary or retail liquor store sales may not occur in any building in which the public entrance is within 200 feet of a school or church building.

c. Beverage dispensary or retail liquor store sales may not occur (licensees may not operate such establishments) in incorporated cities where zoning regulations prohibit liquor sales.

##### To whom sales may not occur.

- a. It is unlawful to give, barter or sell any intoxicating liquors to a person under 19 or to an intoxicated person or for a licensee to permit the giving, selling, bartering, or drinking of liquor by either forbidden classes within the premises. A valid drivers license is acceptable as proof of age when used as identification.
- b. Persons under 19 may not enter or remain on licensed premises unless accompanied by a parent, guardian or spouse who is of age. A licensee may refuse entry to a person under age 19 even though accompanied by a legal-aged adult.
- c. A person or firm, company or employee thereof who sells, barter, gives or delivers liquor to a person under 19 is guilty of a misdemeanor.
- d. It is unlawful for a person under 19 to solicit the purchase or in any other way attempt to purchase liquor or to sell, serve or entertain in premises licensed for selling alcoholic beverages.
- e. A person who influences or attempts to influence the sale, giving or selling of liquor to a person under 19 is guilty of a misdemeanor.

#### CONTROLS ON NUMBER OF LICENSES

Unless otherwise provided, no new licenses are issued where the total licensed premises in the aggregate of one time would exceed one license of each type for each 1,500 population.

#### OTHER REGULATIONS

- a. An owner of a restaurant or tavern shall provide and maintain on the premises sanitary toilet accommodations for public use. A person who fails to comply is guilty of a misdemeanor and upon conviction is punishable by a fine of not more than \$500.00.
- b. The Department of Labor may not issue a permit to an employment agency in connection with a pool hall, bar or intoxicating liquor dispensary, or recreation center operated for profit.
- c. No holder of a retail alcoholic beverage license may sell intoxicating beverages other than for cash, except a hotel, boardinghouse or inn may include the charge for beverages with the bill for lodging. A person who unlawfully sells intoxicating beverages on credit is guilty of a misdemeanor.

#### TAXATION

Taxation is a statewide regulation because it affects the price of alcoholic beverages, which in turn affects demand (consumption).

CONTINUED ON PAGE 20

\*\*\*\*\*CHANGE OF ADDRESS\*\*\*\*\*

If you are planning to move, and wish to continue to receive the NEWS, please send in both your old address and zip code as well as your new address and zip code to:

NEWS from NCA-AR  
4510 International Airport Rd.  
Anchorage, Alaska 99502

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## DR. GLASSER'S SUCCESS SEMINAR NOVEMBER 11-12

Dr. William Glasser's Education Training Center will be conducting a workshop in Anchorage, November 11-12, at the Captain Cook Hotel.

Doug Naylor, director of the Center, will give the keynote address entitled, "Success Builds Strength".

For information, registration and reservations, contact: Educator Training Center, 2140 West Olympic Blvd., Suite 518, Los Angeles, CA 90006.

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### ALCOHOLISM STUDY SPELLS OUT LEGISLATION (Continued from page 19)

#### PENALTIES

A person who violates any provision to Title 4 other than giving liquor to persons under 19 is guilty of a misdemeanor punishable by imprisonment of not more than one year or by a fine of not more than \$500.00. Upon conviction, the board may suspend the license for the first and second violations and revoke it for the third.

#### LOCAL CONTROLS

a. Municipality may regulate alcoholic beverages as provided in AS 04.15.070.

b. Municipality may by ordinance provide rules and regulations governing the barter, sale and possession of intoxicating liquor. May not impose taxes other than property taxes on liquor inventories and sales taxes on liquor sales when these taxes are levied on other property and sales within the municipality.

c. Upon deciding to approve a license application, the board must transmit written notice of its intent to the city governing body or borough assembly. If at the hearing the application for a license is rejected, the board shall refund the application fee less the sum of \$25.00. No license fee may be refunded after the license has been issued.

d. Incorporated municipalities may provide for additional closing hours beyond the minimum of between 5:00 a.m. and 8:00 a.m.

e. Local authorities may provide by ordinance that liquor sales are lawful in that political subdivision on election days.

#### LICENSING

a. Appropriate license necessary for liquor manufacture and traffic.

b. Consumption may not occur upon any licensed premises, unless permitted in the terms of the license.

c. A general wholesale license permits liquor to be sold in original packages, wine in bulk; sales in quantities not less than five wine gallons to license holders only. License required for each distributing point. Fee: \$500.00 for first \$50,000 sales; \$250.00 to \$5,000 on graduated schedule, depending on total sales above \$50,000.

d. A wholesale malt beverage and wine license permits sales in original packages and in bulk; sales in quantities not less than five gallons to license holder. Fee: \$100.00 for first \$100,000 sales; \$150.00 to \$5,000 on graduated schedule, depending on total sales above \$100,000.

e. A retail license allows the sale of intoxicating beverages for cash within a place of business to be removed from the premises.

f. A beverage dispensary license allows the sale and consumption of beer, wine and hard liquors on premises. Fee: \$2,500 surety bond filed when applying for license; \$500.00 fee population under 1,500; \$1,000 population over 15,000.

g. A production license is required for bottling works, brewery and distillery.

h. Specific license for restaurant, roadhouse, club, common carrier dispensary, recreational site, and pub.

#### A.B.C. BOARD

a. Each member of the Alcoholic Beverage Control Board (A.B.C.) shall be a citizen of the United States. The governor shall appoint each member subject to confirmation by a majority of the members of the legislature, joint session.

b. The board shall review all applications for licenses and shall issue, revoke, transfer or suspend all licenses in the best interests of the public. May hold public hearings when applications are protested and require applicants to answer pertinent questions.

d. The board may appoint support personnel and promulgate rules and regulations necessary to effectuate the purpose of Title 4.

#### REVENUE FROM LICENSES AND TAXATION

a. Money collected or due the state for licenses under the provisions of Title 4 shall be deposited with the Department of Revenue and absorbed into the general fund. Any application fee prescribed by the board in addition to any other fee charged under Title 4 is also deposited in the general fund.

b. Every brewer, distiller, bottler, jobber, retailer, wholesaler, or manufacturer who sells intoxicating liquors in the state or who consigns shipments of intoxicating liquors into the state shall pay the following taxes:

Malt beverage (alcoholic content 1% or more)	25¢ / gallon
Wine & other liquor 21% by volume or less	60¢ / gallon
Liquors with alcoholic content more than 21%	\$4.00 / gallon

#### CRIMINAL AND CIVIL DISABILITIES ASSOCIATED WITH ALCOHOL

a. An act committed by a person while in a state of voluntary intoxication is not less criminal because he/she was intoxicated, however, in considering a case the jury may take into consideration the defendant's intoxication.

b. Operating or driving an automobile, motorcycle, or other motor vehicle while intoxicated is grounds for immediate revocation of an operator's license.

c. Upon trial of civil or criminal action arising from acts committed O.M.V.I., amount of alcohol in blood at time of actions will be taken into consideration. To be valid, chemical analysis must be performed according to methods approved by Department of Health and Social Services.

d. A first conviction of an O.M.V.I. is a fine of not more than \$1,000 and/or imprisonment of not more than one year with license revoked for not less than 30 days; second conviction-within five years of first-imprisonment for not less than three days with license

ALCOHOLISM STUDY SPELLS OUT LEGISLATION  
(Continued from page 20)

revoked for not less than one year. Subsequent conviction within five years of the second, imprisonment for not less than ten days and operator's license revoked for not less than three years.

e. O.M.V.I. is grounds for arrest without a warrant.

f. A person who, while intoxicated, carries or uses a firearm is guilty of a misdemeanor punishable by a fine of not more than \$1,000 and/or imprisonment for not more than one year.

g. Intoxicated physician who does act resulting in death of patient is guilty of manslaughter.

h. Marriage licenses may not be issued to people while intoxicated.

i. Divorces are granted on the grounds of habitual gross drunkenness contracted since marriage and continuing for one year.

j. No workman's compensation may be paid if the injury was occasioned solely by the intoxication of the employee.

k. Employee has no right to insurance coverage for a loss sustained or contracted in consequence of the insured's being intoxicated or under the influence of a narcotic unless administered on the advise of a physician.

l. A bank or trust company may act under court order or appointment as trustee, guardian, receiver or committee of the estate of a habitual drunkard.

m. A physician who professionally treats a person licensed to practice medicine and surgery for alcoholism, drug addiction, mental, emotional or personality disorders shall report it to the State Medical Board if he/she feels the person may constitute a danger to patients.

THE UNIFORM ACT AND TITLE IV

a. Uniform Act established a policy that alcoholics and intoxicated persons shall not be criminally prosecuted for consumption of alcohol and shall be afforded continuum of treatment.

b. The Act created an Office of Alcoholism in the Department of Health and Social Services.

c. Allowed the creation of interdepartmental coordinating committee and an advisory board.

d. Set standards for the voluntary and involuntary treatment for alcoholics.

e. Established rights for intoxicated persons under treatment.

ADMINISTRATIVE AGENCIES ENGAGED  
IN ALCOHOL-RELATED ACTIVITIES

a. Department of Revenue, collects excise tax, license fees, revenue from sales of contraband in the state.

b. A.B.C. Board, controls manufacture, barter, sale and possession; protects public health, safety and welfare.

c. Department of Health and Social Services, keeps current list of alcoholism programs/facilities; encourages standards of treatment; promotes education programs/activities; engages in research; and utilizes community resources.

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d. Office of Alcoholism and Drug Abuse is located in the Department of Health and Social Services, headed by a coordinator appointed by the Commissioner. Plans, creates, maintains, treatment programs and centers; works for improvement of existing programs; prepares and disseminates educational material and conducts alcohol-related research.

e. Advisory Board on Alcoholism is located in the Department of Social Services, nine members including attorneys, doctors, and social workers are appointed by the governor. The board advises the commissioner on mental health problems related to alcoholism, educational and research activities, social problems affecting rehabilitation, related legal processes, public relations programs and advises Department in awarding grants-in-aid.

f. Interdepartmental coordinating committee has six members; five commissioners and the coordinator; the Commissioner of Health and Social Services is the chairperson. The committee coordinates information on alcohol-related programs, serves as a liaison among state departments concerned with alcohol problems.

g. Violent Crimes Compensation Board is located in the Department of Health and Social Services. Holds hearings, issues orders and decisions; has full subpoena power, promulgates, rescinds, amends regulations and develops standards for determination of compensation.

h. Bank & Trust Companies may act under court order as trustee of habitual drunkard.

i. Division of Corrections cooperates with the Office of Alcoholism in establishing and conducting programs to provide treatment for alcoholics and intoxicated persons in or on parole from penal institutions.

j. State Medical Board is located in the Department of Commerce and Economic Development and is organized with five licensed physicians appointed by the Governor, confirmed by legislature. Physicians treating another physician for an alcoholism problem makes a report to the board.

k. Department of Public Safety issues I.D. cards, investigates and reports to A.B.C. board any liquor law violations under Title 4, cooperates with the Office of Alcoholism in establishing, conducting programs dealing with problem of persons OMVI, administers law concerning OMVI.

l. Municipal Governments may regulate alcohol beverages, city council must approve operation of beverage dispensary or retail liquor store when zoning prohibits sale, may protest board's notice of intent to approve application for transfer, renewal or new license, municipalities may provide for additional closing hours of liquor establishments, city council approve A.B.C. board's designation of premises as restaurants for purposes of Title 4 and may rule by local ordinance that liquor not be sold on boats, aircraft, and railroad buffet cars that are stationary.

m. Courts issue orders to bank or trust company to act as trustee, or receiver of estate of habitual drunkard, no person may be detained at facility over

# NEWS from the Alcoholism

NONPROFIT ORGANIZATION  
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MADELON EUBANKS, EDITOR  
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4510 International Airport Rd.  
Anchorage, Alaska 99502

Editorial Committee on Alcoholism  
P.O. Box 1000  
Anchorage, Alaska 99501

## ALCOHOLISM STUDY SPELLS OUT LEGISLATION (Continued from page 21)

48 hours under Emergency Commitment Section, unless district or superior court judge has reviewed and approved commitment application. Upon conviction of a licensee for a violation of Title 4, or of a local ordinance, the judge having jurisdiction shall send notification of conviction along with certified copy of the record of conviction to the A.B.C. board.

n. Superior Courts take judicial notice that alcoholic suffering from illness, in need of proper treatment may commit person to custody of Office of Alcoholism under "Involuntary Commitment".

o. Department of Labor will not issue permit to conduct employment agency in connection with bar or intoxicating liquor dispensary.

p. Department of Education cooperates with the Office of Alcoholism in establishing programs for prevention and treatment and preparing school curriculum materials.

q. Department of Law approves \$25,000 surety bond furnished by person engaged in liquor industry to Department of Revenue.

r. Department of Highways cooperates with the Office of Alcoholism in establishing and conducting programs dealing with problem of persons O.M.V.I.

s. Emergency Service Patrol takes person incapacitated into protective custody and escorts to approved facility, emergency medical service or home.

t. Board of Vocational Rehabilitation administers the program of vocational education and shall comply with federal laws and conditions to secure full benefit of federal vocational rehabilitation laws, and shall do all things necessary to entitle the state to receive benefits of the federal laws. Any "handicapped individual" may qualify for vocational rehabilitation services and a person who suffers from alcoholism is included in the definition of a handicapped individual.

u. Department of Community and Regional Affairs conducts local option referendum elections in areas outside municipalities when 35 percent of the adult population requests the A.B.C. board to deny the issuance, reissuance, renewal or transfer of a license.

(Editor's note: Next month, the "NEWS" will discuss how the above laws work in relation to the Uniform Act.)

## CORRECTION

It was inadvertently omitted in the October, 1977 issue of the "NEWS from NCA-AR" that the Seward Council on Alcoholism and Community Services was instrumental in bringing Father Joseph Martin to Alaska in September. Father Martin was in Seward and Anchorage for a number of alcohol-related meetings, workshops, and seminars.

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The National Council on Alcoholism - Alaska Region is pleased to announce the address and phone number will remain the same:

4510 International Airport  
Road, Suite 1  
Anchorage, Alaska 99502

243-4324

# NEWS from the National Council on Alcoholism

A Private Non-Profit Corporation Dedicated to the Goal of the Adoption by Alaskans of a Positive, Supportive and Knowledgeable Attitude Toward the Solution of the Problems of Alcoholism and Alcohol Abuse

National Council on Alcoholism  
Alaska Region  
4510 International Airport Road - Suite 1  
Anchorage, Alaska 99502

ITEMS OF INTEREST FROM THE COUNCIL AND ABOUT PEOPLE AND ORGANIZATIONS INVOLVED IN THE FIELD OF IDENTIFICATION, COUNSELING, TREATMENT, AND PREVENTION OF THE DISEASE OF ALCOHOLISM

Vol. 6 No. 10

October 1977

## PUBLIC HEARINGS FRUITFUL

When the Senate Special Committee on Alcoholism and Alcohol Related Legislation met in the municipal health building in Anchorage, participants heard the "revolving door" syndrome repeated over and over. The Committee is composed of Senator Mike Colletta, R-Anchorage, chairman; Senator Bill Ray, D-Juneau; Senator Glenn Hackney, R-Fairbanks; Senator Frank Ferguson, D-Kotzebue; Senator Robert Ziegler, Ketchikan; and Representative Kris Lethin, R-Anchorage, District II.

Senate Special Committee on Alcoholism and Alcohol-Related Legislation, Southcentral Hearings.

October 16 - 1 - 5, Seward  
City Council Chambers

October 17 - 12 - 3, Homer  
Homer Museum basement

7 - 10, Kenai  
Kenai Public Safety Bldg.

October 18 - 7 - 10, Kodiak  
Borough Assembly Chambers

October 19 - 7 - 10, Anchorage  
Room 402, Boney Memorial  
Court Bldg.

October 20 - 9 - 11:30, Palmer  
Palmer Community Center

3:30 - 6:30, Dillingham  
City Council Chambers

Hearings are scheduled in Southeast Alaska, November 14 through 19 in the following cities: Juneau, Hoonah, Angoon, Sitka, Craig, Klawock, Kake, Hydaburg, Ketchikan, Wrangell, Petersburg.

For more information write: 1016 West 6th Avenue, Suite C, Anchorage, AK 99501, or call 276-8153.

CONTINUED ON PAGE 6

## "HERE'S LOOKING AT YOU" CLASS

What began as an in-service training session on alcoholism curriculum possibilities for Alaska school districts has grown into a full scale workshop for statewide teachers, administrators, and school board members.

Originally conceived as a training tool for personnel at the Alaska Native Commission on Alcoholism and Drug Abuse (ANCADA), the workshop has developed into a three day session co-sponsored by ANCADA, the Anchorage Council on Alcoholism, and the Center for Alcohol and Addiction Studies, University of Alaska, Anchorage, according to Evelyn Myers, project coordinator to technical assistants of ANCADA. It will be held October

CONTINUED ON PAGE 7



SPEAKING ON THE TOPIC OF alcoholism within families, Father Joseph Martin gave an entertaining and amusing lecture as he does in his "Chalk Talk" and "Guidelines" films.

## FR. MARTIN CAPTIVATES AUDIENCE

The individual alcoholic was only a peripheral topic at last month's "Alcohol and the Family Workshop" co-sponsored by the Cook Inlet Native Association Family Services and the Anchorage Council on Alcoholism. Father Joseph Martin, guest lecturer and keynote speaker, said it best, that the "sickness of the spouse and children of an alcoholic is even more devastating, because it continues long after the alcoholic has achieved sobriety and recovery."

"The children grow up unbalanced, and the spouse is frustrated and starved for love," said the Baltimore priest, well-known for his "Chalk Talk" film and coast-to-coast lectures on alcoholism. For example, he explained, "people go to Al-Anon to get a drunk sober, when they should be there to get well themselves. There is always damage to the family of an alcoholic which needs therapy as much as the alcoholic needs treatment." And using Alaska State Office of Alcoholism and Drug Abuse figures, combined with Father Martin's estimate of how many people are affected by an alcoholic, there are an estimated 150,000 people in Alaska in need of family therapy, (30,000 problem drinkers who on the average affect one spouse, two or three children, and one employer).

Father Martin's afternoon lecture preceding the "Alcohol and Child Neglect" panel discussion touched on the infrequently mentioned topic of incest, which he called the most secretive, destructful side effect of alcoholism in a family. The ability to love, said the priest, is one of the first things to disappear in an alcoholic, because the alcoholic "is so tied to himself, even against his will, that he can't reach out to another. The alcoholic is an island of total loneliness and frustration completely wrapped up in self" to the total alienation of his family.

Once recovered, though, an alcoholic regains a full, normal life, and leaves a spouse and children wrecked by the experience. Health does not return easily to

CONTINUED ON PAGE 15

October 8, 9, 10

# NEWS from the

Madelon Eubanks, Editor  
Linda DeWaard, Assistant Editor  
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Terri Niederer, Writer/Typographer  
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All photos by NCA-AR staff unless otherwise indicated.

The staff of the NEWS welcomes comments and criticism of the information and manner of presentation of material in this publication. You are invited to send news items about yourself, others you know in the field of alcoholism in Alaska as well as your comments, concerns, and opinions to:

Editor, NEWS  
National Council on Alcoholism-  
Alaska Region  
4510 International Airport Road  
Anchorage, Alaska 99502

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Commission**  
on Accreditation of Hospitals

## LETTERS TO THE EDITOR....

Dear Editor:

Enclosed please find my check for membership. This is such a huge problem in Alaska, I would like to offer my help to become part of the team helping to fight the battle against the disease alcoholism. Our nurses see daily the effect of this problem in the villages. Your August issue of the NEWS was very informative and useful.

Fran Pagenkopf  
Regional Nursing Supervisor  
Alaska Division of Health  
Fairbanks, AK

*(Editor's reply: The National Council on Alcoholism - Alaska Region thanks you for your \$10.00 annual tax-deductible membership donation to the fight against the state's number one health and social problem. Others interested in joining this cause send \$10.00 to NCA-AR, 4510 International Airport Road, Anchorage, AK 99502.)*

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Dear Editor:

I enjoy the newsletter very much each time I receive it. It is very informative and helpful, and I wish to commend you for a good publication.

However, there is one problem each time I receive it. The problem is that I usually receive it quite late in the month. For instance, I received it on 9-8-77 which was too late for me to arrange to attend the seminar at CINA on Alcohol and the Family, which I really would like to have attended.

My previous information about the workshop was from CINA, and their information was that it would be conducted on September 12 and 13. So the wires were crossed, and I realize that this was no one's fault. However, had we received your newsletter earlier I would have realized that it was held on the 8th and 9th.

As a result, I missed the conference and was very disappointed. Could you please try to get your newsletters out earlier or at least let interested agencies know well in advance about upcoming conferences?

Sincerely,

Cindy Garthwait, MSW  
Careage House Health Care Center  
Anchorage, AK

*(Editor's reply: Thank you for the compliment on the NEWS and even more important, for your faith in the publication as an up-to-date source of information on alcoholism-related events in the state. The delay in mailing the September issue was due to problems with the new Xerox 9200 on which the staff now prints the NEWS. It was our intent and hope that the NEWS would reach Anchorage-area readers in time for them to attend the Cook Inlet Native Association Alcohol and the Family Workshop. The conference dates backing up and the machine breaking down made our deadlines too tight. We apologize to all our readers who may have missed the workshop because of this.)*

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## FETAL ALCOHOL SYNDROME WORKSHOP IN WISCONSIN

A Fetal Alcohol Syndrome Symposium is planned for October 31, 1977 at the Sheraton Inn in Madison, Wisconsin. The workshop is sponsored by the Wisconsin Association on Alcoholism and Other Drug Abuse (WAAODA) and concerns prevention, intervention, and treatment implications for women and children.

Some mini-sessions scheduled in the all-day workshop:

1. Prevention Pilot Projects
2. Identification & Treatment of Women
3. Identifying and Planning for the Child
4. Other Drug Use During Pregnancy
5. Clinical Case Studies
6. Nutrition

Further discussion groups for future action:

1. Health and Medical
2. Prevention
3. Alcohol and Other Drug Abuse Treatment
4. Developmental Disabilities
5. Family Planning

Make hotel reservations directly with the Sheraton Inn and be sure to ask for WAAODA conference rates. The conference registration fee is \$18.00 and can be mailed to WAAODA, Inc., 333 W. Mifflin St., Suite 4, Madison, WI 53703.

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*The problem isn't in the drug, it's in the person. If you're becoming more dependent on alcohol, there are people who can help you understand why. Contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.*

FROM THE PRESIDENT...

NCA-AR is busy making plans for the annual meeting in January. The dates are Thursday and Friday, January 26-27, 1978.



PHOTO BY FRANK FLAVIN

While the annual meeting is designed basically for members of the board of directors of NCA-AR, interested parties are certainly welcome. I urge all members who can be in Anchorage on these days to set at least some of the time aside to be present.

We want to wrap up this year with appropriate fanfare and to start 1978 with enthusiasm. So, we particularly ask your attendance at the annual dinner on Friday evening, January 27.

I have been remiss this summer in not getting out to visit the various groups around the state. While NCA-AR staff has covered much of the state, my good intentions of attending some of the planned conferences have, so far, not materialized. I haven't given up, and I hope to make at least two out-of-Anchorage conferences before the end of 1977.

Sincerely,

Leonard McLean  
President

STATE AUTHORIZES WOMEN AND YOUTH SURVEY

Women and Youth Seminars will be conducted in cities and villages throughout Alaska by National Council on Alcoholism-Alaska Region (NCA-AR) personnel at the request of the State Office on Alcoholism and Drug Abuse. Conducting these seminars will be Judy Hart, community programs director, and Dale Hopkins, community programs department administrative assistant. All women's groups are especially encouraged to attend.

The schedule for seminars is as follows:

Dillingham	October 18
Kotzebue	November 1
Fairbanks	November 15
Juneau	November 29
Anchorage	December 13

Problems of Alaskan women and youth, as they relate to alcohol, will be surveyed and documented between now and February, 1978. "This is the first time a survey concerned specifically with alcohol-related problems of women and youth has been done in Alaska," said Suzanne Perry, executive director of NCA-AR.



WASILLA TO HOST "TRAIN THE TRAINER" WORKSHOP

"Train the Trainers" is the theme of a workshop for allied health professionals to be held October 26-29 at the Meier Lake Conference Center near Wasilla.

The workshop will be limited to 20 participants on a first come, first serve basis, and pre-registration is requested by October 20: \$75.00 made payable to Alaska Hospital Research & Education Foundation, 5531 Arctic Blvd., Suite 1, Anchorage, AK 99502. The registration fee will cover lodging, meeting rooms, meals, and printed material.

Executive Director Rae Ann Hickling of the Anchorage Council on Drug Aid, Inc., will guide the workshop including self-assessment of design/delivery skills, learning theory and its implications, dynamics of group process, making interventions, and trainer ethics. Further information can be obtained by calling 277-1633.

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ALASKA STATE TROOPER Captain Robert G. Penham (above right) gave a "Drivers' Alcohol Information" presentation for the staff at the National Council on Alcoholism - Alaska Region (NCA-AR) as part of the staff training. Simeon Arnakin, rural cultural specialist for NCA-AR, operated the camera to videotape Captain Penman's lecture for future use. The first portion of the session covered legal and social implications of drinking and driving. Captain Penman told the group that in the State of Alaska "if you refuse to take a breathalyzer test, you automatically receive a 90-day suspension of your driver's license." He said that nationwide, 24 hours a day-7 days a week-1 out of 50 drivers is drunk. "It is higher in Alaska," he added. Statistics pointed out to the staff included: 80% of the cases policemen handle are alcohol-related; the legal limit is .10, however, the Alaskan average blood alcohol content is .175; 80% of the traffic violations are done by 10% of the drivers. Because of taping problems, the presentation was interrupted for a short period. After resuming, Captain Penman covered the Alaska drivers point system, auto insurance problems and physiological aspects of drinking and driving.

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Does someone close to you drink too much---mother, father, brother, sister or friend? For confidential information concerning problem drinking write: Alcohol 2, Anchorage, AK 99502.

## 80% OF CHILD ABUSE IS ALCOHOL MIS-USE RELATED

In Kodiak, nearly 80% of the child abuse or neglect cases are related to parental alcohol abuse, Kodiak social worker Dan Maciak told the Kodiak Council on Alcoholism recently.

Meeting with the council to discuss the ways the two agencies could co-operate, Maciak outlined both the functions and limitations of his office. "I'm in charge of Kodiak and six villages," Maciak said, "and I am assisted by one part-time secretary."

As Kodiak's only social worker, Maciak's duties also include licensing foster homes and day care homes as well as investigating reports of child abuse and neglect and preparing for the appropriate legal proceedings when indicated.

"Cases of abuse are simplest to document," Maciak said. "We can go out with a State Trooper and photograph the evidence -- cigarette burns, belt marks...cases of neglect take a lot longer to document."

In the case of obvious abuse Maciak said he can take the child into immediate custody and a court hearing is scheduled within 48 hours. "When we do go in on an abuse case we take a police officer and are obligated to tell the parents why we are taking the child, where the child will be placed and what will follow.

"If the case is alcohol-related, after 90 days we go back to court for a dependency hearing."

Abuse is not usually as severe in single parent families as in two parent families, Maciak said. "With single parents it's more usually a case of neglect."

The usual pattern begins when the single parent feels lonely and unhappy, leaves the children with a neighbor and goes to a bar. After time the parent stops paying the neighbor, "because the money's being used for alcohol," and eventually the children are left home alone.

"The single parent is easier to work with if you can get sobriety," Maciak said. "But the cases are often more difficult to document. Neighbors tend to protect the single parent out of sympathy."

In the case of married couples "one goes for sobriety and one goes out drinking," Maciak said. "Severe abuse occurs and eventually the kids take off and go to a relative or neighbor."

Because of the limited staff in Kodiak, Maciak said he is forced to concentrate on priority cases where the child is actually in danger.

If removal of the children from the home is necessary both parents and children are referred to appropriate agencies for counseling, Maciak said.

Since assuming the post of social worker in Kodiak three months ago Maciak said he had received "excellent co-operation" from the other social agencies including the Kodiak Area Native Association, the Kodiak Council on Alcoholism and the Mental Health Center.

*(Reprinted with permission from Chris Blackburn of the "Kodiak Daily Mirror.")*

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More teenagers are hooked on alcohol than on the so-called "hard" drugs. Teenage drinking is becoming a national nightmare. For further information contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.  
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DURING THE PRELIMINARY PLANNING of the "Drink and Drive-In", a number of Department of Public Safety representatives, safety planning and alcoholism experts gathered to discuss the event. Standing left to right are Red Bradley, Department of Public Safety; Tom Georgianna, Alaska Highway Traffic Safety Planning; Suzanne Perry, National Council on Alcoholism - Alaska Region; and Emily McKenzie, Anchorage Alcohol Safety Action Program. Seated left to right are William Hall, Region X, National Highway Traffic Safety Planning Agency; Judy Hart, National Council on Alcoholism - Alaska Region; Lt. John McConnaughey, Alaska State Troopers; and John McGhee, Alaska State Troopers.

### "DRINK AND DRIVE-IN" TESTS "DRUNK" VOLUNTEERS

A number of Anchorage people got drunk, got in a car, and drove on September 27, and they weren't arrested.

The mayor didn't declare a day of amnesty for drunk drivers, though, and the people who got drunk were a select group imbibing under controlled conditions.

A "Drink and Drive-In" was staged at Elmendorf Air Force Base in Anchorage to illustrate the effects of alcohol on a driver's vision, reactions, and driving ability. The Alaska State Troopers, Department of Public Safety, State Department of Education, Northwest Region of the National Highway Traffic Safety Administration, and the National Council on Alcoholism-Alaska Region coordinated efforts for this demonstration.

Volunteers who got drunk for this cause included representatives of the criminal justice system (prosecutor, public defender, and defense lawyer), the media, women, and youth. Precise measures of alcoholic beverage were administered by a bartender, a member of the Cabaret, Hotel, and Restaurant Association in Anchorage. Vision, reaction time, depth-perception, and breathalyzer equipment provided by the driver's license testing bureau and the City of Anchorage, was the same equipment employed by local law enforcement personnel. A car with dual-controls was used, and a sober partner accompanied the increasingly drunk driver/volunteer during the "Drink and Drive-In".

Beginning at 10:00 a.m. Tuesday, September 27, the drivers gathered at a course designed by National Highway Traffic Safety Administration (NHTSA) State Department of Education personnel, complete with haybales to cushion potential impacts, cones for zig-zag testing, and a dummy to leap out in front of the driver to test braking reflexes, according to William L. Hall, administrator, northwest region, NHTSA.

The drivers were pre-screened, Hall said, using the breathalyzer, vision, reaction, and driving test. Charts were kept on each volunteer, with entries made

CONTINUED ON PAGE 12

FROM THE DIRECTOR...

We have received word from NIAAA that the Alaska Public Education and Prevention Project grant will not be funded after November 30, 1977. As the majority of NCA-AR activities during the past three years have occurred as a result of the APEPP, NCA-AR will be looking for new horizons in the upcoming months. As the statewide information and education agency concerned with primary prevention, we feel there remains a need to be met and we plan to continue to meet those needs.



The next few months will be exciting ones with the staff involved in the final preparation and distribution of APEPP materials, planning for re-organization and the development of new directions and functions for NCA-AR. We are actively exploring avenues to continue the functions of APEPP, making them more meaningful to all people of Alaska, even though official funding of the project has been discontinued.

A major event such as the reduction in funding always causes change and we hope to make those changes and adjustments in a positive, beneficial manner.

Sincerely,

Suzanne W. Perry  
Executive Director

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NAVAL COST-BENEFIT ALCOHOLISM STUDY PUBLISHED

Alcohol abuse problems in the United States are a \$32 billion a year headache, according to the National Institute on Alcohol Abuse and Alcoholism. By conservative estimates, alcohol abuse in the Department of the Navy results in an annual \$360 million to \$680 million economic loss, reports a study entitled "Summary of Cost-Benefit Study Results for Navy Alcoholism Rehabilitation Programs", published July, 1977.

The Executive Report presents a summary of results arising from the study and principal attention is directed at the rehabilitation vs. replacement proposition. Additionally, the areas of hospitalization, accidents, jurisprudence, and productivity are also addressed.

To reduce losses and simultaneously improve personnel operation readiness, the Chief of Naval Personnel in 1971 initiated the Navy Alcoholism Prevention Program (NAPP). The Navy now operates three large alcohol rehabilitation centers, 15 smaller alcohol rehabilitation units in designated naval medical centers, and 56 alcohol rehabilitation drydocks in selected local commands. Additionally, the Navy's original pilot project begun in 1967 continues as the 80-bed Alcoholism Rehabilitation Service of the Long Beach Naval Regional Medical Center.

Treatment methods are generally similar among the different types of facilities, according to the study. Treatment is a combination of the best multi-discipli-

CONTINUED ON PAGE 9

WORKSHOPS, SHORT COURSES, AND  
OTHER PROGRAM SERVICES

FOR:

- ALCOHOL ABUSE SERVICE DELIVERY SYSTEM PERSONNEL
- DRUG ABUSE SERVICE DELIVERY SYSTEM PERSONNEL
- OTHER SERVICE DELIVERY SYSTEMS PERSONNEL

FAMILY COUNSELING FOR ALCOHOLISM COUNSELORS

DATES: October 6 - 7  
PLACE: Kodiak

ALCOHOLISM PROGRAM MANAGEMENT TRAINING

DATES: October 20 - 21  
PLACE: Bethel

UTILIZATION OF VOLUNTEER SERVICES

DATES: October 20 - 21  
PLACE: OLI Community Hospital,  
Anchorage

PROGRAMMING COMMUNITY RESOURCES

DATES: October 27 - 28  
PLACE: University of Alaska,  
Anchorage Campus

ALCOHOLISM PROGRAM MANAGEMENT TRAINING

DATES: November 14 - 15  
PLACE: University of Alaska,  
Anchorage Campus

INDIVIDUAL AND FAMILY COUNSELING

DATES: November 14 - 17  
PLACE: Kotzebue

TRAINING ALCOHOLISM TRAINERS

DATES: November 17 - 18  
PLACE: University of Alaska,  
Anchorage Campus

GROUP COUNSELING

DATES: November 28 - 29  
PLACE: Kotzebue

Work is now in progress to offer some of these programs for credit. Contact the Center for Alcohol Addiction Studies for further information, 272-5522, ext. 131.

"I JUST DRINK BEER---I CAN'T BE AN ALCOHOLIC, RIGHT?"  
Wrong--it doesn't matter what you drink. It's how you drink it and what you use it for. Problems come in people, not in bottles. "If you drink a lot of beer--you drink a lot." There are people who can answer your questions about drinking and drinking problems. Contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.

PUBLIC HEARINGS FRUITFUL  
(Continued from page 1)

Senator Colletta, Senator Ray, and Representative Lethin heard testimony from Salvation Army alcoholism workers and Emergency Services representatives that "the same people are picked off the street over and over again by the patrol van, EMS vehicles, and many are seen at the walk-in Alpha Center several times a week." How to stop this "revolving door" was the main topic of the discussion.

Under the Uniform Alcoholism and Intoxication Treatment Act of 1972, a person "intoxicated and in need of help" may be picked up and taken to his home, to a treatment facility, or if neither of these is available, to jail. But since no detention time is given, drunks have the right to walk out at any time. Someone "incapacitated by alcohol" may be detained for up to 48 hours. A longer commitment may come only on a judge's order. Dr. Helen Beirne, director of the behavioral health division of the municipal health department, said the present law is cumbersome and unclear. "Commitment of a person beyond 48 hours has not been tested because agencies and physicians are reluctant to risk a lawsuit," she said.

"Sometimes these people are a danger not only to themselves," she said, "but also to their families and other innocent persons who become victims of their alcoholic or derelict irresponsible action."

"We know most of them on a first-name-basis," agreed Captain David Boyd of the Salvation Army Comprehensive Alcoholism Services (CAS) and Dr. Ray Dexter, new program director for CAS. Supporting this statement was L.E. Brown of the city's Emergency Medical Services office. Brown said the service has sometimes a dozen calls a day from bar owners and others wanting to get drunks off their property.

"Ninety percent of these calls are for people we have seen within the past week," continued Brown. "I guess some person will have to have a heart attack and die because we were unable to reach them by being tied up on a 'revolving door' call", said Brown, "before we will be able to get the community's attention to this problem."

The present law was designed with the inebriate's civil rights in mind, another worker said after the hearing, adding that "we're protecting him until he dies of alcoholism."

Senator Bill Ray, D-Juneau, was the self-proclaimed Devil's advocate throughout the hearing, projecting any proposed legislation as a civil rights lawyer might see it. Determining some kind of criteria for being a chronic alcoholic subject to commitment was seen as crucial.

Marie McDonald, head nurse at the detoxification center at 825 L Street, said only seven different patients since January 1 had been brought in and held against their will. "The vast majority of patients come from hospitals or from the walk-in Alpha Center," she pointed out.

Besides the detoxification center and the Alpha Center, the municipality contracts with the Salvation Army to operate short-term (six weeks at the most) and long term (six months) care facilities, a transitional unit or half-way house, and compulsory courses for persons convicted of drunk driving.

"But we still don't have the kind of facility I would like to see," said Dr. Beirne. She envisioned a sheltered residential workshop out of town in which persons could refresh their dormant skills and learn new ones. "Proceeds earned from sale of materials they make, together with patients' individual income, could almost entirely pay the workshop's way," she said.

Dr. Beirne believes that many of the Native derelicts on city streets are not true alcoholics but people with nothing to do and nowhere to go. "Putting them in a workshop would be the best thing possible for them and would relieve the area's alcoholism facilities," she concluded.

The representative of each organization attending the meeting had the opportunity to either comment on Dr. Beirne's proposal or to add additional ideas for the involuntary commitment of alcoholics. All of the 18 organizations and municipal offices represented agreed that something was "needed to help keep the public inebriate in a facility until completely 'dried out' and their thinking is beyond their next drink."



THE SENATE SPECIAL COMMITTEE on Alcoholism and Alcohol Related Legislation held an informal meeting with Municipal offices in Anchorage. Senator Mike Colletta, chairman and Senator Bill Ray of the Committee heard discussion on involuntary commitment. In hearing conducted by the committee around the state, Colletta said, people appeared most concerned about improving and expanding existing alcohol treatment and education programs. "I think we're finding the direction we should go," said Colletta. "The people want local as opposed to state-operated programs. They say the state should set the guidelines, but the programs should be tailored to local conditions which differ from village to village." Colletta said he was picking up increased sentiment for some kind of change in the state law which decriminalized alcoholism and prohibited police from arresting drunks. "They are talking about some alternative like allowing some kind of protective custody," Colletta continued. Colletta said he based his conclusions on hearing conducted during September in McGrath, Ruby, Galena, Nulato, Anvik, Holy Cross, Hooper Bay, Akiachuk, Napaskiak, Bethel, Nome, Unalakleet, Kotzebue, Kiana, Fort Yukon, and Fairbanks. Other hearings are planned for Southeast Alaska during November.

BRICKS, BOUQUETS, SUGGESTIONS, & CRITICISM

I would like the following items brought to the attention of the new NCA-AR Board of Directors:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(use extra sheet of paper if more space is needed)

Name \_\_\_\_\_

Address \_\_\_\_\_

NEWS ITEMS .....

FROM THE

CENTER FOR ALCOHOL & ADDICTION  
STUDIES - UNIVERSITY OF ALASKA

Carol Molinari  
Director

Plans for a workshop in Unalaska are in progress. The workshop on basic counseling skills will be conducted by Bernie Segal for alcohol and drug counselors in that area. Some travel stipends are available from our NIAAA grant to assist attendance of the workshop. Contact Rio Brown from ANCADA regarding these stipends.



Two follow-up workshops for educators who participated in the Teacher Training Program and other interested persons are being offered. The first is the Discipline II Conference, which will be held on Friday and Saturday, November 11-12, at the Captain Cook Hotel in Anchorage. Conference fees are \$45.00 and those participating who desire credit will be charged an additional \$15.00. Registration will be at the Captain Cook Hotel on November 11, from 6:00 to 7:30 p.m.

The second workshop is on the King County Alcohol Education Curriculum entitled, "Here's Looking At You", which will be conducted by the developers of the curriculum, Clay Roberts and Carol Mooney. Dr. Francis Phillips, the Anchorage Council on Alcoholism, ANCADA, and NCA-AR assisted in the coordination of this workshop which will be offered for one credit from the University of Alaska, Anchorage. The fees are \$20.00 for undergraduate and \$30.00 for graduate credit. The workshop will be held October 8 - 10 from 9:00 a.m. to 4:00 p.m. each day in room 123 of the College of Arts and Sciences Building on the University of Alaska campus.

Three additional workshops are being sponsored by WAAETP for training of trainers. The one on utilization of volunteers will be attended by Jean Higgs from the Salvation Army; the one on program evaluation will be attended by Jim McMichael from the State Office of Alcoholism and Drug Abuse and Ray Dexter from the Salvation Army; and the third workshop, on multi-dimensional assessment, will be attended by Bernie Segal of the Center.

Dr. Segal has been invited to present a research paper at the 3rd annual Council of Psychologists which will be held in Munich, West Germany July 27 through August 4, 1978.

Jack Peterson, professor of sociology at the University of Alaska, Anchorage, has recently joined the Center in a part-time capacity.

At least one-third of the alcohol abusers are women and the ratio appears to be narrowing. If you know a woman that is having a problem with alcohol contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.

"HERE'S LOOKING AT YOU" CLASS

(Continued from page 1)

8-10 at the University's College of Arts and Sciences, room 123, from 9:00 a.m. to 4:00 p.m. each day, with registration at 8:00 a.m., October 8. Costs will be \$20.00 for undergraduate students, and \$30.00 for graduate students, and enrollment is limited to 75. Those interested in the course should call 272-5522, ext. 131, according to the sponsors.

Clay Roberts and Carol Mooney, teachers in the Seattle School District who developed the curriculum entitled "Here's Looking at You", will conduct the three-day workshop and offer assistance in planning to implement similar programs in Alaskan classrooms and schools.

According to the course description, the workshop will involve basic education about alcohol as well as information, methods, and skills necessary to conduct an alcohol curriculum in the primary and secondary schools. The format will include group discussion, presentations, special projects, and familiarization with community alcoholism resources.

The description continues that there will be focus on increasing teacher knowledge about physical and psychological effects of alcoholism, and community and personal resources, with an emphasis on teacher awareness of strategies for coping with problems and their ability to encourage the development of responsible attitudes toward alcohol.

Gathering resource materials for kits for each grade level, Erica Pauli and Carolyn Peter explained that these kits will be available for examination during the workshop, to illustrate the types of learning tools an alcoholism curriculum would require. Ms. Pauli is executive secretary for the Alaska Native Training Institute and ANCADA. Ms. Peter, a teacher at Anchorage's Wonder Park School, has been involved for some time in implementing an alcoholism curriculum at her school on a trial basis.

Alcoholism, the equal opportunity disease. Alcoholism is not a respecter of age, sex, race, or status. If your drinking is bothering you, you can get help, whether you're 17 or 70, man or woman, Native or white, brickmason or banker. Contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.

ADDITIONS AND DELETIONS/NCA-AR LIBRARY

Delete:

29-H Behavior Trends in Wives of Alcoholics ... pg. 1

Additions:

- 12-D If Your Parents Drink Too Much ..... .15
- 7-E Alcoholism: A Family Disease ..... .10
- 16-G Alcohol - The Respectable Drug ..... .05  
(Fr. James Royce)
- 12-H Working As, For, or w/Professionals.. .25
- 25-H A Teacher Finds Guidance in Al-Anon.. .20

Book Alcoholism: The Functional Approach to the treatment of Alcoholism 2.00  
(Dr. F.J. Phillips and Barbara Hoffmann)

(Clip and save; insert in your Catalog of Publications and Films for an up-to-date listing.)

## TOUCHING YOU, TOUCHING ME WORKBOOK IS OFFERED

The Family Training Center announces the publication of a self-assessment and sexual awareness workbook, TOUCHING ME, TOUCHING YOU, written by Donald and Nancy Howard. The Howards have co-authored A FAMILY APPROACH TO PROBLEM DRINKING and other booklets on the family and alcoholism.

The new workbook (58 pages) is designed to provide personal insight into an individual's sexual development and provides the opportunity for written participation through presentation of personal information. The effects of alcohol on sexuality, sexual relationships, and marriage are discussed. The book would afford a comfortable entrance into discovering attitudes and feelings in the area of sexuality for an individual or in a counseling situation, according to the Howards.

Price is \$3.50, plus 4% tax and 10% shipping and handling. A set of 20 visual aides on sexual awareness and effects of alcohol on sexuality is available for \$40.00 plus 4% tax and 10% shipping and handling (cards 14 x 17½ inches, 4 ply, mirokote). For further information on these materials and training programs in family, alcoholism, and sexuality counseling write the Family Training Center, Box 1362, Columbia, MO, 65201. Phone: 314-449-8423.

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ALCOHOL AND CHILD ABUSE panel members at the Cook Inlet Native Association Family Services conference included Barbara Pighin, CINA Family Services administrative director; Gene Reynolds, Alaska Native Medical Center Social Services; and Faye Guthrie of the State Division of Social Services.

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### REMEMBER...IT'S TAX DEDUCTIBLE!

NCA-AR is open to any individual interested in helping fight the battle against the disease alcoholism. Membership dues/donation are just \$10 per year.

MAIL YOUR CHECK TO:  
National Council on Alcoholism-Alaska Region  
4510 International Airport Road-Suite 1  
Anchorage, Alaska 99502

SUPPORT YOUR COUNCIL

JOIN TODAY

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## GOVERNOR'S ADVISORY BOARD GAINS NEW MEMBERS

Three new members were seated at the Governor's Advisory Board (GAB) on Alcoholism. The fiscal year '79 state budget was reviewed for alcoholism programs, a summary of the Governor's alcohol legislation package was presented, and appropriations were approved for two statewide alcoholism studies, during a recent meeting of the GAB.

The board is currently one short of its full capacity of nine, according to Robert Cole, coordinator of the State Office of Alcoholism and Drug Abuse. New members include Marlene Johnson, housewife from Naknek, Brother Asaiah Bates, counselor from Homer, and Marie Olson, former executive director of SEACAP from Auke Bay. They join five veterans on the board: Rev. Paul N. Jordan, minister from Anchorage; Dr. Stanley Austin, physician from Anchorage; A. Fred Miller, attorney from Ketchikan; Robert Winslow, representative of the Alcohol Beverage Institute from Anchorage; and Dr. John Morris, psychiatrist from Fairbanks. A public

health nurse and representation from the northern region of the state are being solicited for membership on the board, according to Cole.

The board members, who met August 29-30 in the conference room of the Old Community Hospital, Anchorage, heard a description by the State Office coordinator on their advisory relationship to the Commissioner of the Department of Health and Social Services in matters relating to alcohol and alcoholism, including the areas of mental health, education, social, legal, public relations, and distribution of grants-in-aid funds throughout the state.

They also elected to give \$7,000 to the Center for Alcohol and Addiction Studies to complete three of the five volumes of the much publicized "Working Papers: Descriptive Analysis of the Impact of Alcoholism and Alcohol Abuse in Alaska, 1975"; and \$2,700 to the National Council on Alcoholism - Alaska Region to conduct a series of seminars statewide on the problems of women, youth, and alcoholism.

The board also acted to send a letter of appreciation to Joe Fuller, former GAB chairman, whose term has expired.

The meeting marked the first of the new fiscal year, and as such, little official action was taken, most of the day-and-a-half session was spent in board training and descriptions of FY 79 budget and activities to come, especially as these relate to the Governor's proposed alcohol legislation package.

What it boils down to, according to Coordinator Cole, is "a rather grim situation". The FY 79 budget is \$2,324,300, which is \$225,000 less than last year's. Cole reported the Governor has said there will be no program increases if his proposed tax increases on beverage alcohol are not approved by the Alaska legislature. "It's a very uncomfortable position situation to be in," Cole said, "because we can't sustain existing services under the current budget."

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NAVAL COST-BENEFIT ALCOHOLISM STUDY PUBLISHED  
(Continued from page 5)

nary medical technology, professional and paraprofessional counseling, and A.A. Treatment regimen is geared to meet individual needs.

The study states that the rehabilitation vs. replacement alternative provides the most immediate and tangible cost-benefit advantage. Rehabilitation of alcoholics is not generally considered to be part of the mission of the Navy; however, alcoholism rehabilitation is justifiable from a personnel support standpoint if it improves the basic organizational operation or efficiency. The alternative of arbitrarily discharging diagnosed alcoholics and replacing them with new personnel is 2.2 times more costly than the present alcoholism rehabilitation initiative. Most important, the advantage in rehabilitating the career personnel group (ages 26 and over) is more than 5 to 1.

With 5,077 Navy and Marine Corps personnel afforded resident alcoholism treatment during 1976, the Navy spent \$22.6 million. To obtain the same number of man-years of future service by replacing these personnel, it would have cost \$49 million. Treatment effectiveness for the age 26 and over group (essentially career personnel), is 83%. The present treatment effectiveness for age 25 and under personnel is 44% based upon a two year post-treatment evaluation.

Prior to treatment, the study reports that alcoholics have a sick day rate three times higher than the average Navy-Marine Corps service member. Successful rehabilitation returns the sick day rate to the all-Navy-Marine Corps average of 2.7 days per person per year. Considering only the 5,077 alcoholics treated in residential facilities during the calendar year 1976 (not including the 12,609 alcoholics treated as non-resident or out-patients), this reduction in demand for in-patient health care services in the two year post-treatment period equates to a cost avoidance of \$5.5 million. Similarly, an additional \$2.3 million in out-patient health care resources are made available during the same two year post-treatment period.

Thirty percent of the treated alcoholics were not hospitalized for any reason during the two year period immediately prior to alcoholism treatment states the study. Thus, medical officers cannot be expected to assume the entire responsibility for identifying alcoholics. Therefore, alcoholism identification functions must also be performed in line and operating organizations.

Analysis showed that the performance effectiveness rate of the Alcohol Rehabilitation Center and Rehabilitation Drydocks was comparable to the Rehabilitation Center and Rehabilitation Unit system. The increased utilization of the Drydock facilities increases the overall cost-benefit advantages of the resident alcohol rehabilitation program.

Examination of the medical histories of 538 Navy enlisted alcoholics showed that prior to treatment 20% of the group suffered personal injury accidents at a rate six times higher than the all-Navy average. Conversely, the remaining 80% injure themselves at one-half the all-Navy average rate prior to treatment.

S.M. Brownell, Captain, Navy Alcoholism Prevention Program, stated that the in-depth evaluation was not entirely aimed at program justification; "rather we were comparing options to determine the course of action that would be best for the Naval Service as well as for the alcoholic," he said.

Single copies of this Executive Summary will be made available free by writing to S. M. Brownell, Captain, Bureau of Naval Personnel (Pers-64), Washington, D. C. 20370.

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THERAPEUTIC WORKSHOP OFFERED AROUND THE STATE

A Therapeutic Touch<sup>R</sup> workshop is being offered by the University of Alaska, Anchorage, School of Nursing Continuing Education in the Health Science Department and the Public Health Service. Dolores Krieger, Ph.D., R.N., Professor of Nursing from the University of New York, will conduct the one-day workshops to be held in three locations in Alaska.

The objective of the workshop is to present a review of the ancient history, current cultural mores, and contemporary research of the use of human touch for therapeutic purposes, so the student will gain a long term perspective on a holistic behavior of man that has persisted through time. In participating in the "It is as if..." seminar the student will have an opportunity to discuss Therapeutic Touch<sup>R</sup> from an experiential point of view.

The course fee is \$12.00 for .6 Continuing Education Units or 6 CEARP points for CEARP members. Class times and locations are as follows:

- October 10 Kotzebue  
PHS Employee Recreation Center  
9:00 a.m. to 4:30 p.m.
- October 12 Anchorage  
Providence Large Conf. Room  
9:00 a.m. to 4:30 p.m.
- October 14 Sitka  
Community College Room 101  
9:00 a.m. to 4:30 p.m.

Registration fee and letter including name, address, phone number, and social security number should be sent to:

University of Alaska  
Continuing Education Department  
3221 Providence Drive  
Anchorage, AK 99504

Contact Jeannine Lyerly, Mental Health Consultant or Geraldine Bird, Chief, Area Hospital Nursing Branch, for additional information.

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*No matter how you measure it, alcohol is the number one drug problem of our society. We take no issue with alcohol. If you want to drink, that's your business. If you want to stop, that's our business. Contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.*

NOTICE

The Board of Directors of the National Council on Alcoholism - Alaska Region has approved a motion calling for information concerning the operation, goals, and objectives of NCA-AR, to be made available for inspection.

This is to notify interested persons that NCA-AR's Plan of Operations, including its goals, objectives contained in the Articles of Incorporation, and the documents relating to the currently funded projects and programs are available and may be inspected in the Council's office at 4510 International Airport Road, Suite 1, Anchorage, Alaska, 99502.

## NO LEGISLATIVE POLICIES FOR ALCOHOL MIS-USE EXISTS IN ALASKA'S STATUTES ENACTED AT STATEHOOD

*(Editor's note: This is the sixth in a series of articles highlighting some findings in the five-volume study of alcohol, alcohol mis-use, and alcoholism in the 49th state, "Working Papers: Descriptive Analysis of the Impact of Alcoholism and Alcohol Abuse in Alaska, 1975", which is the first comprehensive study done on Alaska's number one health problem. The report was prepared by Dennis Keleo, Ph.D., for the State Office of Alcoholism under a grant from the National Institute of Alcohol Abuse and Alcoholism. The following article summarizes portions of Volume II, "An Analysis of State Legislation Pertaining to Regulation and Control of Beverage Alcohol and Alcoholism and Alcohol Abuse, Alaska, 1975", which presents a comprehensive review of Alaska's alcohol-related laws and regulations as possible, and which provides an analytic description of the various policies which do exist and their relationship to each other.)*

There is no topic in Alaska more familiar, more controversial, and simultaneously more opaque than alcoholism. Almost as if the problems and concerns associated with it were an intrinsic part of the Alaskan experience, everyone seems to have something to say about it. From the person on the street, to merchants and city councils, to the most specialized of government and health officials, everyone seems to agree that alcoholism and alcohol mis-use constitute the greatest human problem facing the state.

In short, there is no shortage of opinion in Alaska about alcoholism and alcohol mis-use; however, there is precious little else except opinion. For example, Alaska did not legislatively adopt a policy for alcohol mis-use until 14 years after statehood. This is not as demeaning as it appears since even a cursory glance at federal and state legislation indicates that national and state policy is so inconsistent, especially when related to manufacture, distribution and sales regulations, that at times it seems there is no real policy at all.

The lack of cohesive federal and state policy probably stems from the changing public attitudes toward alcohol; ideas have changed, but the laws often have not. Essentially public attitudes and legislative responses in this century have moved from temperance and prohibition, to partial attempts to control the social consequences of drinking, to emphasis on alcohol mis-use as a public health problem, the latter being embodied in the Hughes Act and various state adaptations of the Model Uniform Alcoholism and Intoxication Treatment Act. Along with these changes in attitudes has come a shift in responsibility from the national to the state and local levels of government.

### FEDERAL ALCOHOL POLICIES

The temperance movement of the late 19th century finally culminated in the 18th Amendment and the Volstead Act, establishing a national policy regarding the sale and manufacture of alcoholic beverages. Unfortunately, prohibition led to increased lawlessness rather than national abstinence. With the repeal of prohibition in 1933, the federal government ended its control over the manufacture, sale, and distribution of alcohol, and thrust the responsibility for these matters back to the states. It then became the duty of various state legislatures to decide whether or not alcoholic beverages were to be sold, and what control measures would best protect the public health and safety.

Beginning in the mid-sixties, the federal government partially re-entered the alcohol field in response to growing public recognition that the problems of alcohol mis-use were exceeding the capacities of state and local governments to respond. The Highway Safety Act -10-

of 1966, the Economic Opportunity Act amendments of 1967 and 1969, the Alcoholism Rehabilitation Act of 1968, and the Community Mental Health Center Act amendments of 1970 all reflect awareness by the federal government that the consumption of alcohol leads to serious social problems. The Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act of 1970 (Hughes Act) and the 1974 and 1976 amendments, established the National Institute on Alcohol Abuse and Alcoholism (NIAAA) to initiate a policy development program for alcohol mis-use, and originally provided for federal assistance to state and local treatment programs.

Additional legislation has been enacted through the U.S. Congress to provide approaches to alcohol-related problems. The sheer bulk of federal legislation along with the definition of alcohol as a dangerous drug in the Alcohol and Drug Abuse Education Act, clearly indicates that the federal government considers alcohol a severe threat to public health and safety. Nevertheless, except for a few unimportant revenue and import-export measures, the federal government has refrained from exercising any control over the manufacture and sale of alcohol. It remains the responsibility of the individual states to control the sale and distribution of the substance itself.

### STATE ALCOHOL POLICIES

With the repeal of national prohibition, states had three options -- statewide prohibition, which has been abandoned by all who tried it, state monopoly for off-premise sales, which is used by 18 states, and licensing systems, which are used by 32 states and the District of Columbia. Alaska currently uses the licensing system, which does not allow as much control by the state as the monopoly method does.

State legislation from 1933 to the mid-sixties reflects an ambivalent attitude towards drinking. On the one hand, the fact that alcohol is a dangerous drug is tacitly recognized, although Alaska does not officially define it as such, in such control measures as required closing hours, limits on the number of licenses per capita, the prohibition against sales to minors, and no liquor sales on election days or near churches. On the other hand, many alcohol-related regulations are aimed at promoting an economically healthy and stable liquor industry (especially revenue measures) and at keeping the liquor industry dissociated from criminal elements and activities.

Although there have been no major breakthroughs in the field of alcohol mis-use, the states in the last decade have evidenced some hope of controlling alcohol mis-use by treating it as a public health problem. The Uniform Alcoholism and Intoxication Treatment Act (the Uniform Act) adopted in Alaska (1972) with some modifications, attempts to treat and prevent alcohol mis-use as a disease and remove it from the criminal justice system.

Ultimately, the responsibility for controlling the sale and distribution of alcohol rests with state legislatures, and has since the federal government passed it back to the states in 1933. It is up to the states to formulate a sale and distribution policy which will deal adequately with the problems of alcohol mis-use.

### ALASKA

Given the fact that since 1933, it has been the states' responsibility to regulate the sale and distribution of alcohol, one would expect to find a policy statement on alcohol in Alaska's statutes enacted at statehood. No such legislative policy exists in Title 4 (which is

CONTINUED ON PAGE 12

### BETHEL ALCOHOLISM PROGRAM PLANS NEW BUILDING

At the June session of the Governor's Advisory Board, the Bethel Alcoholism Program was awarded \$144,000 contingent upon measurable goals and objectives being developed and a resolution of the fire, health and safety problems. The money was made on a six-month obligation with the total amount committed but only half of the \$144,000 available for use.

Under the measurable goals and objectives portion of the stipulation, Robert Buttane, director of the Program says that Bethel is beginning to start education and social groups. On Wednesday evening there is a meeting for alcohol information purposes and on Saturday evening a social get-together with cards, monopoly and non-alcoholic refreshments to present alternatives to drinking.

The Program's three rehabilitation counselors are now starting an out-reach program, making home visits and working in crisis intervention. "Before, all we saw was the inebriate brought in by the police," says Buttane, "Now, we are able to do more counseling and actual rehabilitation and treatment rather than just supervision". The Bethel program was able to take advantage of CETA Title 6 money and hire additional personnel "so the facility can operate in a more helping relationship rather than a jail-guard situation", Buttane commented. "However, our Community Service Patrol terminated as of October 1 because funds ran out."

Members of the Bethel Program helped conduct seminars through Yukon-Kuskokwim Health Corporation to introduce the facility to the villages. Programs were held in Hooper Bay, Akiachuk, Aniak, Napakiak, and Napaikak.

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### SEWARD COUNCIL SUPERVISES WORK-ALTERNATE PLAN

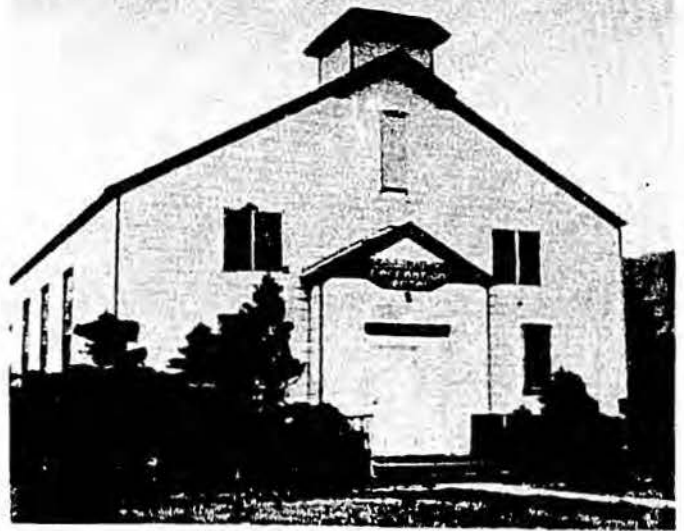
Gene DeGooyer, director of the Seward Council on Alcoholism and Community Services said Council staff is certified by the local police chief to act as emergency service patrol in the absence of police assistance to pick up inebriates and put them into protective custody under the Uniform Alcoholism & Intoxication Treatment Act of 1972. To extend information-education-counseling services of the Council, a 24-hour Crisis Line is maintained. A client may call 224-3027 anytime.

The Council is involved in community activities by joining other clubs and organizations during special occasions; such as manning the Chamber of Commerce food booth during the Salmon Derby. A Council client built literature racks to be put into stores, library, schools, etc. to display materials requested from NCA-AR under the APEP project.

The Third Judicial District Court System sponsors a work-alternate program which is supervised by the Seward Council. Clients sentenced under the work-alternate program will work at the hospital, in the library, or by doing janitorial duties within the city.

In the early part of September, Father Joseph Martin visited Seward and was the principal speaker at an open A.A./Al-Anon meeting as public information and education. Father Martin conducted two workshops which were attended by people from all agencies and the community at large with a participation figure of over 100.

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THE UNALASKA ALCOHOLISM PROGRAM is housed in a building adjoining the recreation hall. The community hall consists of a large recreation room which offers a lounge area, two pool tables, a "foose ball" table, a ping pong table, and a pin ball machine; popcorn, soft drinks, soup and tea are sold. There is a jukebox for dancing and on Friday and Saturday nights feature length movies are shown with matinees on Saturday and Sunday afternoon. The treatment facility and business offices of the Program has a small kitchen, two-bathrooms, a two-bed room for emergency care, and staff offices on the first floor. On the second floor are two beds each for treatment, small lounge area, and an eating area. Behind the upstairs area, but separate from it, with only an outside entrance is the apartment for the Director of the program. NCA-AR personnel occupied one of the treatment rooms during their stay in Unalaska.

### UNALASKA CELEBRATION HONORS GALAKTIONOFF, SR.

The Unalaska Alcoholism Program held a celebration pot-luck in honor of Nick Galaktionoff, Sr's second year sobriety. Over 40 local guests and two National Council on Alcoholism - Alaska Region (NCA-AR) personnel participated in the celebration. Hosts for the occasion were Frank Poplawski, director, Unalaska Program; Emil Berikoff, president of Ounalashka Corporation; Jess Burton, city manager, was unable to attend but sent a congratulatory message; William Gregory, superintendent, Unalaska School District; Joe Galaktinoff, eldest son to the guest, and Jeanne Norton, president, Unalaska Alcoholism Program. The honored guest was presented with an engraved plaque at the dinner by Jeanne Norton.

Suzanne Perry, Executive director of NCA-AR and Judy Hart, community programs director for NCA-AR flew to Unalaska earlier in the week to meet Poplawski for workshops, a tour of the program and the facilities. During their stay, Ms. Perry and Ms. Hart spent several hours talking to residents of the community, including the City Manager; attended a school board meeting and presented a workshop for the Board and staff of the Unalaska Alcoholism Program.

"The first day of the workshop lasted approximately seven hours," said Ms. Perry, "and included exercises to help staff discover and effectively utilize non-verbal communication skills." The workshop consisted of discussion and role-playing, both verbally and non-verbally. Present at the staff workshop were Frank Poplawski, director; Gail Tate, assistant director;

## STATEHOOD STATUTES NEGLECT ALCOHOL MIS-USE

(Continued from page 10)

the grant-in-aid program); it was left to the Supreme Court of Alaska to "discover" and enunciate the state's alcohol policy in Boehl vs Sabre Jet Room, Inc. (Alaska 1960). Finally in 1972, the legislature enacted the Uniform Alcoholism and Intoxication Act.

The Uniform Act provides the only clear statement of legislative policy on alcoholism and alcohol mis-use for the state: it is to be treated as a public health problem. The net effect of this historical development in Alaska is a schizophrenic policy. On the one hand, the dangerous effects of alcohol are recognized and a few control measures limiting availability are contained in the Act; while on the other hand, control of sales is minimal. Despite the fact that the legislature has plenary powers over alcohol, including but not limited to, control over closing hours, advertising, container size, excise taxes, and the criminal justice system, the administrative agencies such as the Office of Alcoholism and Drug Abuse and the Alcoholic Beverage Control Board are not given a clear indication of the policy which they are to implement, or the changes in public opinion which they are to foster. Much of the responsibility for controlling sales is passed to the localities, while the resources needed by local governments are scarce due to revenue sharing problems and a prohibition against special local taxes on alcohol. Some of the responsibility for controlling the sale of alcohol is also passed on to individual sellers, but typically rests with the local law enforcement agencies.

In addition to the stated purpose of the Act, five other inherent policies appear in the body of the Act, all reflecting the public health approach to alcohol mis-use. First, alcohol mis-use is to be treated comprehensively through research, educational programs, treatment programs and facilities, and cooperation among interested groups. The Act set up administrative structure to formulate and implement programs to accomplish this treatment. Second, the state expresses a clear preference for voluntary treatment and respect for decisions made by the person being treated, unless that person is incapable of rational thought, in which case the function of the state is to protect his/her safety. Third, programs should reflect the fact that alcoholics, intoxicated persons, and persons incapacitated by alcohol may have different needs. Fourth, treatment should occur at the local level whenever possible. Finally, while alcohol mis-use is not an illness, it can also have direct social consequences from which the public must be protected.

Despite the resurgence of federal interest in alcohol abuse in the 1960's, the primary responsibility for formulating an alcohol policy rests on the states. The Alaska legislature did not meet this responsibility until 1972, 14 years after Statehood, and even then the legislature's statement of policy was merely added to the statutes with little regard for its relationship to other laws.

In passing the Uniform Alcoholism and Intoxication Treatment Act in 1972, the legislature chose to attack the problems of alcohol mis-use from a public health perspective. The Uniform Act attempts to solve the problem of alcohol mis-use by preventing it, and treating those who already mis-use alcohol, rather than by relying on the criminal justice system to deter misuse *per se*. However, other laws which originated in the social climate prevailing immediately after the repeal of national prohibition have not been changed to reflect the public health orientation of the Uniform Act.

(Next month's NEWS will cover the specifics of Alaska's current alcohol-related laws.)

## COORDINATOR POSITION AVAILABLE

City of Ketchikan's Comprehensive Alcoholism Program needs a coordinator to work under the director of the Mental Health Center. Responsibilities include coordinating all alcoholism program elements, directing community-wide consultation services on alcoholism, and supervisory duties to a staff of seven.

Salary DOE. To speed the process, resume may be sent when requesting an application:

City of Ketchikan  
Box 1110  
Ketchikan, AK 99901

Gateway Community Mental Health Center 225-4155  
City of Ketchikan 225-3111.

## "DRINK & DRIVE-IN" TESTS "DRUNK" VOLUNTEERS

(Continued from page 4)

every hour following periodic ingestion of alcoholic beverage and the subsequent drive around the course. Drivers could ask to be eliminated at any time, and in no case was a driver taken substantially over the .10 blood alcohol content level of legal intoxication. Volunteers were taken home at the conclusion of the "Drink and Drive-In", Hall said; they were not permitted to get behind the wheel of a car on the street while they had a measurable blood alcohol content.

The "Drink and Drive-In" was open to the public, according to the event's sponsors, and bleachers were set up near the driving range for observation.

"With nearly 65% of all traffic deaths in Alaska being alcohol-related," Hall said, "it is important that all drivers know the significant effects of even small amounts of alcohol on their ability to drive."

Tabulation and results of the "Drink and Drive-In" will be made public, Hall explained, to illustrate the deteriorated vision and reaction skills of drivers with increasing blood alcohol content. "By demonstrating the effects of alcohol on driving under controlled conditions, we hope that Alaskans behind the wheel will be less likely to take chances," Hall concluded.



DISCUSSING THE VIDEOTAPING of the "Drink and Drive-In" held September 27 in Anchorage are Department of Health and Social Services, Office of Health Education personnel. Left to right are Gordy Harper, Division of Public Health; Gary Way, health/education media specialist; Sue Glocke, health/education specialist; and Jennifer Wilke, of the State Department of Education who coordinated the effort.

## A.C. CHRISTIANSEN PROPOSES "SOMETHING BETTER"

*(Editor's note: Believing that patients he had seen with "chronic alcoholism" needed something better done for them, Arnie C. Christiansen wrote the following proposal for a behavioral science course he was taking while working at Alaska Native Medical Center in Anchorage. His inspiration, he said, came about while he was in training in Unalaska and he saw resources available on the Aleutian Chain. Christiansen is currently working as a physician's assistant at the Illiulik Family and Health Services in Unalaska, and said persons having questions or comments about his proposal may contact him there, or by writing to Box 144, Unalaska, AK 99685.)*

Due to the repeated failure to rehabilitate many Alaska Natives who are diagnosed as "chronic alcoholics" under existing programs within the state, consideration should be given to implementing new programs. The following is one idea:

Because alcoholism is a statewide problem, not confined to one region, it is felt that each of the 13 regional corporations should contribute a specified amount of money to a central fund along with other such monies as may be derived from state and federal grants for the purpose of buying, leasing, or renting an island in the Aleutian Islands. This island would then be converted into an Alaska Native Alcoholic Rehabilitation/Training Center (ANA R/TC).

There are a number of islands in the Aleutians which equal or surpass any ghost town in the United States, i.e., have as its only inhabitants aging man-made structures bearing witness to a previous occupancy, lying amid total desolation made even more desolate by the always changing inclement weather. At one point in time, during World War II, there were over 50,000 American servicemen stationed in the Aleutians. Now they have gone, and what couldn't be shipped out in a duffle bag, pack, or crate aboard ships and planes remain: huts, barracks, storage buildings, hangars, runways, etc., a sight which when seen from the air or on the ground could stimulate any imagination.

An amazing discovery about this locale has been established since the guns of war have become silent, and that is sheep thrive in this environment with no natural predators and an abundance of food, a fact realized by "outside syndicates" as the establishment of scattered sheep ranches can testify. (These ranches are currently not being developed to their fullest due to the uncertainty of the Native Land Claims Settlement Act and are primarily being used as tax write-offs.)

A sheep ranch located in the Aleutians would provide the ideal setting and activity for the establishment of the Alaska Native Alcoholic Rehabilitation/Training Center.

The primary aims of this facility would be: (1) to isolate the alcoholic from his customary drinking environment; (2) establish or re-establish self discipline, and; (3) train him/her in a useful occupation, thereby elevating his/her self esteem.

This is how the program would operate:

An applicant for ANA R/TC services would be selected by a joint regional screening committee. Upon selection the applicant would sign an agreement contract stating she/he would remain at the ANA R/TC facility for a period of six months and abide by all the established regulations and schedules. (Because of the voluntary nature of this "internment", the applicant would be given copies of the regulations and schedules to read or have explained to him/her before signing the agreement/contract.) The applicant/trainee would then

be transported to the ANA R/TC facility and have room, board, and training provided free of charge (including transportation. Upon completion the trainee would have his/her return transportation paid to the point of origin.

If before the six month tour expired the trainee decided to leave the island facility or was deemed unsuitable (by facility/trainee staff members) he/she would be required to pay the return transportation.

There will be no alcoholic beverages on the island facility, separating the alcoholic from his/her customary environment, a policy stated in the constitution and strictly enforced by the resident staff.

As for establishing or re-establishing self-discipline, the alcoholic would be required to follow a prescribed work schedule as well as special training sessions and group meetings. The facility might be operated as a military-like basis, where although not as physically taxing as a "basic training" program, would almost totally involve the alcoholic's time. (Many of the Alaska Native alcoholics are unfamiliar with the "accepted way" by which the "dominant society" functions in respect to work schedules and find it easier and more comfortable to "drop out and drink").

Special attention should be given to recreational activities for "off duty" time, e.g., movies, crafts/hobbies, special activities, adult education, religious services, etc. (Many of the alcoholics lack basic education and special attention might be given to filling this gap in their educational background on a voluntary basis.)

As for the training given, it would not be solely restricted to the husbandry of sheep, although an exciting new field, but could include any occupation necessary for the operation of the facility, dependent on the abilities or desires of the trainee. Examples of such programs might be food service, laundry, sewing, carpentry, plumbing, sanitation, etc. While the intent of these courses would not be to compete with existing training programs, they would be useful for the operation and maintenance of the facility. As for the raising of sheep, programs dealing with processing and marketing of the by-products (meat, hides, and raw wool or even textiles) could be pursued, not as a profit making venture, to help defray the cost of operating the facility.

The question of staffing the facility might be answered this way:

The staff would consist of a permanent "core" staff thoroughly dedicated to the principles and objectives of the facility. This core staff could be augmented by under-graduate and graduate students in such fields as sociology, psychology, education, and even business administration. There are a number of Alaska Native students from the villages attending school in Anchorage and Fairbanks pursuing a degree in business administration with the thought of employment in the various regional corporations. Also, various organizations such as Alcoholics Anonymous and church missionaries might be solicited and eagerly donate their services. With the augmented staff the facility would have a constant input of new ideas to consider in making the facility an on-going program and thereby have a greater chance for successful "graduates" (constructive feed-back).

There are numerous native people with the varied experience to make this a worthwhile endeavor. So, before you "put-this-down" as unrealistic, read it again, attempt to digest the intent of the meaning, and rather than pointing out obstacles, look for solutions and expand the idea.



ANOTHER IMPRESSIVE DISPLAY at the Alaska State Fair was the abundant harvest of vegetables from the Matanuska Valley. Alaska grows the largest cabbages in addition to having the largest number of problem drinkers.

STATE FAIR GOERS VISIT NCA-AR/ANCADA EXHIBIT

That Alaska State Fair held in Palmer afforded the opportunity of a statewide audience for the large modular lobby and show display of the National Council on Alcoholism-Alaska Region and the Alaska Native Commission on Alcoholism and Drug Abuse.

Several hundred pieces of literature were taken from the rack by people visiting the display area to read the information and to view the TV Public Service Announcements filmed in Alaska under a federal grant from the National Institute on Alcohol Abuse and Alcoholism.

The half-ton multi-media display was manned by the combined staffs of NCA-AR, ANCADA and the newly Chartered MAT-SU Council on Alcoholism for the full eleven days of the fair. An estimated 130,000 people attended the 1977 State Fair.



APPROXIMATELY 40,000 VISITORS viewed the large lobby and show display during the Alaska State Fair in Palmer. The display was attended by Staff members of the National Council on Alcoholism - Alaska Region and the Alaska Native Commission on Alcoholism and Drug Abuse.

FOCUSING ON YOUTH ALCOHOL EDUCATION, Dwight Schnare of the Alaska Native Commission on Alcoholism and Drug Abuse hands out brochures at the ANCADA/NCA-AR State Fair display.



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A.C. CHRISTIANSEN PROPOSES "SOMETHING BETTER"

(Continued from page 13)

Before others exploit Alaska's natural resources (its people are the most valuable) entirely with little return for Alaskans, let's develop them ourselves. This would be a gigantic step on the road to self determination!

I can envision many "spin-off" benefits from such a program, such as viable satellite sheep ranches, textile industry, training centers, and Native owned and operated air services, to mention a few.

I consider many of the existing alcoholic programs as "give-away" ventures when judged by the finished (?) products. (There is more to rehabilitating an alcoholic than just drying him out!) With a little imagination, foresight, and enterprising management the ANA R/TC could be an exciting new step for a brighter future of the Alaska Natives.

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FT. RICHARDSON HOSTS ALCOHOL & DRUG WORKSHOP

Ft. Richardson Officers' Club will be the scene of a four-hour workshop October 21 concerning "Personal Growth Model Rehabilitation Method" according to Capt. Jim Mahoney, alcohol and drug referral officer.

Gladys D. Conroy, Department of the Army consultant, will conduct the workshop 10 a.m. to 12 noon and in the afternoon 1:00 to 3:00 p.m.

These sessions are free and open to the public but due to limited space please call Capt. Mahoney at 862-9190 prior to the workshop.

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ALCOHOLISM is an individual, a family and community problem. If you would like more information concerning drinking, drunkenness and alcoholism, contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.

## SAFETY CONFERENCE ADDRESSED BY MAYOR SULLIVAN

Alcohol-related safety problems were a main focus of the First Annual Governor's Safety Conference held September 28 and 29 at the Anchorage Westward-Hilton Hotel. Other topics considered included highway safety, communications, and occupational safety. The conference was sponsored by the Alaska State Safety Advisory Committee.

Alcohol-related seminars included "Alcohol Abuse and Its Cost in Health and Safety", Tom Georgianna, Alaska Department of Public Safety; "Alcohol, Alcohol Abuse, and Their Social and Physical Cost to Alaska", coordinator, State Office of Alcoholism and Drug Abuse; "Alcohol and Highway Safety, and the Criminal Justice System as an Identification Process for Alcohol Abuse", Gary Scrimgeour, consultant; "Alcohol Abuse, Its Cost to Labor and Management Employee Affairs, Inc., and an open session on alcohol management programs presented by alcoholism prevention and treatment providers.

Other featured speakers included opening remarks by Anchorage Mayor George Sullivan and a representative of the Governor; R. Clarke Bennett, Federal Highway Administration, Washington, D.C., speaking on "Highway Safety Challenges"; H. Church of RCA Alascom Safety speaking on "Communication and Training"; D. Friend, Alaska Department of Labor speaking on "Industrial Safety"; Claude R. Brown, vice president, Rainier National Bank, Seattle, speaking on the National Safety Council; and a wrap-up talk delivered by Eula Bingham, director of the Occupational Safety and Health Administration (OSHA), U.S. Department of Labor, Washington, D.C.

Additional workshop topics were timber industry hazards and safety efforts, workers' education for on-the-job safety and health, highway safety problem identification, construction industry safety welding/ventilation, available resources for solving highway safety problems, workers' compensation and voluntary compliance, safety in flying, severe environmental training and fire safety, oil platform safety, paramedics in action and first aid, a panel discussion by the University of Washington staff on industrial safety, the OSHA law, employee/employer rights and responsibilities, National Safety Council films, and traffic safety films by the Automotive Safety Foundation.

Members of the Alaska State Advisory Committee are Jay Hammond, Governor; Edmund N. Orbeck, Commissioner of Labor; Richard L. Burton, Commissioner of Public Safety; Donald Harris, Commissioner of Transportation; Donald A. Bell, Alaska Loggers Association; P.W. Benediktsson, Alaska Trucking Association; Dwayne Carlson, Alaska State Federation of Labor; C.H. Church, Jr., RCA; Fred R. Erlich, Teamsters local #959; Don Friend, Department of Transportation; Tom Georgianna, Department of Public Safety; Richard Wittenger, Associated General Contractors; Naomi Kipp Smith, Department of Labor; Vern Smith, Highway Users Association; Jack O'Quinn, Alaska Oil and Gas Association; and C.W. Redman, Alaska Air Command.

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### \*\*\*\*\*CHANGE OF ADDRESS\*\*\*\*\*

If you are planning to move, and wish to continue to receive the NEWS, please send in both your old address and zip code as well as your new address and zip code to:  
  
NEWS from NCA-AR  
4510 International Airport Rd.  
Anchorage, Alaska 99502

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## FR. MARTIN CAPTIVATES AUDIENCE

(Continued from page 1)

these family members, Father Martin said. Not intrequently, the sober spouse resents once again sharing the responsibilities and affections which had previously been the sober spouse's sole domain.

Following Father Martin's talk, the audience of over 300 heard brief introductions from Barbara Pighin, administrative director of the CINA Family Services; Gene Reynolds of Alaska Native Medical Center Social Services; and Faye Guthrie of the State Division of Social Services. A lively question and answer session brought out the topics of foster home licensing, keeping a child in the home during family crisis, food stamps, welfare payments being spent on liquor, family treatment residential centers, and confrontation of alcoholic parents.

What appeared on the first afternoon of the workshop to be misunderstandings and cross-purposes between alcoholism and social workers turned out to be superficial differences in perspective. This was illustrated during the second day's session, with an action case study and simulated counseling interviews were conducted by Gregg Brelsford, health director of the North Pacific Rim Corporation. At this time, according to CINA sponsors, it became apparent that some cross-staffing of alcoholism and social service agencies could be beneficial.

In his keynote speech capping off the first day's activities, Father Martin talked to the non-alcoholic about alcohol. The admonition to "drink responsibly", he said, is too heavy a load to carry; "drink sensibly" has a more positive connotation, and common sense should be stressed.

"You don't eat until you throw up," he offered, "yet many people who drink alcohol do just that. It doesn't make any sense." There are appropriate times to drink, and there are inappropriate times, he told the rapt audience. If you choose to drink, he said, you must decide where, when, and how much. Setting limits for yourself is a good test, he said, and if you go over those limits two times, you have a problem.

Citing the French and Italian cultures where wine is an integral part of the diet, he said France has one of the highest alcoholism rates, and Italy one of the lowest. The difference seems to stem from the toleration of drunkenness in France vs. Italy, and this is conducive to developing a nation of alcoholics, Father Martin conjectured.

The best attitude toward alcohol and drinking for non-alcoholics, he stressed, is casual. "If you don't drink, accept those who do. If you do drink, accept those who don't," he concluded.



FAMILIARIZING HIMSELF WITH Alaskan alcoholism programs, Father Martin toured offices of NCA-AR and met with Sue Perry, executive director, and visitors from Anchorage Council on Alcoholism and Cook Inlet Native Association who sponsored his Alaskan visit.

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EMIL BERIKOFF, president of Unalaska Corporation gave a short presentation at the potluck honoring Nick Galaktionoff, Sr's second year sobriety.



READING CONGRATULATORY MESSAGES at the recent celebration banquet in Unalaska is Frank Poplawski, director of the Unalaska Alcoholism Program.

UNALASKA CELEBRATION HONORS GALAKTIONOFF, SR.

(Continued from page 11)

Elena Piccoli, recreation supervisor; Elizabeth Manfred, recreation assistant, Dave Bruar, recreation aide; Jocelyn Zbitnoff, secretary; Irene McGlashen, cook/custodian; and Phil Tutiakoff, hobbies and crafts coordinator. Guest present were Flor Tutiakoff, Ed Miedema and Sandy Garrison.



NICK GALAKTIONOFF, SR., (left) being presented with engraved plaque by Jeanne Norton, president of the Unalaska Alcoholism Program.

The second session of the workshop was held in the evening for the Board of Directors of the Unalaska Program. Present at this meeting were Jeanne Norton, president; Ray Hudson, secretary/treasurer; Dan Hallman; Doug Cutright; Flor Tutiakoff; Bernice Gregory and Joe Galaktionoff. Staff present were Poplawski, and Ms. Tate. Visitors included Mark Finn, Dave Warner, Rich Shaishanikoff and Cindy Galaktionoff. Ms. Perry and Ms. Hart presented the two manuals prepared by NCA-AR for Boards of Directors; one entitled "Board Member Manual of Basic Information on Alcoholism and Alcohol Abuse" and the other "Board Member responsibilities Manual".

Additional workshops were held with the staff of the Program and Ms. Perry and Ms. Hart spent approximately five hours presenting and discussing the two NCA-AR manuals designed for use by the staff of Chartered Chapters. "The manuals, 'Counseling Skills' and 'Supervisory Skills' stimulated a lot of discussion and were well accepted by the Unalaska Staff," said Ms. Hart.

"It was a good trip," said Ms. Perry, "and it was wonderful to see the community participation and to participate in the celebration for Mr. Galaktionoff.



PRESENT AT A STAFF WORKSHOP WERE. (left to right) Phil Tutiakoff, hobbies and crafts coordinator; Jocelyn Zbitnoff, secretary; Judy Hart, NCA-AR, Elena Piccoli, recreation supervisor; Dave Bruar, recreation aide; Frank Poplawski, director; Gail Tate assistant director and Suzanne Perry, NCA-AR.



A GOOD TURNOUT WAS EVIDENCED in Unalaska at the recent alcoholism workshops and celebration potluck dinner sponsored by the Unalaska Alcoholism Program.

BETHEL ALCOHOLISM PROGRAM PLANS NEW BUILDING.  
(Continued from page 11)

Each session went through a training and resource information exchange. "These sessions will help a great deal by having a referral person in each village. We can start utilizing each other," said Buttane. "We are generating education in the community that we are more than just a sleep-off center. It is also a place where people can go for information and counseling.

The 23rd of September, the Program started a series of one hour weekly TV shows on station KYUK entitled "Let's Talk About Alcohol with Bob Buttane." The show series will discuss the history of alcohol use worldwide, history of alcohol use in Alaska, basic psychology using films and video, social affects including family problems, counseling programs and will conclude by specifically talking about alcohol and Native identity. The series will pose the question, "Once you get sober you will still have problems, how will you deal with them?" Buttane hopes to get people from the villages to speak on the programs in their Native language for better coverage of the material.

Buttane said the local hospital is working more closely with the Program in that more clients are getting medical examinations and are contacting them for counseling. An A.A. group has been formed in Bethel and that group is also working closely with out Program with "crisis" calls.

A staff training program has been started for better communication for staff members which includes taking the "Functional Approach to Alcoholism" classes. "Continuing staff training sessions are held to expand on the basic working knowledge of alcohol and alcoholism and to improve counseling skills and techniques so we can better serve the community," stated Buttane.

"Bethel will have a new facility by the first of the year," said Buttane, continuing that the State Legislature has approved a capital budget of \$187,500 for construction of a new facility and Anchorage architects will finalize plans by the end of September. "We are in hopes of having the building prefabricated in Seattle and Shipped up here." The new building will utilize one-half the facility for non-medical detox and use the rest for short term residential care. "All fire, health and safety problems will be taken care of," Buttane continued. "Our present facility does not meet the D-2 fire standards, however, we are operating under a special provision until the new facility can be opened."

Looking to the future, Buttane says half-time position for the purpose of working with the schools, Kuskokwim Community College, and the Alaska Native Commission on Alcoholism and Drug Abuse RTA to develop an alcohol program into the Bethel curriculum will be created. "Hopefully, it will all take place before the second semester," said Buttane.

Robert Buttane has been with the program since August of 1976. After Eugene Strickland left the program earlier this year, the City Council made a permanent appointment for Buttane to take over the Director position. Buttane has a BA from Boise State University in Boise, Idaho; has attended the NCAE workshop on alcohol abuse and alcoholism and recently attended the NCAE workshop on management skills and resources held in Denver.

When asked why he came to Alaska, Buttane explained that he had friends teaching in Bethel that didn't have enough good things to say about Alaska so he "came to see for himself." Buttane said he has purchased land in Bethel and plans to build a home there next summer.

SEWARD COUNCIL SUPERVISES WORK-ALTERNATE PLAN  
(Continued from page 11)

DeGooyer feels the Council is functioning at a maintenance level and "is not meeting the needs of the community as fully as we would like." The combined Alcoholism Council and Mental Health Unit has a total staff of four: one CETA counselor and one alcoholism counselor, two mental health counselors, the unit director and a secretary.

The Seward Alcoholism/Mental Health Unit is in the process of acquiring the necessary funds and extra help to build a new building in the same complex as the Seward Medical Clinic, General Hospital and the Wesleyan Nursing Home. The building lot has been leased to the facility for 40 years at \$1.00 per year. The Naval Construction Battalion in Anchorage has donated 1200 man-hours to assist in excavating for construction. The Forest Service has donated 50,000 board feet of lumber and the Alaska Skill Center will furnish the balance of the labor. Seward citizens have individually donated expert labor and/or will supervise the Skill Center labor. DeGooyer hopes everything will be in order to break ground in the spring with the building being completed by late 1978. "At completion, Seward will have a \$300,000 furnished facility for just over \$100,000," said DeGooyer. DeGooyer stated that the Seward Council in coordination with the Seward City Council will also be soliciting financial support from those companies involved in outer Continental Shelf drilling.



VIEWING LABOR/MANAGEMENT FILMS recently were visitors from the Federal Aviation Administration regional offices. Also given a tour of NCA-AR offices were left to right: Bud Harenchar, labor/management branch chief; Paul Colbert, labor/management branch specialist; and Jo Anne Rudd, employee relations clerk.

"I DRIVE BETTER AFTER A FEW DRINKS." In most states, the legal definition of "driving under the influence" is a blood alcohol level of 0.10%. But scientific tests have proved that even professional drivers' abilities diminish sharply at levels as low as .03% to 0.05%... Just a few drinks! Not only that, but Judgement is affected, too. So people THINK they are driving better than even while they're really driving worse.

# NEWS from the **Alcoholism** Alaska Region

A Newsletter published monthly by the National Council on Alcoholism-Alaska Region, a private non-profit organization.

NCA-AR is supported by tax-deductible individual membership dues and donations and additionally funded by the State of Alaska Office of Alcoholism and Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

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NEXT MONTH IN "NEWS FROM NCA-AR"  
*Tabulations, statistics, and results*  
OF THE "DRINK AND DRIVE-IN"  
*driver/volunteers, including blood alcohol content, reaction times, field sobriety tests, peripheral vision, depth perception, and tests on the driving range.*



BROCHURES AVAILABLE TO ALASKA RESIDENTS free of charge under the Alaska Public Education and Prevention Project were funded by a grant from the National Institute on Alcohol Abuse and Alcoholism, of the Department of Health, Education and Welfare. These include "I Can't Be An Alcoholic Because...", "What Everyone Should Know About Alcoholism", "A Summary of Facts on Alcohol Abuse", "How To Talk To Your Teenager About Drinking and Driving", "So You Love An Alcoholic", "Are You An Alkaholic?", and English, English/Inupiaq, and English/Yupik versions of "What Do We Know About Alcoholism?" and "What Does It Mean To Be Drunk?" Alaskan organizations may order quantities of these brochures, and individuals may order needed amounts, by writing to the National Council on Alcoholism - Alaska Region, 4510 International Airport Rd., Suite 1, Anchorage, AK 99502. The Alaska Native Commission on Alcoholism and Drug Abuse works together with NCA-AR on this project.

Merry Christmas & HAPPY NEW YEAR

# NEWS from the National Council on Alcoholism Alaska Region

A Private Non-Profit Corporation Dedicated to the Goal of the Adoption by Alaskans of a Positive, Supportive and Knowledgeable Attitude Toward the Solution of the Problems of Alcoholism and Alcohol Abuse

4510 International Airport Road - Suite 1  
Anchorage, Alaska 99502

ITEMS OF INTEREST FROM THE COUNCIL AND ABOUT PEOPLE AND ORGANIZATIONS INVOLVED IN THE FIELD OF IDENTIFICATION, COUNSELING, TREATMENT, AND PREVENTION OF THE DISEASE OF ALCOHOLISM

Vol. 6 No. 12

December 1977

## Susan B. Anthony Accepts Anchorage Invite

"OPERATION UNDERSTANDING - ALASKA", THE SECOND ANNUAL BANQUET HONORING RECOVERING ALASKAN ALCOHOLICS, WILL BE HELD ON JANUARY 27, 1978, IN THE FORE DECK OF THE HOTEL CAPTAIN COOK IN ANCHORAGE. DR. SUSAN B. ANTHONY, A NAME YOU REMEMBER FROM HISTORY, IS MAKING HISTORY HERSELF BY PIONEERING IN THE FIELD OF WOMEN AND ALCOHOLISM. DR. ANTHONY WILL BE FEATURED SPEAKER AT THIS YEAR'S BANQUET. MORE ON PAGE 2.



## DEADLINE NEARS FOR ARCTIC RIM PAPERS



VILLAGE COUNCIL LEADERS, HOSPITAL SOCIAL WORKERS, REGIONAL CORPORATIONS, ALCOHOLISM COUNCILS, AND STATEWIDE PROFESSIONALS IN THE ALCOHOLISM FIELD HAVE BEEN INVITED TO CONTRIBUTE PAPERS FOR PRESENTATION AT THE FIRST INTERNATIONAL ARCTIC RIM CONFERENCE ON ALCOHOL PROBLEMS SCHEDULED FOR APRIL 16-20 AT THE UNIVERSITY OF ALASKA, FAIRBANKS. DETAILS ON PAGE 3.



## Anchorage Youth Provide Information



BECAUSE IT'S IMPOSSIBLE FOR A GROUP OF "OVER 30'S" TO COME UP WITH MEANINGFUL IDEAS TO REACH TODAY'S TEENAGERS, THE ANCHORAGE MUNICIPALITY'S YOUTH COMMISSION WAS ENLISTED TO HELP DEVELOP A DISPLAY AIMED AT THE ISSUES OF YOUTH AND ALCOHOLISM. IT WAS AN INFORMATIVE BRAIN-STORMING SESSION ALL THE WAY AROUND. PICTURES AND STORY ON PAGE 4.

# GOVERNOR'S ADVISORY BOARD - DEC. 2 & 3 IN JUNEAU

# NEWS from the National Council on Alcoholism Alaska Region

Madelon Eubanks, Editor  
Linda DeWaard, Assistant Editor  
Willamae Logan, Writer/Typographer  
Terri Niederer, Writer/Typographer  
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All photos by NCA-AR staff unless otherwise indicated.

The staff of the NEWS welcomes comments and criticism of the information and manner of presentation of material in this publication. You are invited to send news items about yourself, others you know in the field of alcoholism in Alaska as well as your comments, concerns, and opinions to:

Editor, NEWS  
National Council on Alcoholism-  
Alaska Region  
4510 International Airport Road  
Anchorage, Alaska 99502



DR. SUSAN B. ANTHONY

## "OPERATION UNDERSTANDING-ALASKA": DR. SUSAN B. ANTHONY TO HIGHLIGHT RECOVERING ALCOHOLICS FEST

You might recognize the name from history, but this is almost 1978, and she couldn't be coming to Alaska, right?

Wrong.

Dr. Susan B. Anthony, namesake and great-niece of the suffragette, recovering alcoholic, theologian, author, and alcoholism professional, is coming to Anchorage in January. She will be guest speaker at the second annual "Operation Understanding - Alaska" banquet sponsored by the National Council on Alcoholism - Alaska Region (NCA-AR), which will honor 20 recovering Alaskan alcoholics, according to Suzanne Perry, NCA-AR executive director.

The banquet, planned for 7:30 p.m. Friday, January 27, in the Fore Deck of the Captain Cook Hotel, "will be another big step forward in increasing Alaskans' awareness of the disease alcoholism and the eventual elimination of the stigma still associated with it," Ms. Perry explained. "By coming forward as recovering alcoholics, Dr. Anthony and 20 Alaskans representing a cross-section of the population will demonstrate that the alcoholic can be anyone, can recover, and can be successful in his or her field," she added.

A recovered alcoholic for 31 years, Dr. Anthony has counselled and lectured in the field of alcoholism almost that long. She pioneered the first radio program on alcoholism in 1950 in Boston, interviewing alcoholics, men and women, and helping professions on the show "You and Alcoholism".

In the last year, she has lectured in 30 states and Africa on her main interest, women and alcoholism, and was honored at the National Council on Alcoholism Forum in San Diego last May as one of the celebrities to announce pub-

licly her recovery. Earlier she was honored at a reception given by U. S. Senator William Hathaway D., Maine, chairman of the Senate Subcommittee on Alcoholism and Alcohol Abuse, in the Senate Caucus Room. That reception, co-sponsored by NCA's Office on Women, led to the first hearings in Congress on women and alcoholism in the fall of 1976.

Holder of M.A.s in both political science and theology, Dr. Anthony was one of the first 15 laywomen to receive her doctorate in Roman Catholic theology in 1965 at Saint Mary's, Notre Dame, Indiana. She is author of six books, among them her autobiography, "The Ghost In My Life", and "Survival Kit". She was for many years a newswoman, on "The Washington Star", "Rochester Democrat" and "Chronicle", "Key West Citizen", and for Associated Press and North American Newspaper Alliance.

In 1975 while serving as Substance Abuse Coordinator of the South Palm Beach Mental Health-Center, she founded Wayside House, a halfway house for alcoholic women, flourishing today in Delray Beach, Florida. She is honorary chairman of the board. She is also founder of the Fort Lauderdale Junior League, co-founder of the Congress of American Women, a feminist organization of the 1940s, at a time when her two feminist works were published, and scores of periodical pieces. More recently she has been co-founder of the spontaneous prayer group movement in the Roman Catholic Church, a movement which she helped become ecumenical with leaders of many denominations presiding with her at conferences.

Dr. Anthony makes her home in Deerfield Beach, Florida, when she is not on the road. She is an ardent swimmer, rides horseback every summer in Michigan, and said she builds her life around the practice of prayer and helping alcoholics.

✦

## CALL FOR PAPERS FOR ARCTIC RIM CONFERENCE ON ALCOHOL PROBLEMS APPROACHES DECEMBER 31 DEADLINE

A call for papers has gone out to Alaskan city and village officials, hospital directors, alcoholism program personnel, and regional corporations to participate in the International Arctic Rim Conference on Alcohol Problems. The conference will be held April 16-20 at the University of Alaska, Fairbanks, according to Suzanne Perry, executive director of the National Council on Alcoholism - Alaska Region, co-sponsor of the event.

"Selection of papers will be based upon the current interests in the field applicable to the Arctic area, as well as new concepts in alcoholism," Ms. Perry said. Examples of topics which would be considered for presentation include alcohol and its effect on Arctic societies; diagnosis, treatment, and rehabilitation in the Arctic; laws which relate to alcohol use, abuse, and alcoholism in Arctic countries; effects of alcohol on employment; special problems of youth, women, and the elderly regarding alcohol, alcohol misuse, and alcoholism; prevention techniques and special topics; and climatic effects on alcohol consumption.

"In order to assure quality and prevent duplications, we are requesting that a complete copy of the paper be submitted with an abstract. If you are interested in submitting a paper, please do so before December 31," Ms. Perry explained.

### INSTRUCTIONS FOR SUBMITTING ABSTRACTS

- 1) Please submit original and three copies of the abstract.
- 2) The abstract should be typed in English and single spaced.
- 3) Please keep the text of the abstract within one page. Spell out full words in the title.
- 4) The names of all authors should appear on the paper. The person presenting the paper should be underscored. Senior author should be designated. The name and address of the principal author's institution should appear on the abstract.
- 5) Mail to NCA-AR, 4510 International Airport Rd., Anchorage, AK 99502; or to Archer Tongue, director, International Council on Alcohol and Addictions, Case postale 140, 1001 Lausanne, Switzerland.

AUTHOR(S) \_\_\_\_\_

INSTITUTION \_\_\_\_\_ COUNTRY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIPCODE \_\_\_\_\_

TITLE OF PAPER: \_\_\_\_\_

ABSTRACT: (No longer than one page)

+ + + +

The conference will be held at the University of Alaska, Fairbanks, and will be preceded by a day of registration on April 15. Conference and housing information may be addressed to Judith Strohmaier, head, Department of Conferences and Institutes, 117 Eielson Building, University of Alaska, Fairbanks, AK 99701. Dormitories and hotels will be available, Ms. Strohmaier said, and room and board expenses are not included in the registration fee of \$85.00 (200 Swiss francs).

Registration fees can also be mailed to the Department of Conferences at the above address. Fees will cover participation in the five-day conference, for both presenters of papers and members of the audience.

Alaskan co-sponsors of the event include the Center for Alcohol and Addiction Studies, State Office of Alcoholism and Drug Abuse, Alaska Labor and Management Employee Affairs, Inc., and the Alaska Native Commission on Alcoholism and Drug Abuse.

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### FROM THE PRESIDENT...

Suddenly, it's winter---or at least here in Anchorage it is. Winter brings a new set of problems to Alaska and a new set of opportunities.

The problems are more familiar to you than to me. Of course, the increased incidence of alcohol abuse during the colder months presents opportunities to you to provide services to those in need.



But the opportunities I refer to are the chances to make more citizens aware of alcohol abuse in the state. I think more people watch television and listen to the radio in winter than during summer months. And this increase in the radio and television audience gives us added opportunities to raise the level of awareness of alcoholism in Alaska.

Another opportunity, coming soon, is the chance to elect new board members and new officers, and also to come together to share our experiences at annual meeting time.

And the annual meeting brings another opportunity to raise the alcoholism awareness level in the state. The annual meeting is a chance to get coverage of alcohol abuse in all media. Newspapers are not required to donate free space to social problems, so any stories they cover must have some straight news value. Radio and television must give a certain amount of free time to community needs.

During the past few weeks, we have been reviewing what we might do if federal funding ended. While we feel that additional funding is still fairly certain, we have prepared an alternate plan should funds not materialize.

This issue will arrive about the time of Thanksgiving. I hope that you have as much to be thankful for this year as I have. On a personal level, it has been a very rewarding year.

Sincerely,

Leonard McLean  
President

## MUNICIPALITY COMMISSION ON YOUTH ENLISTED TO DESIGN ALCOHOLISM MINI-DISPLAY FOR STATEWIDE USE

Because of the sensitive nature of the topics of youth and alcoholism, the Anchorage Municipality Commission on Youth was enlisted by the National Council on Alcoholism - Alaska Region (NCA-AR) to help develop an educational display.

The commission, established in March, 1977, consists of 11 members, six of whom are between 16 and 22 years of age and represent all six local high schools. "The commission meets a very definite need in our community," said Sam G. Cornell, youth programs officer. "When the Municipality started taking stock of what areas were covered by the different offices, it was discovered that youth was a very neglected area. The meetings of these young people have yielded some very sound ideas," continued Cornell.

Simeon Arnakin, NCA-AR rural cultural specialist, and Linda DeWaard, public information assistant, recently met with the Youth Commission for ideas about youth and alcoholism. Arnakin utilized a mini-display to show the commission the intention of the Alaska Public Education and Prevention Project to develop a display specifically for youth. During the meeting, several ideas were discussed including a questionnaire that is being used in selected statewide schools by NCA-AR. "Tom Titzke, chairman of the Commission and a Bartlett graduate, had an excellent idea for a 'grabber' poster," said Arnakin. "After additional discussion on the idea, it will be used on the display."

Chairman Titzke briefly outlined the function of his group. "Organized under Title 4 of the Anchorage Municipal Code, Boards and Commissions, the commission shall: advise the administration and assembly on programs related to youth; assist and advise in developing plans for establishment of programs where none now exist; conduct educational and public relations programs designed to create public awareness of the needs of youth and the services which can be provided to the community; and to conduct surveys and compile and disseminate information concerning housing, health, nutrition, transportation, education, recreation, legal services, and social/mental health services available to youth," he said.

"Since the first meeting, held June 2, 1977, the commission has investigated a number of areas of concern to local youth," said Cornell. "Concern has been voiced regarding the lack of available foster homes for teenagers. A study of the problem revealed a need for public awareness and a need for a 30-day receiving home in the Anchorage area," he continued. To bring the problem to the attention of the public, the commission made television and radio appearances, set up



**DISCUSSING YOUTH AND ALCOHOLISM** are members of the Anchorage Municipality's Commission on Youth. From the left are Tom Titzke, chairman, a Bartlett graduate; Sam Cornell, youth programs officer; Lynn Sickles, vice-chairman, Chugiak; and Vince Watson, Bartlett graduate, back to camera. In attendance but not pictured was George Williams, West High, and Simeon Arnakin, NCA-AR.



**SAM CORNELL**, youth programs officer for the Anchorage Municipality's Commission on Youth, pictured above left, receives information and education materials from Simeon Arnakin, NCA-AR rural cultural specialist. Cornell and the youth group recently aided NCA-AR in developing a mini-display on the topic of youth and alcoholism.

information booths in shopping malls, and distributed pamphlets and leaflets to the public. "We are still working on funding for the 30-day receiving home," continued Cornell.

Other problems addressed by the commission included the need for an exclusive youth hotline service, a need to improve the relationship between youth and law enforcement, cooperation between youth and senior citizens and the venereal disease epidemic. "The commission is not only finding the needs, it is coming up with some sound suggestions to the Municipality for meeting those needs," stated Cornell.

"The Commission on Youth got off to a good start and has set itself a good pace. It reflects the energy, enthusiasm and impatience characteristic of youth," said Cornell. "Yet through all this, the Commission is gathering volume, strength and authority to its voice as it informs the administration of our youth's needs," he concluded.

"Because of the kind of information that was traded at this meeting," said Arnakin, "I feel our project will be successful in reaching the youth. We learned a lot from discussing alcoholism and how they felt we could best present the information," he continued. "It was a thrilling experience to be a part of the enthusiasm of this fine group."

### NOTICE

The Board of Directors of the National Council on Alcoholism - Alaska Region has approved a motion calling for information concerning the operation, goals, and objectives of NCA-AR, to be made available for inspection.

This is to notify interested persons that NCA-AR's Plan of Operations, including its goals, objectives contained in the Articles of Incorporation, and the documents relating to the currently funded projects and programs are available and may be inspected in the Council's office at 4510 International Airport Road, Suite 1, Anchorage, Alaska, 99502.

\*\*\*\*\*CHANGE OF ADDRESS\*\*\*\*\*

If you are planning to move, and wish to continue to receive the NEWS, please send in both your old address and zip code as well as your new address and zip code to:

NEWS from NCA-AR  
4510 International Airport Rd.  
Anchorage, Alaska 99502

ALASKAN BROCHURE DRAWS ATTENTION FROM OUTSIDE

"What Does It Mean To Be Drunk?", an Alaskan-produced brochure also available in Yupik and Inupiaq, is being used in a series of "Alcohol Awareness Hours" at Eisenhower Medical Center in Palm Desert, CA.

Del Sharbutt, former announcer turned community coordinator for the Alcohol Awareness Program at the medical center, requested a sample of that Alaska Public Education and Prevention Project publication for use in the public education series. Sharbutt said a co-worker saw a number of the federally-funded educational materials displayed by the National Council on Alcoholism - Alaska Region during the NCA, Inc., national forum in San Diego earlier this year, and brought him a copy.

"We are in the process of putting on 35 consecutive programs to alert doctors, clergymen, and community leaders as well as the general public on the problems of alcohol use and mis-use," Sharbutt said. The programs range in topic from "Are You Still A Social Drinker?", "Alcohol--A Family Problem", and "Too Much Drinking--A Sin Or An Illness?", to "Loaded and Loaded--The Country Club Social Drinker", "Drunk Drivers Aren't Necessarily Alcoholics", and "Women, Alcohol, and Pills."

SALVATION ARMY PIONEER DIES IN ANCHORAGE

Long-time Alaskan Brig. Cyril C. "Jack" Clitheroe, 72, who was instrumental in expanding the services of the Salvation Army in Alaska, died in Anchorage Sunday, November 6.

Clitheroe was born July 31, 1905, in East Dereham, Norfolk, England, and came to Alaska in October, 1947, with the Salvation Army. In 1956 he transferred to Prince Rupert, British Columbia, and in 1958, became the commanding officer of the Harbor Lights Corps in Los Angeles, California, where he also served on the alcoholism advisory board for Los Angeles County.

He returned to Anchorage in 1976 to serve as chaplain in the Salvation Army's alcohol program. According to an editorial in the "Anchorage Times", Clitheroe was "like the retired fire-horse that responded to all fire calls." Once back in Anchorage, he responded to a need in his old Salvation Army and became a leader in the alcoholism programs.

The Brigadier was past Worshipful Master of Anchorage Lodge No. 221, Free and Accepted Masons, and a member of the downtown Lions Club.

Clitheroe is survived by his daughter Rae Pauline Haines of Honolulu, Hawaii; a son, David C. Clitheroe of Anchorage; a sister in England; and eight grandchildren. Clitheroe was buried in Inglewood, California.

Memorials may be directed to the Salvation Army Clitheroe Memorial Fund.

FROM THE DIRECTOR...

For the past several months I have been a member of the Ad Hoc Manpower Training Plan Development Committee formed to address the need of training for alcohol and drug workers throughout Alaska. The committee is composed of representatives from the Center for Alcohol and Addiction Studies, the Alaska Native Commission on Alcoholism & Drug Abuse, the Alaskan Native Training Institute, Center for Staff Development, Public Health Service, Office of Alcoholism and Drug Abuse, and a drug abuse and alcoholism treatment representative.



At this time, there are no standards in Alaska for counselor certification, no mandatory training programs for alcohol or drug abuse workers, and only recently adopted standards for state program approval. Counselors are only one of many types of alcoholism and drug abuse workers who need training. Executive directors, bookkeepers, secretaries, information people, counselor assistants, and even volunteers must be trained to insure adequate, high quality services, for the alcoholic and those affected by alcohol and drug mis-use. Without a training plan for all program workers, we will not be able to become highly skilled in our fields. This is not to say that a college degree is necessary to become a well-trained worker in alcoholism or drug abuse. We all know the diploma does not impart the kinds of skills and empathy necessary. However, people must be trained and must receive basic information in order to act effectively in the alcoholism and drug abuse programs. As alcoholism becomes accepted by people as a treatable illness it is important that workers in the field are recognized as professionals. The correct kind of professionalization will only enhance our efforts to help the suffering alcoholic.

Depending upon funds available, the Ad Hoc Manpower Training Plan Development Committee chose Human Services Horizons to develop the plan. That organization is directed by Uwe Gunnerson, with Mark Feldman as associate director. The development of a training plan is the first step in the process of obtaining training in Alaska. After the training plan is developed, people must participate in the training efforts and the development of the plan will be worthless. It is vitally important that people in alcoholism and drug abuse fields in Alaska be adequately trained.

I am looking forward to working with Human Services Horizons during the development of the training plan, and I also look forward to participating in the training which will take place in the near future.

Sincerely,

*Suzanne W. Perry*  
Suzanne W. Perry  
Executive Director

*Alcoholism Program Activities  
In Alaska*

**CRISIS HOT LINE ANSWERS ALCOHOL-RELATED PLEAS**

"Alcohol is always on top of the list," said Jim Smith, president of the board of Anchorage's Crisis Center. The center operates a 24-hour crisis phone line (277-0222), and volunteers answer calls for help ranging from suicide to lumpy gravy, Smith said.

"But calls from alcoholics and their families number among the top reasons people pick up the phone to talk to us," he added. "Alaska is number one in the nation with alcohol-related problems, suicides, rape, and venereal disease."

The center opened in 1970 and functions under the Municipal Health Department, Smith said. It is a non-profit organization staffed by volunteers, located in a municipal building, and backed by a cadre of professional counselors, mental health workers, nurses, and police.

Smith said a full staff of 120 volunteers is needed, but the center hasn't met its quota this year. Volunteers need to be 18 years or older, possess "common sense", have no prejudices against gays, minorities, abortions, religion, or any potentially controversial issue, be willing to put in 10 hours of training at the Alaska Psychiatric Institute for basic skills and participate in monthly refresher courses, and have time to work at the crisis center at least 12 hours a month, he explained.

"We don't give advice, make decisions, or refer callers to a psychiatrist," Smith said. "We do direct callers to a psychologist or clinic, where they can receive further, more specific referrals," he concluded.

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**LEISURE CENTER ALTERNATIVE FOR KODIAK ADULTS**

An Adult Leisure Center was opened in Kodiak the first of this month, to provide a facility where adults in the community may socialize without the sale of alcohol", according to Bette Ford, director of the Kodiak Council on Alcoholism.

"We hope to provide an area for people to play cards, chess, pool, and other games of interest. We would like to provide a television," Ms. Ford continued, and donations of card tables, time, ideas, and furnishings would be welcome.

"The goal is a place for a person to sit and rest, watch television, read, look at the beautiful view, and socialize," she said. The facility is a pilot project of the Kodiak Council, and is located in the Kodiak Professional Building.

Those interested in helping with the Adult Leisure Center may contact Ms. Ford at the Kodiak Council, P.O. Box 497, phone 486-3535.

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*The number of people who die each year from alcohol-related causes exceeds the combined deaths from cancer and heart disease. Become aware of alcoholism. Contact your local health or alcoholism program or writes Alcohol, Anchorage, AK 99502.*

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**GASTINEAU MANOR RECEIVES STATE ACCREDITATION**

"It is with pleasure that we are able to notify you that Gastineau Manor, Inc., has been approved for the operation of intermediate care and aftercare services for persons with alcohol problems under the terms of AAC 29.010-900" addressed to Jack Mason, president of the Board of Directors of Gastineau Manor, stated a letter from Robert L. Cole, coordinator, Office of Alcoholism and Drug Abuse.

The letter went on to say "you are to be commended for the excellent program organization that has been accomplished as well as the quality of the services to your clients, the management and up-keep of your physical facility."

Merwin Kiel, director of Gastineau Manor, said he was pleased with the results of the recent inspection of the facility by the State Office of Alcoholism and Drug Abuse for the purpose of state accreditation.

The summary of the inspection stated that "in the comparatively recent past the program has moved its service position from that of a halfway house for men to that of a coeducational intermediate care center. The transition in function has taken place smoothly and without interruption of service to clients."

Approval of the program was given by the State Office effective from September 1, 1977, through August 31, 1978. It was stated in Cole's letter that "approval" by the State Office of Alcoholism and Drug Abuse may be defined as meaning "the program is eligible for support in the future, subject to the approval of the Southeast Regional Health Services Agency and the Governor's Advisory Board on Alcoholism and Drug Abuse, and the State Office will support efforts to acquire contractual affiliation from public and private third-party payors for services which have been approved."

Kiel said the inspection provided suggestions and instructions for the improvement of the present structure and operations which will be acted upon immediately.

*Puzzled About What To Give  
For Christmas?*

*A Tax Deductible Membership In  
NCA-AR*

*Is An Investment In Alaska*

**ALCOHOLICS ANONYMOUS GROUP FOR GAYS NOW OPEN**

Among the services being offered at the Alaska Gay Community Center in Anchorage is an Alcoholics Anonymous meeting for gay persons at 8:00 p.m. each Friday, according to Bob Purdy, chairman of the center's board of directors.

The Gay Community Center, Purdy said, is located at 838 1/2 W. Eighth Ave., Anchorage, and was organized to serve the entire community, "to promote common good and general welfare by helping in the understanding and relating to gay members of the community".



EVELYN TOUSIGNANT, PRESIDENT of the Valdez Alcohol Commission, shown above, is assisted by husband Andy in hauling a set of mini-displays from NCA-AR offices to Valdez. The displays were used during a Halloween school carnival, and Ms. Tousignant said she sees schools as the means to conduct prevention and alcoholism education.

BRICKS, BOUQUETS, SUGGESTIONS, & CRITICISM

I would like the following items brought to the attention of the new NCA-AR Board of Directors:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(use extra sheet of paper if more space is needed)

Name \_\_\_\_\_

Address \_\_\_\_\_

SEATTLE HOSTS DRUG ABUSE CONFERENCE IN APRIL

The pre-registration deadline for the 1978 National Drug Abuse Conference, to be held in Seattle April 3-8, 1978, has passed, but it's not too late to plan to attend.

The conference, the largest and most comprehensive conference of its kind in the world, is open to anyone interested in drug and alcohol abuse problems.

"A lot of people may not know the technical methods, but they do know how to work with people," said Art Simmons, executive director of the Center for Addiction Services in Seattle. "Anyone can contribute and learn a great deal from the conference." Registration fee is \$85.

The conference is expected to attract 4,000 people from around the world from all aspects of the drug and alcohol, law enforcement, medical, psychological, psychiatric, and pharmaceutical fields.

For further information write the National Drug Abuse Conference 1978, 200 Broadway, Seattle, WA 98122, or call (206) 623-2466.

NEWS ITEMS . . . .

FROM THE

CENTER FOR ALCOHOL & ADDICTION  
STUDIES - UNIVERSITY OF ALASKA

November has been workshop month for the Center for Alcohol and Addictions Studies, in great part due to the series sponsored by the Western Area Alcohol Education and Training Program.

A WAAETP workshop is being held Tuesday afternoons through the month by Barbara Hoffmann in Anchorage, centering on the foundation skills of supportive counseling. On November 10 and 11, Bob Buttane presented Alcoholism Program Management Training in Bethel, and on the 14th and 15th, Lynne Curry presented that workshop in Anchorage. In Kotzebue, Lori Eakan presented one workshop on Individual and Family Counseling on November 14 through 17, and on Group Counseling on November 28-29. Joyce Nelson in Anchorage conducted a workshop on Training Alcoholism Trainers November 17-18; Barbara Hoffmann presented Group Counseling in Kodiak on November 27 through 29, and Bernie Segal held a workshop on the Principles of Interviewing for counselors in Anchorage November 28-29.



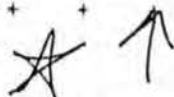
Carol Molinari  
Director

Bernie Segal went to Unalaska October 24 through 29 to present a workshop there on counseling skills. He will also be going to Nunapitchuk in the Bethel region to present an alcoholism counselors training workshop to people of that village as well as people from Atmauthluk and Kasigluk. The rural counselor training package prototyped at these sessions is one that Dr. Segal, Simeon Arnakin of the National Council on Alcoholism - Alaska Region and Daisy May Lamont have been working on for some time.

To return to the Anchorage area, the Center has been involved in three additional workshops this month. One is a week-long course titled, "Dimensions in Counseling: Addictions" being conducted by Lynne Curry of the Center of Staff Development during the week of November 7-11. The second was a short workshop in Grantwriting, held by Noreen Pedrick over the weekend of November 10-12, and the third was the Discipline II Conference held November 11-12 by William Glasser's Educator's Training Center, concerning the application of Reality Therapy in classroom interactions. This was a follow-up to our teacher training program, and was attended by over 150 people around the state.

The Center is pleased to announce a new associate. Dr. Stevan Hobfoll has volunteered his services to the Center in a part-time capacity, and will be working here in the development of research projects.

+ + + + +  
*It's nice to be hooked on a feeling---but not the feeling of intoxication. If you're hooked on that, you're not free to be you anymore. There are people who care about alcoholics. If you have a question about alcohol contact your local health or alcoholism program or write: Alcohol, Anchorage, AK 99502.*



## GASTINEAU COUNCIL ON ALCOHOLISM TO PROVIDE COMMUNITY EDUCATION, PREVENTION FOR JUNEAU AREA

As part of the changes Juneau alcoholism programs are undergoing, the Gastineau Council on Alcoholism has received a sub-contract from the Alcoholism Central Agency to conduct community education and prevention efforts.



DISCUSSING PUBLIC EDUCATION approaches for Juneau, Clayton Rew, left, and Galen Tromble of the Gastineau Council on Alcoholism will be overseeing the area's community education and prevention efforts. Rew is president of the Gastineau Council, and Tromble is its treasurer.

Clayton Rew, president of the Gastineau Council, said his organization has been given funds to hire an education and information officer, and will be housed in the Alcoholism Central Agency offices above the police station at 210 Admiral Way. The phone number is 586-6079.

"The Gastineau Council promotes prevention and treatment", Rew said. "The whole community is moving in the area of alcoholism, and some examples are an increased number of Alcoholics Anonymous groups, more women joining AA, a new AA 'Happy Hour' group that meets every Friday after work, and more alcoholism awareness presentations in Juneau churches."

On November 19, an alcoholism awareness day was held in the Baranof Hotel, sponsored by the Gastineau Council, for "interested Juneau citizens involved in alcoholism services or simply interested and concerned about the problem", Rew said. Community resource persons described their programs, including Matt Felix, director of the Alcoholism Central Agency, and representatives from the fields of medicine, law enforcement, the judicial system, mental health services, education, counseling, and vocational rehabilitation. The brunch and panel were organized by June Dawson, member of the Gastineau Council Board of Directors, Rew explained.

Other Gastineau Council board members include Dr. Joanne Clark, vice president; Thordis Moe, secretary; Galen Tromble, treasurer; Larry St. Clair, past president; Pastor Milton Hunt, and Margaret Bixby.

## MS. HARVEY TAKES REINS OF COOK INLET COUNCIL

Moving to Kenai after 11 years in Anchorage, Billie Harvey has taken the position of coordinator of the Cook Inlet Council on Alcoholism, located in Soldotna, and serving the south Cook Inlet area.

Ms. Harvey, who recently completed her bachelor's degree in psychology, said she became interested in the field of alcoholism after taking Dr. Bernie Segal's course at the University of Alaska, Anchorage, entitled "The Psychology of Addictions". "The job interested me because it was a challenge", Ms. Harvey said. "You can see results."

Some of the results she sees include an average of seven alcoholics a month who enter treatment as a result of their contacts with the Cook Inlet Council. These are referred to Alcoholics Anonymous, Studio Club in Anchorage, or the local hospital, the new coordinator explained. The role of the council in the Kenai area is information and referral, alcoholism awareness presentations, working with the mental health unit, and driver alcohol information schools and court screening offices in Homer and Kenai.

Ms. Harvey is joined in her work by Virginia Phillips, assistant coordinator in Soldotna; Emma Lee, coordinator in Homer; and June Singyke of the Cook Inlet Native Association.

New areas of involvement, Ms. Harvey explained, include working with battered wives, since many of these cases involve alcoholic husbands. "Child abuse might be our next outreach", she added. Two benefits are planned between now and June, she said, to raise money for the council.



DISCUSSING ACCREDITATION STANDARDS are Suzanne W. Perry, executive director, NCA-AR, and Billie Harvey, newly-appointed coordinator of the Cook Inlet Council on Alcoholism. Ms. Harvey visited NCA-AR offices on her recent trip to Anchorage from her Soldotna office.

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NEWLY ARRIVED in Juneau from Tucson, Arizona, Matt Felix directs the multi-faceted Alcoholism Central Agency for the state's capital.



ELAINE RUDELL, left, is a nurse/counselor who works in prisons, with the courts, and supervises detox. Counselor/trainee Linda Hill assists at the Juneau program.

### MATT FELIX SPEARHEADS RECONSTRUCTION, REVITALIZATION OF VARIED JUNEAU ALCOHOLISM PROGRAMS

"We're going like a ball of fire in Juneau", according to the new director of the Alcoholism Central Agency. "We're well-financed, and supported by a number of powerful, professional people."

After coming to Juneau from Tucson, AZ in early October, Matt Felix is optimistic and enthusiastic about the revitalization of the city and borough's alcoholism programs. Felix said his goal is a "comprehensive, community-wide system, a multiple approach" not only to treatment and rehabilitation of alcohol mis-users and alcoholics but to changing total community awareness.

"The assembly and public in Juneau are fit to be tied over alcoholism programs in town. Some radical ideas are needed in an area this small with a rate of consumption higher than anywhere else in the state", Felix said. Annual per capita consumption of absolute ethyl alcohol in Juneau is 6.0 gallons, he said, compared to 4.2 gallons for the state of Alaska as a whole, and 2.9 gallons on the average for the United States.

Felix theorized, "There is a lack of respect here for alcohol as a drug. People don't sip, they gulp. It's mind-boggling to see people do that. They drink to get

drunk. It has something to do with the macho attitude prevalent in Alaska."

The Juneau program, funded by the borough, state, and National Institute on Alcohol Abuse and Alcoholism, has a \$300,000 budget for the year, Felix said, and a number of components of a comprehensive program are currently in operation or in planning. These include a five-bed detoxification unit which will expand to a 15 bed unit in the hospital, intermediate care, outpatient services, outreach programs into prisons, hospitals, courts, and the teen center, a drunk driver's school, and an information and education component.

Juneau's new alcoholism program director said he is considering changing the name from Alcoholism Central Agency, in keeping with the reorganization and reconstruction of the services. An important development since his coming to town, Felix reported, is the cooperation and interweaving of efforts among a number of diverse alcoholism agencies in the state's capital.

Prior to coming to Juneau, Felix ran a consortium of 18 alcohol-related agencies in Tucson. The 18 agencies ranged from medical and rehabilitation services to counselors in mental health. Felix also ran a 31 bed unit, a crisis outreach program, and a halfway house.



JOHN PETERSON, left, is an alcoholism counselor in Juneau. Ralph Lawson, right, an emergency medical technician, reads "Are You An Alkaholic?"



CHECKING STATISTICS AND REPORTS for the Juneau alcoholism program are Drena Carleson, seated, clerk/typist, and Sue Gallagher, NIAAA data clerk.

IN KETCHIKAN, GATEWAY COMMUNITY MENTAL HEALTH DIRECTOR OVERSEES ALCOHOLISM PROGRAM COMPONENTS



LA PRELE RASMUSSEN, right, director of the Gateway Community Mental Health Center, is pictured receiving messages from her secretary/receptionist, Irene Monrean.



INFORMATION AND REFERRAL is part of the Gateway Community Mental Health Alcoholism Program. Counselor/volunteer Bob Feller, right, and counselor Floyd Guthrie review some literature.



NURSE/LIAISON Paula Vlahovich coordinates therapy and recovery efforts for alcoholics between the Mental Health Center and the hospital. She is assisted by Nancy Jamieson, right, a nursing intern from the University of Alaska.



PEARL SCRIVENS, assisted by her husband Andy, manages Victory House, a transitional care facility in Ketchikan which is part of the Gateway Community Mental Health Alcoholism Program.



KETCHIKAN ALCOHOLISM RECOVERY house is managed by Ken Goodrich, left. Ron Martin, also pictured above, is a weekend attendant. Both men do cooking for the clients, in addition to their other duties.

SITKA, MT. EDGECUMBE ALCOHOLISM PROGRAMS UTILIZE EXISTING FACILITIES TO THEIR BEST CAPACITY



GATHERED IN THE RECEPTION area of the Sitka Council offices are Bennett Stower, executive director; Ruby Hales, counselor; and seated, Kay Rigney, secretary/receptionist.



JULIE HUFF, MANAGER of Aurora's Watch Halfway House, is pictured above left with Vickie Diaz, administrative assistant of the Sitka Council on Alcoholism and Other Drug Abuse.



ASSOCIATE COUNSELOR George Max, left, works in the Alcoholism Therapy Services at Mt. Edgecumbe, and Susan Holt is program director of the facility which is located in the U.S. Public Health Service hospital.



WORK THERAPIST Gregg Arlotta oversees carpentry and other work therapy efforts in the Alcoholism Therapy Services at Mt. Edgecumbe. Arlotta said clients perform a variety of skills including sculpture, pottery, painting, and metalwork.



AURORA'S WATCH Halfway House, located in Mt. Edgecumbe, has facilities for 12 clients. Mary Pelayo is the cook, and according to Sitka Council Director Ben Stower, her meals are noted for their tastiness.

## BRISTOL BAY REGIONAL HEALTH CORPORATION WORKSHOPS ATTRACT 105 PERSONS FROM 34 AREA VILLAGES

(Editor's note: The following article excerpts portions of a report done by Anchorage physician and alcoholism expert F.J. Phillips, M.D., following his trip to the Bristol Bay region to assist in a series of workshops on alcoholism. The "NEWS" thanks Dr. Phillips for sharing his experiences and impressions with its readership.)

The Bristol Bay Regional Health Corporation conducted the largest "bush" alcoholism workshop of any similar venture in Alaska. In all there were 105 persons introduced to alcoholism education, representing 34 villages and 40,000 square miles of Alaska. Some were health aides, some school teachers, school board members, outreach workers, alcoholism counselors, religious and community leaders, law enforcement people, and housewives. The format of the training was to have instructors discuss various aspects of the disease, and then show a film illustrating the points discussed. After the films, the instructors divided the classes into groups and held discussions.

The workshop was programmed by Peg Benepe, human services planner, in conjunction with local health workers. She organized it in less than two months, and is to be congratulated. The Alaska Native Commission on Alcoholism and Drug Abuse contributed financial support for the workshop, and Evelyn Myers, project director for regional technical assistants, developed the plan for visiting faculty. Louis Andrew, RTA in the Bethel area, and Nicholas Stevens, an alcoholism counselor from Napaskiak, helped to conduct some workshops in the Yupik language. Tom Stoner, ANCADA field liaison officer, explained the Governor's alcohol legislation. Dr. Lisa Brown, local psychologist, met with the classes and explained her position in the community. Dennis Lang, field coordinator of the community health program, discussed the withdrawal symptoms of alcoholism. Public education materials (films, brochures, displays) were shipped out by the National Council on Alcoholism - Alaska Region.

### NATIONAL ALCOHOL COUNSELORS REVITALIZE GROUP

What is NAAC? The National Council of Alcoholism Counselors is a voluntary confederation of state counselor associations, dedicated to improvement of services to persons suffering from the disease of alcoholism, and to the advancement of the profession of alcoholism counseling, according to "The Quarterly", the group's newsletter.

The NAAC annual conference was held in Kansas City, MO, in August, where the group was completely reorganized with a new board of directors. Mel Schulstad, president of the Virginia Association of Alcoholism Counselors, was elected president of NAAC; Doug Harton, executive director of the Michigan Association of Alcoholism Counselors, was named to the NAAC executive director post, according to "The Quarterly".

A concern of the group is national certification of professional alcoholism counselors which will help to achieve the stated purpose of NAAC, "to advocate, encourage and promote the professional alcoholism counselors so as to effectively increase the visibility and recognition as well as the accountability and credibility of alcoholism counselors on the national and regional levels."

Each member of a state counselors' association affiliated with NAAC is automatically a NAAC member. Qualified individuals in states without an affiliated association (i.e., Alaska) can become independent members through payment of \$25.00 annual dues. A national headquarters has been established at Box 12, Flint, MI 48501.

The one person in Dillingham whose gratification could hardly be measured was Lena Andree. After seven years, frequently working all alone in the effort to get treatment and educational alcoholism programs in the Dillingham area, it was a real delight to her to see such a large number of people interested enough to attend the workshops.

City of Dillingham chief of police Harry Brink brought his FBI training school people to discuss the problems of local police in humanely handling people found sick from alcohol abuse, either injured or without shelter. The alcoholism workers now have a better understanding of police problems, the police took the time to learn about alcoholism as a disease in the "bush", and the class was interested in problems of police as these relate to alcoholism.

The workshop put considerable emphasis on counseling the sick alcoholic, and some attention was given to explain the curriculum "Here's Looking At You" developed in Washington State and being considered for use in Alaska. The proposed Bethel non-hospital treatment center was also discussed.

Instructors visited the Public Health Service Hospital at Kanakanak, where they discussed alcoholism with staff, showed movies, and answered questions. Dr. Phillips spoke to the health class at Dillingham High School, and did an interview with KDLG radio. An open meeting was held for interested Dillingham citizens on one evening.

All in all, this was a very comprehensive agency and community effort. It all paid off as evidenced by the enthusiasm of the folks attending and their new motivation to return to their areas with renewed interest and enthusiasm. When they arrived, they were generally discouraged. All were very attentive during the training and energetically took part in the groupwork. The instructors without exception were inspired to do their best with classes so actively interested.

(Since alcoholism is very much like tuberculosis, Dr. Phillips concluded, he is in favor of similar methods to the ones used in controlling tuberculosis in Alaska. He wrote that he thinks the same methods can be applied in alcoholism along with other teaching and training aids, and that Alaska can do nearly as well eradicating the disease alcoholism in a much shorter period of time.)



TAKING A TOUR OF NCA-AR offices are Bill Orfitelli, right, comptroller of the Alaska Native Commission on Alcoholism and Drug Abuse, and his father, Orlando Orfitelli, M.D. Dr. Orfitelli is senior physician at the Hartford Dispensary, a methadone clinic in Hartford, Connecticut.

## ANCHORAGE WOMEN'S TASK FORCE ON ALCOHOLISM SPONSORS VARIED ACTIVITIES: CLASSES, FONDUE LUNCH

The Anchorage Women and Alcoholism Task Force, Inc., (AWATF) in a continuing effort to educate the community concerning problems involving women and alcoholism, offered a course at the University of Alaska, Anchorage, entitled "Women and Alcoholism". Mary Jane Margeson, M.A., M.Ed., chairperson for the Task Force, conducted the course held November 11-12 and 18-19 at the University of Alaska, Anchorage, Senior College Building.

Approximately 40 people attended a fondue luncheon in late October sponsored by AWATF as an educational function for the general public. Ms. Margeson gave a brief history of the task force, explaining that through the efforts of Jan DuPlain, director of the Office of Women for the National Council on Alcoholism, New York, women started organizing to do something about their alcohol-related problems.

Ms. DuPlain visited Alaska last year to hold public meetings and to assist interested women with organization of task forces within the community. "Approximately one-half of the alcoholics in the nation are women," stated Ms. Margeson. "One of the main problems we face is that statistics are all lumped into the male population so it is hard to get an accurate percentage," she continued.

"The male alcoholic is termed weak-willed, however, the alcoholic woman is 'immoral' according to social acceptance," Ms. Margeson explained. "The stigma many times stands in the way of a woman seeking help."

Howard Scaman, long-time Alaskan and husband of Jan DuPlain, said he has learned a lot since he has been working with his wife in the field of women and alcoholism. "You are part of a really dynamic movement going on in this country. Powerful groups are taking shape," said Scaman. "In October, about 100 women from all over the country attended the five day Women's Leadership Conference and met with Senators and congressmen. The Conference meetings were visited by Senator Ted Kennedy which pleased many of those attending," continued Scaman. He went on to say that many times "you do not realize what you are part of. Women's task force groups are lobbying for their causes in Congress and are educating their communities nationwide," stated Scaman.

Following the luncheon, the film "New Life of Sandra Blain" was shown and a discussion period followed.



A FONDUE LUNCHEON highlighted the open house held in the Anchorage Natural Gas building by the Anchorage Women and Alcoholism Task Force. Over 40 interested persons attended, listened to discussions, and viewed a movie.

This function is just one of several planned for the near future to reach women, Ms. Margeson explained. AWATF has participated in the International Women's Year program, the AWAKE Conference, actively supports the Anchorage Council on Alcoholism, publishes a monthly newsletter, and has participated in the radio program "Here's Looking at You," she said.

"It is very hard to reach the female alcoholic because many of them are homemakers so there is no employer identification program available. They drink alone," said Ms. Margeson. "The medical field expects women to have nervous and emotional problems so medication is often prescribed resulting in a cross addiction," she continued. "It is important that women are educated and enlightened about their illness so they can be honest about their problems," concluded Ms. Margeson.

Organizations represented at the luncheon included the National Council on Alcoholism - Alaska Region, Anchorage Council on Alcoholism, the State Office of Alcoholism and Drug Abuse, Salvation Army Comprehensive Alcoholism Services, Anchorage Natural Gas, and two doctors.



ONE OF TWO DOCTORS attending the Anchorage Women and Alcoholism Task Force luncheon was Dr. Jerry Little, general practitioner, seated with Mary Jane Margeson, chairperson of the Anchorage group.

The Anchorage Women and Alcoholism Task Force, Inc., is a group of people who are concerned about alcoholism and its effect on women, according to its president, Mary Jane Margeson.

Semi-monthly meetings on the first and third Wednesday of each month are held at noon in the Anchorage Council on Alcoholism office, 825 "L" Street, and are open to the public.

A non-alcohol Christmas Party will be sponsored by the AWATF December 15. The party is to be held at the University of Alaska, Building K, second floor, from 3:00 p.m. to 5:00 p.m. The public is invited according to Ms. Margeson.

For further information, call the Anchorage office at 276-HOPE. Ms. Margeson added that "all interested people are invited to join us".

## DETAILS OF UNIFORM ALCOHOLISM ACT DESCRIBED AS THESE INTERWEAVE WITH EXISTING ALASKAN STATUTES

*(Editor's note: This is the eighth article in a series of articles highlighting some findings in the five volume study of alcohol, alcohol mis-use, and alcoholism in the 49th state, "Working Papers: Descriptive Analysis of the Impact of Alcoholism and Alcohol Abuse in Alaska, 1975", which is the first comprehensive study done on Alaska's number one health problem. The report was prepared by Dennis Kelsso, Ph.D., for the State Office of Alcoholism under a grant from the National Institute on Alcohol Abuse and Alcoholism. The following article summarizes portions of Volume II, "An Analysis of State Legislation Pertaining to Regulation and Control of Beverage Alcohol and Alcoholism and Alcohol Abuse, Alaska, 1975", which presents a comprehensive review of Alaska's alcohol-related laws and regulations as possible, and which provides an analytic description of the various policies which do exist and their relationship to each other.)*

What follows is a summary of the purposes of Alaska's alcohol-related laws and the relationship of those purposes to the policies of the Uniform Act. The policy of the Uniform Act, which follows and broadens the public inebriate laws, is to treat and rehabilitate those mis-using alcohol, and to decriminalize alcoholism and intoxication. Because the Uniform Act contains the only clear statement of legislative policy, and reflects the most recent attitudes towards alcohol mis-use, it is assumed that the policies of the Act are the policies of the State.

### STATEWIDE REGULATION

Statewide regulation is aimed at preventing alcohol mis-use, protecting the public from some of the effects of alcohol, collecting revenue, and allowing local control. Most of the regulations designed to prevent alcohol mis-use attempt to do so by limiting the availability of alcohol as to time and place, and by limiting the number of licenses per capita. Other provisions deal more directly with alcohol mis-use by prohibiting sales to intoxicated persons and minors (who are apparently presumed to be incapable of exercising good judgment in this matter), sales on credit, and the procurement of sales by employees or others. Whatever the effectiveness of these preventative measures may be, they are theoretically compatible with the Uniform Act's policy of treating and preventing alcohol mis-use. Further studies of the relationship between consumption patterns and the actual mis-use of alcohol may indicate which regulatory measures would be most effective in preventing and treating mis-use.

Other statewide regulations are more concerned with protecting "the public welfare" than with preventing alcohol mis-use. The "public welfare" may refer to the health of those who drink, whether in moderation or otherwise (e.g., the requirement that toilets be installed in restaurants and taverns), or an unrelated public interest (e.g., voting) or the sensibilities of those who do not consider alcohol appropriate to certain occasions (e.g., the prohibition against sales near churches). None of these provisions conflict with the Legislature's policy of treating alcohol mis-use; some may further it by discouraging consumption under certain circumstances, while others simply deal with other issues related to alcohol consumption.

### LOCAL CONTROLS

The purpose of these provisions is to allow localities to implement their own policies concerning the availability of alcohol, although provisions specifically aimed at preventing alcohol mis-use are also possible. Localities may apply their knowledge of local condi-

tions by protesting the sale, renewal, or transfer of liquor licenses. Allowing local control could in some states result in transferring the problems associated with alcohol to a nearby locality, a result which would be inconsistent with the spirit of the Uniform Act's policy of treating alcohol mis-use. Such a result is, however, currently less likely in Alaska given the distribution of the population within the state, although it could become a problem as population increases and contiguous municipalities are formed. Local controls which take advantage of the knowledge of local conditions may encourage compliance with regulations which tend to prevent mis-use (e.g., the provision allowing municipalities to protest licenses could encourage local bars to enforce regulations which prohibit sales to minors or intoxicated persons).

One of the major forms of local control is the option to go "dry". Currently, an incorporated municipality may elect to prohibit sales within its boundaries. In remote areas--those which are more than 50 miles from the boundaries of an incorporated city--no license may be issued until a petition is filed with the Alcoholic Beverage Control Board (ABC).

While the local option is a powerful form of local control, it may have an adverse effect on the problems of alcohol mis-use. Even in "dry" communities, possession and consumption of alcohol and attendant mis-use problems are still possible; nevertheless, the community cannot receive a refund of liquor license fees, because such fees are not collected within the municipality. Therefore, a "dry" community may need money for law enforcement costs associated with alcohol mis-use, and yet lose the revenue to pay for such needs. In short, the current method of sharing license fee revenues tends to discourage a community from exercising the option to go "dry".

Another potential form of local control -- special local taxes on beverage alcohol -- is apparently prohibited by statute. As a result, municipalities are not able to equalize the income from the sale of alcohol and the costs to the city associated with it.

Local treatment centers, which are encouraged by the Uniform Act, are limited by the amount of state and federal money available, as well as the money available for local match funds. While this may be a result of the state's desire to insure compliance with state laws, it is likely that municipalities would comply with these laws in order to receive state money in any case. Therefore, it appears that the prohibition on special local liquor taxes impedes the development of local treatment centers, and is therefore in direct contradiction to the Uniform Act's policy.

### LICENSING

Aside from the collection of revenue, the regulation of liquor licenses is governed by two concerns. First, the amount of the license fee appears to depend on the amount of income received from sales of alcoholic beverages. Bars, for instance, must pay a higher fee than restaurants selling beer, wine, and food. The differences in licensing fees could be based on the different law enforcement problems associated with different establishments; bars would presumably have more problems with maintaining order than restaurants serving beer and wine with meals. However, the overall fee structure -- including, the fact that common carriers, who have no impact on communities they are passing through or over, must license each alcoholic beverage dispensary -- suggest that economic concerns

UNIFORM ALCOHOLISM ACT RELATES TO EXISTING STATUTES  
(Continued from page 14)

have more impact on the fee structure than law enforcement problems do.

The second purpose of the licensing provisions is to make licensees responsible to the community. For this reason, the licensee is required to enforce the liquor regulations and conduct his/her business within the provisions of Title 4. Furthermore, public notice is required and protests allowed in licensing procedures, so that the opinions of the community may be considered. Such control over the behavior of licensees can aid the prevention and treatment of alcohol mis-use by encouraging compliance with other provisions designed for that purpose, (e.g., the provision prohibiting sales to intoxicated persons).

THE ALCOHOL BEVERAGE CONTROL BOARD

Essentially, the ABC Board regulates the business of liquor sales. For this reason, two of the five members of the board are members of the liquor industry -- membership by a person with a public health background is NOT required -- and provision is made for reports by wholesalers, reports of stock ownership transfer or licensed corporations, and the like. However, the ABC Board also has the duty of minimizing the impact which the sale and consumption of alcohol has on the public, and for this reason enforces laws designed to prevent deceptive sales, to keep licensees from criminal connections and practices, and to preserve public order in places where liquor is sold. The ABC Board does not deal directly with problems caused by alcohol mis-use, except insofar as those provisions are designed to keep order and to prevent mis-use. A substantial organization like with alcoholism and alcohol mis-use service agencies would provide the necessary knowledge for the ABC Board to promulgate regulations dealing with the sale and consumption of alcoholic beverages which were specifically aimed at treating and preventing alcohol mis-use.

REVENUE-LICENSES

The amount collected from license fees is apparently determined by business needs and considerations rather than the social costs resulting from the sale of alcohol. Nevertheless, the fees collected within cities and organized boroughs are refunded to those cities and boroughs after being deposited in the general fund. In order to receive these fees, the cities and boroughs must enforce their own ordinances as well as the state's liquor regulations. This procedure is not a "dedication of funds", which is prohibited by Article IX, Section 7, of Alaska's Constitution, but rather a revenue-sharing plan with conditions attached.

This sharing of license fee revenue relates to the Uniform Act in two ways. First, law enforcement agencies often help intoxicated or incapacitated persons to treatment centers, and second, local police can enforce local and state laws which reduce or prevent mis-use, e.g., laws against sales to minors or inebriated persons. License fee revenues will probably not, however, have much impact on local treatment centers, since the refunds are so small that they would probably not exceed alcohol-related law enforcement costs.

REVENUE-TAXATION

Most of the provisions are designed to ensure that the excise tax is actually collected. The tax itself appears to be a general revenue measure, similar to taxes on other luxury goods. The relationship of the excise tax to the Uniform Act's policy of preventing and treating alcohol mis-use depends on the extent to which

the taxes collected are actually used to defer the costs engendered by alcohol mis-use. Since the Legislature, in passing the Uniform Act, recognized that alcohol, unlike many other luxury goods, has a strong impact on public health and safety, the excise tax should reflect this assumption if the state's alcohol policy is to be cohesive. Little attention, however, has been given the excise tax, or its relationship to alcohol mis-use, since the tax was last increased in 1961. Despite dramatic increases in the cost of living in the last 15 years, the excise tax has remained stable. One can only conclude that alcohol is still viewed as a luxury in the tax structure, despite the fact that other parts of the law treat alcohol as a public health hazard.

The excise tax could be used to defer the social costs of alcohol mis-use, or as a way of controlling consumption and possibly mis-use of alcohol. Both approaches would be consistent with the Uniform Act's emphasis on prevention and treatment of alcohol mis-use. It should be noted that Article IX, Section 7, of Alaska's Constitution prohibits dedication of the excise tax on beverage alcohol, but this provision would not prevent the Legislature from considering the social costs of alcohol consumption in setting the excise tax rate.

CRIMINAL SANCTIONS

Most criminal statutes dealing with alcohol are designed to deter intoxicated persons from doing certain acts which would not otherwise be criminal, but which require enough judgment and skill to be dangerous to the public if done by an intoxicated person. These statutes do not conflict with the Uniform Act's decriminalization of intoxication because it is the activities which are prohibited, not the mere state of intoxication.

Other criminal statutes deal with the effects of intoxication on acts which would be crimes even if the person were sober. The purpose of these statutes is to ensure that the defendant is not able to escape or reduce the consequences of his acts by raising his intoxication as a defense. These statutes do not conflict with the Uniform Act's decriminalization policy; the Legislature is simply ensuring that criminal acts remain criminal, even when committed by an intoxicated person.

Both types of criminal statutes, however, may conflict with the Uniform Act's treatment policy. A person who commits a crime while intoxicated may simply be punished by incarceration. While jails are required to have treatment facilities in order to qualify for certain federal funds, it is possible that in many cases the underlying alcohol problem would be treated more effectively in a local treatment center. In contrast, AS 47.27.190 provides for involuntary commitment to the custody of the Office of Alcoholism and Drug Abuse when an alcoholic has committed an assault and is likely to do so in the future, and AS 47.37.180 provides for emergency commitment of an intoxicated person under the same circumstances. Therefore, an intoxicated person or alcoholic who commits an assault could find himself in the custody of the Office of Alcoholism and Drug Abuse or in a jail.

CIVIL DISABILITIES

Most of the statutes covering civil disabilities arising from alcohol mis-use are designed to protect either the person mis-using alcohol or other persons. These statutes do not conflict with the decriminalization of intoxication, nor do they interfere with treatment programs except insofar as it is necessary to protect the mental and physical health of others; e.g., in divorces. However, two statutes -- that denying Workman's Compensation where the injury was caused

UNIFORM ALCOHOLISM ACT RELATES TO EXISTING STATUTES  
(Continued from page 15)

solely by the intoxication of the employee, and that allowing a similar restriction in disability insurance policies -- may make treatment more difficult by leaving a disabled alcohol mis-user without financial resources. Unless these restrictions are necessary for the solvency of the insurance program, or in fact do deter alcohol-related accidents, their only purpose seems to be to punish people who mis-use alcohol since simple negligence of other illnesses which cause accidents does not preclude recovery.

THE UNIFORM ALCOHOLISM AND INTOXICATION TREATMENT ACT

The Uniform Act itself first sets up an administrative structure to formulate and implement educational, prevention and treatment programs. Much of the act, however, outlines the procedures to be followed in admitting or committing a person to these programs, and reflects an attempt to reconcile the need for public order with the rights and needs of the person mis-using alcohol.

First, the act expresses a clear preference for voluntary treatment programs for alcoholics. Due to the nature of alcohol mis-use, provisions have also been made for emergency treatment. A person who is intoxicated in public may be taken home, to a treatment facility, or to a detention facility if no treatment facilities are available and kept there for no more than 12 hours. If the person is incapacitated by alcohol in public, he or she must be taken to a treatment or medical facility (or detention center) and kept there until no longer incapacitated, but in any case no longer than 48 hours. These provisions essentially replace the former practice of putting intoxicated persons in jail to "dry out".

There are also provisions for emergency commitment where an intoxicated person has committed an assault, or is likely to, or is incapacitated by alcohol, though not necessarily in public. The purpose of these provisions is to prevent an intoxicated person from harming himself or others without putting him in jail. Nevertheless, since the person is not voluntarily seeking treatment, a statement of facts by the person seeking the commitment and a physician's statement are required. The maximum length of an emergency commitment is 48 hours, unless the application is approved by a judge.

Finally, the Uniform Act provides for involuntary commitment of alcoholics. The requirements for this procedure are rather stringent. First the person must be proven to be an alcoholic -- one who habitually lacks self-control in using alcohol, or uses alcoholic beverages to the extent that his or her health, social, or economic function is substantially impaired. Second, the person must be incapacitated by alcohol or have committed an assault, and will be likely to do so in the future. Furthermore, a court must hear the petition for involuntary commitment, while a petition for emergency commitment is decided by the treatment facility administrator. A person may not be committed unless treatment is available, and is committed for a maximum of 30 days, with two 90-day re-commitments possible.

In both the Model Act and Alaska's statutes, a person committed because he or she was likely to commit an assault must be discharged when he or she is no longer a practicing alcoholic or no longer likely to commit an assault. Under Alaska's statute, such a person must also be discharged if further treatment is no longer adequate or appropriate.

ALCOHOLICS - TITLE 4

The main purpose of the provisions in this section is -16-

to implement the grant-in-aid program. The grant-in-aid program itself is intended to encourage and facilitate the operation of local treatment programs. Such programs not only allow localities to experiment with different types of treatments, but also keep the person being treated in the community near his family and work. This emphasis on local treatment is clearly consistent with the policy of the Uniform Act.

ADMINISTRATIVE AGENCIES AND OTHER PUBLIC AGENCIES

The agencies of primary concern are the ones having some sort of administrative responsibility in any of the statutes (reviewed in the November issue of the "NEWS"). An overview listing of these agencies and primary alcohol-related responsibilities, as identified in the statutes, produces 20 major organizational entities. All are in some way concerned with alcohol and its social consequences and each would fall into one of three general categories. The first group would be those whose connection with alcohol is incidental to their main functions, while the second group is significantly involved with the prevention and treatment of alcohol mis-use. The third group would be public bodies whose concern is with the public safety in general, but is in fact extensively involved with the social consequences of alcohol consumption and mis-use.

As has been noted in previous articles, there has been no truly clear definition of policy by the Legislature that would serve to link the responsibilities of each of the agencies in a cohesive and meaningful fashion. An attempt was mentioned in the Uniform Act whereby one of the provisions specifies the formation of an Interdepartmental Coordinating Committee that includes a small sub-set of the agencies concerned. The responsibility for the operation of this committee rests with the Department of Health and Social Services, whose commissioner is chairman of the committee. The committee, made up by the departments of education, highways, labor, public safety, and health and social services is charged to operate within the policy set out within the Uniform Act.

It is clear that the policy set out in the act is only concerned with dealing with the consequences of alcoholism and alcohol mis-use. The membership of the committee also reflect this same view. No representation is required of agencies dealing with the control and regulation of the availability and consumption of alcohol, not the financial revenues and expenditures regarding sale, consumption and mis-use of alcohol.

Statewide regulations, licensing procedures, and the ABC board emphasize an economically stable liquor industry, divorced from criminal activities, but do not treat alcohol as a dangerous drug.

Local governments, which could develop programs to deal with alcohol abuse, are in many cases left without the resources to do so. The excise tax reflects a view of alcohol as a mere luxury rather than a public health hazard. Some of the state's insurance provisions still suggest a punitive approach to the deterrence of alcohol mis-use.

One major policy conflict involves the control of sales on one hand and the control of mis-use on the other. The ABC board and statewide controls do not treat alcohol as a dangerous drug, while the Uniform Act assumes that it is. If the state is to deal with alcohol-related problems as efficiently as possible, some attempt must be made to form a cohesive alcohol policy.

*(This concludes the series of articles based on the first two volumes of "Working Papers: Descriptive Analysis of the Impact of Alcoholism and Alcohol Abuse in Alaska, 1975". Watch for additional articles in future issues of the "NEWS" from "A-4" after the remaining three volumes are published.)*

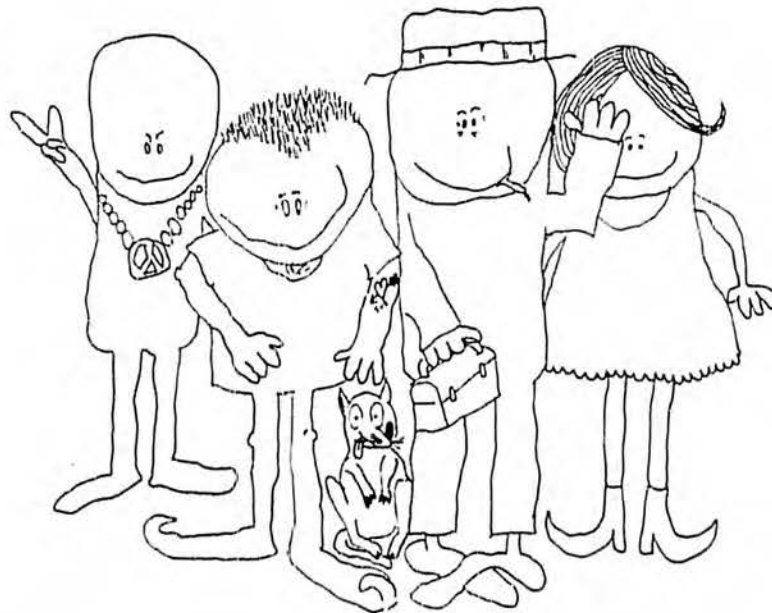


Provided under grant number 2H44AA 01714-2 funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) DEPARTMENT OF HEALTH, EDUCATION AND WELFARE



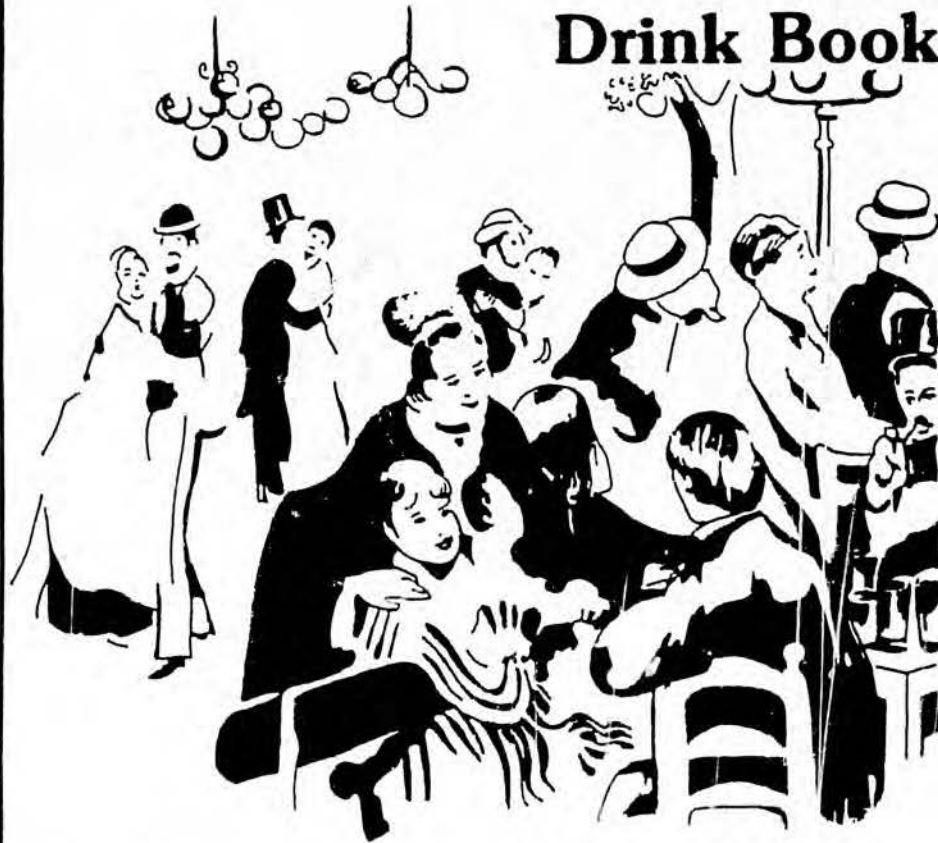
For Information, Contact Your  
Local Health or Alcoholism Program  
or write: **ALCOHOL** Anchorage,  
Alaska 99502

# YOU CAN'T TELL AN ALCOHOLIC BY THE WAY HE LOOKS



THE ABOVE POSTER, third in a series produced under the Alaska Public Education and Prevention Project (APEPP), is now available through the National Council on Alcoholism - Alaska Region. The posters along with eight additional TV public service announcements and nine radio public service announcements, additional pamphlets and brochures have been produced under the present National Institute on Alcohol Abuse and Alcoholism (NIAAA) grant. Material produced under the APEP Project is available free of charge by writing to the NCA-AR office.

# Non-Drinker's Drink Book



**BANANA COOLER** — In electric blender, combine 2 chopped ice cubes, juice of 1 lime, 2 teaspoons confectioners' sugar, 5 tablespoons pineapple juice, and 1 ripe, medium banana, cut into chunks. Blend covered, at high speed 1 minute more. Serve in stem glasses. Makes 2 servings.

**TOMATO MIST** — 1 46-oz. can (5-6 cups) tomato juice, ¼ cup lemon juice, 1 teaspoon sugar, ¼ teaspoon onion powder, 2 teaspoons worcestershire sauce, 2 teaspoons prepared horseradish, salt to taste. Combine all ingredients. Chill thoroughly. Stir well before serving. Garnish with lemon slices. Makes 9-12 servings.

**TANGY REAPERS PUNCH** — Prepare tea base, pour 2½ cups boiling water over 2 tablespoons tea and ½ teaspoon each allspice, cinnamon, and nutmeg. Cover and steep 5 minutes. Strain. Add ¼ cup sugar. To cooled tea base add 1 pint cranberry juice cocktail, 1½ cups water, ½ cup orange juice, ½ cup lemon juice, a few lemon slices. Chill. Makes 6-8 servings.

**SUNSHINE TODDY** — 4 cups orange juice, ½ to ¾ cup sugar, 6 inches stick cinnamon, 2 teaspoons grated orange peel. Combine all ingredients in saucepan, bring to a boil and simmer 5 minutes. Strain. Pour into heated punch bowl and float orange slices on top. Makes about 8 servings.

To serve hot beverage in glass bowl, first heat bowl with warm water. Pour out water and place large metal spoon in bowl. Pour beverage onto spoon.

**WHAT'S HOSPITALITY?** If you choose to serve alcoholic beverages, remember that the hostess who pours the mostest is not necessarily a good hostess. The first thing a good hostess owes her guests is good hospitality. Good hospitality means many things, of course. But certainly forcing alcoholic drinks on a guest who doesn't drink is not one of them. Happily, most hostesses know this — and while they want their guest to enjoy the best in food and drink, they recognize that serving drinks brings responsibility.

That's why, to the responsible hostess, the cocktail hour is simply a relaxing prelude to a well prepared meal — a prelude she doesn't stretch beyond its normal limits. She knows that liquor is not for everyone, so she always has on hand a variety of soft drinks and juices.

For more information, contact your local health or alcoholism program or write:

Alcohol, Anchorage, AK 99502

Funded under a grant from HEW

A NEW BROCHURE: "Non-Drinkers Drink Book" is being offered by the National Council on Alcoholism - Alaska Region under the Alaska Public Education and Prevention Project for the Holiday Season. The cover is shown in the photo above. The brochure contains tips of things to do before and after the party to help the hostess with holiday entertaining. For your free copy, write: National Council on Alcoholism - Alaska Region, 4510 International Airport Road, Suite 1, Anchorage, Alaska 99502.

## FACTS ABOUT THE ASSOCIATION OF LABOR-MANAGEMENT ADMINISTRATORS AND CONSULTANTS ON ALCOHOLISM

The Association of Labor-Management Administrators and Consultants on Alcoholism, Inc. (ALMACA) is the national professional organization on occupational alcoholism. From its inception in 1971, ALMACA has grown from 12 members to over 1,100 members, who meet regularly in 16 local and regional chapters around the country and aggregate at the Annual Meeting. The membership consists of occupational alcoholism professionals who:

- a. direct or administer programs in corporations, labor unions, or government agencies, or
- b. provide specialized consulting services.

Alcoholism is one of America's three largest and most serious health problems. There are 9.5 million alcoholics in this country, and of these 4.5 million are employed. Billions of dollars are lost by companies each year from alcoholism, which leads to: increased absenteeism, down time, bad decisions, lost efficiency and lower morale.

Occupational alcoholism programs are the most effective way to help identify, motivate and refer the alcoholic to treatment earlier and before the job is seriously affected. The programs do this by focusing not on alcoholism, but on impaired job performance. It has been demonstrated that between 40 - 60% of these performance problems relate to alcohol abuse and alcoholism and if caught in the early stages, lead to reported recovery rates of from 50 to 80%.

A company or union, by offering a program of assistance to its employees, encourages self-referral or provides a means for breaking down the last in a system of denials that enables the victim to continue drinking. For many alcoholics,

the job has become the foundation of the denial system.

ALMACA's objectives include:

- \* Serve as advocate for the field of occupational alcoholism to insure that the needs of the employed alcoholic are being given proper attention nationally.
- \* Provide professional identification for people who work in the occupational alcoholism field.
- \* Act as a forum for the interchange of ideas.
- \* Improve the state of the art of occupational programs through applied research and the development of program standards.
- \* Stimulation of new occupational alcoholism programs.
- \* And in general advance the cause of occupational programs for employees suffering from alcoholism.

ALMACA is a non-profit organization. Its financial support comes from membership dues, and from contributions.

For further information about ALMACA, please contact: Dr. Paul A. Sherman, President, ALMACA, and Director, Special Programs, International Telephone and Telegraph, (212) 752-6000, Ext. 315 or James A. Baxter, Executive Director, ALMACA, (703) 620-2577.

*(Reprinted from a news release prepared by ALMACA, 11800 Sunrise Valley Drive, Suite 410, Reston, VA 22091.)*

### ATTENDANCE RECORD SET AT ALMACA MEETING; ALCOHOLISM LABOR/MANAGEMENT OFFICIALS CONFER IN N.Y.

Nearly 700 professional managers representing U.S. business, industry, labor, and government attended the sixth annual meeting of the Association of Labor-Management Administrators and Consultants on Alcoholism (ALMACA) during its three-day session in late October at the Americana Hotel in New York City.

Dr. Paul A. Sherman, president of ALMACA, said attendance ran at a record high because of the growing interest by employers in eliminating the costly on-the-job disease of alcoholism." He added attendance doubled that of last year.

Dr. Sherman, who is also director of special programs for ITT, said that "the enormous growth of our relatively new profession requires a broader exchange of ideas between members and related professionals to adequately assist the 4.5 million active alcoholics now employed in the United States."

Some 50 topics were examined and discussed in the workshops under the headings of development and administration of programs, research and evaluation, labor, employed alcoholic women, treatment of the alcoholic, family involvement and consortium/government involvement.

Awards to outstanding leaders for their contributions to the field of occupational alcoholism were presented to James S. Kemper, Jr., chairman and chief executive officer, Kemper Insurance Companies; Leo Perlis, director of community services, AFL-CIO and Ross Von Wiegand, director, labor-management services, National Council on Alcoholism, Inc.

In addition to Messrs. Kemper, Perlis and Von Wiegand, other experts on alcoholism who addressed the gathering were Dr. Sherman, Dr. Ernest P. Noble, director, National Institute on Alcohol Abuse and Alcoholism, Dr. LeClair Bissell, chief, Smithers Alcoholism and Treatment Center, former U.S. Senator Harold Hughes and Father Joseph C. Martin, a Roman Catholic priest.

+ + + + +

### KEMPER INSURANCE LAUDED FOR ALCOHOLISM POLICY

The first national award for the most outstanding occupational alcoholism program in the U. S. has been presented to the Kemper Insurance and Financial Companies.

There are more than 1,200 occupational alcoholism programs in the U. S.

The award, sponsored by the Association of Labor-Management Administrators and Consultants on Alcoholism (ALMACA), was presented to James S. Kemper, Jr., chairman of the Kemper Insurance and Financial Companies, by Paul A. Sherman, president of ALMACA.

Kemper's pioneering occupational alcoholism program, started by James S. Kemper, Jr., in 1964, is the prototype for most company programs initiated today. Kemper's program has worked with hundreds of employees who have alcoholism or who have alcoholic family members.

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# NEWS from the National Council on Alcoholism Alaska Region

A Newsletter published monthly by the National Council on Alcoholism-Alaska Region, a private non-profit organization.

NCA-AR is supported by tax-deductible individual membership dues and donations and additionally funded by the State of Alaska Office of Alcoholism and Drug Abuse.

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Interim Committee on Alcoholism  
1016 North Avenue  
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Anchorage, Alaska 99501



A NEW MINI-DISPLAY on the topic of women and alcoholism in Alaska has been put together by the Alaska Public Education and Prevention Project, a federally funded effort of NCA-AR and ANCADA. The display is 40" wide, 30" high, and stands 5' from the ground, with information on both sides. The display is available free of charge of statewide programs; NCA-AR pays the shipping to the program, and the program pays return shipping to Anchorage.

### ADDITIONS TO NCA/AR LIBRARY

- 8-B Non-Drinkers Drink Book..... free
- 10-B Alcoholic in the Family?..... free
- 11-B Alcoholism: New Frontier for Alaskan Women..... free
- 7-C Drink & Drive-In Brochure ..... free
- 12-E Management Guide on Alcoholism..... free
- 24-G Women Alcoholics (A Review of Social and Psychological Studies)... .60
- 27-G Points for Parents Perplexed About Drugs..... .40
- 2-H What is Alcohol Education?..... .25

(Clip and save; insert in your Catalog of Publications and Films.)

Materials, brochures, posters, films, displays, and radio and television public service announcements produced under the Alaska Public Education and Prevention Project will continue to be available free of charge to interested persons and programs. Although the federal grant funding this project expired on November 30, the items will still be available through NCA-AR offices. Write or call NCA-AR at the address and phone number listed below, to receive these free educational materials.



The National Council on Alcoholism - Alaska Region is pleased to announce the address and phone number will remain the same:

4510 International Airport  
Road, Suite 1  
Anchorage, Alaska 99502

243-4324

PLEASE NOTE: THE PRECEDING PAGES WERE TREATED  
AS A UNIT IN THE ORIGINAL DOCUMENT.

# NEWS from the National Council on Alcoholism

A Private Non-Profit Corporation Dedicated to the Goal of the Adoption by Alaskans of a Positive, Supportive and Knowledgeable Attitude Toward the Solution of the Problems of Alcoholism and Alcohol Abuse

Alaska Region  
4510 International Airport Road - Suite 1  
Anchorage, Alaska 99502

ITEMS OF INTEREST FROM THE COUNCIL AND ABOUT PEOPLE AND ORGANIZATIONS INVOLVED IN THE FIELD OF IDENTIFICATION, COUNSELING, TREATMENT, AND PREVENTION OF THE DISEASE OF ALCOHOLISM

Vol. 5, No. 6

JUNE 1976



NCA-AR STAFF PHOTO

HIGHLIGHT OF NCA's ANNUAL FORUM held in Washington, D.C. May 6-13 was the celebrity banquet dubbed "Operation Understanding." More than 50 individuals, from all walks of life and distinguished in their field, gathered together and announced that they are all recovered alcoholics, thus challenging the still held stigma against alcoholism by many even in today's enlightened society. With a total of 672 years of sobriety, every individual on the dais in the photo above dramatically demonstrated that talented, well educated, responsible, successful and attractive people can and do become alcoholics and that one can recover from the disease and lead a normal, productive and rewarding life thus enhancing public understanding of alcoholism.

## NCA ANNUAL FORUM HELD IN WASHINGTON, D.C. MAY 6-13

More than 1,500 people attended the 1976 National Council on Alcoholism, National Alcoholism Forum, held at the Shoreham Americana Hotel in Washington, D.C., May 6-13.

Alaskans in attendance included: Commissioner of Health and Social Services, Francis S.L. Williamson; Coordinator of the Alaska State Office of Alcoholism, Robert Cole; Assistant Coordinator, Alaska Criminal Justice Planning System, Peggy Zufelt; Dr. Peter O. Hansen of Kenai, past president of the Alaska Chapter of Academy of Family Physicians; Ed Helmick, Alaska Native Health Board; Carol Molinari, director, Center for Alcohol and Addiction Studies, University of Alaska; George Barril, executive director, Alaska Native Commission on Alcoholism and Drug Abuse (ANCADA); Dwight Schnare, coordinator media services, ANCADA; William Drfitelli, executive director, Anchorage Council on Alcoholism; Ben Stower, executive director, Sitka Council on Alcoholism; Captain David Boyd, board member, National Council on Alcoholism - Alaska Region (NCA-AR); John H. Keating, executive director, NCA-AR; Suzanne Perry, administrative director, NCA-AR; Ed Beu, public information director, NCA-AR; and Judy Hart, community programs director, NCA-AR.

The highlight of the conference for most of those in attendance (CONTINUED ON PAGE 2)

## GOVERNOR'S ADVISORY BOARD MET IN JUNEAU, MAY 20-22

The Governor's Advisory Board on Alcoholism, held its regular quarterly meeting in Juneau, May 20-22 in the new State Office building.

The major purpose of the meeting was to review and approve grant applications for state funded alcoholism programs for fiscal year 1977. Members of the Board in attendance included Chairman Joe Fuller, Anchorage; Doctor Stanley Austin, Anchorage; Robert Winslow, Anchorage; Fred Miller, Ketchikan; Marcello Quinto, Juneau; and Reverend Paul Jordan, Petersburg. The Board spent three full days, plus evening sessions, in reviewing existing grant renewal applications, pipeline impact grant applications and new grant applications. The Board was assisted in its task by Robert Cole, coordinator of the State Office of Alcoholism and his senior staff members.

(CONTINUED ON PAGE 2)

## NCA-AR MINI-FORUM HELD IN JUNEAU WEDNESDAY, MAY 19

Sue Perry, assistant director of the National Council on Alcoholism-Alaska Region (NCA-AR) and Ed Beu, NCA-AR public information director, conducted a "Mini-Forum" in Juneau prior to the Governor's Advisory Board Meeting.

The Mini-Forum was held Wednesday evening, May 19 at the Resurrection Lutheran Church with the Gastineau Council on Alcoholism hosting the event.

(CONTINUED ON PAGE 8)

## DR. ERNEST P. NOBLE ANNOUNCED OPERATION MAINSTREAM

During the Annual Forum of the National Council on Alcoholism, Inc., Dr. Ernest P. Noble, director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), announced the inauguration of a new campaign, "Operation Mainstream," designed to bring the treatment of alcoholism into the mainstream of our national health care delivery system.

Noble stated, "Alcoholism has suffered second class status at the hands of social and health care providers. The fall-

(CONTINUED ON PAGE 2)

## NATIONAL ALCOHOLISM BOARD ELECTS HAROLD S. SCHMIDT

Harold S. Schmidt, a member of the Board of Directors of the National Council on Alcoholism-Alaska Region (NCA-AR) and Senior Vice President of the Alaska Gas and Service Company, was elected to a term on the Board of Directors of the National Council on Alcoholism, Inc., (NCA) at the annual meeting of the delegate assembly held in Washington, D.C. May 6 through 13.

(CONTINUED ON PAGE 8)



## PAPERS DELIVERED AT NCA'S ANNUAL FORUM BY ALASKANS

During the Annual Forum of the National Council on Alcoholism, Inc., three Alaskans presented papers.

Carol Molinari, director, Center for Alcohol and Addiction Studies, University of Alaska, presented her paper, "Teacher Training for Youth Prevention".

Ed Helmick, Alaska Native Health Board, shared "A Project to Analyze Risk to Alcohol Abuse Among Alaskan Native Students".

And, John H. Keating, executive director, National Council on Alcoholism-Alaska Region, gave his "Primary Prevention" paper.

Continued From Page 1

All applications had been previously reviewed and the programs' performance evaluated by the State Office staff which in turn made recommendations to the Board of a suggested appropriate level of funding for the coming fiscal year consistent with anticipated appropriations based upon the Governor's budget.

Other items discussed by the Board included future counselor certification; manpower training and needs; third party pay-

**AAAP MET IN JUNEAU MAY 21**

The Alaska Association of Alcoholism Professionals (AAAP) held a meeting Friday, May 21, in Juneau.

New officers were announced for the coming year. They are: John Rooks, Petersburg, president; Jo Hadju, Kodiak, secretary-treasurer; and George Mundell, Ketchikan, vice president.

Major item of business was the passage of a resolution directing the officers to forward a letter to the coordinator of the State Office of Alcoholism requesting that the Office order an evaluation by the Joint Commission on Accreditation of Hospitals (JCAH).

Members in attendance at the meeting voiced the opinion that, since the State Office is strongly urging programs to become accredited and is looking toward adopting the JCAH standards for major communities in the state, it is "fair and reasonable" that the State Office assure itself that its own operations meet the same JCAH standards of quality and excellence. It was felt by the group that an outside evaluation would help point up the strong points of the Office's procedures and assist the staff in improving the overall efficiency and level of service to the statewide network of alcoholism programs.

President Rooks asked AAAP members to express their views regarding issues the organization should address during the coming year. He asked that members prioritize their suggestions and forward them to Ms. Hadju, Box 627, Kodiak, AK 99615 within 30 days. The officers will compile the results and formulate plans for the association.

(CONTINUED ON PAGE 8)

**STATE PROGRAM DEVELOPMENT TASK FORCE MET MAY 18-19**

The State Program Development (SPD) Manpower Training Task Force met May 18 & 19 in the Board Room of the Holiday Inn in Anchorage.

Ken Fallon of the Office of Planning and Research was convener of the meeting, which included representatives of alcoholism, drug abuse and mental health.

The task force agreed to exchange information regarding categories of skills for manpower training goals by June 1, and meet again by July 1.

More detailed information on the work of the task force will be printed in the next issue of NEWS.

**NEWS** from the **National Council on Alcoholism**

**STAFF**

Edwin G. Beu, Jr., Editor  
Sandy Bowers, Writer & Photographer  
Linda DeKaard, Writer and Typographer  
Fran Wagner, Typographer

The staff of the NEWS welcomes comments and criticism of the information and manner of presentation of material in this publication. You are invited to send news items about yourself, others you know in the field of alcoholism in Alaska as well as your comments, concerns and opinions to:

Editor, NEWS  
National Council on Alcoholism-Alaska Region  
4510 International Airport Road  
Anchorage, Alaska 99502

Accredited by the

**Joint Commission**  
on Accreditation of Hospitals

**FROM THE DIRECTOR . . .**

Behavioral health programs - alcoholism, drug abuse, and mental health, among others - share many common characteristics, yet in other areas are widely divergent. One of those characteristics is a great deal of sound and fury about accreditation, certification, evaluation, statistical basis, analysis of programs, and all of those scientific and pseudo-scientific measures of whether or not a program is "good".



NCA-AR STAFF PHOTO

In the final analysis, only one standard of quality or program means anything at all: Can the patient or client fit reasonably well and cope reasonably adequately with the larger society in which he or she chooses to live after receiving treatment.

The behavioral health organizations have taken different roads to dealing with what is a "good" program. With mental health programs, the oldest of the three, having over the years developed higher and higher degrees of "professionalism" as measured by the number and type of degrees held in the mental health sciences. As a general rule, the lower the standard of education of the individual, the less he is listened to or the less he is expected to do in helping the clients.

The drug abuse programs, while the newest of the three in terms of widespread interest in the problem, appear to have developed programs which operate at one of two extremes; either virtually totally staffed by professionals as in the model taken by mental health and requiring ever increasing numbers of degrees for professional workers or the other end of the continuum where all of the workers are para-professional or "non-degreed professionals".

The program where the greatest uproar exists in the State of Alaska as well as nationally, is obviously, alcoholism. With the recognition that nationwide 38% of all of the inhabitants of county mental health hospitals are there because of alcoholism and not mental health conditions, and the fact that nationwide about 50% of the clients of drug abuse programs, the major drug of abuse is alcohol, both funding and interest in programs has begun to be concentrated rightfully in alcoholism programs.

(CONTINUED ON PAGE 6)

**DR. ERNEST P. NOBLE ANNOUNCED OPERATION MAINSTREAM**

(Continued From Page 1)

lacy that alcoholic persons have a poor chance of getting well has contributed to rejection and, sometimes, denial of services."

Noble continued, "We must convince the Nation's health insurance carriers that alcoholism deserves all necessary treatment and benefits no different than any other illness."

He voiced his concern over "rampant division" in the alcohol field. "We must show a spirit and actuality of togetherness," Noble said. "Let's not get carried away with the heat of counter-productive battles, while the alcoholism casualty lies untreated on the battlefield," he added.



NCA-AR STAFF PHOTO

Noble reviewed the accomplishments of NIAAA since its inception, resulting in the widespread recognition and acceptance of alcoholism as a treatable illness.

He expressed concern, however, regarding the increased consumption of beverage alcohol by the youth of the country. He cited the alcohol beverage industry media campaigns as partially responsible for this fact.

"I think the industry that spends one-half billion dollars a year on advertising should accept some of the responsibility for the effects of that advertising..." Noble said.

He further said that greater efforts in the area of research and prevention were needed as well as a "national resolve" to change harmful drinking attitudes and behaviors.

In summarizing his presentation, Noble stated, "the 'Mainstream' thrust includes the identification, intervention and treatment efforts of the community and the social and health care providers. We should work together to meet the basic and unique needs of the alcoholic person and their families. We will integrate knowledge about beverage alcohol into educational networks. And we are going to use agents for social change to reduce the prevalence of alcohol related problems."

"I will do my best...but I need your help. Please join hands with me in this endeavor," Noble concluded.

(Continued from Page 1)

affice was the "Operation Understanding" banquet, at which more than 50 prominent people from all walks of life identified themselves publicly as recovered alcoholics. President John McIver of the National Council on Alcoholism, described the evening as "an event which will do more to reduce alcoholism stigma than anything ever attempted."

McIver pointed out that until now only a few public figures have ever stated that they are recovered alcoholics. Among those who for the first time publicly acknowledged their alcoholism were famous entertainers, an astronaut, a surgeon, an airline captain, a member of the Congress of the United States, a chief of an Indian Nation, a member of Great Britain's House of Lords, a sports luminaries, and leaders from the worlds of business, finance, labor, religion, politics, philanthropy, public affairs, health, journalism, literature, and the armed forces. All these people stood together as recovered alcoholics to demonstrate that alcoholism is a treatable disease and to "present a united front to eliminate the stigma which is killing people needlessly," McIver said.

McIver stated that the National Council on Alcoholism organized and sponsored the May 8 function "to dispell once and for all the myth that alcoholism is something which does not happen to 'nice' people." "We view this as a turning point in NCA's 30 year campaign to remove the stigma attached to alcoholism. It is a historic occasion for us," McIver concluded.

Celebrities participating in the banquet by occupation were as follows:

**Entertainment:** Dana Andrews, star of stage, TV, and movies, including the memorable "Laura"; Jan Clayton, star of Broadway's "Carousel" and TV's "Lassie"; Tom Ewell, star of TV's "Baretta"; Johnny Grant, KTLA, Los Angeles, personality; Mercedes McCambridge, academy award winner; Guy Mitchell, movie and recording star (winner of 21 gold records); Garry Moore, star of TV's "To Tell The Truth"; Walter O'Keefe, pioneer radio star and lecturer; and Dick Van Dyke, star of movies and TV's "Dick Van Dyke Show".

**Astronaut:** Edwin E. "Buzz" Aldren, Jr., ScD, second man to set foot on the moon.

**Airline Captain:** Charles F. Gibian, career jet pilot.

**Surgeon:** William W. Daniel, MD

**Sports:** Ryne Duren, former New York Yankees and Los Angeles star pitcher; Edward "Moose" Krause, director of athletics, University of Notre Dame and member of the Basketball Hall of Fame; Don Newcombe, first Cy Young Award winner and former Brooklyn Dodgers star pitcher.

**Political Leaders:** Former United States Senator Harold E. Hughes; The Earl of Kimberley, member of Great Britain's House of Lords; Congressman Wilbur D. Mills.

**Clergy:** The Very Reverend Joseph Kerins, C.S.S.R. Provincial, the Redemptorist Fathers (Father Kerins' position in the Catholic Church is parallel to that of Bishop) and Dr. Hannibal A. Williams, pastor, New Liberation Presbyterian Church.

**Indian Chief:** Sylvester J. Tinker, chief of the Osage Nation.

**Judge:** Honorable Yvonne Sparger, Oklahoma Industrial Court.

**Labor Leader:** Louis B. Knecht, secretary-treasurer, Communications Workers of America, AFL-CIO.

**Journalists and Authors:** Rowland Barber, TV Guide editor and author of "Harpo Speaks!" and other books; Molly Barnes, art critic; Elizabeth Kaye, non-fiction writer and contributor to magazines; Virgil Mitchell, president, Mitchell Group; Adela Rogers St. Johns, author of novels, screen plays, non-fiction works and newspaper reporter for the Hurst papers; Robert Thomsen, author of "Bill W."; Jack Weiner, author of "The Morning After"; Maurice Zolotow, magazine writer and author of "Shooting Star."

**Movie Producers:** William Borchert, producer of forthcoming "Bill W." movie and Harold Hecht, Hecht-Hill-Lancaster Productions.

**Philanthropy and Public Affairs:** Clancy Imislund, director, Midnight Mission; Marty Mann, founder, National Council on Alcoholism; R. Brinkley Smithers, president, Christopher D. Smithers Foundation; Jeanette Spencer, president, The Fortune Society.

**Health:** Vincent Groupe, PHD, president, Life Sciences Research Foundation; Helen Holmes, PHD, clinical psychologist; Donald G. Mackay, MD, attending physician, Montreal General Hospital; John Mooney, Jr., MD, director, Willingway Hospital; Lewis K. Reed, MD, Medico-Legal Specialist; Katherine P. Tanzola, RN, Joint Commission on Accreditation of Hospitals.

**Military:** Rear Admiral Albert B. Scoles, USN(ret.) and Lt. General John Stewart, USAF(ret.).

**Business/Financial:** Bruce Mansfield, former president, Ohio Edison Co.; Albert C. Meyer, former president, Pike Corp. of America; Malcolm Meyer, retired chairman and director, Certain-Teed Products Corp.; Willard Morton, president, Morton Pet Food Co.; Thomas P. Pike, honorary vice-chairman, Fluor Corp. and chairman of the board, NCA; Louis R. Rowan, president, RA Rowan & Co.; Adolph H. Sullivan, Standard Oil Co. of California.

All of the above, plus the following, who are also recovered alcoholics, served on the planning committee:

Rt. Rev. Abbot Hillary Dreaper, OSB, chancellor, St. Bernard College; Anthony H. Forbes, PhD, dean, College of Letters and Science, University of Wisconsin-Superior; Dan Frazer, star of TV's "Kojak"; Shecky Greene, comedy star; Joe Harnel, composer; Honorable Joseph W. Henry, associate justice, Tennessee Supreme Court; James S. Kemper, Jr., president, Kemper Insurance Companies; Honorable W.B. Lewallen, judge, Tennessee Trial Court; Sy Oliver, composer; Jason Robards, Jr., stage, TV and movie star; Jack Thayer, president, NBC Radio Network; Ralph Waite, star of TV's "The Waltons" and Robert Young, star of TV's "Marcus Welby, MD".

In addition, Thomas J. Swaford, vice-president, Program Practices, CBS Television Network, and Thomas Pike, served as committee chairmen. Swaford and Johnny Grant, served as co-masters of ceremonies.

"Operation Understanding" was coordinated by Debbie and Walter J. Murphy. Murphy is Public Relations Counsel for NCA-NY.

It was calculated that those dignitaries on the dais represented a total of 672 years of sobriety in their recovery from the disease of alcoholism.

Entertainment for the evening was provided by singing presentations by Jan Clayton and Guy Mitchell.

The event received nationwide publicity on all three major networks and the front page stories of newspapers in cities large and small.

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NCA-AR STAFF PHOTO

ABOVE are photos of NCA-AR's exhibit and a few of the many dignitaries who participated in the NCA Forum in Washington.

NEWS ITEMS .....

FROM THE

CENTER FOR ALCOHOL & ADDICTION STUDIES - UNIVERSITY OF ALASKA

by Carol Molinari, Director

Progress continues on the bush video training package. We have almost eight hours on tape, filmed locally through the University's Media Services, on counseling techniques and resources. In addition, materials from the North West Indian Training Institute have been filmed, covering topics of alcohol information and education.



NCA-AR STAFF PHOTO

The basic purpose of the exportable video packages is the training of counselors in rural areas in counseling principles and techniques. We plan to have the packages run about fifteen hours to facilitate their use as credit courses. Each hour of the video tapes will require at least two hours of instruction and practice with a qualified facilitator, and thus a person taking the training would have 45 contact hours, which is the equivalent of one three-

credit course at the University. Possibly this package will be the first segment in a series leading to counselor certification.

The package is currently being produced with the help of Dr. Marie Doyle and Dr. Hal Post of the UAF campus as consultants, and Evelyn Myers from ANCADA. It is also being reviewed by Charles Oxereok and Dr. Bill Richards of AFN for applicability to rural Alaska. On June 1 and 2, Dr. Pullen will present the sample package to the ANCADA Leadership Workshop, conducted by Evelyn Myers, for the review and comments of the expected twenty participants from rural Alaska.

I attended the NCA Annual Forum, May 10-12 in Washington, D.C. as an invited speaker. I talked about the teacher training program we have been developing and the ideas were well received.

Prior to attending the Forum, I met with Dr. William Glasser to firm up some plans regarding the teacher training program and had the opportunity to preview three new tapes he has produced. Additionally, I met with Dr. Fitz-George Peters, one of Dr. Glasser's associates. We discussed the steps necessary to becoming a certified Reality Therapist as determined by the Reality Therapy Institute (RTI). In the past, attendance at three separate one-week intensive workshops at RTI in California was required for certification as a Reality Therapist. These seminars are generally separated by six months to one year to allow time for practice prior to going on to the next phase. At present, this requirement has been changed slightly. Now, one of the three weeks may be offered in the field, so it would not have to be taken at the Institute. The field experience would be taught by one of the RTI staff members. Dr. Peters is willing to come up to Anchorage this summer to instruct a one-week session. The fee will be the same as it is at the Institute--\$200 for one week. If credit is desired, then credit fees must be added. The number who can enroll must be small to allow for sufficient personalized instruction and practice. The limit for this offering will be 12 students. People interested, please contact the Center immediately.

The week-end prior to the forum, I participated in a Values Clarification workshop conducted by Dr. Sidney Simon, internationally known expert. The workshop was excellent and would make a great follow-up to the teacher training program.

-----Clip and Mail-----

BRICKS, BOUQUETS, SUGGESTIONS, AND CRITICISM

I would like the following items brought to the attention of the new NCA-AR Board of Directors:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Use extra sheet of paper if more space is needed)

Name \_\_\_\_\_

Address \_\_\_\_\_

KCOA AND KANA REPRESENTATIVES VISITED SIX VILLAGES

Bette Ford, executive director of the Kodiak Council on Alcoholism (KCOA) and Yvonne Zharoff, director of Health for Kodiak Area Native Association (KANA), have made extended visits to four of the six villages on Kodiak Island through funds made available by KANA, according to Donna McMeekin, director of Information and Education for the Council.

Ms. McMeekin said, "These visits are the first time any of the KCOA staff have conducted on-site outreach work in the villages." The films, "Chalk Talk", "Alcoholism: Out of the Shadows" and "99 Bottles of Beer" were shown in the different villages and were very well received by the audiences, Ms. McMeekin stated. "In each village visited, Ms. Ford and Ms. Zharoff were asked to return and there were requests for additional literature and films," Ms. McMeekin continued. The itinerary included: Port Lions, March 5 and 6 with 10 adults and 28 children in attendance; Okhiok, 4 days reaching 6 adults and 14 older youth; Ouzinkie, March 15 and 16 with an audience of 44; and Old Harbor, April 30 through May 4 with the film "99 Bottles of Beer" left in the village for showing in the school.

"The two remaining visits to Larsen Bay and Karluk will be scheduled with KANA when Ms. Ford returns from her training in Tuscon, Arizona," Ms. McMeekin concluded.

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ROBERT HALL APPOINTED DIRECTOR OF ANCHORAGE DEPT.

Robert A. (Bert) Hall has been appointed to the position of director of the Department of Health and Environmental Protection for the Municipality of Anchorage, according to an announcement by Municipal Mayor George M. Sullivan.

Hall, 42, former Commissioner of the State Department of Health and Social Services, has been the Alaska Liaison Officer for the U.S. Department of Health, Education and Welfare for the past five years. He replaces Dr. A.B. Colyer, who will remain with the department as a part-time contract medical officer.

During his tenure as Deputy Commissioner and Commissioner of the Health and Social Services, Hall was instrumental in implementation of the State's approach in dealing with Alaska's number one public health problem - alcoholism - through the grant-in-aid process. Prior to that, Hall was executive director of the Greater Anchorage Community Chest (United Way) from which NCA-AR received a portion of its early funding. During the past five years, Hall has worked closely with the National Institute on Alcohol Abuse and Alcoholism in his capacity as Alaska Liaison for HEW and has demonstrated an interest in alcoholism programs throughout the State for many years.

Hall first came to Alaska in 1956 as a medic stationed with the Army at Fort Richardson and served as pastor at the Cordova Community Baptist Church for five years in the early '60's.

Hall is active in community affairs and is presently a member of the Anchorage Rotary Club, Cub Master of Pack 126, and has served on a number of boards and commissions both locally and statewide. He is the holder of the Silver Beaver Award in scouting, was Anchorage's "Young Man of the Year" in 1966, and is listed in "Who's Who in the West".

Hall served as acting director of the Department while on detail from the federal government to the Municipality and became director following his official resignation from HEW on June 4.

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*Another thing a man can do that the lower animals can't is stand upright in front of a crowd and put both feet in his mouth!*

+ + + + +

HEALTH & SOCIAL SERVICES DIRECTOR HIRED IN YAKUTAT

Yakutat has acquired the services of Cornelia Howard to be responsible for the full range of municipal health and social services operations available within the municipality, according to Rosemary R. Riley, director of the Yakutat Alcoholism Program.

"Ms. Howard's responsibilities will include supervision of the General Assistance Service Aide, Alcoholism Director, Health Aides and NHSC Physician Extender. This position will provide a good resource for our alcoholism program and will better coordinate the services in Yakutat," said Ms. Riley.

Ms. Riley went on to say that Ms. Howard's duties will include, but are not limited to, primary negotiations and preparation of contracts with state, federal and private agencies; coordinating itinerant health and social services; maintaining fiscal accountability of programs; identifying emerging needs in health and social services and developing or modifying services accordingly; preparing reports as requested by the municipality or contractors; and travel as required.

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## CAROL MOLINARI RECEIVES SELDEN D. BACON FELLOWSHIP

Carol Molinari, director for the University of Alaska, Center for Alcohol and Addiction Studies, reports that she has been awarded the first Selden D. Bacon Fellowship from Rutgers University. The notification from the Rutgers Alumni Association stated Ms. Molinari, a Rutgers alumnus, was chosen on the basis of her merit, experience, and contributions to the field of alcoholism. The fellowship covers tuition and University expenses to the three-week Summer School of Alcohol Studies sponsored by the Center for Alcohol Studies at Rutgers University to be held June 20-July 9, 1976.

Ms. Molinari stated that the fellowship honors Dr. Selden D. Bacon, who recently retired as Director of the Center after serving in that capacity for 25 years. Dr. Bacon directed the Summer School of Alcohol Studies at Yale University, an annual project of the Center of Alcohol Studies. In 1950, he succeeded Dr. E. M. Jellinek as director of the Center, which moved to Rutgers in 1962. During his years with the Center, Dr. Bacon helped build it into an internationally recognized, multi-disciplinary institute for studying man's behavior, focusing on his use of alcohol for providing research and education and for documenting and disseminating information on the field of alcoholism.

Ms. Molinari continued to say that Dr. Bacon has extended his expertise nationally by serving with such committees as the Committee on Alcohol and Drugs of the National Safety Council, the North American Association of Alcohol Problems (as Vice-President of the Board of Directors), the National Advisory Committee on Alcoholism, and the Executive Committee of the International Committee on Alcohol and Addictions. Dr. Bacon has been very involved with the International Congress on Alcohol and Alcoholism, which in 1970 bestowed upon him its Recognition Award for his work in the field of alcoholism. Dr. Bacon is associated now with the Center of Alcohol Studies as an editor of the Quarterly Journal of Studies on Alcoholism. He has also been named to Who's Who.

"While attending the Summer School, I will also serve an internship under the direction of Dr. Ronald L. Lester, executive director of the Summer School. I hope to return to Alaska with ideas and techniques that will benefit the University of Alaska, Center for Alcohol and Addiction Studies, and the annual summer classes which the Center holds each year," concluded Ms. Molinari.

NCA-AR's Assistant Director, Sue Perry, will also be attending the Rutgers Summer School.

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University of Alaska, Anchorage

CENTER FOR ALCOHOL  
AND ADDICTION  
Studies

AUDIO  
VISUAL  
CATALOG  
1976

Now available from the NCA-AR office  
and the Center for Alcohol and Addic-  
tion Studies

## "FOR KIDS' SAKE" ALCOHOLISM EDUCATION FOR TEACHERS

The Kenai Peninsula Community College in Soldotna was scheduled to offer a 3 credit University of Alaska Teachers Institute on Alcoholism, June 14 through July 23, 1976. Sessions conducted by F. J. Phillips, M.D. and Associates will be held 10:00 a.m. to 12:00 noon, Monday, Tuesday and Wednesday each week.

The course on alcoholism is designed to give the teacher broad understanding of the disease and its early manifestations. The entire class will be involved in general information sessions, and viewing training films and teaching aids. The informal study and discussion will be divided into two sections: Section 1, kindergarten through 6th grade and Section 2, grades 7 through 12. Teenage alcoholism will be given major emphasis.

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PHOTO COURTESY KODIAK COUNCIL

## JUELSON PRESENTED COTTAGE PROGRAM TO KODIAK ISLAND

Dick Juelson, vice president of the Board of Directors for the Kodiak Council on Alcoholism (KCOA) has presented the Cottage Program to the community of Kodiak Island with very good results, according to Donna McMeekin, director of Information and Education for the Council.

Juelson reported that the Cottage concepts and the "potential it has for Kodiak" has been presented to the Kodiak Island Borough Health Resources Council and the Kodiak Community College Adult Basic Education Advisory Board.

"By request of the Kodiak Community College and Kodiak Area Native Association (KANA), Juelson spoke on the Cottage Program to the Kodiak Island Village Health Aides. As a result of this meeting, he was again asked by KANA to speak on May 12 to the Kodiak Island Village Teacher's Aides at the Community College," said Ms. McMeekin. As a preliminary information period, the film "Guidelines" by Father Martin was shown to the Aides by KCOA.

"Juelson has received positive responses from the various members of the community who wish to become involved with the Cottage Program. There are plans to hold three, three-hour sessions for interested people in becoming moderators using the materials Juelson received dealing with moderator training," said Ms. McMeekin.

"In 1975, the Health Resources Council 'needs assessment' determined that alcoholism prevention is Kodiak Island Borough's one health need. Juelson's efforts toward implementation of the Cottage Meeting Program in the community are a positive step forward," concluded Ms. McMeekin.

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## AATC HELD "INVITATIONAL OPEN HOUSE" FRIDAY, MAY 14

The Alaska Alcoholism Treatment Center (AATC) held an "Invitational Open House" Friday, May 14 to exhibit the completed personnel offices and the additional completed segments in the treatment rooms of the new 50 bed non-medical detox addition.

Invitations were sent to local alcoholism programs, and agencies that AATC has contact with, such as the Veterans Administration, Alaska Native Services, the Salvation Army and others.

An estimated 50 persons attended our 'Nobody likes to work Friday afternoon anyway' open house, however, only 41 signed the guest book," said Lorraine Slagle, executive secretary of AATC.

The expanded services of the Center include a private entrance to the detox area where the client may be interviewed and screened by personnel without having to be taken through other sections of the treatment facility. Also, the nurses' station is equipped with a refrigerator to better serve client's needs conveniently, and the addition of filing cabinets in each station will make accurate record keeping easier and information more accessible to personnel.

## NOTICE

The Board of Directors of the National Council on Alcoholism-Alaska Region has approved a motion calling for information concerning the operation, goals, and objectives of NCA-AR, to be made available for inspection.

This is to notify interested persons that NCA-AR's Plan of Operations, including its goals, objectives contained in the Articles of Incorporation, and the documents relating to the currently funded projects and programs are available and may be inspected in the Council's office at 4510 International Airport Road, Suite 1, Anchorage, Alaska, 99502.

**TREATMENT CENTERS BENEFIT/COST ANALYSIS RESULTS IN**

In a copyrighted story in the "Alcoholism Report", Vol. IV, No. 14, May 14, results of the "Benefit/Cost Analysis of Alcoholism Treatment Centers" were published.

Designed to compare the costs and benefits associated with 41 treatment centers, the emphasis of the study was to assess the impact of alcoholism treatment projects from the point of view of the national economy, the community, and the individual client.

Benefits included: Reduced hospitalization; increased earnings; decreased motor vehicle accidents; and reduced criminal activity.

The areas identified as accounting for most of the benefit of center treatment were: health care costs, motor vehicle accident costs, and productivity (earnings) increases. No satisfactory method was determined for measuring the impact of crime reduction.

The following table summarizes the results for all 41 treatment centers:

SUMMARY OF BENEFIT/COST MEASURES

Benefit/Cost Measure	VIEWPOINT		
	National Economy	Community Economy	Individual Client (at age 40)
Net Present Value (\$ million)	\$21.93 million	\$30.12 million	\$5.07 million
Benefit/Cost Ratio	2.96	11.46	6.21

The study said these results are impressive: "The national economy will realize a ten year stream of benefits, estimated at \$21.9 million, resulting from operation of the 41 ATCs during the last half of 1974. The dominant portion of this benefit stream is attributable to decreases in health care costs. The benefit/cost ratio of 2.96 indicates that, for every dollar expended in the program, the national economy realizes a return of \$2.96."

From the overall view, "participating communities will gain about \$30 million of benefits during the next ten years. They will realize an eleven-fold return on their investment, including local government support. The benefit/cost ratios are larger for the community and for the individual because the federal government paid a major proportion of the program cost.

"Individuals will realize significant returns on the portion of program cost that they paid. Clients, at the representative age of 40 years, will receive ten years of benefits, estimated to have a present value of \$5.07 million. Each dollar of their investment in treatment fees will yield \$6.21 in benefits. Based on the economic return per dollar invested, the overall ATC program represents a very 'profitable' social program."

Based on the study findings, "the evidence is strong that the economic benefits of the ATC program substantially exceed the program's costs, from all three viewpoints considered--the national economy, the community economy, and the individual client."

**GASTINEAU MANOR PERSONNEL GET ADMINISTRATIVE CLASS**

Merwin Kiel, director of Gastineau Manor reported that as of May 10, he, Leslie Wertz and Steve Perrin finished selected sessions of the course, "Halfway House Administration," offered by the National Center for Alcohol Education, an educational branch of NIAAA.

"Material for the workshops consisted of reference material for the facilitator, outlines for the course and the program planning and proposal writing course from the Grantsmanship Center of Los Angeles was added. The course covered group processes, director/board relationships, planning, funding, programming and individual plans," said Kiel. Kiel himself acted as facilitator for the five sessions, going over assigned homework and discussing each segment of the course.

Kiel said that although the field trial period for this course has expired information on future courses can be obtained by writing to Mary L. Millar, Materials Development Division, National Center for Alcohol Education, 1601 North Kent Street, Arlington, Virginia 22209.

"This course has been beneficial to us here at Gastineau Manor and has made us realize the knowledge and training necessary to properly administer a halfway house program for recovering alcoholics," concluded Kiel.

**\* NOTICE \***

As the NEWS went to press, Carol Molinari reported that Anchorage Summer School students planning to attend the second week of the school must pre-register with Seattle University.

The second week of the Anchorage Summer School session will be conducted by Brian Kelly, instructor from Seattle Univ., and the university needs to know in advance the number of students to expect, Ms. Molinari said.

Students should write for pre-registration to:

Seattle University  
Alcohol Studies Program  
Attn: Fr. James Royce  
Seattle, WA 98122

FROM THE DIRECTOR . . .  
(Continued from Page 2)

These developments have resulted in the tremendous amount of argument and discussion at legislative levels, community levels and within the alcoholism programs and professions about certification of workers, about the requirement for degrees for workers, about trying to define what it is to be a "good" program. The definitions are nearly as varied as the people in the field. Accreditation of alcoholism programs is an excellent requirement and one we have advocated in this column for years. But, accreditation of the program simply indicates that that program has a framework within which good treatment can happen. It does not guarantee that good treatment will happen.

Certification of alcoholism workers simply indicates that the certified worker has a particular standard of knowledge and demonstrated ability to do certain things, but does not guarantee that that worker will be able to do a good job with the alcoholic or the alcoholic's family.

Evaluation of programs generally tends to be whether or not the program fulfills the expectations of the funding agency and not necessarily whether that program is actually providing "good" treatment. Individuals in the field argue heatedly over the best method of treatment whether its Rogerian, Freudian, TM, TA, behavior mod, Alcoholics Anonymous, religion, or whatever particular mode of treatment the individual is certain will be the best for all alcoholics.

The local community wants the drunks off the street, without regard to whether they are alcoholic or simply drunks. At state levels, peace and quiet is greatly to be desired; no uproar, nobody making waves. At the program level, steady funding is greatly sought after and attempts to satisfy the various funding agencies takes a high priority. And, as third party payments become more significant, the competition between agencies for clients becomes more acute.

I personally have never been able to discover any measure of effective treatment programming for any of the behavioral health programs - alcoholism, drug abuse, or mental health - than that which says how successful is that program in bringing patients or clients back into the mainstream of life so that they can be reasonably happy most of the time in the largest society in which we all live.

The current state of the art points out clearly that there is, to date, no conclusive evidence that an individual, once diagnosed alcoholic, can return to so-called social or normal drinking. This being the case, for alcoholism programs, there is only one criteria possible and that is, roughly stated, "How many clients does that program keep sober for how long?" There is only one measure of a successful program; to be able to bring a substantial number of clients back into the mainstream of life as do other comparable programs in the United States. The one measurement for whether a treatment worker in alcoholism is successful or not is, can he bring a substantial number of clients back into being able to live reasonably normally, reasonably comfortably in the larger society as do his successful peers. For this reason, I suggest output evaluation based on number of clients -vs- number of individuals who have managed to gain and maintain sobriety by any given program or counselor. In this way, the number of people helped can be ascertained and in addition, the cost-effective ratio can also be determined.

In every alcoholism program I visit, I am interested in certain things: 1) How many clients are seen; and 2) How many of those clients gained and maintained sobriety? In other words, put crudely, "How many sober drunks you got, buddy?"

Sincerely,

*John H. Keating*  
John H. Keating  
Executive Director

MINI SUMMER SCHOOL  
FOR  
CONTINUING STUDIES OF ALCOHOL AND ADDICTIONS

IN ANCHORAGE

IN FAIRBANKS

IN KETCHIKAN

FEATURING: TWO-DAY TALKS BY FATHER JOSEPH MARTIN, CREATOR OF CHALK TALK

SPONSORED BY: UNIVERSITY OF ALASKA CENTER FOR ALCOHOL AND ADDICTION STUDIES

In cooperation with:  
University of Alaska, Fairbanks  
Ketchikan Community College

University of Alaska, Anchorage  
University of Alaska, Southeast  
National Council on Alcoholism-Alaska Region

ANCHORAGE

WEEK I: Psy. 493, S.T., Alcoholism Guidelines and Counseling Techniques

August 2 - 6  
Dr. Pat Pullen, Instructor

Senior College Room 123

9:00 am-5:00 pm, M - F  
1 credit (\$20.00)

Father Martin - *Chalk Talk, Guidelines, basic counseling, and A.A. recordkeeping.* Guest lecturer from the Office of Alcoholism - agency

WEEK II: ALC 409A, Alcoholism Educator's Workshop

PRESENTED BY SEATTLE UNIVERSITY

August 9 - 13  
Mr. Brian Kelley, Instructor

Senior College Room 123  
Seattle University Credit Only

9:00 am-5:00 pm, M - F  
2 credits (\$80.00)

Mr. Kelley - *organizing Alcohol Information Schools, techniques for working with uncooperative students, resources for the schools, working with the court system.*

FAIRBANKS

WEEK I: Psy. 493, S.T., Alcoholism Guidelines and Counseling Techniques

August 2 - 6  
Instructor to be announced

Location to be announced

9:00 am-5:00 pm, M - F  
1 credit (\$20.00)

Father Martin - *Chalk Talk, Guidelines, basic counseling, and A.A. recordkeeping.*

WEEK II: Psy. 493, S.T., Reality Therapy

August 9 - 13  
Dr. Pat Pullen, Instructor

Location to be announced

Information about, exercises on, and practice in the techniques

KETCHIKAN

WEEK I: Psy. 493, S.T., Alcoholism Guidelines and Counseling Techniques

August 9 - 13  
Mr. George Mundell, Instructor

Ketchikan Community College

Father Martin - *Chalk Talk, Guidelines, basic counseling, and A.A. recordkeeping. Sessions by Ernie Turner, Seattle Indian Alcoholism Center.*

WEEK II: Psy. 493, S.T., Reality Therapy

August 16 - 20  
Dr. Pat Pullen, Instructor

Ketchikan Community College

Information about, exercises on, and practice in the techniques

PRE-REGISTRATION

Complete, clip and mail to appropriate address

NOTE: No University of Alaska credit will be given for ALC 409A. All grades will be given on a "Pass" or "Fail" basis.

University of Alaska  
Center for Alcohol & Addiction Studies  
2651 Providence Avenue  
Anchorage, Ak 99504

University of Alaska  
Dept. of Psychology  
Fairbanks  
Attn: \_\_\_\_\_

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_

Please pre-register me for:  
\_\_\_\_\_ Anchorage \_\_\_\_\_ Week 1 (\$20.00)  
\_\_\_\_\_ Fairbanks \_\_\_\_\_ Week 1 (\$20.00)  
\_\_\_\_\_ Ketchikan \_\_\_\_\_ Week 1 (\$20.00)

DO NOT enclose payment. Bring payment with you to the first sessions.

It is the policy of the University of Alaska to provide equal educational benefits to all students and employees without regard to race, color, sex, or national origin. This policy is in accordance with the laws enforced by the Department of HEW/OCR and OEO/DOL, including the 1964 Civil Rights Act, Title IX of the Education Amendment of 1972, and Sections 799A and 845 of the Public Health Service Act where applicable.

# NEWS from the National Council on Alcoholism - Alaska Region

A Newsletter published monthly by the National Council on Alcoholism-Alaska Region, a private non-profit corporation.

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## GOVERNOR'S ADVISORY BOARD MET IN JUNEAU, MAY 20-22 (Continued from Page 2)

ment for alcoholism treatment; program standards and JCAH accreditation of programs; and the proposed reorganization of the offices of Mental Health, Drug Abuse, and Alcoholism. The Board heard presentations by Ken Fallon, State Program Development coordinator, Office of Planning and Research for the State; Cole, and other members of the State Office of Alcoholism staff on these topics.

Representatives of nearly all state funded alcoholism programs were in Juneau to present their requests for funding and to respond to questions from Board Members.

## \*\*\*\*\*CHANGE OF ADDRESS\*\*\*\*\*

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\* address and zip code as well as your new address \*  
\* and zip code. \*  
\* \* \* \* \*

## NATIONAL ALCOHOLISM BOARD ELECTS HAROLD S. SCHMIDT

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"NCA-AR is very pleased that Alaska is represented on the NCA Board and Mr. Schmidt will be a conscientious member of this group." said John Keating executive director of NCA-AR.

A member of NCA-AR's Board of Directors for over two years, Schmidt is also a member of the Alaska Labor and Management Employee Affairs, Inc. (an occupational alcoholism organization), and a member of the Mayor's Advisory Board on Alcoholism for the Municipality of Anchorage. Among the other civic and voluntary organizations which Schmidt has been involved with are: the Wheatridge Colorado Jaycees; the Spensard Rotary Club; the Parents and Teachers Association; the Navy League; and the Anchorage Board of Plumbing and Gas Examiners.

Among the other twenty-six new directors elected to the national ninety-person board along with Schmidt are: Benjamin F. Bailar, Bethesda, Maryland, Postmaster General of the United States Postal Service; Ann Landers, Chicago, Illinois, syndicated columnist; William A. Nauman, Peoria, Illinois, Chairman of the Board, Caterpillar Tractor Company; and Don Newcombe, former major league baseball star, now a Woodland Hills, California businessman.

Also elected to the board was Sheldon Miller, M.D., associate director of psychiatry at Cleveland Metropolitan General Hospital, who for the past 3½ years has been a consultant to the Alaska Native Health Board Alcoholism Project.

## NCA-AR MINI-FORUM HELD IN JUNEAU WEDNESDAY, MAY 19

Continued From Page 1

Beu made a presentation on the NIAAA-funded Alaska Public Education Project, showing television public service announcements, literature, posters and other materials produced thus far in the project and outlining many of the other elements now in production or in the process of distribution.

Ms. Perry reviewed the services NCA-AR provides the Chartered Chapters and stressed the importance of the local councils to the statewide efforts to combat alcoholism and to work toward its prevention. Ms. Perry also distributed a questionnaire which asked council representatives what NCA-AR services they had used in the past fiscal year, which ones they thought would be valuable during the coming year, and solicited suggestions and comments as to how NCA-AR could improve its assistance and services to the Chapters.

Refreshments of coffee and cookies were provided by Mary Peter, a member of the church and the GCOA.

Those taking part in the meeting included Bill Carrigan, Wrangell COA; Joanne Clark; Mrs. Peter; LaPrele Rasmussen and George Mundell, Gateway COA, Ketchikan; Joyce Nelson, Cook Inlet COA; Jo Hajdu, Kodiak COA; Clint Ice, Seward COA; Merwin Kiel, Gastineau Manor, Juneau; John Rooks, Petersburg COA and Rev. Milton Hunt, Gastineau COA.

SCOMM

#6:34

Keep together  
as one packet

AFN-  
material

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PLEASE NOTE: THE FOLLOWING PAGES WERE TREATED  
AS A UNIT IN THE ORIGINAL DOCUMENT.

AFN - (Ting)

## GOALS

1. Individuals who understand the effects of alcohol on their bodies and their lives, and who can maintain good control of themselves.

## PURPOSES

1. Bring about improvement in individuals, their families, and society as a whole.
2. The enchancement of the ██████████ community in particular.

## POLICY

1. Follow the lead of the most successful program on alcoholism.
2. Align all existing resources to the advancement of that program.
3. Develop a program which will bring an alcoholic person off his dependence and up to the point of being a valuable and productive member of society!
4. Have the ideal scene<sup>1</sup> (purpose) attainable and clearly defined. Keep it in view at all times while working on the program.
5. Use the Administrative Scale<sup>2</sup> technology to bring about the ideal scene.
6. Use the full alcoholism gradient scale<sup>3</sup> in order to attain the ideal scene.

- (1) People who are not dependent upon alcohol and are self-determined.
- (2) The Administrative Scale was developed by L. Ron Hubbard as a management tool.
- (3) Alcoholism Gradient Scale:
  - (a) Education and prevention
  - (b) Crises intervention and counseling
  - (c) Rehabilitation
  - (d) Job training
  - (e) Job placement
  - (f) Follow-up to correct any of the earlier steps not done properly.

## P L A N S

1. Understand as much about the Narconon<sup>4</sup> Program as possible.
2. Explore the practical application of this program to the situation of alcoholism in general in Alaska and the Native alcoholic situation specifically.
3. If needed, for a task force of interested public people in order to enact the Narconon Program.
4. Approach the subject on a gradient, the Alcoholism Gradient Scale.
5. Review the Narconon and other existing programs in light of this gradient scale<sup>2</sup>. Any program agreed upon should be capable of bringing about the ideal scene.

## P R O G R A M S

1. Find out what groups and individuals are responsible for the planning and implementing of existing programs.
2. Create and exchange of information between the groups and individuals identified in number 1 above, with Narconon in order to coordinate the Alcoholism Gradient Scale.
3. Develop and implement the solutions thus far agreed upon.
4. Review, plan, and implement any areas of the Alcohol Gradient Scale not covered.
5. Conduct a follow-up review and evaluation.
6. Correct any points found to be ineffective.

## P R O J E C T S

### Program Information Gathering

1. Get a list of groups and individuals who are responsible for planning and
- (4) Narconon-comes from the words non-narcosis meaning the absence of stupor or insensibility.

implementing existing alcohol and drug abuse programs.

2. Do a survey of these people to find out the difficulties and possible solutions to alcoholism as they see it.
3. Tabulate and distribute the survey results.

#### Planning Meeting

1. Bring program directors and Board directors together with Narconon people.
2. Come up with a coordinated plan to handle Alcoholism in Alaska.
3. Designate one office as the Central Communication Center for overall coordination of the effort.

#### Implementation

1. Acquire additional funding if needed.
2. Provide organizational assistance so that an effective delivery system can be placed in effect.
3. Deliver training to existing personnel and new personnel as hired.
4. A full Admin Scale will be used to assist in implementation of the Alcoholism Gradient Scale.

#### Follow Up

1. By using the Admin Scale for each program it will be possible to monitor its own effectiveness by its statistics.
2. If the program needs assistance in any area it can notify the Communication Center.
3. The need for assistance will be relayed to the proper person.
4. That person will deliver the needed assistance.

## ORDERS

1. There will be good communication between all people involved.
2. Time targets will be set and agreed to by all concerned.
3. We must have full agreement on this Admin Scale.
4. We must keep the purpose of our work in mind at all times.

## I D E A L S C E N E

People who do not depend on alcohol and are able to exercise control over their lives.

## S T A T I S T I C S

1. The number of programs working together.
2. The full implementation of this Admin Scale.

## V A L U A B L E F I N A L P R O D U C T

Alcoholism programs working together implementing all parts of the Alcoholism Gradient Scale with the resultant drop in the amount of Alcoholism.

NARCONON®

# NEWSLETTER

MARCH 1977

THIS ISSUE: GOOD NEWS FROM NARCONON MINNESOTA &  
NARCONON NEW ORLEANS  
ARTICLE: "THE ROAD OUT" BY L. RON HUBBARD

THE MCKNIGHT FOUNDATION

2600 1/2  
Seward Plaza  
Minneapolis, Minnesota 55426  
612/545-3414

December 8, 1976

Lotte Seidler  
Vice President  
Narconon Minnesota  
1816 Grand Avenue South  
Minneapolis, Minnesota 55409

Dear Ms. Seidler:

The Directors of the McKnight Foundation met on Saturday, November 27th, and approved a grant of \$3,000 to Narconon, Minnesota to be used to assist in the establishment of a Drug and Alcohol Rehabilitation Program at St. Cloud Reformatory.

Our grant will be paid in full in early January of 1977.

We are pleased to be of assistance to you.

Sincerely,

Russell V. Ewald  
Executive Vice President

RVE:mp

UNITED STATES AIRMAIL

United States Airmail

POSTAGE WILL BE PAID BY ADDRESSEE

December 3, 1976

Ms. Lotte Seidler  
Narconon of Minnesota  
1816 Grand Avenue South  
Minneapolis, Minnesota 55409

Dear Ms. Seidler:

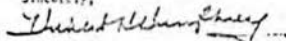
I have just recently been informed that the McKnight Foundation has given a grant to your organization to assist in your continuing work.

I just want to congratulate you on the reception of that grant and tell you how pleased I am that you have received it. I surely know of the good work that the McKnight Foundation does for our area and state, but I also know of the excellent work which your organization does.

The work which you and your staff provide to our community is most helpful in making this a better community in bringing human concern to our society.

My continued best wishes to you and your staff.

Sincerely,

  
Hubert N. Humphrey

## Narconon Gets Results in Orleans Parish Prison

Narconon Minnesota is not the only Narconon to receive community support. The Narconon in New Orleans, Louisiana is also getting excellent backing based on results gotten at the Orleans Parish Prison.

A letter to Narconon New Orleans from John Vodicka, Director of the Louisiana Coalition on Jails & Prisons written on November 18, 1976 states:

"I want to let you know that the Louisiana Coalition on Jails and Prisons supports wholeheartedly the efforts of NARCONON in the New Orleans area.

"Many solutions to our city's crime and drug abuse 'epidemics' have been suggested and implemented in the last few years. None are as socially, economically, and psychologically sound as the approach used by NARCONON.

"NARCONON enables individuals who are dependent on drugs to learn how to achieve the conditions they desire much better *without* drugs than with them. I am confident that with organizations like NARCONON, the crime and drug abuse problems we experience here can be significantly reduced.

"NARCONON has proven its effectiveness in other parts of the country. I am pleased to learn of your efforts in New Orleans. If I can be of any further assistance, please don't hesitate to contact me."

A letter from Frank Minyard, Coroner, Parish of Orleans, written on 12 November 1976 to an Orleans Parish Prison inmate participating in the Narconon program said this:

"Thank you for your letter of November 7, 1976. I am happy to know that you believe the NARCONON Program in Parish Prison is working for you. I can assure you of my support for the program."

Another letter was received from Phyllis Nabonne, Director of the Parish Prison Drug Unit, who had this to say:

"This letter is to state the feedback I have received concerning the operation of the Narconon Program in Orleans Parish Prison.

"I have spoken with three participants of the program, namely E.H., C.H., and K.P. [names deleted—ed.]. Each has stated how helpful and important these classes have been to them. They expressed the changes that have been occurring in their ways of thinking and how the techniques of Narconon have assisted them in handling problem situations.

"I am happy to submit a positive evaluation of your program as shared with me by three of your participants."

The staff at Narconon New Orleans are commended for their dedication and for their honesty and openness in working with the inmates at the parish prison.

## THE ROAD OUT

There are two ways to escape the raw deal that this universe sometimes hands out.

One is to go to sleep or wholly unreal and forget it.

The other is to attain a calm serene beingness that is proof against the knocks and arrows of misfortune.

The first method has distinct liabilities. However it is the most usual route taken by human beings who find the going too rough.

Alcohol, drugs, self-hypnotism, are all men have proven to use. The only real trouble with them is that one wakes up into the same world but a bit weaker, a bit redder of eye, feeling a bit worse.

The drug or other knocks on the head didn't change the universe any and one is still in it, still catching it, probably with even an even lower resistance to it. So the first method is not a very good one.

The second method, the ability to rise above it all had long been preached. But unfortunately there wasn't any readily available technology to accomplish it.

It's one thing to hear that we should rise above it all and quite another to do it.

The road out is the road of increased awareness. It is not a wholly painless road.

Those who had already taken the road down had a rough time going up again. If they increased their awareness enough they would arrive at a high level where they were at cause and in which they could not only cope with their environment but could prosper in it, well above the reach of suffering.

But how to get them up from the point to which they had already gone down? I was finally able to map an easy road which could be travelled despite drugs, despite the starting point, and of course that made it easier for everybody. That road begins with the Narconon Course.

I would feel pretty bad if a lot of good guys had to live with the road blocked.

Like anybody else I have had my own share of Slings and Arrows over the years and I know what it is like.

It isn't all that easy to help one's fellows and to be helped in return. But the end product is itself worth a lot of slings and arrows.

The road out is the way up.

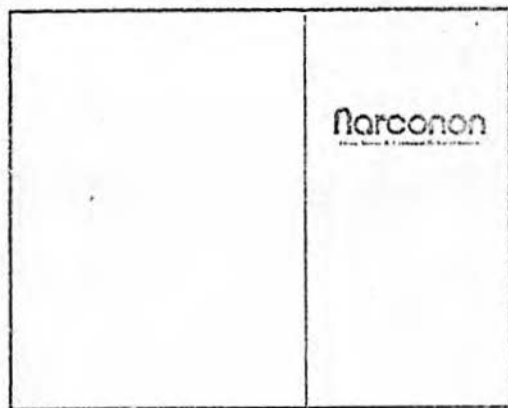
I hope you make it.

Best of luck

RON

*(Reference:—Article written on 22 Sep 1969 by L. Ron Hubbard for Narconon, Arizona State Prison)*

Narconon is handling drug  
abuse and drug addiction and  
restoring self worth and self respect to individuals.



You can find out more about how NARCONON is doing this by means of our new publication, "Narconon—Drug Abuse and Criminal Rehabilitation." This booklet includes all the information on Narconon's approach and results that anyone interested in the handling of drug abuse should know. It includes actual case histories, evaluations and studies, endorsements, procedures, and results.

Order your copy from the Publications Dept. of Narconon U.S.

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