



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS NETWORK

FALL 2014

NACoA Welcomes New Board Members

Board of Directors Chairman, Gary M. Weiss, M.D., introduced four new members of the Board at its board meeting October 27.



Judge Diana Harris Epps, a Magistrate Judge in the Superior Court of the District of Columbia.

Harry W. Pollock, M.D., is a psychiatrist from Hancock N.H.

Celeste Wolter-Sempere is a Partner in Bedford Grove LLC, New York, NY and San Francisco CA.

Anne M. Pritchett, Ph.D., is Vice President - Policy and Research, with Pharmaceutical Research and Manufacturers of America in Washington DC.

“NACoA has enhanced our already strong and committed board with additional outstanding leaders who bring new expertise and fresh passion and energy to our work,” said Dr. Weiss in making the announcement. “We welcome their commitment with our deepest gratitude.”



Patrick Kennedy Joins NACoA

This year NACoA has also welcomed Congressman Patrick Kennedy (ret) to its Honorary Board. “He has strongly supported NACoA’s mission of supporting the children impacted by parental addiction in order to prevent the mental health problems that often grow out of the emotional trauma they experience in their families,” commented Sis Wenger, NACoA President and CEO. “We are honored that Congressman Kennedy has joined our Honorary Board.”

New Projects Moving NACoA Forward in 2015 Beginning in January...



www.nacoa.org

Watch for a new website, featuring all the solid information that you have been used to getting and much more. New features will include an online training site, with on-line courses and webinars for credit, a blog featuring NACoA writers, special sections for Kids and for Teens, ACOAs, professionals (divided by fields), a book review section, a NACoA affiliate section, a carousel of sections of special interest, including a section with articles categorized by topic, COA Week, Recovery Month, Sober St. Patrick’s Day, Champions for Children, a compendium of searchable research articles, a section for news and announcements, an introduction to some of our colleague organizations, and much more.

NACoA’s Column in Counselor



Counselor, the Magazine for Addiction Professionals, will begin to carry a regular NACoA column in January. *Counselor* is a national, peer-reviewed publication that blends the in-depth information often found in journals with the ease-of-read and style of a magazine. The magazine has a circulation of 21,000+ addiction treatment professionals – including psychologists, psychiatrists, counselors, criminal justice personnel, nurses, clinical supervisors, social workers, and mental health counselors.

New Webinar Series

A series of nine one-hour free webinars with the opportunity for receiving credit begins in January and will run thru September. This is NACoA’s third series under the umbrella topic of *Understanding Addiction and Supporting Recovery* and, as in previous years, will feature national experts on a variety of topics of interest to prevention, treatment and recovery support professionals and lay persons alike—and to clergy and other pastoral leaders looking to assist the families they serve with improved education and support. The series is co-sponsored by the American Association of Pastoral Counselors and the Entertainment Industries Council.

A Message to Friends and Supporters

For nearly 32 years, NACoA has been the voice for millions of children who cannot yet find their own voice. While this has been largely due to the extraordinary and large number of clinical experts, child development authorities and countless researchers, as well as leaders in the social work, primary care, faith and education fields, who have partnered with us in multiple projects, most of our successes could not have been realized without you, our faithful supporters, who have understood the deep and abiding pain suffered mostly in silence by these children when we don’t speak up. Please help us to continue to be there for them providing the critical programs and tools needed to create a better and safer life.

More Inside

**Chairman Emeritus**

Donald Ian Macdonald, MD

Honorary BoardJulie Fisher Cummings
William T. O'Donnell, Jr.
Patrick J. Kennedy, II
Carol B. Sisco, PhD
Gary M. Weiss, MD**Board of Directors**

Gary M. Weiss, MD

Chairman

Peter Palanca, MA

Vice Chairman

Robert W. Denniston

Vice Chairman

Judge Arthur Louis Burnett, Sr.

Secretary

Karen M. Carpenter-Palumbo

Treasurer

Hoover Adger, Jr., MD, MPH, MBA

Susan M. Broderick, JD

Lewis D. Eigen, EdD

Judge Diana Harris Epps

John W. Fedor

Stephanie Loebis, RN, BSN

Harry W. Pollock, MD

Anne McDonald Pritchett, PhD

Fred P. Sansone

Celeste Wolter-Sempere

Board of Advisors

Stephanie Abbott, MA

Robert J. Ackerman, PhD

Peter Bell

Claudia Black, PhD, MSW

George R. Bloom, MA

Cathleen Brooks Weiss

Stephanie D. Brown, PhD

Timmen L. Cermak, MD

Don L. Coyhis

James F. Crowley, MA

Ruth B. Davis, PhD

Tian Dayton, PhD

Phil Diaz, MSW

Catherine L. Herzog, PhD

Tarpley M. Long, LCSW

Henry C. Lozano

Mary Carol Melton

Jerry Moe, MA

Ellen R. Morehouse, ACSW

William Cope Moyers

Patricia O'Gorman, PhD

Iris E. Smith, PhD, MPH

Board of Scientific Advisors

Robert F. Anda, MD, MS

Linda A. Bennett, PhD

Faye J. Calhoun, DPA, MPA

James G. Emshoff, PhD

Frank D. Fincham, PhD

Heather Wood Ion

Jeannette L. Johnson, PhD

Karol L. Kumpfer, PhD

Brenda A. Miller, PhD

Marc A. Schuckit, MD

Kenneth J. Sher, PhD

Constance Weisner, DrPH, MSW

Emmy E. Werner, PhD

Michael Windle, PhD

Robert A. Zucker, PhD, ABPP

President/CEO

Sis Wenger

Counsel

Lawrence M. Hecker, Esq

Meet New NACoA Staff

During 2014, NACoA added three new staff members.

**Caitlin J. Dempsey**

joined the NACoA staff earlier this year as Communications and Development Director. Caitlin is a 2010

graduate of Georgetown University and earned her M.S. degree in Non-Profit Management with a Specialization in Finance & Social Entrepreneurship from The New School (Milano) -- New York NY in 2013.

**Christine Bellotti**

assumed the position of Accounts Manager following the retirement of Gene Dunbar, who served NACoA in that

position for over 20 years. Christine, an honors graduate of Providence College, spent 10 years as an investment plan administrator and a Senior Proposal Specialist in Massachusetts before coming to Washington where she was the Retirement Benefits Administrator for a local corporation.

**Melissa Sauve**, a recent

graduate of George Mason University where she majored in Public Health, was an academic intern with NACoA in

the Spring 2014 semester. During that time, she became the college student representative on the NACoA Board. Melissa joined the staff as Coordinator of Affiliate Services in September, filling the shoes of Judy Galloway, JD, who retired with her husband to Asheville NC last Fall.

In Memory

Margaret (Beth) Israel died recently from a long illness of early onset Alzheimer's disease. She was only 57, yet she had worked over two decades at the National Institute on Alcohol Abuse and Alcoholism with Dr. Jeannette Johnson. Together they made significant contributions to the research field, and Beth worked diligently to assure that all work on CoAs was of the highest integrity. In lieu of flowers, her friends and family are being asked to donate to the National Association for Children of Alcoholics, an organization she supported both personally and professionally. She will be missed, but NACoA will be graced by her presence, once again.

Annual Meeting Notice

The 2014 Annual Meeting of the NACoA Board of Directors will be held in Buena Vista FL at the Coronado Springs Resort Hotel on Saturday, January 24, 2015. NACoA members in good standing are welcome to attend. Reservations through nacoa@nacoa.org, or by calling the national office at 301-468-0985, are required so that adequate accommodations can be made.

Subscribe Now!

Subscribe to our email list at www.nacoa.org and receive news in the field, the e-version of this newsletter, webinar information, program updates, event details and more.

Visit Us at:



www.nacoa.org

Vol. 28, 2014. NACoA NETWORK is published by the National Association for Children of Alcoholics, 10920 Connecticut Ave, Suite 100, Kensington, MD 20895. Telephone: (888)55-4COAS or (301)468-0985. Fax: (301)468-0987. E-mail: nacoa@nacoa.org. Internet site: www.nacoa.org. Editor: Stephanie Abbott. Copyright 2014. Materials may be reproduced with appropriate credit.

NACoA Founder Honored at Native American Conference



In a moving ceremony at the April 2014 Wellbriety Movement Conference, NACoA Founder Cathleen Brooks Weiss received honorary recognition and was welcomed into the Wellbriety Movement Council of Elders. Cathleen led the movement 25 years earlier to bring Native American leaders to NACoA conferences and to motivate those leaders to establish NANACOA, the National Association for Native American Children of Alcoholics.

Wellbriety Movement Celebrated NANACOA

White Bison, our Native American affiliate and colleague, hosted a 25th anniversary celebration of the founding of NANACOA (National Association for Native American Children of Alcoholics), which was created at the NACoA annual conference in New Orleans, following the gathering of the Sacred Circle of 100. The celebration was part of the Wellbriety Movement's Intergenerational Healing of Families Conference held in April in Denver. NACoA's Board Chair, Gary M. Weiss, M.D., and Caitlin Dempsey, NACoA's communications and development director attended the conference, and Jerry Moe, National Director of Children's Programs for Betty Ford Center, and Sis Wenger, NACoA President and CEO, participated in the conference and presented at plenary sessions. Sis introduced a new partnership with White Bison to bring NACoA's Celebrating Families!™ to Indian Country and to develop the needed culturally specific adaptations to this evidence-based whole family recovery program for the benefit of Native American children and families. The first Native trainers participated in a standard facilitator/implementation training in Oklahoma, and the cultural adaptations are nearing completion. The Wellbriety Movement, headquartered in Colorado Springs CO, has its national advocacy office in NACoA's Washington area national office.

Affiliate Highlights

Five new affiliates, including one in New Zealand, were welcomed into NACoA's growing network this past year and will be introduced on the new website in January, including an addition in New Zealand to our international affiliates.

A volunteer member of NACoA-UK, our Great Britain affiliate, swam the English Channel and raised over £10,000 for the organization. NACoA-UK suffered a very damaging fire; yet their staff and team of volunteers never stopped, and neither did their swimmer until he reached the other side!

Scientists Honor NACoA's Work

A scientific symposium honoring NACoA's 30+ year effort to help children in families with alcoholism was held last year at the Research Society on Alcoholism's annual conference in Orlando, FL. The symposium, *Alcoholic Family System's Impact on Child Development and Lifetime Adversity*, featured six noted researchers reporting on findings from their recent studies on the impact of parental alcoholism on developing children.

The symposium's organizers were Robert A. Zucker, PhD, Director of the University of Michigan's Addiction Research Center, and Faye J. Calhoun, DPA, former Deputy Director of the National Institute on Alcohol Abuse and Alcoholism and past Board Chair of NACoA. Dr. Zucker moderated the symposium, which highlighted research results on specific factors that render children of alcoholics so vulnerable. Previously, it had been shown that children of alcoholics are at increased risk of behavioral, social, legal and medical problems, and that rates of anxiety disorders, conduct disorders, delinquent behavior and the early initiation of alcohol use and other drugs are elevated in this population.

That the adverse effects that begin in childhood do not end there, but continue into adulthood, was discussed by several of the researchers. The presenters recommended that an understanding of the interactions of alcohol-related dysfunctional families and lifelong problems for their offspring should form the basis of research strategies to address their needs. All abstracts were published in the June 2013 issue of *ALCOHOLISM CLINICAL & EXPERIMENTAL RESEARCH*.



Same but Different. Different but Same. By Jerry Moe, MA



Children of Ghana with the author. Jerry Moe is the National Director of Children's Programs, Betty Ford Center, a part of the Hazelden Betty Ford Foundations.

Africa. It's always held a gripping allure and mystique for me. During moments of prayer and meditation, this has only grown stronger. Doing the 3rd Step Prayer every morning, I asked my Higher Power to guide and show me the way. I had twice been invited to work in Africa, but dates and work schedules precluded these opportunities to come to fruition. Truth be told, neither invitation felt right for a number of reasons. I kept putting it in God's hands.

Last August at the IDAA Conference, I ran into a dear friend and colleague, Dr. Al Mooney from Willingway. I have such deep respect and affection for Al; in the South, the Mooney family is synonymous with treatment and recovery. When the discussion veered to our work travel, Al told me about his deeply spiritual trip to Africa. The Willingway Foundation had partnered with Recovery Africa to assist in helping those still suffering from the insidious disease of alcoholism and other drug addiction find a path to help, hope, and healing. Al looked at me and declared,

"You are going to Africa. They could really use your help." All it took was fifteen minutes. This, beyond a shred of doubt, certainly felt right. All in God's time, not mine. I'm going to Ghana!

Now it was time to prepare and study. Alcoholism in the African Family by Hilliard K Dela Dogbe provided rich insight into the roles that culture, religion, and community play for Ghanaians. My true mentors were Dan and Agnes O'Laughlin. Dan had spent many years in Africa in the Peace Corps and then with the State Department. Agnes is a Ghanaian woman of beauty and grace. They are the driving catalysts of Recovery Africa and gently guided me in the customs and mores of these kind and caring people.

Healing from the family disease of addiction centers on creating a deep connection with those who understand. It's no different with children – kids don't care about how much you know until they know about how much you care. Would I be able to create a spiritual

connection with people so different from me? Would the games, activities, and tools I've created through the years, with some slight modifications, work as effectively with African children as they do with kids back home? How would they translate with adults? I was filled with excitement, fear, and gratitude, all in one breath.

I was welcomed with warmth and kindness each step of the way. I was particularly touched by the courageous men at the House of St. Francis. The "Changing the Family Legacy" lecture was especially moving as they had never really made the connection between their own addiction and how they had grown up with the disease as little children. The men both laughed and cried. They enjoyed the 'Addiction Game', which gave them deeper insight into the nature of this chronic disease in a visual and kinesthetic way. The 'Bag of Rocks' activity was a big hit at the Korle Bu intensive out-patient program. The participants not only understood how the bag represented the wreckage of their past but also realized how critical it is to come to terms and resolve what is in their own "bag" as an essential part of the healing process. At the Pantang Psychiatric Program, I had the privilege of working with twenty-five family members whose loved ones were in treatment for co-occurring disorders. We did experiential activities to highlight the family disease and explore when helping hurts. Many had questions about their own children and grandchildren.

Heart-felt connections were made and tools and techniques, created primarily to assist little kids, worked so well. My heart was full and my spirit was soaring, yet there was more to come. The National Commission on Civic Education's Service club members had hand selected a group of young children

who all shared a similar challenge in their lives – growing up in a family hurt by alcoholism and other drug addiction. I had the gift of facilitating a group with them but would only have one opportunity to do so. This was a far cry from the three or four day all-day process we employ at the Betty Ford Center’s Children’s Programs.

We arrived early in Jamestown at the elementary school where the group would take place. Jamestown is situated on the Atlantic Ocean, and many of the children live on the beach with their families. As I made my way through this fishing village, my stomach began to hurt. I wasn’t prepared for what I saw and experienced. These people have so little materially and face such a variety of challenges, hardships, and adversity on a daily basis. While I’ve traveled my fair share, I had never encountered anything quite like this. As we headed back to the school, I contemplated, “Why do I have so much and they appear to have so little?”

We moved the children’s group to a spot which afforded more safety and confidentiality. This closed in space also provided the extra benefit of more intimacy. These beautiful children all were native Ghanaians who felt more comfortable in their native language, Ga, even though they all could speak English. This would be the only time I required an interpreter during my journey. This talented individual not only mimicked my tone of voice and intonations but would stop and summarize in a passionate way all that I had said every seven to eight minutes. The children all sat on the edge of their seats and listened intently. Here was this stranger talking about something no one talks about – alcoholism and drug addiction in their families. Broken promises, family fighting, worries, verbal violence, children taking on the parental

role, never knowing what might happen next, getting hurt, scared their loved one might die – we talked about it all.

I have never witnessed more exquisite, expressive faces in my life. The pain, the hurt, the fear all were etched on their faces. Much like the men at the House of St. Francis, I was putting words to personal stories they had never spoken about. The oldest bravely declared, “My Mom has a curse inside her.” “Yes,” I responded. “That is addiction and you can’t make it better.” She looked sad and yet relieved upon hearing this. Finally I asked these children to raise their hands if they were growing up in a family like I had described. Five hands immediately reached for the sky. The others looked around and were uncertain about what to do. Within forty-five seconds, all hands were raised. I put my arm up, too. I instructed the group to keep their hands raised and to look at one another. Finally I told them softly yet strongly, “You are not alone.” With these few simple words, a cascade of emotions tumbled out of the children. A handful cried, and others let out a deep sigh. After at least a minute of being with their feelings, I interjected, “It’s not your fault. No way. No how,” in a couple of different ways. More tears. More emotions.

The connection we forged, in such a short amount of time, was powerful and intense. After I offered them a few ways to care for themselves, I let them know how much I cared about them. Smiles quickly appeared on their faces. I asked if I could take a picture with them to put on my office wall so I could see them, think about them, and pray for them daily. This is a promise I’ve faithfully kept. Then we got really silly as laughter and joy filled the air. They circled around me for high fives, smiles, and hugs. No one wanted this moment to end.

Even though I had a community presentation to do next, I didn’t want to leave. Our time was up, but the children stuck around as well. We talked, laughed, and basked in each other’s company. Finally the kids momentarily went off for a juice box and biscuit while I quietly sat, reflected on the experience, and thanked God for this gift. They slowly trickled back and most said their goodbyes. Now there were three little ones left. As I stood up, one put her hand in mine, another hugged me tightly around my leg, while the third playfully gave me a final high five. The young girl holding my hand looked up at me with tears in her eyes and said, “Thank you.” I got down on my knees to say goodbye to the other girl who had been hugging me. She touched my shoulder and whispered in my ear, “Love you.” Follow up would be provided by the Service Club members.

So far from home, yet in many ways really not. I’ve been reminded that the fatal disease of addiction is devastating all over the planet. I learned once again that children everywhere hurt from it, no matter where they live. The confusion, guilt, shame, and anger; I know it all too well. The blessing of help, hope, and healing can be ever so close if we just invest in services for these often silent and invisible kids. I realized that being rich isn’t a function of material possessions but rather the quality of relationships we make through life. Here I went across the planet to especially meet little ones who live a life so different than mine, yet we connected in such a profoundly spiritual way. I’ll always remember their courage, strength, and remarkable resilience. I’ll never forget their laughter and tears. I went all the way to Ghana to teach a bunch of kids. They taught me so much more than I ever taught them.

I will never forget.

Addiction, Crime, and Juvenile Justice

By Susan Broderick, JD



My work over the past 24 years has taught me a lot about criminal offending, abuse, neglect and victimization. I

have seen first-hand the correlation between substance abuse, addiction, and crime and I know that we could be doing a better job, especially in terms of prevention and early intervention efforts with young people.

Both my parents were alcoholics and our family tree is riddled with the disease. Even though I hated alcohol's effects on my family, I was born with a genetic disposition, started drinking at an early age, and didn't stop until I was 38 years old. Not a day goes by that I don't think of my grandmother Adele, a non alcoholic who fostered so much of the love and resiliency that made me believe in myself. Both my parents also stopped drinking and the change it has had on our entire family is miraculous. Today my mother is one of my best friends and the rock I lean on almost every day.

I believe that the greatest achievement of my life has been the fact that I am in long term recovery which means I have not had a drink since July 15, 2001. It is my personal journey that has provided real-life experiences as to how difficult it can be to grow up surrounded by alcoholism. It has also shown me the incredible impact that supportive adults have as well as how entire families can be transformed by sobriety.

I have spent most of my professional career working on behalf of victims, especially children. During fourteen years as an Assistant District Attorney

in the Manhattan District Attorney's Office I handled just about every type of case there was – from low-level misdemeanors up to sex crimes and homicides. When appointed Deputy Bureau Chief of the Family Violence and Child Abuse Bureau I supervised a unit of attorneys on all aspect of child abuse prosecutions.

Many of these children were coming from families where addiction was present. Unfortunately, their entry into to the child welfare system often put them on a trajectory that not only increased their chances of further justice involvement, but also increased their risk of the addiction. It became clear to me that early intervention was critical to prevent them from moving in those directions.

I am looking forward to dedicating the next chapters of my life to those who are growing up with this disease. It was with great delight I accepted the invitation to serve on the NACoA board.

Susan M. Broderick, JD, a member of NACoA's Board of Directors, is Assistant Research Professor with Georgetown University's Public Policy Institute, and Project Director of its Center for Juvenile Justice Reform.

The View From The Floor

By Nan Reynolds, RN, MSW



Maya Angelou said "Children's talent to endure stems from their ignorance of alternatives."

I keep thinking about all the little people who manage to survive the most difficult of situations and who need to be proud of the way they did. We could say that they developed automatic

reactions or modeled behaviors to get through the day. I prefer to think that they developed survival skills, and hats off to them! Four of those documented skills include denial, silence, rigidity, and isolation.

When you do not have power to change the threat to your sense of well-being you find ways to survive. But – then you grow up, and life has many situations that require skills beyond mere survival.

We can learn to stop letting ourselves be "used," which reduces anger.

As adults we need to reassess what worked for us in childhood. Is survival enough? How about some skills that allow us to reach out to others for help, consider alternatives, deal with reality, and

realize that we are more likely to get our own way if we have more than one way. These are coping skills.

For those who are fortunate enough to find their way to a 12 step program, the development of effective coping skills sneaks up on us. It is in these recovery groups that a person experiences the relief of sharing, the wonder of hearing new ways of thinking and feeling, and the joy of feeling safe and heard. All of this and the price is right.

We can learn to respond rather than react, which keeps personal power intact. We can learn not to take the situation personally - even though it feels very personal it is not about our worth as a person. We can learn to stop letting ourselves be "used", which reduces anger. We can learn that we are lovable in spite of another's inability to love.

We can learn to grow to the point of forgiveness and finally, truly understand the full meaning of loving detachment. This is living skills at their finest.

...a Click Away

By Stephanie Abbott

Help for families of alcoholics is now as near as a click. Amazon shows a long list of the classics such as *Alcoholism in the Family* by Ann Lawson and Gary Lawson, as well as *Getting Them Sober* by Toby Rice Drews.

Others available are the wonderful *The Alcoholic Family in Recovery: a developmental model*, coauthored by Stephanie Brown, PhD. Also ever-relevant is *Another Chance* by Sharon Wegscheider Cruise, which is being translated into German and soon to be distributed by affiliate NACoA Deutschland. Claudia Black's many publications for adult children are there too, including her initial landmark book *It Will Never Happen To Me*.

I experimented with entering "family alcoholism" and "alcoholism family guide treatment" and got different results. For family members still shy about the topic, many of these are available on no-one-knows-what-you-are-reading Kindle.

When you enter "children of alcoholics" you will find another world of classics, many written by NACoA founders who are still active in teaching and writing about children and adults impacted by parental alcoholism.

For another resource, Toby Rice Drews also has a website and a newsletter at www.gettingthemsobers.com.

Book Shelf

By Stephanie Abbott



(presumably we would now behave

When I was in middle school we had a homeroom teacher who regularly announced we were no longer children but "young adults"

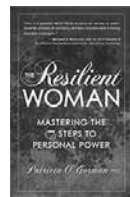
better.) I don't think any of us believed this, I know I didn't. It didn't seem to motivate us much.

It's rare for an adult to remember how children think, and rarer still to be convincing as a child narrator. I dread books written in the voice of a child, so when one crossed by desk for review, I handed *Easter Ann Peters' Operation Cool* by Jody Lamb to an authentic young teen.

Lauren enjoys reading and is smart so I was interested in her review. She told me the plot kept her interested and the end was awesome. She thought the cover art was too young for the story but otherwise it was all good.

I didn't ask this non COA if there was a message in the story but it seemed to be received. That message is: if your parent is an alcoholic, it's not your fault and you can't fix it. Talk to a responsible adult and that may lead to family recovery. And that is a message we all need to be reminded of, adult or not.

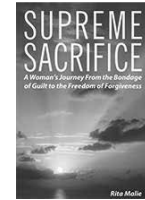
Easter Ann Peters' Operation Cool is published by Scribe Publishing Company.



The Resilient Woman is a revised and rewritten update of *Dancing Backwards in High Heels*, by psychologist Patricia O'Gorman. Though women have more options today than when the original book was written, some still need strategies for using their resilience and developing personal power. Dr O'Gorman outlines seven steps for women "on", as she writes, "having guts."

She believes we all can increase our coping skills and quotes an unknown author "you never know how strong you are until being strong is the only choice you have." While we can all relate to that, I also enjoyed her suggestion that we harness our curiosity about our own motivations not just those of others.

Dr. Gorman is a psychologist noted for her work on women, trauma, and substance abuse and is a cofounder of NACoA. *The Resilient Woman* is published by Health Communications, Inc.



Many adult children of alcoholics will identify with the new novel *Supreme Sacrifice: a Woman's Journey from the Bondage of Guilt to the Freedom of Forgiveness*. April finds her way to healing from a traumatic childhood with generational alcoholism and breaks the cycle.

Author Rita Malie is an award winning author of *Goodbye America*, a memoir of her mother. *Supreme Sacrifice* is inspired by true events and is published by Balboa Press.



And now for something different – *Coming Clean* by Kimberley Rae Miller – which kept me glued to my Kindle for hours. The topic is hoarding, and the memoir is about her sweet, loving, and bright parents who filled her childhood home with so much trash that they could not use the bathrooms or the kitchen, and shared the house with rats and fleas.

She writes that as a child she learned to "act as if", that she was and is a compulsive achiever, that she worked hard to look good, and she has spent years cleaning up after and parenting her damaged parents. Her father's mother and father were alcoholic, and there is some research that indicates that children of alcoholics are more apt to become hoarders than non COAs, a fact she learned when she accessed NACoA's website. Her love and compassion is intense and she is a wonderful writer.

Kimberley Rae Miller is a writer and actress living in New York City. She blogs at TheKimChallenge.com.



NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS
 10920 CONNECTICUT AVENUE, SUITE 100
 KENSINGTON, MD 20895
 301-468-0985

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 BETHESDA, MD
 PERMIT NO. 3522

Return Service Requested

NEW!
Zero - 3 Curriculum
To Be Added in 2015



www.celebratingfamilies.net
 Call NACoA at (888) 554-2627
 for more information or for
 training opportunities.



OUR MISSION

To eliminate the adverse impact of alcohol and drug use on children and families

OUR GOALS

- To raise public awareness
- To provide leadership in public policy at the national, state and local level
- To inform and educate academic and other community systems
- To advocate for appropriate education and prevention services
- To facilitate the exchange of information and resources
- To initiate and advance professional knowledge and understanding
- To advocate for accessible programs and services

NACoA's programs are designed to impact systems that affect children. NACoA supports its mission by seeking private and public funding through corporations, individuals, members, donations, grants and foundations.

To accomplish this mission we are

- A membership organization which includes affiliate groups and cooperative relationships with other organizations
- A national center for information, education and advocacy for COAs of all ages, including:
 - the latest research information
 - culturally and linguistically sensitive materials
- A policy development center that obtains input from expert scientists, opinion leaders, policy makers and practitioners
- A central point of input for children's health and welfare advocates and service providers who address populations of COAs

COA Week 2015



Visit the COA Week section at www.nacoa.org for suggestions and tools that will help you get started on planning your COA Awareness Week 2015 activities.

NACoA's affiliate in Germany received the Meritorious Award for their country wide COA Week awareness events, which included rallies, walks, lectures, celebrations and so much more -- over 80 COA Week activities across Germany.

