

*The user-friendly information
tool for the prevention
and treatment of alcoholism
and other drug addictions*

Spring 2005 Vol.13 No.1

NCADD Amethyst

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC. WWW.NCADD.ORG

Together, We Can Stop Underage Drinking

Alcohol use by children is an overlooked but very serious problem in the United States. Despite its known health and economic consequences, underage drinking is generally viewed as a normal part of growing up. Unfortunately, the public is largely unaware both of the potentially harmful outcomes of early alcohol use and of the large numbers of underage drinkers, especially younger ones.


April is Alcohol Awareness Month, and for the

past ten years, NCADD has focused on underage drinking and its negative consequences for children, parents, families and communities across the country. "Together, We Can Stop Underage Drinking" is this year's theme, and joining NCADD as co-sponsors of the 2005 campaign are two organizations with deep commitments to making the treatment and prevention of underage drinking a national health priority: the Leadership to Keep Children Alcohol Free and the Substance Abuse and Mental Health Services Administration.




As a part of this collaboration, NCADD spoke with the four co-chairs of the Governor's spouses' initiative, the Leadership to Keep Children Alcohol Free. A unique coalition of Governor's spouses, Federal agencies, and public and private organizations, the Leadership is the only national effort that specifically targets prevention of drinking in the 9- to 15-year-old age group.

Covering a wide geographic range and a bipartisan orientation, the four co-chairs are Columba Bush of Florida, Mary Easley of North Carolina, Nancy Freudenthal of Wyoming, and Hope Taft of Ohio. They were willing to spend some time with NCADD and answered a number of questions about underage drinking and Alcohol Awareness Month.

Each day, more than 7,000 kids in the United States under the age of 16 take their first drink. Is yours one of them?



Together, We Can Stop Underage Drinking
April is Alcohol Awareness Month www.ncadd.org





Columba Bush



As Florida's First Lady, Mrs. Bush serves as co-chair of the Changing Alcohol Norms (CAN)'s Initiative to Lower Youth Drinking Workgroup. Mrs. Bush is a spokesperson and active member of Informed Families of Florida, a nonprofit organization involved in educating families on the perils of drug abuse, and a board member of Columbia's Center on

Addiction and Substance Abuse (CASA). She also hosts the annual Florida Statewide Drug Prevention Conference, a gathering of prevention leaders, community-based prevention organizations, law enforcement officials and distinguished guests.

In addition to her substance abuse prevention activities, Mrs. Bush promotes art appreciation among Florida's young people. She started the Arts Recognition Program, which honors high school seniors who have demonstrated exemplary talents in music, media, dance, theater, or visual arts. She is a co-founder of the Children's Cultural Education Fund of the Ballet Folklorico, which raises money for the national dance troupe of Mexico.

Mary Easley



First Lady Mary Easley travels throughout North Carolina to raise awareness about underage drinking, addressing professional organizations, alcohol prevention coalitions, parent organizations, and volunteer groups. As the campaign spokesperson for the State of North Carolina's efforts to

reduce underage drinking, Mrs. Easley had a major role in developing a partnership between the General Federation of Women's Clubs-North Carolina (GFWC-NC) and the North Carolina Initiative to Reduce Underage Drinking.

Mrs. Easley received a bachelor's degree in politics from Wake Forest University, where she graduated magna cum laude and was inducted into Phi Beta Kappa. She received a Juris Doctor degree from Wake Forest School of Law and served 10 years as Assistant District Attorney in New Hanover and Pender counties, later maintaining her own practice in civil and criminal law. In addition to being First Lady, Mrs. Easley is a full-time Clinical Professor at North Carolina Central University School of Law in Durham, where she teaches Appellate Advocacy, Trial Advocacy, and Criminal Trial Practice. She also manages the Criminal Law Externship program and is a regular faculty member for the National Institute of Trial Advocacy for the southeast region.

What prompted you to get involved with the Governor's spouses' initiative and what are some of the projects you've been involved with most recently?

Columba Bush: Like many parents, I always believed that a loving family grounded in faith would protect my children from the dangers of drug and alcohol abuse. I was blessed with two strong women in my life — my mother and mother-in-law. These women taught me that being a parent was the most important job I would ever have. Like most moms, I always tried to do what was best for my children. Our journey, as a family, has not been without pain and I now know there are no simple answers. I have met literally thousands of parents and just as many young people imprisoned by addiction. I have also met way too many parents who dismiss the use of marijuana as a harmless youthful adventure, and the drinking of alcohol by their teens as a rite of passage. Our children face roadblocks to their success that we never imagined or believed possible. My life is now dedicated to sharing all that science has to offer about the healthy development of our children in this age of the internet and mass media and to raising awareness about the need for drug prevention and treatment programs for our young people. The Governor's spouses' initiative, Leadership to Keep Children Alcohol Free, shares these concerns and is also dedicated to finding ways to reach our young people and help them fight temptation, instead of addiction.

Nancy Freudenthal: As First Lady and the mother of four children, I have made both a personal and professional commitment to reduce alcohol consumption by Wyoming youth.

Within Wyoming my activities on this issue include a statewide social marketing and media campaign that is based on recommendations made in the Institute of Medicine - National Academies of Science report on underage drinking that includes web based support for training, information and resources (<http://www.wfli.org>). The campaign is essentially a call to action to people across Wyoming.

Mary Easley: As a parent, former prosecutor, lawyer, teacher and First Lady, I have seen the effect alcohol has on young children. I believe it is essential that we reach children early, before they reach middle school, and teach them about the harmful effects of alcohol use. The statistics are shocking. By the time a child reaches the 8th grade, nearly 50 percent of adolescents have had at least one drink, and more than 20 percent have been drunk.

Last year I worked with the Leadership to Keep Children Alcohol Free and Substance Abuse and Mental Health Services Administrator Charles Curie to launch the "Too Smart To Start Program." The program is designed to prevent children ages 9 through 12 from drinking alcohol. I also took part in SAMHSA's "Reach Out Now National Teach-In," by leading a session at an elementary school. In addition, I worked closely with the North Carolina Department of Health and Human Service supporting programs that collaborate with law enforcement and community coalitions. I also continue to travel across North Carolina to raise awareness about underage drinking by addressing professional organizations, parent organizations and volunteer groups.

Hope Taft: It was easy for me to get involved in the Leadership initiative because I had been involved in AOD prevention since 1986 when I started a community coalition in Cincinnati, Ohio. Positive youth development with a strong emphasis on AOD prevention, parents and community is part of my mission as First Lady of Ohio. The Leadership initiative has spurred me on. My office has developed a video that won a “Telly” award called Smart and Sober. It features young people talking to their peers in a conversation facilitated by producer/actor Henry Winkler. We used this Smart and Sober theme to develop a website, host a conference for community leaders, research the best way to start community coalitions, and bring together 6,000 middle school students and adults in a Smart and Sober celebration for each of the last two years. This year we are focusing on taking the Smart and Sober concept and training to various regions of the state. We plan to present the results of our Underage Drinking Policy Panel based on the IOM report to the Governor in April 2005.

Underage drinking is again the theme for Alcohol Awareness Month. Why do you think underage drinking is so overlooked, especially in the age group the Leadership focuses on (9- to 15-year olds)?

Nancy Freudenthal: There is this general lack of awareness about how the world is different from when we were growing up. Alcohol messages are more pervasive, what constitutes a “drink” has changed and there are sweet beverages out there that mask the taste of alcohol. It’s not experimentation when children are drinking for the sole purpose of getting drunk and studies tell us they are. The entire environment around the use of alcohol has been altered.

Columba Bush: Unfortunately, substance abuse is glamorized in our society today. Youth hear and accept messages regarding substance abuse that are completely untrue, including “everyone is doing it” and “just one drink/cigarette/joint won’t hurt us.” What many youth are not aware of is that every addiction begins with “just one.” Addicts around the world will tell you that they did not know that when they took their first drink or used their first drug, they would become an addict. “At least it’s not...” is a message that some parents use when they discover that their child is smoking or drinking. This message couldn’t be further from the truth. Alcohol, tobacco, and marijuana are “gateway” drugs. Youth who begin using gateway drugs at an early age are much more likely to experiment with harder drugs as they progress through adolescence.

Hope Taft: Drinking is so much the norm few people realize the damage it does to the developing body and brain or the amount consumed by young people. I’m delighted that once again this year’s theme is childhood drinking, which is what it is when 9-15 year olds drink. 7,000 kids under the age of 16 start to drink everyday. Heavy drinkers consume 92% of the alcohol drunk by 12 to 14 year olds. We need to keep raising awareness of the negative consequences of drinking this young, which range from doing

poorly on exams to alcohol poisoning. When 4,500 kids die each year from alcohol related causes, when the peak year for DMS IV - alcohol dependence - is 18, we know we need to call attention to this pediatric disease with life-long consequences.

Mary Easley: Childhood drinking is a serious public health problem. Younger children are often overlooked because many of us do not expect a 9 year old to be interested in using alcohol. The reality is, though, they are experimenting with this dangerous drug. Studies have shown that by the age of 12, one-fifth of American children have taken their first drink. That is why it is important to begin talking to children early about the consequences of underage drinking.

What would you like to see accomplished as a result of your efforts with the Leadership over the next two years?

Mary Easley: I would like to see communities across the state work aggressively to reduce the availability of alcohol for kids. To keep children from drinking before their 21st birthday we must change our attitudes toward alcohol. Drinking is often considered a normal part of growing up, like dating or learning to drive. We, the adults of our communities, must teach our children that drinking before the age of 21 is illegal and can lead to serious consequences. Children who drink are at greater risk for alcohol abuse or alcohol dependence later in life and I would like to see more parents take an active role in addressing the issue of underage alcohol use with the goal of establishing community norms that do not tolerate the use of alcohol among children and teens.

Nancy Freudenthal: I’m working to bring awareness to those people who do not have this on their radar screens — to help them “connect the dots” on the impact of this problem on so many aspects of the health and safety of our children, our families and our communities.

Following awareness there’s a need for action... to change an environment that accepts the use of alcohol by children as a norm.

Hope Taft: Over the next two years, I would like to see a semi-postal stamp passed that would raise money for research and prevention of childhood drinking. I would like to see a leadership development model that could be used in all states and communities to develop a cadre of leaders who are willing to speak out. I would like to see Congress pass the STOP legislation or something similar to it. I would like to see secure funding for the Safe and Drug Free Schools program, the only effort to bring prevention messages to all school children. I would like the Surgeon General to issue a report on childhood drinking that would recognize it as a pediatric disease and promote more efforts to stop this epidemic.

Columba Bush: Accomplishments are measured in many ways. It’s an accomplishment when our efforts at educating our society on the dangers of substance abuse keep just one



Nancy Freudenthal

In 2004, Wyoming First Lady Nancy Freudenthal launched the "Wyoming First Lady's Initiative To Reduce Underage Drinking." She serves on the NIAAA Steering Committee on Underage Drinking Research and Prevention with Maryland First Lady Kendel Ehrlich. She participates in the Substance

Abuse and Mental Health Services

Administration (SAMHSA) Reach Out Now National Teach-In by leading teach-ins for elementary school classes.

The First Lady received a Bachelor of Arts degree with honors and a Juris Doctor degree, also with honors, both from the University of Wyoming. She was admitted to the Wyoming State Bar in 1980. Currently, she is a partner in the Cheyenne Office of Davis & Cannon, where she handles a wide variety of matters at both the trial and appellate levels. She is admitted to practice in the U.S. District Court for the District of Wyoming, and she is a member of the American Bar Association, Wyoming State Bar, Wyoming Supreme Court Registry of Mediators, and Alumni of National Judicial College.

child from traveling down that destructive path. A child in the dangerous snare of substance abuse puts their entire future at risk. My heart goes out to people who struggle each day with cravings for substances that ruin innocent lives, tear families apart, and ravage communities. I look forward to working with the Leadership to continue educating our youth/society on the harmful effects of substance abuse and reducing the number of youth who become addicts.

Who are the most important partners for you in this effort and how can other groups contribute to the success you hope to achieve?

Hope Taft: All of the Leadership partners are important. Each brings their special talents and connections. NCADD has been wonderful in helping the Leadership to Keep Children Alcohol Free Foundation start on a firm footing. NIAAA and its federal partners ensure our ability to be effective, but to truly make a difference in a culture that turns a blind eye on childhood drinking, we need to continually recruit and educate more and more groups and individuals and encourage them to speak out on this topic.

Mary Easley: Parents, teachers and all members of the community can help stop childhood drinking. Parents can talk with their kids about the dangers of alcohol use and help them develop strategies to combat peer pressure. They can support their children's involvement in after school programs, clubs and sports. Teachers and principals can infuse the issue of underage alcohol use into their curricula with an emphasis on teaching children critical thinking skills that will help them analyze alcohol advertisements. In addition, a clear message of zero tolerance must be maintained as part of school policies.

Law enforcement also plays a key role in this effort by enforcing existing laws that reduce availability to our children. It is important that they are given the support necessary to effectively do their job and play an active role in community coalitions and task forces. Keeping alcohol out of the hands of children is a crucial strategy for reducing underage alcohol use.

Nancy Freudenthal: I've been very fortunate in Wyoming to have the partnership of the entire law enforcement community from the very beginning. In fact they have been the driving force behind my entire initiative. I also count on the support of the Wyoming Enforcing Underage Drinking Laws (EUDL) Advisory Council. This council is comprised of representatives from the state Departments of Health, Education, Transportation and Revenue (who serve as the Alcohol Beverage Control or ABC agency in our state), higher education as well as K-12 schools, Mothers Against Drunk Driving, the military, the faith community, law enforcement, criminal justice, retailers, elected officials, community leaders and most of all youth.

I'm only one person. Without the combined efforts and the expertise of these individuals and their respective collaborations lending a voice, I could never hope to reach everyone that needs to be involved to make a meaningful difference.

Columba Bush: The types of problems within families vary. No single entity can resolve the entire range of problems that might be present. In some cases, it is merely a matter of opening up communications; in others, prevention methods will suffice; in yet others, intervention and treatment may be needed. Understanding the wide range of possible problem areas and what to do about them is key. What this takes, and what Florida has done in particular, is offer a wide range of coordinated services and information to those that need them.



Hope Taft

First Lady Hope Taft has long been a notable spokesperson for prevention of underage drinking, through public education campaigns, her home Web site, PSAs, and newspaper articles, not to mention appearances at program sites, conferences, workshops, and trainings. The First

Lady has received numerous honors

and both national and State recognition for her public service. She is a Certified Prevention Specialist II in the State of Ohio.

Mrs. Taft serves on the Center for Substance Abuse Treatment National Advisory Council, the National Advisory Council on Alcohol Abuse and Alcoholism, and the National Conference of State Legislatures' Advisory Committee on the Treatment of Alcoholism and Drug Addiction. From 1998 to 2003 she was a member of the President's Commission for Drug-Free Communities. Mrs. Taft attended Mary Baldwin College and received a bachelor's degree in business administration from Southern Methodist University.

For more information about the Leadership to Keep Children Alcohol Free, you can visit their website at <http://www.leadershiptokeepchildrenalcoholfree.org/>

How important is prevention in your efforts to stop underage drinking?

Nancy Freudenthal: Preventing a problem is always preferable to treating it. It just makes sense from both a personal as well as an economic perspective. But the real challenge is getting the message out early enough and keeping the messages consistent at every level. That goes beyond the role of the schools or any one agency.

When we think of prevention we often think of some specific program because there are many great ones out there. They are great tools. But real prevention goes beyond any one program to include the entire community.

I'm reminded of a quotation taken from a Rand Corporation study. "You cannot teach, and expect it to last, what a community will not support." That to me says it all.

Mary Easley: Prevention, through early education, as well as ongoing environmental strategies like reducing the availability of alcohol to children, changing attitudes toward underage drinking and improving the effectiveness of law enforcement are the best tools in stopping children before they begin drinking. We have seen the success of prevention in other public health issues such as safety belt use. These days we would not consider driving anywhere without buckling up. That is due in part to extensive prevention efforts over a period of years that have created a cultural norm that accepts seat belt use and laws mandating seat belt safety. This type of cultural norm is also possible regarding the issue of underage drinking. Communities should not tolerate underage drinking and must hold those who contribute to the problem responsible.

Columba Bush: Prevention plays a major role; it's much easier to avoid addiction/alcoholism than it is to recover from it. Research shows that the human brain is still developing through the teenage years. Consuming alcohol prior to age 21 can impair the development of the brain. It is important that youth wait until the legal age of 21 to consume alcohol in order to provide their bodies and brains adequate time to develop properly. In addition to the effect that alcohol has on the adolescent brain, research shows that "children who begin drinking alcohol before the age of 15 are four times more likely to develop alcoholism in adulthood than those children who do not begin consuming alcohol until the legal age of 21."

Hope Taft: Prevention is key when it comes to childhood drinking. Underage drinking in Ohio cost \$3.1 billion in 2001. We know that 40% of those under 15 who start to drink will have alcohol dependence problems. If they come from a family with a history of alcoholism, the percentage is even higher. Brain development can be permanently altered when heavy drinking occurs during adolescence. Nationally, alcohol kills 5.5 times as many kids as illegal drugs kill. We need to stop kids from starting to drink and encourage those who have already made that poor choice to stop.

What message would you like to convey to our readers, especially during Alcohol Awareness Month?

Columba Bush: Life is full of opportunities. Reach out and grab the positive ones and leave the ones that risk destroying your future alone.

Nancy Freudenthal: This is a serious public health problem. Alcohol is the leading contributor to death for our kids – more so than all illegal drugs combined. Get involved... pay attention... talk to your kids about the problem. Parental disapproval is cited to be the number one reason that kids, who don't use alcohol, say they don't. Our children are listening whether we think they are or not. Let's give them clear, consistent messages.

All this can seem overwhelming because no one can do it all alone. I'm urging everyone to pledge to just take on one thing. In fact, my campaign is built around the pledge:

*Educate Yourself,
Take Action,
Be the Change You Want to See.*

Mary Easley: The message is simple: alcohol is not a child's drink. We must reduce the availability of alcohol, give law enforcement the tools to effectively reduce underage drinking and remove the normalcy of underage drinking from our culture. Together, with help from all members of the community, we can send the message that underage drinking will not be tolerated. Furthermore, underage drinking is illegal and has long-term consequences that far too often end tragically.

Hope Taft: We need to be more vocal in our justified outrage over childhood drinking and the environmental influences that encourage them to do so. We need to write letters to anyone who blatantly or even unknowingly makes alcohol use seem appealing to youth and send copies of those letters to the media. We need to stand up and be counted as people who want the environment we live in to be child friendly and supportive of positive behavior. We need to set some boundaries. The allure of alcohol for our kids will continue to rise until we as adults say, "enough is enough - leave our children alone." We inadvertently encourage and condone this behavior by our silence.

Alcohol Awareness Month is a good time to get started.

I am reminded of the story about a hungry man in the woods who catches a frog and throws him into a pot of boiling water. The frog immediately jumps out because the water is so hot. Next the man tries a different approach. He catches a frog and puts him in the pot of creek water before he puts it on the fire. The temperature of the water rises so slowly the frog is not alarmed and never jumps out.

We are like the second frog. If we don't start complaining about what disturbs us, if we don't start demanding change, then messages aimed at our children will continue to multiply and get worse. So, I hope Alcohol Awareness Month will inspire people to start their own personal campaign to highlight the unacceptable and be vocal about it. Kids need all the help they can get to stay Smart and Sober.

Too Smart to Start:



SAMHSA Offers Alcohol Prevention Strategies to Youth

Think children age 9 to 13 are too young for anti-alcohol messages? Think again.

By eighth grade, many students are already drinkers. In SAMHSA's 2002 National Survey on Drug Use and Health, for example, 6.5 percent of 13-year-olds reported that they had downed at least one drink in the last month. And the average age of kids taking their first drink is dropping, the survey reports. Underage drinking doesn't just harm children's physical and psychological development, either. It also sets them up for problems later in life.

To stop such problems before they begin, SAMHSA's Center for Substance Abuse Prevention (CSAP) recently launched a national public education initiative called "Too Smart to Start." Part of the Centers for Disease Control and Prevention's National Youth Media Campaign to Change Children's Health Behaviors, the initiative provides research-based materials and strategies that professionals and volunteers at the local level can use to educate their communities' children — and parents and other caregivers — about the dangers of underage drinking.

"It's a whole lot easier to keep children from starting to use alcohol in the first place than it is to intervene once they've become drinkers," said CSAP Director Beverly Watts Davis. "With this initiative, every member of the community can help us keep youngsters from taking that first sip of alcohol."

Developed with input from 9- to 13-year-olds and their parents and other caregivers, "Too Smart to Start" puts the issues important to young people at its center.

The initiative's philosophy is to allow young people themselves to offer advice and help create prevention efforts rather than simply participate in them. As young people introduce their parents and other caregivers to today's youth culture, adults' roles shift from directing activities to acting as partners and supervisors. While kids learn the importance of not drinking, adults learn how to listen and modify their own behavior.

The initiative provides everything that children, parents, and other community members need to start their own ongoing campaigns against underage drinking.

All "Too Smart to Start" materials are available free of charge and the initiative also offers communities free technical assistance on a wide range of topics. To order materials or arrange technical assistance, write to SAMHSA's National Clearinghouse for Alcohol and Drug Information at PO Box 2345, Rockville, MD 20847-2345; or call 1-800-729-6686; or go to www.ncadi.samhsa.gov.

(Adapted from SAMHSA News, Vol. XI, No. 4)

NCADD *Update*

ALCOHOL-FREE WEEKEND: APRIL 1-3, 2005

Alcohol-Free Weekend takes place on the first weekend of April, to kick off National Alcohol Awareness Month. Alcohol-Free Weekend is designed to raise public awareness about the inappropriate use of alcohol and how it may be affecting individuals, families, and the community. During this seventy-two-hour period, NCADD extends an open invitation to all Americans to participate in three alcohol-free days and to use this time to contact local NCADD Affiliates and other alcoholism agencies to learn more about alcoholism and its early symptoms.

NATIONAL ALCOHOL SCREENING DAY

National Alcohol Screening Day will be held April 7, 2005, during Alcohol Awareness Month. NASD is designed to raise public awareness about the consequences of at-risk drinking and alcohol's effect on general health. For more information, contact NASD at One Washington Street, Suite 304, Wellesley Hills, MA 02481-1706, 781-239-0071, www.mentalhealthscreening.org/alcohol.htm.

NCADD SPRING LUNCHEON

On Thursday, April 21, 2005, NCADD and its New York City Affiliate, the Alcoholism Council of New York, will present the fifth annual Spring Luncheon, featuring the Christopher D. Smithers Foundation Awards. The luncheon will once again be held at Tavern on the Green in New York City's Central Park, with ABC-7 Sports Anchor Scott Clark serving as Master of Ceremonies. Honorees of the Christopher D. Smithers Foundation will be Samuel B. Bacharach, PhD, Director of the Smithers Institute for Alcohol-Related Workplace Studies at Cornell University; J. Edward Hill, MD, President-elect of the American Medical Association; Larry Kudlow, Co-host of CNBC's "Kudlow & Cramer" show; George J. O'Donnell, President of the Board of Directors of the Employment Program for Recovered Alcoholics.

STOP UNDERAGE DRINKING ACT

U.S. Senators Mike DeWine (R-OH) and Chris Dodd (D-CT), together with a bi-partisan group of representatives, reintroduced a bill to help prevent underage drinking. The Sober Truth on Preventing (STOP) Underage Drinking Act would coordinate relevant federal agencies to work collectively combating underage drinking and increasing prevention activities in states and local communities, including college campuses. The bi-partisan bill would authorize a public service media campaign increasing adult awareness of the threat alcohol poses to their children, as well as increase research and data collection done at the federal level on adolescent alcohol use and brain development.

"The STOP Underage Drinking Act will go a long way to expand and coordinate our nation's fight against underage drinking," said Senator DeWine. "This is a problem that is not going away. We have an obligation to do more, and this bill will work to lower underage drinking in both the short and long term."

"The road to adulthood isn't an easy one, but when it comes to alcohol and children, it's a dead-end street," said Senator Dodd. "This measure will — for the first time — help lead a national effort to combat underage drinking."

The companion House Bill will be introduced by Representatives Lucille Roybal-Allard (D-CA), Frank Wolf (R-VA), Tom Osbourne (R-NE), Zach Wamp (R-TN), and Rosa DeLauro (D-CT).

A number of NCADD Affiliates have written letters to their Senators and Representatives urging support for the legislation.

NATIONAL OFFICE ON THE MOVE

After four years in its present location, NCADD's national office will be moving to larger quarters in the coming months. The office will remain in the lower Manhattan area, with space at 22 Cortlandt Street.

SUBSCRIBE NOW!

Yes! I want to subscribe to the NCADD Amethyst and receive four issues each year. Enclosed is my payment of \$50.

NCADD Amethyst "Plus" Service: Subscribers who contribute an additional \$50 will receive the following supplemental service:

➔ **NCADD Washington Report:** A monthly newsletter which offers an insider's look at federal policy developments and a chart that tracks alcohol- and other drug-related legislation currently before Congress.

Yes! I want to receive the NCADD Amethyst "Plus" service. Enclosed is my **additional** payment of \$50.

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FACE THE CHALLENGE!

Yes! I want to "face the challenge" of alcohol and other drugs. Enclosed is my \$ _____ contribution to support the work of NCADD (To make a contribution using your credit card, please complete the box below left).

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