



# Women's Commission

ON ALCOHOL  
AND DRUG ISSUES  
— OREGON

PO BOX 14495 · PORTLAND, OR 97293

WWW.WCADIO.ORG

FALL 2011

## Open Invitation to Join WCADIO

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— See website for membership application —



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[www.WCADIO.org](http://www.WCADIO.org)

## Memorial for Justice Betty Roberts

An alumna of PSU, Roberts was a woman of firsts. In the 1960s, Roberts was one of the few women to serve in the Oregon Legislature; in 1977 she became the first woman to be appointed to the Oregon Court of Appeals; and in 1982 she reached the pinnacle of state judicial service by becoming the first woman to serve on the Oregon Supreme Court. Over her many decades of service in Oregon, she became known to other women in law and politics as "The Dean," and served as an example to women of what can be achieved, through persistence and courage, in a world largely still run by men. Justice Roberts retired from the Oregon Supreme Court in 1986. But not one to rest after more than 20 years in the legislature and on the courts, she continued with a professional career as a mediator/arbitrator, helping to pioneer and expand alternative dispute resolution.

Throughout her career in public service, Justice Roberts served as an example to all leaders and demonstrated an unmatched

dedication to gender equality and parity. She was a visiting professor of political science at Oregon State University, a board member of numerous state and local organizations, including the alumni associations of both Lewis & Clark law school and Portland State University, a consultant for state political leaders, and author of an extraordinary memoir, *With Grit and by Grace: Breaking Trails in Politics and Law*. In June, PSU awarded Roberts an honorary doctorate.

Justice Roberts will be remembered at PSU for her commitment to helping future generations of women in politics in her role as a Founders Circle member of the [PSU Center for Women, Politics and Policy](#), which has a goal of increasing women's leadership in public policy. Her continuing legacy will be accessible to students, researchers and the public in a special collection of her papers at the [PSU Millar Library](#).

Justice Roberts died June 25 at the age of 88. ♀

## Betty Ford Memorial

Ford impacted lives around the world, making public her struggles with breast cancer and substance abuse and opening the treatment center that bears her name.

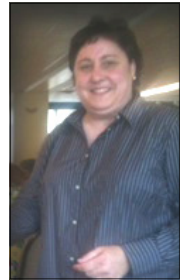
"Shame and stigma were significantly reduced and the Betty Ford Center has become a model for effective treatment," Dr. Scott Basinger, associate dean

at Baylor College of Medicine.

"Betty Ford was one of the first public figures to put a face on alcoholism as a disease and she raised awareness of the need for treatment and helped society understand recovery as a lifelong process," Dessa Bergen-Cico, assistant professor of Public Health and Addiction Studies at Syracuse University. ♀

## Counselor of the Year

The Women's Commission on Alcohol and Drug Issues of Oregon has selected **Heather Grott, CADC II**, as the Counselor of the Year.



Heather is an adolescent substance use treatment counselor for the Youth and Family Behavioral Health Team for Benton County.

She provides treatment services and case management for individuals and their families in diverse settings, including outpatient, Juvenile Drug Treatment Court, detention, residential placement, and in the community.

(See **Counselor...** continued on page 3)

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## NW Institute of Addiction Studies Summer Institute

*Kristen G. Anderson, Ph.D., NWIAS  
Board Liaison to the Women's  
Commission*

The 2011 NW Institute of Addictions Studies Summer Institute, held in Clackamas, Oregon in July, provided over 350 attendees with opportunities to develop their skills across diverse areas such as adolescent substance use, nonmedical use of prescription drugs, and mindfulness-based relapse prevention. NWIAS changed format this year, allowing addiction treatment professionals to earn 15 CEUs in two days. Despite the condensed schedule, a number of tracks were available to those who attended (e.g., youth, gambling, correctional treatment). Of specific interest to the Women's Commission, a number of presentations dealt explicitly with the needs of girls and women. For example, Dr. Corey Grose of Lifeworks NW trained providers on how to recognize signs of human trafficking and issues involved in treating this population of clients. WACADIO provided sponsorship to the Institute and presented the Counselor of the Year Award at Thursday's luncheon (see article on front page).

This year's plenary speakers, Eric Martin of the Addiction Counselor Certification Board of Oregon and Dr. Sandra A. Brown from the University of California, San Diego, provided diverse perspectives on addictions treatment. Mr. Martin presented on the illicit use of synthetic cannabinoids and the treatment of marijuana dependence. Dr. Brown summarized cutting edge research on the influence of substance use on adolescent development including the impacts on brain development, outcomes from adolescent treatment, and long-term social-

emotional and neuropsychological consequences of youth substance use relapse. In addition, Dr. Carol Boyd from the University of Michigan documented the effects of the Controlled Substances Act on nonmedical use of prescription drugs as well as how nonmedical use differs from other forms of illicit drug use in adolescence. Drs. Katie Witkiewitz and Sarah Bowen from Washington State Vancouver and the University of Washington held an intensive workshop on mindfulness-based relapse prevention, providing training on the use of these techniques and subsequent treatment outcomes.

A number of treatment providers provided quality training to their fellow addiction professionals. Mark Douglass and Joe Resiman of Lifeworks NW trained providers on strategies for treating problem gambling. Oblio Stroyman presented on the challenges to families and loved ones of those suffering from gambling dependence, while Sherrye Annand (Annand Counseling Center) brought the needs of families in addictions treatment to the forefront in her training. Paul Bellici from the Oregon Department of Corrections and his panel provided a day-long workshop on effective treatments for substance use disorders within the correctional setting. Heidi Wallace, Hazelden Springbrook, highlighted the impacts of shame on treatment and recovery for those struggling with addiction. NW Attc provided diverse presentations across areas ranging from motivational incentives to recovery-oriented systems of care.

Overall, this year's institute was a success. Many thanks to the presenters and attendees for a vibrant conference as well as WACADIO for its continued support. ❖

## New Property Crime Penalties Contribute to Fast Growth in Women's Prison Population

Ballot Measure 57 was passed by Oregon voters in 2008. This ballot measure increased sentences for repeat property offenders, sending more of them to prison and for longer periods of time. The legislature suspended the law from taking effect in 2009 due to concerns about the state budget and the prison costs associated with these new and longer prison sentences. However, that suspension ended July 1 of this year (2011) and the new sentences are now being imposed.

Over the next four years, the number of women in prison will increase by 18% to 1,317, due in large part to the increased penalties for property crimes. In contrast, the men's population will grow by 6% during this time. The majority of people who commit repeated property crimes are affected by substance use disorders, and that is certainly the case for these women who are disproportionately impacted by property crime laws. ❖



**2nd Annual**

**Spirit of Giving Conference  
"Celebrating Partnerships  
in Culture & Integrated  
Health Care"**

**Oct. 30 - Nov. 2, 2011  
Red Lion Inn @ Jantzen Beach  
Portland, Oregon**

**For more information visit  
[www.naranorthwest.org](http://www.naranorthwest.org)**

## Recovery Networking Breakfast for Women's Services

Southeast Health Center  
3653 SE 34th, Portland  
(1 block south of Powell)  
Downstairs Conference Room

**What:** A long-standing monthly opportunity for providers of and advocates for women's recovery services to:

- Meet your community partners
- Share information
- Partake of a hosted light breakfast
- Bring problems and solutions together
- Give and receive support
- Identify new resources

### Meeting Dates 2011:

October 13  
November 10  
December 8

## Female Smokers

Female smokers are 25 percent more likely than male smokers to develop heart disease, say researchers at the University of Minnesota. It is not known whether the gender difference is due to biological factors or to differences in smoking behavior between men and women.

Lead researcher Rachel R. Huxley said women may be more likely than men to absorb greater amounts of carcinogens and other toxic substances in cigarettes, [USA Today](#) reports. She added that although women tend to smoke fewer cigarettes than men, they may smoke more of each cigarette.

Huxley reviewed data from 75 studies on heart disease risk and smoking, which included almost 4 million people. She and her col-

leagues found women's risk of heart disease increased by 2 percent for each year a woman smoked, compared with men who smoked for the same length of time. "Tobacco-control programs should consider women, particularly in those countries where smoking among young women is increasing in prevalence," the researchers wrote in [The Lancet](#). ❖

## Counselor... (Cont. from front page)

Heather's passion and commitment to her work began in her family of origin, where she personally experienced many of the same problems her clients experience today. Heather's early life lessons never left her. They are the catalyst for her ability to connect with people, and with troubled adolescents in particular. She listens to their words and respectfully watches for the unsaid statements. She engages the individuals seeking help from her because they seem to know intuitively where she comes from without ever hearing her story. Heather is dynamic yet careful, and accepts the responsibility she has in her position with the utmost respect for the individual.

Heather's caseload is varied and always includes a commitment to engage families. She not only serves as the therapist but also as a capable and committed case manager, helping families access the treatment services and community resources that can make them stronger.

She is an asset to her community, and we value and honor her work and her contributions s WCADIO's Counselor of the Year. ❖

## WCADIO Board

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Kris Anderson



**WCADIO  
Board Meeting  
October 28**

*Date is subject to change*

*“Be careful from  
who’s eyes you see the  
world through!”*

Visit us as [wcadio.org](http://wcadio.org)

### WCADIO Goals

- To ensure equity and quality of services for women in the state of Oregon affected by alcohol and other drugs.
- To receive and evaluate information from Oregon's citizens and alcohol and drug abuse treatment community regarding women's alcohol and drug issues.
- To provide information and education to the general community.



### Are You a Member of WCADIO...?

- WCADIO membership application is located on our website at [www.WCADIO.org](http://www.WCADIO.org). We encourage you to join!



**WCADIO**  
 PO Box 14495  
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**Your Support Is Needed — Your Voice Will Be Heard!**

- \$100 Business/Organizational Membership
- \$10 Individual Membership
- In addition to or in lieu of membership, I support WCADIO and am sending a tax-deductible contribution of \$\_\_\_\_\_.

Please make checks payable to WCADIO, and mail completed form to:  
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