

Women's Commission

ON ALCOHOL
AND DRUG ISSUES
— OREGON

PO BOX 14495 · PORTLAND, OR 97293

WWW.WCADIO.ORG

SPRING 2010

Open Invitation to Join WCADIO

WCADIO's Mission is to increase public awareness of women's alcohol and drug abuse issues and to promote services related to women throughout the State of Oregon. This means **ALL** women who are affected by their own alcohol or drug use or that of their family or friends.

**Your Support Is Needed
Your Voice Will Be Heard!**

— See back page for membership application —



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Shari Selander New CEO of New Directions NW

Bart Murray, CEO of New Directions Northwest announced his retirement as of December 2010.

Upon Bart's retirement, Shari Selander will take over full time as the CEO. Until then Shari will start at Powder River on a full-time basis as Program Manager for the NDN AIP program.



Shari, a native of Baker City, is excited about the opportunity to return back to her "grass roots". She has a Master's Degree in Social Work and in her current position she is Director of Child Welfare Programs at Southern Illinois University School of Social Work.

Please join us in welcoming Shari to the NDN and PRCF family!

Intergenerational Child Abuse & Coping

By **Juliet M. Robboy, B.A.** and **Kristen G. Anderson, Ph.D., Reed College**

Child sexual abuse (CSA) is associated with a host of deleterious effects on psychosocial functioning. CSA survivors are at risk for other forms of victimization in childhood (Finkelhor, Ormrod, & Turner, 2009) and adulthood (Messman-Moore & Brown, 2006). Some CSA survivors turn to drugs and alcohol as a means to cope with the trauma (Ballon, Courbasson, & Smith, 2001). Other self-destructive behaviors, such as self-mutilation and eating disorders are also associated with CSA and may occur as comorbid conditions with substance abuse (Briere & Scott, 2006; Harned, Najavitz, & Weiss, 2006). Research suggests that the effects of child maltreatment and trauma can be transmitted across generations (e.g., Yehuda, Halligan, & Grossman, 2001), but few studies have directly examined the impact of intergenerational CSA on poly-victimization and maladaptive coping.

Recent research conducted through the Adolescent Health Research Program at Reed College examined whether second-generation CSA survivors were more likely to experience multiple forms of victimization (i.e., CSA, physical abuse, neglect) and engage in more trauma-related coping behaviors than CSA survivors with no maternal CSA history. A chart review was conducted for 139 girls, aged 12-17, who were evaluated for sexual abuse at a child abuse assessment center in the Pacific Northwest. Charts were reviewed for maternal abuse history, maladaptive coping behaviors (substance use, self-mutilation, eating disorder symptoms), and non-sexual child maltreatment. Children with maternal CSA history had experienced more forms of abuse compared to children of mothers with no abuse history and mothers with non-sexual abuse history. However, maternal history of abuse was not associated with increased use of maladaptive coping behaviors in sexually abused youth. Drug and alcohol use commonly co-occurred with self-

(See Child Abuse & Coping... continued on page 2)

Dept. of Human Services
Addictions & Metal Health Division
Integrated Conference

Hope, Resilience, Recovery

May 25-27, 2010

Red Lion Hotel in Salem, Oregon

For more information visit:

www.oregon.gov/DHS/addiction/2010amh-conference.shtml

Some topics include: Integrated behavioral healthcare, adult & child mental health, criminal justice, integration, rule implementation, peer-delivered services, and more...

News & Views

Announcement: Counselor of the Year Award

WCADIO's counselor of the year award will be presented at the North West Institute of Addictions Conference luncheon on July 22, 2010. The Board reinstated the award last year and plans to continue the award each year. You are invited to make nominations to the Board by June 1, 2010. Please write a brief summary of why the counselor excels in her counseling with addicted women. You can either mail the summary to WCADIO at PO BOX 14495, Portland, Oregon 97293 or email it to Ann Uhler at annsu@ipinc.net.

Announcement: Funding for Four Relief Nursery's in Oregon

The legislature funded four emerging Relief Nursery's in Oregon giving each of them \$250,000 — as promised at the end of the last session. This will make a big difference in the parents (mostly women) and children's lives. Ontario is one of the four and is very excited to be opening and serving the families in their community. Ontario Child Welfare will be working more in-home cases, leaving children in the home, providing 3 hours twice a week of therapeutic classroom time for the children, educational information for the parents, home visits, recovery support, referral to community resources and the one thing that is overlooked...positive relationships that connect families to their communities and get them involved. Corvallis, Madras and Gladstone are the other emerging nurseries that are receiving \$250,000. — Claudia J. Wilcox, CADC II

Announcement: Renovation of Madrona Studios, a housing project in inner North Portland, is nearly complete.

The five-story former motel at 10 N. Weidler St. has undergone a nearly year-long renovation to become 176 affordable studio residences as well as a new home for the Hooper Detoxification Center's in-treatment program. The renovation was performed by general contractor Howard S. Wright Constructors from a design by William Wilson Architects. The grand opening of the Central City Concern project will be March 10 at 1pm and is open to the public. They did a wonderful job renovating the old Ramada Inn by the Rose Quarter to be the new Hooper Detox with men and women in totally separate spaces on the first two floors and low-income housing of 176 studio apartments on the third, fourth and fifth floors. — Nancy Anderson

Child Abuse & Coping...

(Continued from front page)

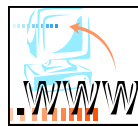
...mutilation and eating disorder symptoms, and girls who had experienced multiple forms of abuse showed increased rates of these behaviors.

While the mechanism is unknown, these findings suggest that maternal CSA history may be a risk factor for poly-victimization in their children. For children, poly-victimization is associated with substance abuse and other maladaptive coping behaviors. These

findings are consistent with the theory of complex trauma, which


posits that severe, interpersonal childhood trauma is associated with a vulnerability to future victimization and a complex symptom presentation (e.g., Briere, Kaltman, & Green, 2008). The results of this study indicate that this may persist across generations.

In order to provide optimal treatment for CSA survivors with substance use disorders, it is important to understand how these individuals may be impacted by intergenerational trauma. Treatment for youth with substance use disorders and CSA histories often involves parents (e.g., Deblinger, et al., 2004; Liddle et al., 2009). In cases where intergenerational abuse is present, the non-offending parent may need to address her own trauma in order to best support her child. Further research is needed to fully understand how intergenerational patterns of abuse might affect presenting symptomatology and how to provide effective treatment to both non-offending parent and child when a history of CSA is present. ❖



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www.jointogether.com



**WCADIO
Board Meeting
Schedule for
2010**

April 30
July 23 October 22

All dates are subject to change



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- WCADIO membership application is located on our website at www.WCADIO.org. We encourage you to join!

Research Study

Hazardous Drinking in Elder Women Could Go Unnoticed

By Morgan Buras, B.A. & Kristen G. Anderson, Ph.D., Reed College, Adolescent Health Research Program

Rates of alcohol problems in older adults are estimated to range from 2% to 15%, (Moore et al. 2001), however, markedly less research has focused on patterns of drinking behavior in older adults as compared to other age groups. With the Baby Boom generation beginning to enter advanced adulthood, the population of individuals over 65 is anticipated to double by the year 2030 (Sue & Sue, 2008), understanding and meeting the needs of a progressively graying population is crucial. In addition to the psychological side effects of alcohol, drinking problems put elders at higher risk for liver damage, dangerous falls, harmful interactions with medications, and suicide (Moore et al., 2001; Sorocco et al., 2005). The goal of this investi-

gation was to describe the patterns of alcohol use and other health-related factors in a sample of elders.

In a research study conducted at Reed College, 81 older adults (61 – 91 years) living in the greater Portland area completed a survey of drinking patterns, symptoms of alcohol problems, and self-reported mental and physical health symptoms. Of those surveyed, 78% were women and over half identified as current drinkers. In the month prior to taking the survey, over 3/4 of the women reported drinking alone.

For women, those who drank alone more often tended to drink larger amounts of alcohol and to drink more days per month. Women who drank alone were

more likely to exceed limits for high-risk drinking (defined as more than 1 drink per day for adults over 65 by the National Institute for Alcohol Abuse and Alcoholism) than women who drank socially. Women who drank hazardously had more symptoms of a drinking problem than those who did not, and those who screened positive for having an alcohol use disorder drank alone more frequently

The study also examined alcohol outcome expectancies, or beliefs about what will happen if one drinks alcohol. Past research has shown alcohol expectancies to be strong predictors of the initiation and maintenance of problematic drinking. This study found that women who believe alcohol will reduce emotional discomfort are more likely to drink larger quantities of alcohol. Given that women in this survey reported higher scores of anxiety than men, this may highlight alcohol use as a potential method for coping with emotional distress by elder women.

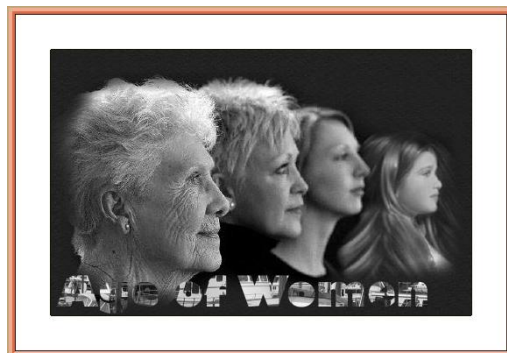
The associations between drinking alone and harmful drinking patterns have many implications for the identification and treatment of alcohol use disorders in older women. As age increases, women are more likely to outlive their husbands, and therefore, live alone. For many women, this can lead to loneliness, depression and loss of interest in self-care. Given that older women were overwhelmingly drinking alone in the privacy of their own home, it may be difficult to identify women in need of treatment. Therefore, it may be up to primary care physicians and elder service providers to screen elder women for problematic drinking and refer them to treatment. ❖

Research, Practice and Guiding Principles for Women Offenders

A national profile of women offenders reveals they are:

- Disproportionately women of color.
- In their early- to mid-thirties.
- Most likely to have been convicted of a drug-related offense.
- Individuals with fragmented family histories; other family members also may be involved with the criminal justice system.
- Survivors of physical and/or sexual abuse as children and adults.
- Individuals with significant substance abuse problems.
- Individuals with multiple physical and mental health problems.
- Unmarried mothers of minor children.
- Individuals with a high school degree or GED but with limited vocational training and sporadic work histories.

The full text of Gender-Responsive Strategies: Research, Practice and Guiding Principles for Women Offenders may be obtained free of charge from the National Institute of Corrections Information Center. The Information Center can be reached at 800-877-1461. Information on this report and other available documents can be found on NIC's website at www.nicic.org.





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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 \$_____.

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