

Women's Commission

ON ALCOHOL
AND DRUG ISSUES
— OREGON

PO BOX 14495 · PORTLAND, OR 97293

WWW.WCADIO.ORG

WINTER 2009-10

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 —



Visit us online at
www.WCADIO.org

**"Failure is not an Ending...
It's Feedback!"**
~ Author Unknown

RESEARCH REPORT: A Study by SAMHSA

**The study, Cigarette
Use among Adults
Employed Full Time,
by Occupational
Category.**



The study shows that among 22 major occupational categories, the highest rate of past month cigarette use among full-time workers in the age group of 18 to 64 was construction work and mining. The lowest rates were among those employed in education, training and library occupations as well as the life, physical and social sciences.

Another important finding was among full-time workers, the rate of past month cigarette use was higher among those age 18 to 25

(See **Research Report...** continued on page 2)

Latest Research

Female Brain More Stressed by Alcohol

July 10, 2009

Researchers at Idaho State University say that animal studies indicate that drinking triggers a more profound stress response in the female brain, which could help explain why alcohol has more deleterious effects on women.

The Associated Press reported June 26 that researcher Dan Selvage said that high levels of stress hormones can disrupt the body's natural feedback and lead to health problems being missed.

"If you have an infection, you won't notice the symptoms of it until it gets much worse because the stress hormones are blocking the way your body would respond to it and take care of it," Selvage said.

Researchers have found that alcohol increases production of estrogen in women, which is related to increased stress responses. The problem may be particularly acute in post menopausal women.

"Females tend to suffer the ravages of alcoholism much more quickly than males," said Selvage. "Part of that's due to metabolism, but another part of that is thought to be that alcohol activates body stress responses a lot more in females."

The ongoing research could lead to new ways of treating alcohol-related problems in women, said Selvage. "We really look throughout the brain to see what brain pathways are involved in receiving this noxious alcohol," he said. "The whole idea is to come up with ways to try and block that stress response as well as you can."

Loosing my Religion for Equality

— by **Jimmy Carter**

Women and girls have been discriminated against for too long in a twisted interpretation of the word of God.

I HAVE been a practicing Christian all my life and a deacon and Bible teacher for many years. My faith is a source of strength and comfort to me, as religious beliefs are to hundreds of millions of people around the world. So my decision to sever my ties with the Southern Baptist Convention, after six decades, was painful and difficult. It was, however, an unavoidable decision when the convention's leaders, quoting a few

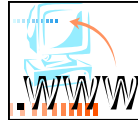
(See **For Equality...** continued on page 2)

News & Views

Announcement: The Board of Directors of WACADIO is pleased to announce that **Stevie Stephens Burden**, Burden and Burden Consulting; and **Kristen G. Anderson PhD.**, Assistant Professor at Reed College have accepted our invitation to join the Board.

New Directions Northwest, Inc. is proud to announce that in the spring of 2010 there will be ground breaking for a new Parents with Small Children facility. The facility will have over 95,000 sq. ft. to provide services for up to 16 families and will include on-site daycare services. The funding was obtained through a Community Development Block Grant, USDA Rural Development loan, agency monies and foundation grants. The \$1.85 million project will provide a state of the art residential facility to meet the needs of parents and their young children.

Congratulations to Bart Murray and the Staff of New Directions, a long time member of the Women's Commission on Alcohol and Drug Issues (WACADIO).



Free CE Online:

www.jointogether.com

Female DUI Arrests Rise 30 Percent in Decade

Men are still more likely to drive drunk than women, but a disturbing new report finds that 28.8 percent more women were arrested for driving under the influence in 2007 than a decade earlier. 08/21/2009

Study: Cognitive Functions Can Recover After Methamphetamine Use

Researchers at the University of California at Davis reported that certain cognitive deficits resulting from methamphetamine use can be recovered, although recovery takes at least a year.

DID YOU KNOW? Free Continuing Education is available at JOINTOGETHER.COM. Learn online. "Can't beat this offer!"

HER PLACE, a Marion County transitional home for women, MOVES TO IT'S NEW HOME — The 3,500-square-foot, one-level home is an improvement from the program's former home, an aging, two-story house in constant need of repair. In the new home, each of the six bedrooms was sponsored by donors such as Salem Alliance Church and Salem Hospital's neonatal intensive-care unit employees, who provided new furnishings, bedding and decor. The impetus for the new home was the management changeover of the program. Her Place's former provider was Portland-based Cascadia Behavioral Healthcare. Marion County health officials began restructuring its drug-and-alcohol treatment programs and in July, Marion County took over management of Her Place. For information call (503) 362-1399, Trish Davis.

Research Study...

(Continued from front page)

than those in the older age ranges. Overall, fulltime employed males (18-64) were more likely than females to have smoked cigarettes in the past month. However, FEMALES IN THE

COMMUNITY AND SOCIAL SERVICES OCCUPATIONS AND HEALTH-CARE PRACTITIONERS AND TECHNICAL OCCUPATIONS HAD HIGHER RATES OF CIGARETTE USE THAN MALES IN THOSE OCCUPATIONS. ❖

Note: this is a summary of the article.

For Equality...

(Continued from front page)

Carefully selected Bible verses and claiming that Eve was created second to Adam and was responsible for original sin, ordained that women must be "subservient" to their husbands and prohibited from serving as deacons, pastors or chaplains in the military service.

This view that women are somehow inferior to men is not restricted to one religion or belief.

Women are prevented from playing a full and equal role in many

faiths. Nor, tragically, does its influence stop at the walls of the church, mosque, synagogue or temple. This discrimination, unjustifiably attributed to a Higher Authority, has provided a reason or excuse for the deprivation of women's equal rights across the world for centuries.

At its most repugnant, the belief that women must be subjugated to the wishes of men excuses slavery, violence, forced prostitution, genital mutilation and national laws that omit rape as a crime. But it also costs many millions of girls and women control over their own bodies and lives, and continues to deny them fair access to education, health, employment and influence within their own communities. ❖

Note: To read the complete article, do an online search using the article title or visit: www.ruthgroup.org/2009/07/24/losing-my-religion-for-equality-by-jimmy-carter/



WCADIO Board Meeting Schedule for 2010

January 22

April 30

July 23

October 22

All dates are subject to change

Residential Treatment Programs for Women Receive \$14.7 Million in Grants

The Substance Abuse and Mental Health Services Administration (SAMHSA) has awarded \$14.7 million in grants under its Residential Treatment of Pregnant and Postpartum Women (PPW) with Substance Abuse Problems program.

The three-year grants will support residential addiction treatment programs for pregnant and postpartum women. "The purpose of these grants is to bolster family services for pregnant and postpartum women by providing high-quality residential treatment, recovery support and family services for those who suffer from alcohol and other drug problems and their minor children who are affected by their mother's substance use and abuse," according to the grant announcement.

Under the program, addiction treatment providers are expected

to partner with other public and private providers assisting pregnant and postpartum women, including local public-housing authorities, child-welfare, health, mental-health, family court, criminal-justice, employment, education programs, and other child-serving agencies.

Each grantee will receive up to \$500,000 annually. Grantees included the East Bay Community Recovery Project, Queen of Peace Center, Aliviane Inc., Richmond Behavioral Health Authority, Gateway Community Services, Alternative Opportunities Inc., The Women's Treatment Center, WestCare California Inc., Native American Connections, Odyssey House Inc., or Cobb County Community Services Board. ❖

De Paul Treatment Center, Girls Program

— Submitted by **Kathleen Ris**, Development Coordinator

We all know that girls rock and have enormous potential. De Paul Treatment Centers believes that every girl is unique and that her journey into our treatment center was not easy. It is our job to support each young woman who walks through our doors to become the person she is meant to be. Through participation in residential and/or outpatient treatment at the De Paul Youth & Family Center in Northeast Portland, young women between the ages of thirteen to twenty-one can discover and celebrate her uniqueness and identify and let go of beliefs and behaviors that have driven her into substance use, addiction, and other self-destructive behaviors.

Many of the young women De Paul works with have suffered emotional and/or physical trauma. Lacking the safety, support, and skills needed to heal their injuries; these resourceful girls have found ways to manage their pain and to postpone their suffering by turning to substance use and other self-harming behaviors. For many, substance use comes naturally, having grown up in environments where drugs and alcohol are the accepted norm.

Eventually, the consequences of their substance use disorder eclipse the past trauma and create new problems. The risky social environments, stressed relationships with family and peers, poor school performance, and a

**What Women Are.
A Legend.**

Women are made of feathers.
Just look.
That's why there are so many
Beautiful birds around.
Women came into the world
determined.
Just look.
They noticed the trees were bare
And so they grafted
Green leaves to empty
branches.
Women danced wherever they
went.
Just look.
They made friends with wind
To make the flowers bend
And to stir new songs from
stones.
Women are meant to sing all the
time.
Just listen.
That's why water plays an
endless tune
And trees whisper secrets to
the moon.

— Nancy Wood ~ Spirit Walker

chaotic inner life become intolerable. The girls and their support network realize that something has to change. And change is what De Paul offers.

De Paul offers each young woman and her family expert guidance to insure that the next steps in their journey are healing. We provide the tools to that help girls to understand themselves, their pasts, and to manage their addiction and self-harming behaviors. De Paul helps young women identify meaningful relationships, connect to positive communities, and to look forward to a future built on a solid foundation of self-acceptance, hope, and love. Our mission statement says it best, "DePaul treatment centers works with individuals, families, and communities to create freedom from drug and alcohol addiction." ❖



WCADIO
 PO Box 14495
 Portland, OR 97293

WWW.WCADIO.ORG

WCADIO Board

Officers

President **Ann Uhler**
 Consultant
 Phone: 503/620-2574
 Email: annsu@pinc.net

Newsletter Editor **Judy Francis**
 Phone: 208/659-2765
 Email: judyofrancis@gmail.com

Treasurer **Mary Monnat**
 LifeWorks NW
 Phone: 503/617-3822

Secretary **Jackie Mercer**
 NARA
 Phone: 503/224-1044

Board Members

Ginger Martin..... Beverly DuBosch
 Rita Sullivan Claudia Wilcox
 Nancy Anderson

Addictions & Mental Health Liaison

Diane Lia

This newsletter published by Alquemie Publishing Ink Phone: 541/937-2611, Fax: 541/937-4286, Email: npassist@msn.com

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 to **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!

- \$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:
WCADIO
PO Box 14495
Portland, OR 97293

***Public Forums • Workshops • Legislative Advocacy
 Newsletter • Networking • Support Groups***

I WANT MY VOICE TO BE HEARD. PLEASE INCLUDE MY NAME ON YOUR MAILING LIST.
 I ENCLOSE MY CHECK IN THE AMOUNT OF \$_____.

NAME _____ AFFILIATION _____

STREET _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ EMAIL _____ AREA OF SPECIAL INTEREST _____