



Women's Commission

ON ALCOHOL
AND DRUG ISSUES
— OREGON

PO BOX 14495 · PORTLAND, OR 97293

WWW.WCADIO.ORG

SUMMER 2010



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WCADIO Board to Advocate New Legislation

The Board of the Women's Commission will proceed with educating legislators on the use of restraints being used during the delivery of an inmates baby. A bill, if introduced, would make it illegal to use restraints during the delivery of a baby, unless required by the physician, on any incarcerated woman and to require that any custodial officer in the delivery room be a woman. Currently The Department of Corrections stated that it has a policy against using restraints but does not require the attending custodial officer to be a woman. And to complicate things, each jail in the state has its own policy and it is unclear what the Youth Authority requires.

The State of Washington passed such a law last spring. WACADIO Board feels that since most women inmates have addiction problems and have been sexually abused, this law will help assure that these women are not further traumatized but treated humanely and with respect while delivering their baby. ❖

BREAKING NEWS! Senator Laurie Monnes-Anderson and Representative Mitch Greenlick have agreed to sponsor the Bill.

DePaul High-Risk Pregnancy Program

Pregnant mothers with a substance abuse disorder share the same shameful past, the same mistakes. They don't know if they can be good mothers. They don't know if they can be clean mothers. However, there is hope. De Paul is creating a program called the High-Risk Pregnancy Program (HRPP). This program will be established to help pregnant women during their journey from addiction to a healthy motherhood.

The High-Risk Pregnancy Program (HRPP) is a 90-120 day program designed to meet the needs of pregnant women ages 18 and over. Referred by Department of Human Services, Legacy Health Systems, local hospitals, parole and probation, these women will be provided with comprehensive, evidence-based drug and alcohol treatment in addition to prenatal care and parenting education. The foundation of the program is a combination of Dialectical Behavioral Therapy and Cognitive Behavioral Therapy. Additional classes include Dual Diagnosis, Alcohol and Drug Education, Nicotine Cessation, Intimacy and Addiction, Body Image, Criminality, and Seeking Safety which addresses the common co-occurrence of trauma and substance abuse.

(See Pregnancy Program... continued on page 3)

WCADIO's Mission

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.

WCADIO's 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.



News & Views

Get Better Real Soon! The WCADIO board would like to extend their "Get Better Real Soon" wishes to **Bonnie Maleck & Mickey Nuckles**.

Recovery Mentor Program Alumni Present A Dental Fundraiser July 31 and August 1, 2010 — A softball tournament at Delta Park. For more info contact Sharon at 503/467-4756.

Women's Addiction & Recovery Conference "Thriving in Changing Times" Sponsored by the Substance Abuse & Mental Health Services Administration (SAMHSA) and Treatment Alternatives for Safe Communities (TASC). July 26-28, 2010, Chicago Marriott Downtown. Register at www.samhsawomensconference.com

NARA 1st Annual Spirit of Giving Conference "Weaving the Pathways of Integrated Health" August 31-September 3, 2010 — CEUs, limited scholarships, speakers, workshops. Red Lion on the River, Jantzen Beach, Portland, Oregon. For more info visit www.naranorthwest.org.

Office on Women's Health has two publications, one for health professionals and one for consumers, that focus on building positive awareness about women's mental health. They address environmental and cultural barriers to seeking help and suggest gender-appropriate strategies for recovery. To order *Action Steps for Improving Women's Mental Health (OWHO9-Pro)* or *Women's Mental Health: What it Means to You (OWHO9-Con)* visit <http://mentalhealth.samhsa.gov/publications/allpubs/OWHO9/default.aspx>.

Rise, Risks and Realities of Meth Use Among Women

Summary — Methamphetamine (meth) is a highly addictive psychostimulant which activates the brain's reward pathway like no other substance. It is associated with risky sexual practices, HIV/AIDS, antisocial behavior, and violence. For the first time, women are presenting for treatment with a primary methamphetamine use disorder at higher rates than men. Yet, current treatment and prevention initiatives may not be sufficiently sensitive to the unique risks associated with women's use of meth.

The article describes the history and rise of methamphetamine and outlines the qualities of meth that contribute to its unique social and environmental impact. Specific attention is devoted to women's experiences with meth focusing on sexual practices, HIV/AIDS, antisocial and violent behavior. Implications for treatment, prevention and research are discussed.

The Rise, Risks and Realities of Methamphetamine use among Women: Implications for Research, Prevention and Treatment by Kiki Venios, MSN, PMHNP-BC and John F. Kelly, PhD

Full Text of the article can be found by doing a search at: www.informahealthcare.com. ❖

Rare Childhood Leukemia Tied to Drinking During Pregnancy

Children born to mothers who drank while pregnant were 56 percent more likely to develop a rare form of leukemia called AML, according to French researchers.

Reuters reported May 6 that researcher Paule Latino-Martel and

colleagues drew their conclusions from a review of data from 21 other studies. Experts noted that only about 700 cases of acute myeloid leukemia (AML) occur annually, so the risk remains small. However, the findings may be one more reason for women to abstain from alcohol during pregnancy.

The study was published in the journal *Cancer Epidemiology, Biomarkers & Prevention*. ❖

Recovery May Be Harder for Adolescents, Animal Study Suggests

Adolescents' heightened sensitivity to drug reward puts them at enhanced risk for progressing from drug experimentation to addiction and may also increase their challenges in recovery. In a recent experiment, researchers taught rats to associate a specific site with cocaine infusions. After dispensing of the drug was halted, adolescent rats continued to return to the site for 9 days; adult rats, in comparison, stopped frequenting the site after 5 days. The finding confirms that adolescents experience cocaine's rewarding effects more intensely and suggests that they develop cocaine-environment associations that are harder to break, say Drs. Heather Brenhouse and Susan Andersen of McLean Hospital, Harvard Medical School, in Boston.

The adolescent animals in the experiment also renewed their predilection for the cocaine-associated site more readily than the adults when given a priming mini-dose of the drug. One potential implication, the researchers say, is that adolescent drug abusers may need longer treatment interventions than adults do to achieve stable recovery. *Behavioral Neuroscience* 122 (2):460-465, 2008. [Abstract] ❖

New Research: Eating Disorders Interfere with Progress of Women in Treatment for Substance Abuse

We have known for some time that there is a strong connection between eating disorders and substance abuse disorders in women. Previous studies indicate that the co-occurrence of alcohol use disorders with eating disorders in a woman's lifetime was between 25% and 34%. For women with drug use disorders and eating disorders, the lifetime prevalence is between 18% and 26%. Binging and purging behaviors are more common than restriction of food intake. New research published in the American Journal on Addiction examines the effect of eating disorders on treatment outcomes.

The women in the study were enrolled in community-based substance abuse treatment programs for co-occurring substance abuse and posttraumatic stress disorders (PTSD). As expected, binge eating was the most common eating disorder. Of the study group, 29% reported at least one incident of binge eating within the past month. The group reporting binge eating also reported more severe PTSD and depression symptoms at the start of treatment.

Looking at outcomes of treatment, the study finds that the women who reported binge eating were less likely to respond to substance abuse group therapy. General health-focused treatment and treatment focusing on PTSD also appear to be less likely to help.

These results suggest that early diagnosis of eating problems followed by additional treatment directed at eating disorder behaviors may improve outcomes for substance abuse treatment and treatment for PTSD. Women

who do have eating disorders may need more specialized and comprehensive services than women who do not. Because the percentage of women with both problems is significant, the field of gender-responsive addictions treatment needs to become more competent in assessing and treating co-occurring addiction and eating disorders.

Excerpts from: *Survey of Eating Disorder Symptoms among Women in Treatment for Substance Abuse*

(Cohen, Greenfield, Gordon, Killeen, Ji-ang, Zhang, and Hien)

[The American Journal of Addictions](#), 00:1-7,2010.

Deadly Ultra-Pure Heroin Arrives in US

(AP) WINFIELD, Mo. — Mexican drug smugglers are increasingly peddling a form of ultra-potent heroin that sells for as little as \$10 a bag and is so pure it can kill unsuspecting users instantly, sometimes before they even remove the syringe from their veins.

An Associated Press review of drug overdose data shows that so-called "black tar" heroin - named for its dark, gooey consistency - and other forms of the drug are contributing to a spike in overdose deaths across the nation and attracting a new generation of users who are caught off guard by its potency.

"We found people who snorted it lying face-down with the straw lying next to them," said Patrick O'Neil, coroner in suburban Chicago's Will County, where annual heroin deaths have nearly tripled - from 10 to 29 - since 2006. "It's so potent that we occasionally find the needle in the arm at the death scene."

Authorities are concerned that the potency and price of the heroin from Mexico and Colombia could widen the drug's appeal, just as crack did for cocaine decades ago.

Pregnancy Program...

(Continued from front page)

It is our intention as the program develops that we will be able to provide routine medical care such as belly-measurements, weight, and heart-rate checks onsite by creating a relationship between the De Paul nurse, Legacy Health Systems, and the OHSU clinic. This relationship will minimize the need for client appointments outside of the De Paul residential facility and create greater treatment continuity for clients. Clients will meet with the onsite dietician to assess and address nutritional needs - including those brought on by gestational diabetes - and rest and exercise times will be built into the clients' schedules.

HRPP clients will be referred to Family Therapy as soon as they enter treatment to address dysfunctional family dynamics and build healthy parenting environments. Clients with additional children in DHS custody will have child visitation available. In order to create effective continuing care for HRPP clients after they have completed residential treatment, a specific all women's aftercare group will be available so that women can bring (and where they can nurse) their babies. Childcare will be made available through an offsite source in order to facilitate client attendance at outpatient treatment following completion of residential treatment.

We are very anxious and excited to launch this new program for High Risk Pregnancy Mothers. The problem of alcohol and drug use during pregnancy is a health issue best addressed through education and community-based family treatment and we are very happy to have the staff and resources to provide such services. For more information contact De Paul at 503-535-1151. ❖



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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
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- In addition to or in lieu of membership, I support WCADIO and am sending a tax-deductible contribution of \$_____.

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