



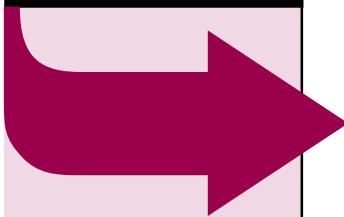
Advocates for women whose lives are affected by chemical dependency

# WSCWSAI

VOL. 6 • No. 2

August 30, 2003

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## Casita del Rio



*Casita del Rio sits on a bluff with a view of the river*

There is a new PPW program in town. Well—not really new—but sort of. First—in case you don't know—PPW stands for pregnant/parenting women and is the short hand for a long-term residential chemical dependency program for women and their children.

But back to the news. Casita del Rio is in Kennewick, WA. It was formerly called Rivercrest. But now it has a new name and is run by Triumph Treatment Services. Triumph also operates the Riel House program in Yakima (among other programs.) The new name means little house on the river. It overlooks the Columbia River.

Triumph took over the program in April of this year and has been busy hiring staff and rearranging the building along with some freshening of paint, etc. Some of Triumph's staff has literally lived in Kennewick for a while and others—it just seemed like it. But we are up and running now and finally slowly accepting new clients.

The building actually is now divided into two sections. One section is the PPW section with 16 beds for Mom and 16 beds for children. This section has the therapeutic child care compo-

*Continued on Page 2*

# Casita del Rio

*Continued from Page 1*

ment also. The second section is long-term treatment for women without children and again is 16 beds.

This program was originally part of the two state pilots funded by the legislature to ascertain the efficacy of a continuum of care for pregnant and parenting women and their children. Therefore the PPW program has two other pieces—Targeted Intensive Case Management or TICM and Transitional Housing. For now we only have four units of transitional housing. TICM functions out of the local Health Department and the case managers are nurses and social workers. They provide support to the women for 3 years and also provide wonderful classes of various kinds on campus.

The area of Kennewick is very happy to have this resource available to them and have been wonderfully supportive. We are enjoying being there.

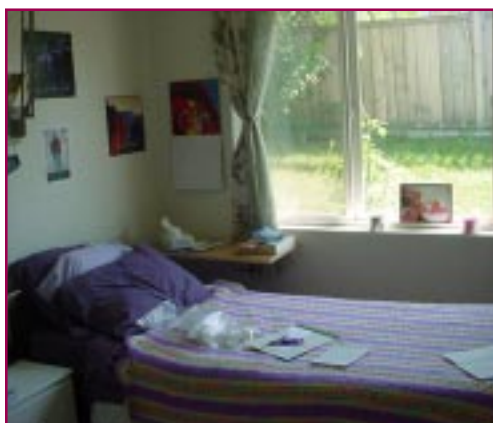
If you have questions or would like to make referrals call Brand Bradford @ (509) 734-7490.



*From the front the upstairs apartment for transitional housing can be seen*



*Each Program has a separate group room and social area*



*The women take pride in personalizing their space*



*This is one of two outdoor play areas for the children*

# Student Assistance Prevention/Intervention Programs



We've made tremendous progress in our Student Assistance Programs in schools over the past twenty years. Remember High School? Or is it just a blur of whose parents are going to be out of town to plan the party. I will be attending my twentieth class reunion next weekend

and reflect back to what it was like for me in High School. After working in the field of alcoholism and other drug dependency for many years and having the knowledge today about Misuse, Abuse and Dependency Disorders I have some insight about my experience back then. I believe I would have been diagnosed with a Substance Abuse Disorder and the family disease of alcoholism if student assistance programs were in our schools at that time.

I first used marijuana around the age of fourteen when my parents were out of town. I was smoking cigarettes on a daily basis by sixteen. I connected best with the party crowd and other children of alcoholics/addicts. Everyone knew who to call to buy alcohol (fake ID or someone 21 years of age or older) and where to buy marijuana. There was the "Stoner" group and the partying "Jock" group and all the nicotine addicts hung out in an alley behind the school where we could smoke. We didn't have any education; information and the counselors' back then were strictly guidance counselors to help prepare for graduation requirements or college. It

seems like the school ignored, expelled, or was just happy when the partying students dropped out. I do remember the police officer in fifth grade coming into our classroom and teaching DARE. I really can't remember much about that other than the focus was on illegal drugs and most students hadn't been introduced to drugs and alcohol yet.

Now I want to talk about my experience with Schools today as partners with Chemical Dependency Professionals. I had the opportunity to work as an Intervention Specialist in a Middle School for two years. Wow, Have things changed! My experience was that administrators, most teachers and school counselors today are no longer ignoring the problem of substance use, and are eager for our Student Assistance Programs. The cooperation, communication and education to provide interventions on the kids that are experimenting, abusing or dependent on alcohol and other drugs is fantastic.

Our MERIT Student Assistance Program creates Core Teams that have regular meetings to confidentially discuss specific students that are having disciplinary, attendance,

Academic problems and/or suspicion of drug/alcohol use. If it appears the problem is alcohol/other drug related, then a plan is developed to include the parent/legal guardian and discuss referral options. When the family disease of alcohol/other drug dependency is affecting students they can become involved in a group at school to learn about the "No Fault Illness" and gain support for themselves.

## NOW IS THE TIME FOR ALL GOOD WOMEN TO COME TO THE AID OF THE COALITION!!!!

I have been cloned so now there are two of us on the Membership Committee. We are looking for renewals! We ended the year with 102 members and we could use a few more. As you dig out your checkbook start thinking about recruiting some new members for the Coalition. Your membership dues provide us with the opportunity to continue to seek innovative ways to support women and children who have been impacted by alcohol or drugs.

Last year we had a very successful conference at Sleeping Lady. This year, due to budget restrictions, we will not be hosting a fall conference but we will be sponsoring four training sessions around the state on Eating Disorders.

These events have been scheduled for October in Spokane and November in Vancouver. In the spring of 2004 they will be held in Yakima, and South King County. The locations will be posted on the website, with notification by e-mail and snail mail to our members.

With your assistance we have been able to maintain the viability we have achieved over the years of promoting awareness of women's issues. We continue to seek alternative forms of financial support through grant writing and other contributions. If each member brought in one new member, just think what we could do!

We thank you for your support in the past and urge you to send in your renewal or new membership registration as soon as possible. We really want to continue to include you or your agency on our mailing list.

Visit our website: [www.wscwsai.org](http://www.wscwsai.org)

*Ann Forbes & Jackie Hyman, Membership*

*Continued on Page 4*

# Meet the Members

## Who are Your Steering Committee Members (Part 5)

In part one of this ongoing series you will be introduced to of your steering committee members. In the March 2002 issue you met four of our newest steering committee members. (Jackie Hyman, Leona Moran, Margo Caldwell, and Shereen Hunt) In the June 2002 issue we introduced you to members who have been apart of the steering committee for many years (Beth Dannhardt and Ann Forbes. In the September 2002 issue you were introduced to another member who has been on the board for many years (Barb Myers) In March 2003 you met two of our newest members. In each future newsletter we will give you a glimpse into the backgrounds of the remaining committee members. Also look for background information on sub committees and the role they play in the coalition. Learn about your steering committee and its sub committees and how you can become more involved in the WSCWSAI and make your voice heard in the realm of women's services.

**Sue Green, MPA, CDP, NCAC, CCDC**

### DASA Liaison

Following a disastrous semester in the business department at Washington State University, Sue decided to complete an assessment that she hoped would point her in the direction of a career that she was more suited for. The direction it pointed her in was social work. Sue completed a Bachelor of Arts in Sociology, with a Certificate in Social Work at Washington State University in May 1985, followed by a Certificate in Alcohol Studies and Psychology Minor in May 1986. She eventually completed a Master of Public Administration at The Evergreen State College in June 1998.

Sue has been working in the chemical dependency field since 1986. She began as an intensive outpatient counselor working with adults. A year later, Sue began her adolescent career at Ryther Child Center, followed by outpatient work with adolescents. Sue worked on the adolescent unit at Providence St. Peter Chemical Dependency Center for eight years doing various jobs, including counselor, admissions, and unit manager. In September 1998, she joined the Division of Alcohol and Substance Abuse as the At-Risk/Runaway Youth Coordinator and currently holds the position of Women/Special Services Lead.

Sue is married with one daughter and one son. She enjoys swimming, antiques, running, biking, triathlons, and spending time with her family.

## T-Shirts

The WSCWSAI now has T-shirts available for purchase. Show your support for women's services by sporting one of these quality T-shirts. All of the T-shirts are preshrunk cotton and have an embroidered WSCWSAI logo. They are available in medium, large, X-large, 1X, 2X, and in short sleeves there are also limited quantities of 3X and 4X.

To order your shirts-complete this order form and send it with your check or money order to the:

**Washington State Coalition on  
Women's Substance Abuse Issues**  
P.O. Box 907  
Yakima, WA  
98907




**Name**

**E-mail Address**

**Address**

**City**

**State Zip**

**Daytime Phone**

**Fax Number**

Item	Size	Individual Price	Quantity	Total Price
<b>Short Sleeves</b>		<b>\$10.00</b>		
<b>Long Sleeves</b>		<b>\$15.00</b>		
<b>Shipping and Handling</b>				<b>\$3.50</b>
<b>Total Payment Due</b>				

# Sundown Celebrates!!

Beginning May 16, 2003, Sundown M Ranch hosted a 3-day celebration for its 35<sup>th</sup> Anniversary. Despite the cold and rainy weather, over 1, 000 guests participated over the three day span.

The first evening consisted of lively music, a light meal and inspirational Alumni speakers. Saturday the attendees had the opportunity to visit 3 social tents filled with memorabilia from White Swan, which were staffed by employees that have been with Sundown M Ranch since White Swan, the Adult facility and the youth program. There was entertainment throughout the afternoon that included a gospel group, a jazz band and Native American drummers. There were drawings throughout the day for awesome prizes. An area for children was available with clowns and games for children of all ages.

Following the buffet dinner, the first celebrity speaker was Paul Williams. He began by sharing his story and then entertained us with many of the songs he has written over the years. Once he had us all warmed up, Chuck Negron “formerly of Three Dog Night” turned up the heat and had the audience dancing. Mr. Negron also shared his experience, strength and hope with the audience.

Many past employees and board members attended the celebration off and on throughout the weekend participating in various activities. Pierre Brown and Melba Strand said a few words before our Celebrity Entertainment came on and Bob DiPietro was our master of ceremonies just to name a few.

Sunday, day three of the celebration started with a pancake feed, cooked and served by Scott Munson, Chuck Buttrey and Dave Burkett. They cooked up some pretty good pancakes. Spiritual Services with Chaplain Bill Starr officiating followed breakfast. This is the day you sat outside of the tent to stay warm and enjoy the campus of Sundown M Ranch that so many people being treated for the disease have enjoyed over the years. It gave me time to reflect and recall the first time back in 1986 that I drove into Sundown. At that time, it had one building and not many trees, shrubs or life and today it has grown to 5 buildings and our campus now holds grown trees and wildlife. The weekend made me very proud to be a part of the wonderful family of Sundown M Ranch.



## She's Got All Kinds of Trouble

### INTEGRATED TRAINING CURRICULUM

*For social service workers who are helping women with multiple problems involving substance abuse and chemical dependency, domestic violence, adult sexual assault, and child sexual assault.*

The WSCWSAI analyzed the need for integrated trainings in Washington State for service providers who are working with women with multiple problems of substance abuse, chemical dependency, domestic violence, adult sexual assault, and child sexual assault. These trainings would facilitate communication between these systems to better serve women.

The complete training guide is now available for purchase.

To order your copy of the “*She’s Got All Kinds of Troubles*”

Trainers Handbook-complete this order form and send it with your check or money order to the:

Washington State Coalition on  
**Women’s Substance Abuse Issues**  
 P.O. Box 907  
 Yakima, WA 98907

**Name**

**Organization**

**Address**

**City**

**State Zip**

**Daytime Phone**

**Fax Number**

<b><i>She's Got All Kinds of Troubles Trainers Handbook</i></b>	<b>Individual Price</b>	<b>Quantity</b>	<b>Total</b>
	<b>\$15.00</b>		
<b>Shipping and Handling</b>			<b>\$3.50</b>
<b>Total Payment Due</b>			

# MEMBERSHIP APPLICATION

## Join Us!

Membership in the Coalition will add your voice to those of many others in this state who are advocating on behalf of women whose lives are affected by chemical dependency.

Coalition membership can open new networking and educational opportunities with others concerned about chemical dependency treatment for women.

For more information please access our website [www.wscwsai.org](http://www.wscwsai.org) or attend our monthly Steering Committee meetings. Meetings are open to all members and are held on the first Friday of the month. They are held at Residence XII, 12029 113<sup>th</sup> Avenue NE, Kirkland.

Please fill out and return the membership form along with your membership fee... *Please join us today!*

Individual Name \_\_\_\_\_

or

Agency Name \_\_\_\_\_

Agency Representative(s) \_\_\_\_\_

Address (including City and Zip) \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

*I/we support the philosophy and mission of the Coalition and wish to become regular members.*

Type of Membership:

Agency (\$150<sup>00</sup>/yr.)

Save on two registrations to the 2002 conference with a paid 2002 agency membership & receive a link to your agency on the webpage-Link address \_\_\_\_\_

Individual (\$25<sup>00</sup>/yr.)

Save on your registration to the 2002 conference with a paid 2002 individual membership

Please make checks payable to: Washington State Coalition on Women's Substance Abuse Issues (WSCWSAI) P.O. Box 907, Yakima, WA 98907.

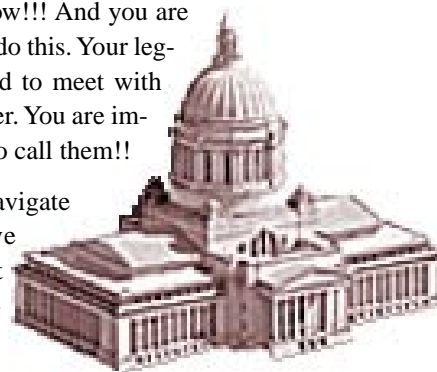
*Be a Part of a Positive Statewide Support System  
Strength Comes in Numbers!*

## Contact your Legislators

Now is the time for you to contact your legislators-before session. You need to know them and they need to know you. Have them come and visit your program-see what you do. They need to know about our services.

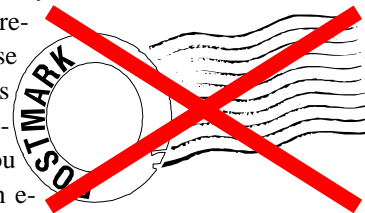
And let legislators know your experience with "meth". Let them know how patients do in treatment-that they are treatable. The public has the impression that people who do "meth" are not amenable to treatment and that they cannot parent their children. This kind of thinking has great potential to develop into legislation. We can circumvent some of this by educating them now!!! And you are the best person to do this. Your legislator will be glad to meet with you. You are a voter. You are important to them. So call them!!

Click Here and navigate to the Legislative section for current legislative information. Check back often for new material as it becomes available.



## Newsletter Delivery

The Coalition is looking to provide you the most beneficial services that we can within our budget. We believe that our newsletters are a vital part if the information service that we provide on issues relating to women's treatment. We have made a commitment to provide up to four newsletters a year from this time forward. The cost of providing this service is great. Therefore we are exploring other avenues to bring you this information in a more cost effective way. You were notified about this newsletter e-mail alert if you have already registered for this service or you found it on the website yourself. If you did not receive an e-mail alert, please send us your e-mail address so that we can begin to notify you by e-mail so you won't miss out. You can e-mail your name, address, and e-mail address to [Agostovich@triumphtx.org](mailto:Agostovich@triumphtx.org) to add your self to the e-mail mailing list. Additionally please take the time to visit the e-mail survey on the website and return it to us so that we may better survey you our members.

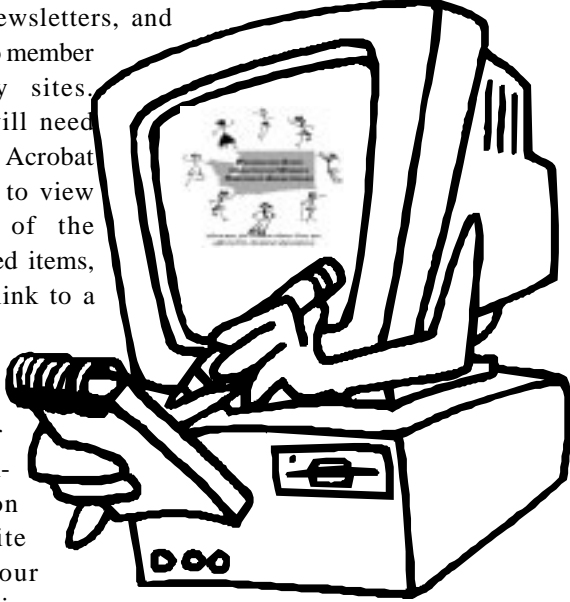


## WSCWSAI Website

It's your site!

If you are reading this article then congratulations you have found our website. Now bookmark this site.

We are adding many new items. You will now find your current newsletters, and links to member agency sites. You will need Adobe Acrobat reader to view many of the archived items, but a link to a free download of reader is available on our site for your convenience.



The website will be what the members want. So take a look and tell us what you want! Please visit the comments page and send your comments to the webmaster. We look forward to hearing from you soon.

### Steering Committee Meeting Schedule

Our monthly Steering Committee meetings are open to all members and are held on the first Friday of the month. Below is a schedule for this years remaining meetings and their locations. If you are interested in joining us for a Steering Committee meeting simply email Amy Gostovich so that we can give you directions and reserve your lunch. (Lunch is Five dollars).



**MARK  
THIS  
DATE**

September 5-Yakima	November 7-Kirkland
October 23-Spokane	December 5-Kirkland

August 2003, Volume 6, Issue 2

## OUR MISSION

The mission of the Washington State Coalition on Women's Substance Abuse Issues is to advocate for women whose lives are affected by chemical dependency.

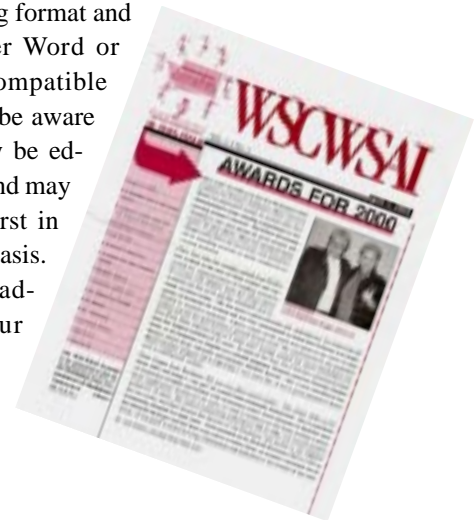
## OUR PHILOSOPHY

Addiction is a primary, progressive, and, if left untreated, fatal disease. The origins of addiction in women and their treatment needs are unique. These needs arise in large part from women's cultural and class experiences, and from their diversity of age, ethnicity, and sexual orientation.

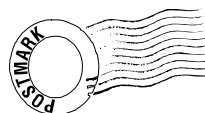
Research, prevention, treatment, funding, and state policies must begin to honor and reflect the effects of these unique experiences.

## Be a Part of Your Newsletter

Do you have a story idea for the newsletter. Maybe you have something to contribute or just a request for something you would like to learn more about. Anything that relates to women's services is open for discussion. Send your stories or story ideas to AGostovich@triumphtx.org. Please send any pictures in a jpeg format and stories in either Word or WordPerfect compatible formats. Please be aware that stories may be edited for length and may be used on a first in first published basis. Thank you in advance for your contributions.



## Our Address has Changed



The coalition has a new mailing address. The new address is P.O. Box 907, Yakima, WA 98907. Any mail that was sent to our old address should be automatically forwarded for now.

In the future please send items to the new address. Thank you.

# Eating Disorders & CD Treatment



## Seeking the missing pieces to wholeness and healing

### *"Starving The Soul"*

A seminar aimed to empower clinicians in providing optimal holistic treatment when eating disorders become the roadblock to recovery from other addictions

Sponsored by the WSCWSAI with support from DASA

## Training Outline

### Definitions

1. Anorexia Nervosa
2. Bulimia Nervosa
3. Binge Eating Disorder
4. Night Eating Syndrome
5. Compulsive Eating

### Symptoms

1. Physiological
2. Behavioral
3. Emotional
4. Cognitive
5. Spiritual

### Cycles

1. Cycle one: bulimia, anorexia, binge, compared to chemical dependency.
2. Cycle two: compulsive eating
3. Cycle three: night eating syndrome

### Interesting Facts

1. Biological explanations
2. Physiological contributing factors
3. Family Dynamics
4. Social environmental influences
5. The "Onion"

### Co-Occurring & Cross-Addiction

#### Assessments

1. Eating Disorder Questionnaire for Chemical Dependency Programs
2. Daily Food and Feeling Journals

#### Placement

1. Criteria for level of care

#### Treatment Modalities

1. Increase self-esteem
2. Establish trust
3. Identify-Understand-Demonstrate
4. Source of injuries
5. Behaviors that continue to feed addictive cycles
6. Create connection and direction

### Startling Statistics

#### ASAM

#### Case Studies

Small group work, utilizing material learned

Larger group sharing

## Presenter: Linda Walrath CDP

Linda Walrath is a Certified Chemical Dependency Professional, Social Service Specialist and an Eating Disorders Counselor. She is co-founder of Exodus Counseling & Treatment Services, and the Director of the eating disorders program at Prosperity Counseling & treatment Services, which offers intensive inpatient services for chemically dependent women. She has received specific training for eating disorders under the guidance of Dr. Greg Jantz and his staff at the Center for Health and Resources.

Linda uses a whole persons approach in her counseling, addressing the emotional, relational, social, intellectual, physical and spiritual

## Four Training Sites

- **Spokane**-October 24, 2003 at the Health District (9am-4pm, lunch on your own, 12-1pm)
- **Vancouver**-November 7, 2003 at the YWCA (9am-4pm, lunch on your own, 12-1pm)
- **Tacoma**-February 5, 2004 at the Burien Training Center (9am-4pm, lunch on your own, 12-1pm)
- **Yakima**-March 16, 2004 at the Epic Fireside Room (9am-4pm, lunch on your own, 12-1pm)

## Questions

Contact the education Committee

- Melissa Laws  
Education Coordinator  
Prosperity Counseling & Treatment Services  
(253) 863-9667  
melissalaws@msn.com
- Linda Felton  
Spectrum Counseling & Assessment  
(206) 824-4186  
spectrum@spectrumeducational.org
- Patty Bengé  
Triumph Treatment Services  
(509) 575-4810  
PattyB@triumph.tx.org

# Registration Form

## For Eating Disorders and CD Treatment Workshops

### Workshop Fees

\$50 each (\$60 for non-Coalition members)  
Fee includes workshop, morning and afternoon snacks- lunch is on your own.

### Registration Deadline:

Reserve your space one month before your desired training date.-No refunds after this date  
Reservations after these dates on limited space-available basis.

- \_\_\_\_\_Spokane-October 24, 2003
- \_\_\_\_\_Vancouver-November 7, 2003
- \_\_\_\_\_Tacoma-February 5, 2004
- \_\_\_\_\_Yakima-March 16, 2004

### Method of Payment

Check payable to WSCWSAI

\_\_\_ MasterCard

\_\_\_ Visa

Card #

\_\_/\_\_/\_\_/\_\_-\_\_/\_\_/\_\_/\_\_-\_\_/\_\_/\_\_/\_\_-\_\_/\_\_/\_\_/\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Mail check made payable to Washington State Coalition on Women's Substance Abuse Issues (WSCWSAI) and Registration to:

### WSCWSAI

P.O. Box 907  
Yakima, WA 98907  
www.WSCWSAI.org

Continuing Education: 6 CEUs

# CD History Project

In January of 2003 a group of people gathered to discuss putting together a history of the chemical dependency field in Washington State. This was the beginning of the Chemical Dependency/Prevention History Project. The Washington State Coalition on Women's Substance Abuse Issues is in a unique position to contribute information. The Alcohol/Drug Helpline has volunteered to maintain a website dedicated to the project so that anyone interested in participating could post stories, reports and just plain anecdotes directly on the internet for others to see.

Since the initial meeting, a special e-mail account has been opened and a message board has been made available. The Helpline is hosting the depository of information but the people from the field will be doing the writing. With some support from DASA the group hopes to hire a professional writer to pull it all together and we are hoping to produce a draft document by January 2004. It all depends on you. This is everybody's history. If you have any information on the 'good old days' or if you know someone who has a story to share we hope you will get into action! Don't wait too long!

Check out the website and message board:

[www.cdhistory.adhl.org](http://www.cdhistory.adhl.org)

E-mail us: [cdhistory@adhl.org](mailto:cdhistory@adhl.org)

Fax: 206-722-1032

Call us: 1-800-1240 or 206722-3700 (Ann or Gerry)

Regular Mail: CD History

P.O. Box 80243

Seattle, WA 98108-3401

## Steering Committee Positions

There are several Steering Committee positions available to members of the Women's Coalition. We would like to take this opportunity to encourage anyone interested in applying for a position. If you are interested, you can contact Barbara Myers at 457-0990 x 365/email @ [Barbmyers@sundown.org](mailto:Barbmyers@sundown.org) or print and complete the application on the website ([www.wscwsai.org](http://www.wscwsai.org)).

For those of you that are interested in becoming more active and involved, please apply. Being an active member, I have found it to be an exciting adventure in learning more about women's issues in legislation. It led me to discover the many programs available and what is needed to give women an opportunity to succeed in life as well as have more confidence.

Come on ladies, step up and let your voices be heard. Let's make a difference!

## Membership Renewal

It is that time of year for renewal of your membership in the Coalition. This year with all the talk of budget cuts, and actual cutting of programs, it is even more timely and important that we pledge our support to women's programming. We have already been alerted that DASA has cut the Coalition out of the budget so we are going to need to be creative with our recourses, and think of ways to generate funds and ways to be heard so that we do not see vital programs being cut. Many of us have worked for years to get recognition for discrete programs for women. We want to that funding is there for women with children and pregnant or homeless women and that accessible services are available on a continuum basis.

Our rallying cry must be based on a strong personal commitment, pledging to get more members so many voices can be heard from many quarters. This year our dues structure has increased slightly to \$25 for an individual and \$150 for corporate members. We will need to pull together for the common good and to be sure not to lose the vision of our mission statement during these funding crunches. The Mission Statement reads, "Advocates for women whose lives are affected by chemical dependency".

You can renew your membership or join your voice for the first time by completing the membership application in this newsletter or by printing and completing the application on the Coalition's website ([www.wscwsai.org](http://www.wscwsai.org)). Send you completed applications to

WSCWSAI

## Women and Addiction in Washington State

The Washington State Coalition on Women's Substance Abuse Issues published *Women and Addiction in Washington State* (affectionately called the Brown Book due to its cover color) over nine years ago. It has recently been updated and can no longer be referred to as the brown book but has now taken on the nickname of the Grey Book. You can receive a copy of *Women and Addiction in Washington State* by calling the Alcohol Drug Clearing House at 1-800-662-9111.



## Safely Screening for Safety:

Battered Women in Substance Abuse Treatment Settings

The following is an excerpt from an article by Patti Bland, M.A. CCDC. The complete publication can be seen at [www.wscwsai.org](http://www.wscwsai.org) (choose the Safety Screening section) The complete publication also includes screening tools including interview questions, risk assessments, manifestations of violence, lethality scale, substance abuse wheel handout, and manifestations of violence.

### Safely Screening for Safety: Battered Women in Substance Abuse Treatment Settings

By Patricia J. Bland, M.A. CCDC

(Includes excerpts from [Women Talk about Substance Abuse and Violence](#), ten women interviewed by Debi Edmund and Patti Bland; edited by Debi Edmund, 6/2000)

Adapted from [Screening Chemically Dependent Battered Women In Not Out of Our Programs](#), by Patti Bland, from [The A Files Washington State Coalition Against Domestic Violence Newsletter](#), Vol. 3, No. 3, Pages 127-138, October 2001

### About the Issue

There are very few adequate resources for the many invisible women who are both battered and chemically dependent. Our challenge as chemical dependency professionals is to develop empowering services to ensure both safety and sobriety for battered women seeking recovery in our treatment programs. Safety is an essential element frequently lacking in the lives of women and children who have been impacted by both substance abuse and domestic violence. Lack of safety can prevent access to treatment as well as undermine recovery efforts. Many women attempting to recover from chemical dependency also experience intimate partner violence. Although we cannot always ensure safety (or for that matter, sobriety) we are obliged to provide as safe an environment as possible for all women who use our services or work at our programs.

Barriers to women's safety and sobriety are magnified when routine screening for domestic violence and sexual assault fails to occur. Screening for current domestic violence is not as common as routinely screening for a past history of abuse. However, all forms of abuse are often routinely neglected by treatment providers in our well meaning efforts to focus on the disease concept. Failure to ask key questions or to recognize cues indicating the presence of both domestic violence and sexual assault stems from a variety of causes. Concerns about triggering relapse, overwhelming the victim or defocusing treatment are often present. Other causes include: lack of time, sense of helplessness to assess outside one's own area of expertise, fear of "opening up a can of worms," concerns about angering or hurting a woman's feelings, lack of knowledge of community resources as well as lack of trust in other system providers. These barriers are compounded if they exist within a culture that routinely denies the prevalence of domestic violence and limits access to services for women dealing with multiple issues. ...

For more go to [www.wscwsai.org](http://www.wscwsai.org) (choose the Safety Screening section)

# Fetal Alcohol Spectrum Disorders

In 1995 Ken Stark, Director of the Division of Alcohol and Substance Abuse (DASA) in the state of Washington, attended a Fetal Alcohol Syndrome (FAS) educational seminar entitled, *FAS: Creating Intervention Touchpoints*, presented by Jocie DeVries and her colleagues, Vicky McKinney, Ann Waller, and Linda LaFever. Since these women are all mothers of children with FAS, their presentations were based on their personal experiences, self-research, and the information they gathered from hundreds of other families raising children with this disability.



After attending the seminar, Mr. Stark recognized how valuable this practical information from the "Collective Family Experience," would be, not only to individuals with FAS/E and their families, but to Washington State employees in multiple systems: Alcohol and Substance Abuse Treatment, Developmental Disability, Mental Health, Juvenile and Criminal Justice, Education, Child Welfare, Vocational Rehabilitation and Healthcare. So Mr. Stark made a commitment to fund this type of training, as well as the quarterly newsletter, FAS Times, and a referral and mentoring phone line for Washington State citizens, all produced by the FAS Family Resource Institute. These educational programs, especially the Intervention Touchpoint Seminars, have proven to be among the most successful educa-



tional programs on FAS in the country, as evidenced by the recent woman of the year award given to Jocie by Woman's Day Magazine. Once again, DASA's Director, Ken Stark, has lead the nation on quality educational programs for those impacted by alcohol abuse and alcoholism.



Sue Green, Women/Special Services Lead at DASA and the Fetal Alcohol Syndrome Interagency Workgroup (FASIAWG) chair, attended the *Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence: Building FASD State Systems* in Washington D.C., May 18-20, 2003. The mission of the FASD Center for Excellence is to increase the effectiveness of local prevention and treatment options in the United States by providing national leadership and coordination in the field. The ultimate goals are to prevent women from drinking during pregnancy and to maximize the potential of persons who have FASD. During this conference, participants learned how FASD affects a wide variety of State service delivery systems, heard how various States have laid the groundwork for State systems that begin to address FASD in a systematic way, shared information on innovative prevention and intervention programs, and shared approaches, best practices, and systems that work in preventing and addressing FASD.

Nationwide, it is estimated that 40,000 babies are born each year with FASD. Persons with FASD face innumerable challenges, including difficulty in school, trouble obtaining and keeping jobs, and legal problems. FASD costs the nation about \$4 billion each year. In Washington State the FASIAWG meets every other month to brainstorm ideas and seek to work cooperatively on the issues of FASD. This group presents an annual report on FASD to the Governor's Council on Substance Abuse. This report includes recommendations from the group to prevent the far-reaching and costly effects of FASD.

For a copy of the 2003 *Report to the Governor's Council on Substance Abuse: Fetal Alcohol Syndrome Interagency Workgroup (FASIAWG)*, please contact Sue Green, (360) 438-8087 or greensr@dshs.wa.gov.

## Committee Members

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**Melissa Laws** ❖ *Prosperity & Together Care*

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**Beth Dannhardt** ❖ *Triumph Treatment Services*

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**Jane Kennedy** ❖ *Private Citizen*

### Of Counsel

**Nalani Askov**

### DASA Liaison

**Sue Green** ❖ *DASA*

### Conference Coordinator

**Karen E. Christensen**

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**Patricia Benge** ❖ *Triumph Treatment Services*

**Marcia Glendenning** ❖ *Catholic Community Services*

**Jackie Hyman** ❖ *Pacific Crest Consortium*

## WHO WE ARE

The Coalition is a non-profit association of individuals and organizations concerned about women's chemical dependency issues. Members include: individuals, local and state government agencies who work with disabilities, health care providers, domestic violence providers, chemical dependency treatment. They include therapists, researchers, attorneys, and others concerned with public policy issues affecting chemical dependency treatment for women.

## WHAT WE DO

The purpose of the Coalition is to advocate for improved, expanded, more accessible and relevant chemical dependency treatment services for women. To achieve its mission, the Coalition:

- ☉ Provides networking opportunities for professionals working in the chemical dependency field and other fields affected by the issues of substance abuse.
- ☉ Provides education and training through conferences.
- ☉ Educates legislators and other policy-makers about the needs of chemically dependent women.
- ☉ Monitors legislation and proposes policy changes to improve treatment services for women.



# WSCWSAI

**Washington State Coalition on  
Women's Substance Abuse Issues**  
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