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## NAADAC 2010 Conference

### Prez Lindsay Anderson reflects

The 2010 NAADAC annual conference was held September 8-11 in Washington, D.C., attended by an entourage of 5 of our CDPWS members and one soon-to-be member. “As state president, representing members from Washington St, I spent much of my time in business meetings,” reports Lindsay. “I was impressed by the well-structured and democratically conducted sessions. One proposal receiving lots of discussion was to change the NAADAC acronym. Suggestions will be solicited from the state affiliates.”

A second significant proposal subsequently approved was about including Substance Abuse Prevention Specialists under the umbrella of NAADAC, including certification.

Heated discussion followed a proposal placed before delegates to remove the entire certification process from NAADAC, giving it over to the International Certification & Reciprocity Consortium (IC&RC), to another entity or to the states. “Personally, I question the value of such a move because it is a source of

revenue and serves as a discounted benefit to members,” observes Lindsay. “It attracts people to our association as well.” The proposal was subsequently tabled. Each state rep was asked to take the issue back to their affiliate boards to generate feedback.

“With respect to D.C. in general,” Lindsay reports with some emotion, “I believe our founders were very wise people because they left us with a very awesome legacy, experienced as we toured the city. Even with all of today’s problems, we are blessed with an incredible nation. We spoke at length to a cab driver from Somalia who was so proud to be here for the past two years.”

Lindsay states that another highlight was visiting capital hill and conversing with the staff of our state representatives (congress was not in session). “In some respects,” she affirms, “it was much better to speak with the aides because they had much more time to spend with us as we expressed our concerns about addiction, recovery and healthcare reform.”



**Scare  
Play  
Enjoy**

3<sup>rd</sup> Annual CDPWS  
**Clean and Sober  
Halloween Party**



**Location:** Lake Union Café  
3119 Eastlake Avenue East  
Seattle, Washington 98102

**Date:** Thursday October 28, 2010

**Time:** 7:00 p.m. – 1:00 a.m. (Adults only!)

**Cost:** \$30.00 per person, \$20.00 for students, \$50.00 for couples

Costumes highly encouraged!  
Live music performed by *Vance and Freedom*

\$100 Best Costume contest prize,  
door prizes throughout the evening,  
food, beverages



Ticket information: Phone Vance  
Newton (206)478-2538

# Six of the Seven Dwarfs Now Addiction Free



In the August-September issue of *The Harvard Addiction Review*, it was announced that six of the seven dwarfs featured in the epic story of Snow White are now addiction free of both alcohol and drugs. All seven participated in a 90-day rehabilitation program at Snow White’s Center for Substance Recovery. Due to confidentiality requirements, the press release failed to identify the one dwarf who currently remains addicted, but widespread speculation indicates that he is . . . (you name

him along with the other six dwarfs.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Addicted is \_\_\_\_\_

See answers on Page 4. (No peeking in advance, please)



The Washington State Clearinghouse is open to the public Tuesday – Friday from 10 a.m. to 3 p.m.. Also, these materials can be ordered and mailed. To learn more about the Clearinghouse please look at our web site at <http://clearinghouse.adhl.org/>. Often requested publications include:

- Prescription Drug Abuse-What's in your Medicine Cabinet?
- Getting High on Prescription and Over the Counter Drugs is Dangerous (we are out and it is still requested)
- The Abuse of Prescription Drugs and Over the Counter Drugs

- Say it Straight - Marijuana - Myth vs. Fact
- Navigating the Teen Years
- Just the Facts- Binge Drinking
- Underage Drinking-myth vs Facts
- Meth Teeth
- Ruad-Tyler
- Life or Meth-What's it Cost?
- Drug Resource Guide
- An Important Lesson, Helping Students Avoid Prescription Drug Abuse
- Marijuana: Facts for Teens
- Marijuana: Facts Parents Need to Know
- Street Smart Drug Dictionary

# Fired-Up Student Comments on Congress

VP Ernie Rombouts reports: "At the recent NAADAC conference, student Calei Vaughn impressed me with her enthusiasm and grasp of addiction issues. Below is the letter Calei wrote to me after the conference."

Dear Ernestine:

Thank you for allowing me to participate in your recent Washington, DC Congressional visits during the 2010 NAADAC conference. I am very honored to have met the CDPWS group, the Washington State leaders in the field. Due to this experience, I have gained a new understanding of some of the bigger funding



Capital Dome, Washington D.C.

issues and challenges facing addiction professionals. The constant change of economic conditions and governmental regulation is of great importance and your leadership demonstrated how even a small group of individuals can make a difference. As a new and developing professional in the field of addictions, you have modeled behaviors that I will hope to aspire to while encouraging the new generations of professionals to have a voice, become involved, and never give up.

(continued p. 4)

## Natural High

Talk about a natural high! Those fortunate to attend the recent Counselor Camp 2010 at Camp Cispus experienced the exhilaration of driving through dense forest trees on the way to the campsite from Randle, WA. The 11 mile road trip uplifts the spirit, reminding us of the healing power of the natural world. More than 50 counselors of youth attended the weekend outing.



But, not to worry. Your CDPWS retreat planning folks are hard at work on our own 2011 event at Camp Cispus. The theme will be *Bountiful Wellness*, which for many is exactly what happens when experiencing the therapeutic rush of pure nature.

In *Let There Be Night*, the author grimaces at how urban light cancels the brilliance of the stars. Not so at Camp Cispus!

## Training Tips for Your Professional Tool Box



"Astonished" describes Bob W's reaction upon reading about his Myers-Briggs Type Indicator® (MBTI) profile. "I don't want to get puffed up about it, but this inventory helped to confirm my worth as a person and my creativity," Bob reports. Bob's profile is Introverted, Intuitive, Thinking, Judging (INTJ). Less than 5% of the U.S. population shares his personality strengths.

Called a *Jung Typology Test* (not really a test), this free version of the MBTI is available at [www.humanmetrics.com](http://www.humanmetrics.com). If your clients complete the inventory, ask them to Google their four letter profile on the Internet. They will be pleasantly surprised by the wealth of information.

**CDPWS Board Members**

Lindsay Anderson, President  
 Ernie Rombouts, President-Elect  
 Paula Fisher, Secretary  
 Vance Newton  
 Jennifer Velotta  
 Jerome Walters  
 Jim Henry, UPDATE Editor



2010 NAADAC Conference Team at Congressman Norm Dicks' office. Left to right:  
*Melody Dady*  
 Dicks' Assistant *Jami Burgess*  
*Ernie Rombouts*  
*Jerome Walters*  
*Vance Newton*  
*Calei Vaughn*



Still addicted : Dopey  
 Sneazy  
 Bashful  
 Sleepy  
 Happy  
 Grumpy  
 Doc

**Answer to Seven Dwarfs**

No peeking until you've guessed!

**Fired-Up Student (cont.)**

As I have had some time to reflect on the conversations with the congressional aide staff, I recognize that continued communication will be extremely important. I will be drafting a letter to The Honorable Rick Larsen, United States Representative (D-2<sup>nd</sup>) after conducting some research to get a better understanding of where Representative Larsen stands in relation to funding mental health and substance abuse services. In addition, Stephanie Arnold, Legislative Aide to Senator Patty Murray, stated that Senator Murray is in favor of the 1.8 billion dollar block grant but doesn't expect floor action on the Parity Act until October; Jami Burgess, Legislative Assistant to Representative Norman Dicks, also confirmed that Representative Dicks is in favor of mental health and substance abuse treatment funding; and Janel George, Legislative Assistant to Senator Maria Cantwell, noted that Senator Cantwell supports HIT funding and truly has an interest in emerging drug trends, specifically the methamphetamine epidemic and what drugs are taking over in our

communities. My follow up communication will not only appreciate the current support of the 1.8 billion block grant, but also stress the importance of the increased funding that is desperately needed by today's addiction service agencies.

The interaction that I have had with you has really left me "on-fire" to become involved as soon as possible. As I am still a full-time student, please feel free to contact me if you have any tasks that may be completed by a student volunteer. I would be more than happy to support CDPWS in any way I can.

Sincerely yours,  
 Calei Vaughn

This is your newsletter and we want to hear from you. Share your story!  
*We don't stand a ghost of a chance without you.*

Jim Henry, Editor  
 jlhenry@aol.com

