

## Board of Directors

**Gretchen Burns Bergman**  
Executive Director  
**Tom O'Donnell**  
President  
**Sylvia Liwerant**  
Vice President  
**Barbara Todd**  
Secretary  
**Jim Land**  
Treasurer  
**Dianna Flint**  
Membership  
**Carolyn Angell**  
**Dan Valentine, Ph.D.**  
**Christina Nilson Snyder**  
**Caroline Stewart**  
**Tami Ball**  
**Frances Williams-Fant**  
**David Beck Brown**

## Advisory Board

**John Van de Kamp**  
Former Attorney General  
**Jerry Rand, MD**  
Rand Recovery Centers  
**Ken Cilch**  
President, CRASH, Inc.  
**Helen Teisher**  
Founding Member NAMI  
**John Micetich**  
Kensington Financial  
**David Bergman, MD**  
FAPA, Med. Dir. API Hospital  
**Ken Houry, MD**  
San Diego Psychiatric Society  
**Dan Holsenback**  
Attorney at Law  
**Steven E. Feldman**  
Attorney at Law  
**Tim Murphy, MD**  
San Diego Psychiatric Society  
**Vic de Meo**  
Psychologist  
**Judge Robert Coates**  
San Diego Superior Court



Vol IX October 2002

### President's Message

By Tom O'Donnell

This appears to be a great year for A NEW PATH with three grants destined for our coffers. Our support package is now increased and we will be able to get the PATH message throughout California.

The California Endowment offered us our first grant as part of the Local Opportunities Fund; Join Together/Demand Treatment gave us the second grant and the Fund for Drug Policy Reform of the Tides Foundation will provide our third grant.

As a Demand Treatment Partner, four PATH members will attend a drug/treatment-related conference in Florida in October. PATH will continue to participate in like seminars and panels throughout the state.

As an advocacy organization, we are actively involved in ensuring quality treatment for Proposition 36 qualifiers and we have already begun to see positive evidence for treatment versus incarceration.

Continued support is required to keep this good thing going and we would hope to see our readers at all of our general meetings.

### Executive Director's Message

#### Proposition 36... Where to from Here...

By Gretchen Burns Bergman

Proposition 36, which mandates first and second time non-violent drug offenders to treatment and probation instead of incarceration was implemented in California in July of 2001.

The citizens of San Diego County approved this dramatic change of policy in November of 2000 by 59%, while passing in the state by 61% of the voters, indicating a general belief that the massive problem of drug addiction should be handled with rehabilitation and treatment rather than punitive measures.

Although Prop. 36 appears to be heading towards its goals of diverting tens of thousands of non-violent offenders to treatment, thus saving millions of dollars, increasing the number of licensed and certified programs, and reducing crime and recidivism, I am still constantly reminded that we have only begun our work in changing public opinion and policy regarding substance abuse and addictive illness.

A New PATH (Parents for Addiction Treatment & Healing) receives countless phone calls from the families of young adults whose addictions have led them to become involved in the criminal justice system.

One such case involves a young man who is currently in treatment and out on bail after being arrested for a non-violent drug offense. Although he is successfully completing several months of treatment, he will probably be sent back to prison due to a prior felony.

Continued on page 4

Members can purchase  
PATH license plate  
holders for \$5 each  
and PATH pins for \$10  
each through our  
office: 619-670-1184  
or email:  
[anewpath@cox.net](mailto:anewpath@cox.net).

**A New PATH wishes to thank these generous sponsors:**

SAPPHIRE LEVEL \$5,000

Theodore Bergman

OPAL LEVEL \$1000

Gary & Elisa Davis

TOPAZ LEVEL \$500

Raymond Simas

API Hospital

First National Bank

PATH Partner \$200

Karen & Henry Austin \* Dr. Jorge Barrera \* Rory Devine & Yanon Volcani

\* Friends of the SDPS \* Nikou Hessami \*

Peter & Victoria Hobbs \* Paul J. Hynes \* Dr. Kenneth Khoury \*

Joyce & Bob Keys \* Steven E. Lahre \* Sylvia & Jaime Liwerant \*

Robert Lofgren \* Jan Roach \* Stephen Schwarz \*

Sam Sheldon \* Ronald S. Shores

\* Gil & Ann Williamson

Business Membership

Dr. Joseph & Charlene Abrahamson \* Dr. David Bergman \* Sharon Brenton \*

William & Janet Buchholz \* C.C. Interiors \* Jim & Adrienne Clark \* Raquel

Cohen \* Priscilla Coley \* Dr. Paul & Nelly Dean \* Nadja Frank \* Sandy Gordon \*

Gretchen Productions \* Dan Holsenback APC \* A Thomas Horvath, Ph.D. \*

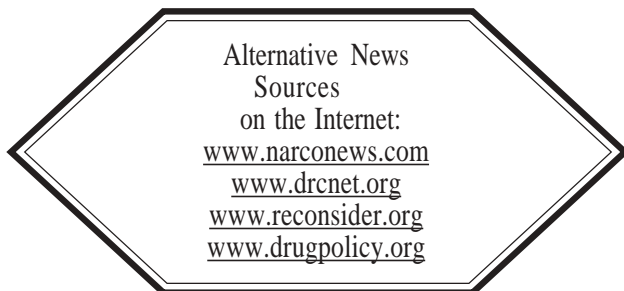
Kensington Financial \* Robert & Elena Kucinski \* Dr. Mike & Laura Lardon \*

Judy Lawton \* Mental Health Association \* John & Grace Micetich \*

Peggy Osterhout \* Heather & Norman Sarkin \* Thomas Siersma \* Warren &

Sage Sonnek \* Robert & Helga Trachinger \* \* Dr. Thomas & Charlotte Wilson

The success of our organization depends on your generosity. There are many levels of sponsorship and underwriting opportunities available to you and your business!



A New PATH newsletter is published quarterly by the Parents for Addiction Treatment and Healing non-profit organization.

Carolyn Angell, Managing Editor  
Jan Roach, Editor

A New PATH  
2527 Doubletree Road  
Spring Valley, CA 91978  
Phone (619) 670-1184  
E-mail [ceangell@cox.net](mailto:ceangell@cox.net)  
Check our website at [anewpath.cc](http://anewpath.cc)

© 2002 A New PATH. No portion of this newsletter may be reprinted without the written consent of A New PATH.

## Sometimes Number One isn't the Best

By Keith Taylor

Program Director for the San Diego Association for Rational Inquiry

We're number one! We're number one.

Well maybe it's not something we should be bragging about. According to a recent article in the *San Diego Union-Tribune*, in 2001 the Navy discharged more people for drug use than the Army, Air Force and Marine Corps combined—3,407 sailors.

It wasn't like this in the good old days. Back when I was a sailor we didn't have drugs. Well, maybe we did, but, honest, I had no idea what marijuana smelled like until long after I became a senior chief.

But that was then. This is now. In between we have had the Vietnam War, the rise of the Counterculture, hippies, acres of backwoods plus quite a few attics converted to pot farms.

Then, marijuana and other drugs were everywhere, and so was a lot of misinformation about them. Those who used them and those who didn't lived worlds apart. It was zero tolerance and that applied to cocaine, heroin, grass, bennies, ecstasy, crack, smack, and whack. Use any illegal drug and out you went.

I recently checked to see how today's Navy is handling the problem. Practically the first thing out of the PAO's mouth was "zero tolerance." The second thing is that the Navy's war on drugs is intensifying, thus our ranking as number one.

Well, that won't find disfavor in the highest levels of our government. Perhaps to defuse the old "I didn't inhale" thing, President Clinton increased the spending for that war nearly four fold over his predecessor's budget. His four star czar, General McCaffrey spent billions on "education" which included buying magazine articles and TV shows with an anti drug theme. We were fighting a war with the same technology that gave us *Reefer Madness*, the hysterical 50's show laced with every possible urban legend about drugs.

Meanwhile, the illegals are still verboten, and they'll still get you kicked out. Well, I certainly wouldn't expect a submarine skipper (the usual example given) to trust the lives of his crew, a billion dollar submarine, and himself to the judgment of a guy zonked out on drugs. Nor do I like to think of spending a fortune trying to rehabilitate a sailor whose life is ruined by such things.

But would we be? We are still divided into two groups, and I'm still on the side of those who don't. But I have a problem with the idea of trying to solve a problem with a simple slogan.

Once, one of our kids got into a world of trouble with drugs. Zero tolerance on our part would have cost us a heluva kid. Adamant refusal to look for alternative solutions to a problem has its own consequences.

Continued on page 4

## San Diego Chosen to Participate in National Initiative to Increase Treatment for Substance Use Disorders

Boston, MA — Join Together, a national resource for communities taking action against substance abuse, announced today that San Diego County is one of fourteen communities selected to join its Demand Treatment! program.

Demand Treatment! is Join Together's national initiative to increase the number of people getting quality treatment for substance use disorders by building local leadership, providing information for action, improving quality, and ending discrimination. Join Together is supported by the Robert Wood Johnson Foundation.

As part of its Demand Treatment! initiative, a New PATH (Parents for Addiction Treatment and Healing) will use a social marketing campaign to change people's misconceptions about substance abuse and recovery.

A New PATH is a voluntary, non-profit organization of parents of individuals suffering from the disease of addiction, concerned citizens and community leaders working together to advocate for better understanding of and more treatment opportunities for substance abuse issues.

The 2002 Demand Treatment! Partners were selected from more than 50 competing applicants across the nation. Join Together will provide them with technical assistance, funding, and leadership development over the next two years.

The other new communities selected to join the initiative are: Bucks, Chester, Delaware and Montgomery Counties and Philadelphia, PA; Carroll County, MD; Everett, MA; Gallatin County, MT; Genesee County, MI; James City and York Counties and Williamsburg, VA; Lancaster County, NE; Louisville, KY; Milwaukee, WI; Monroe County, NY; Sacramento County, CA; Sarasota County, FL; and Washoe County, NV.

These fourteen communities join the 2001 Demand Treatment! Partners: Boise, Chicago, Denver, Des Moines (IA), Houston, Indianapolis, Knoxville, Manchester (NH), Mobile, Nashville, Pittsburgh, San Antonio, San Francisco, Trenton (NJ) and Tucson.

"Too many people fail to get the treatment they need because they don't think it will work, or fear they will be fired or forced out of their homes," said David Rosenbloom, director of Join Together. "We are very pleased that these fourteen communities will join us as we demand that the health, criminal justice and specialized treatment systems be expanded and improved."

Gretchen Burns Bergman, Co-Founder and Executive Director of A New PATH declared that, "This is a wonderful opportunity to expand our efforts towards reducing the stigma of the disease of addiction and increasing treatment and rehabilitation availability in our county. Through this partnership we can make a significant difference in saving lives, healing families and building healthier communities".

Join Together is a project of Boston University School of Public Health. For further information about Join Together or Demand Treatment! visit: [www.jointogether.org](http://www.jointogether.org)

## Executive Director's Message

Continued from page 1

We see this happening far too often, and when it does, treatment is interrupted and the individual goes back into a hostile, drug-available, non-therapeutic environment. This person, who was just emerging from his nightmare and learning how to develop a more positive and functional lifestyle, will be lost to the darkness once more.

Donovan State Prison houses approximately 4500 inmates, but only offers 400 treatment slots. As of this writing, the new Warden has refused an audience with us to discuss creating more treatment slots and additional therapeutic communities behind bars, giving us the clear message that politics still pulls us back from progress.

A great fear that I have expressed from the beginning has to do with the part that the District Attorney's office plays in screening individuals for Prop. 36. A recent phone call illustrates this point: A young man with a past history of a drug crime relapsed and was charged with driving under the influence, resisting arrest and reckless driving.

The parent said there was talk of dropping the possession charge, leaving "only" the other two charges. This is disturbing to us since he is obviously a person with a drug problem, who is willing to go into recovery, but probably won't get the opportunity for Prop. 36 treatment because of the way his charges will be filed (removing the nonviolent drug offense and leaving the other potentially violent offenses).

We fear that all too often the circumstances surrounding the crimes of drug-offending individuals are manipulated by council, and in so doing, disqualify the individual from these treatment opportunities. Unfortunately, Judges don't always use the discretion they have to allow people in desperate need of treatment into the Proposition 36 programs.

After a year of implementation we are now able to create a profile of the typical Prop. 36 client and, as I suspected, he/she is older (35 is the average age), and more severely addicted than was originally projected.

San Diego County is appropriately changing the levels of treatment to adjust to these findings. This process brings greater awareness of the need for more residential treatment opportunities and ancillary services to meet the varying needs of these clients.

Unfortunately, there is still a terrible stigma attached to addiction and, although our citizens recognize the need for treatment, they don't want these facilities to be placed in their own neighborhoods. A New PATH is working to advocate for community-based treatment.

The fact is that treatment and rehabilitation centers do make good neighbors. Because of the service work that recovering individuals do, neighborhoods are known to actually benefit from their presence due to decreased drug use and criminal activity.

We believe that community-based treatment facilities belong in all areas of our county, so we are systematically communicating with mayors and legislators from various cities. Sadly, the mayor of San Diego, Dick Murphy, has not yet regarded our efforts as a topic that he would put on his calendar for discussion.

In a perfect world, community-based treatment facilities would be deemed just as necessary and welcomed as are libraries, fire stations, hospitals and schools. It does us no good to bury our heads in the sand and pretend that the problem should be solved out-of-sight and by others.

It is our families, our loved ones, our citizens and our world that is being challenged by the disease of substance abuse. Because of this interconnectedness it is impossible to detach ourselves from this problem, so we all must commit to being a part of the process of healing and recovery.

---

---

### Number One

Continued from page 3

How dangerous are those things anyhow, and what does it cost us to do this to them? I asked Dr. Elie Shneour, a scientist with a dozen lines of credits in *Who's Who* and a good friend. Elie is CEO of Biosystems Research Institute in La Jolla and has studied drugs and their effects.

He pointed out that not a single death has been directly attributed to marijuana, this as opposed to the more dangerous drugs, including alcohol.

He says insufficient research is the biggest problem in even learning what marijuana does. Among the variables is that some marijuana may be laced with herbicides left over from an attempt to kill it. Another is that different plants, as well as leaves from different parts of the plants have varying amounts of the active ingredient.

One who studies the problem as a social issue, and one who had her own kid with drug problems, is Gretchen Bergman. Gretchen started an organization called Parents for Addiction Treatment and Healing (PATH). She was Chairwoman for California's Proposition 36, a measure that mandated treatment instead of incarceration for non-violent drug offenders.

PATH is dedicated to the human side of the problem, but they also came up with one interesting statistic: for every dollar spent on treatment we save seven dollars that would have been spent on incarceration.

I don't think the military brass is going to budge from the idea of zero tolerance without leadership from the Commander in Chief. So how about it Mr. President? You reversed your predecessor a good dozen or so times when you took over. How about one more? Surely being able to save one dollar out of seven on a single program ought to appeal to your constituency.

Furthermore it would be compassionate. You remember, "compassion", that word from your campaign slogan.

## From the Inside

with David Beck-Brown

# Make the Time Fit the Crime

Prison Reform has less to do with *corrections* than it does with legislation. If there is such a thing as a *necessary evil*, it could be our prisons.

Prisons isolate convicted felons, thereby isolating them from potential victims in the community inmates know as the *free-world*. In a positive sense, prisons provide convicts with a “time-out” for personal reflection and potentially breaking their criminal habits.

However, the majority of California’s voters agree that not all people engaging in personal destructive behavior belong in prisons. State proposition 36 (mandating drug treatment for first and second time non-violent substance abusers committing no other crime other than their personal substance abuse) was overwhelmingly accepted and made into law.

Because of prop-36, an estimated 35,000 potential inmates are now being redirected from prison to mandated community rehabilitation programs. This is just the beginning of the ramifications of this single reform measure. Governmental agencies and private enterprise are quickly adjusting to this policy change by training and employing new drug counselors.

Incarcerating non-violent substance abusers in prisons designed to restrain violent convicts is no different from jailing Betty Ford, former first lady and wife of United States President Gerald Ford, for being an alcoholic. Of course, incarcerating Betty Ford for abusing the drug of alcohol was never a consideration. She is to be commended for turning around her self-destructive behavior and establishing a productive rehabilitation center for others sharing the disease of alcoholism.

Some forms of rehabilitation are successful in our penal system. These programs are supported by the state and documented to lower violent acts committed in prison, reduce staff and inmate stress, and make prisons safer for everyone in them.

Prisons are not the problem. They provide the rehabilitation programs mandated by the public. However, by their very design they are not equipped to solve all our social problems, especially the problems better served through community counseling as administered through the psychiatric community.

Prison reform is taking place through legislation such as the passage of prop-36. This reform has positive benefits for people residing within and out of prison. Prison reform serves as a fluid lubricant for a complex and slow moving penal system.

Unlike a story with a beginning, middle and end, prison reform has no conclusion. Prisons are like old steam engines requiring constant adjustment.

It is time for another adjustment by taking a closer look at California’s 3-strikes legislation. 3-strikes needs revision. Routinely imprisoning people to a minimum of twenty-five (25) years in prison to a maximum of life for committing three *serious* criminal acts makes little sense and costs dearly in lost tax revenue and unproductive lives. Let’s make the *time* fit the crime.

*David Beck-Brown is an artist and educator who has worked with incarcerated convicts since 1977, at federal, State and county correctional facilities. He may be reached at [dbbrown@pacbell.net](mailto:dbbrown@pacbell.net).*

# It Takes a Community...

By Gretchen Burns Bergman

Two hundred and seventy five people experienced a very memorable event on Saturday evening, September 28, when A New PATH (Parents for Addiction Treatment and Healing) and the Mental Health Association in San Diego presented the third annual *It Takes a Community...* gala at the Emerald Wyndam Plaza.

Co-Chairs Connie Conard and Karenlee Robinson welcomed a ballroom full of people who are committed to making a difference in the lives of those who face the social and emotional problems created by substance abuse and mental illness.

The evening was filled with entertainment and goodwill. The festivities began with a VIP reception in the impressive Emerald Shapery Penthouse with music provided by "After 5", and proceeded on with a lively silent auction and entertainment by "Relative Minors" in the foyer.

Joe Bauer, co-host of KOGO's "Living It Up" radio show was the humorous auctioneer for the live auction during dinner.

An entertainment showcase presented by Gretchen Productions, featured dancers, singers and a raucous Stomp group who delivered the message that it is "cool to be clean".

KNSD news reporter Rory Devine was the warm and witty guest emcee that introduced the six outstanding individuals who were honored for their contributions to reduce the stigma of the disease of addiction and mental illness:

**Laurie Black**, President of LJ Black Consulting, was recognized for her tireless work for special needs housing in the downtown area and for addressing the needs of persons with serious mental illness and substance abuse.

**Judge Robert Coates** was honored for his efforts towards rational treatment and prevention measures for persons found guilty of crimes in which psychiatric disability and substance abuse was a factor.

Honoree **Patricia Hoffman Judd, Ph.D.** of UCSD is nationally recognized as an expert on dual diagnosis and is dedicated to creating and implementing unique programs to serve individuals with mental illness and addictive disorders.

**Jeanne McAlister**, Executive Director of the McAlister Institute, has been a pioneer in the field of substance abuse treatment and was recognized for her advocacy, innovative programming and social entrepreneurship.

California **Assemblyman Darrell Steinberg** was honored for continuing to push for legislation and funding for expansion of mental health and substance abuse services.

**Sheila Vance** established the Sam Vance Foundation after losing her only son to a heroin overdose. Her fashionable line of SAMA Eyewear helps fund her efforts to aid countless victims of drug abuse and to promote a full-fledged anti-drug campaign.

Desi Arnaz Jr. was the Chair of the Honorary Committee that included Senator Dede Alpert, Mark Chenven, M.D., Congresswoman Susan Davis, Dan Gross, Sylvia Liwerant, Rodrigo Munoz, M.D., and Glenn & Virginia Napierskie. Major sponsors were the San Diego Foundation Dr. Seuss Fund, The California Endowment and Eli Lilly.

Governor Gray Davis and Lori Holt Pfeilor, Mayor of Escondido sent proclamations in support, and Congresswoman Susan Davis praised the endeavors of the Mental Health Association and A New PATH, organizations who share a commitment to reducing the stigma of substance abuse and mental illness.

The highlight of the evening was a very emotional finale to the entertainment showcase, when people in recovery were invited onto the dance floor holding candles to celebrate their efforts to overcome their disease. It was a very visual and visceral demonstration of the far-reaching effects of this disease, as well as the powerful results of recovery. *It Takes a Community...* to find solutions, save lives, heal families, and effect positive social change.

Photography by Kathy Foster

1. Congresswoman Susan Davis
2. Co-Chairs Connie Conard and Karenlee Robinson
3. Co-Chair Connie Conard and Honoree Sheila Vance
4. "Repeat Performance" Dancers
5. Co-Chair Karenlee Robinson, Honoree Patricia Hoffman Judd, Ph.D., Honoree Assemblyman Darrell Steinberg, Honoree Laurie Black, Honoree Judge Robert Coates, Co-Chair Connie Conard
6. Auctioneer Joe Bauer and Emcee Rory Devine
7. Gretchen Burns Bergman, Executive Director of A New PATH
8. Singer Khara Rice



A New PATH  
2527 Doubletree Road  
Spring Valley, CA 91978

## Mission Statement

PATH is a voluntary organization of concerned parents of individuals suffering from the disease of addiction. Our PURPOSE is to partner with health care professionals, the justice system, recovering addicts and concerned members of society to seek better understanding of the illness and "therapeutic justice" for substance-related criminal activities.

Our GOAL is to reduce recidivism, save lives, heal families and move toward a healthier society.

## Our Proposals for Alternative Sentencing

1) Long-term mandatory rehabilitation in a structured alcohol and drug-free recovery environment for non-violent offenders.

2) If the nature of the crime does not allow for this alternative, sentencing should include immediate placement in a rehabilitation and recovery program within the prison system.

3) Upon release from prison or recovery homes, substance abusers should be mandated to a transitional program in a sober-living environment to prepare them to re-enter society.

## History

PATH grew out of a series of pre-Substance Abuse Summit meetings with parents, Superior Court Judges and officers of the criminal justice system in the Spring of 1999. Founding members are Gretchen Burns Bergman, Sylvia Liwerant and Tom O'Donnell.

### NEWSFLASH!

The PATH Reference Guide for services and assistance with drug treatment and drug addiction issues is now available. Contact the PATH office at 619-670-1184 or [anewpath@cox.net](mailto:anewpath@cox.net) to get your copy. It is only \$10.00. Our profound thanks to Christina Snyder for all of her hard work in compiling this important guide.

### Attention PATH Members...

For immediate and up-to-date information, please send us your e-mail address and we can inform you electronically! Our email address at PATH is [anewpath@cox.net](mailto:anewpath@cox.net)

### Endorsed By

San Diego Psychiatric Society

Mental Health Association  
in San Diego County

NAMI San Diego

Friends of SD Psychiatric  
Society

Families to Amend  
California's Three-Strikes