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Executive Director

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Vol XIII October 2003

**President's
Message**

by Tom O'Donnell

It gives us all a good feeling to know that there are so many organizations working together for a healthier community...not only here in San Diego County, but throughout our nation.

It is especially rewarding to work and partner with such groups as the Mental Health Association, Join Together / Demand Treatment Partnership and NCADD (National Council of Alcohol & Drug Dependencies).

All of these (and many more) are dedicated to improving our community's health through their demands for quality treatment, prevention therapies and education concerning drug addiction. Only through these partnerships can recovery be achieved effectively.

Likewise, additional support can be gained from a therapeutic community, that is, understanding addiction as a public health issue and reducing the ongoing stigma of addiction in the public mind. We at A New PATH strive as a recovery advocate to remedy arbitrary and unfounded discrimination against recovering individuals.

A New PATH invites you to the Annual Membership Meeting and Holiday Party on Tuesday, December 1, 2003 at 7:00 pm at Alvarado Parkway Institute, 7050 Parkway Drive in La Mesa (619-465-4411).
We will hold an election of the new slate of officers for 2004. All are welcome to attend and get more involved in our many projects to reduce the stigma of the disease of addiction and to increase substance abuse treatment options. For information call: 619-670-1184.

**Executive Director's
Message**

by Gretchen Burns Bergman

How far we have come in a few short years!

In a few days we will have a Governor in California who admits to using steroids and smoking marijuana in the 70's. The jury is still out as to whether that will affect our bloated prison system that houses countless drug offenders. This situation seemed doomed under Governor Davis because of his financial ties with the prison guards union.

Rush Limbaugh, the conservative talk show host who decried drug abusers as criminals who should be sent to prison, is himself entering a rehab facility because of an addiction to pain killers. As my son, a recovering heroin addict said, "He has kissed the devil of narcotics and knows the soul-altering seduction". The irony is palpable. Would Limbaugh sentence himself to the same punishment he would give to others?

Four and a half years ago, when we started A New PATH and began to advocate fervently for treatment instead of incarceration, many, including Judges and politicians, regarded this as naïve and co-dependent at best, and dangerous, deceptive and revolutionary at worst.

Now, every day we hear of more and more people entering rehab...athletes, actors, rock stars and family members. And, we are starting to see people who they said would never get it...people who deserved punitive incarceration, like Robert Downey Jr., actually turning their lives around, stringing together some successful time in recovery and contributing to society.

Proposition 36 is working despite what the nay-sayers said because sometimes the carrot and stick of threatened jail time isn't the answer as much as the concept of hope and the smell of success of recovery itself.

In 2004 PATH will hold quarterly educational speaker meetings rather than monthly meetings. Our next General meeting will be held on March 2nd 2004 at 7pm at Alvarado Parkway Institute, 7050 Parkway Drive in La Mesa. We hope to see you there.

SAVE THIS DATE

Feb. 6, 2003

Seminar Sponsored by A New PATH and NCADD

Theme: Harm Reduction

Speakers: Ethan Nadelmann, Luncheon Speaker

Pat Denning, Workshop Presenter

Location to be announced

For more information call: 619-670-1184

PATH is 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
- ⇒ The San Diego District Attorney's Office

Resource Information:

A New PATH: 619-670-1184

AA Hotline: 619-265-8762

Alanon, Alateen: 619-296-2666

Naranon: 858-492-8720

NA Hotline: 619-584-1007

Central Public Defender: 619-338-4700

Juvenile Hall: 858-694-4500

Las Colinas Jail (women): 619-258-3176

Mental Health Assoc.: 619-543-0412

Probation: 619-515-8202

SD County Jail (men): 619-615-2808

SD Superior Court Central: 619-531-4420

SD County Alcohol & Drug Service Info. & Referral: 619-692-5727

Teen Drug Screen, Palmerado E.D., 858-694-8497

Proposition 36 Update

In August, the Sixth District Court of Appeals extended the scope of Proposition 36 to cover persons on probation for non-serious, non-violent felonies who then commit a drug-related violation of probation or are convicted of a nonviolent drug possession offense.

The Court found that it would violate constitutional principles of equal protection to deny such persons access to Prop 36 (Substance Abuse and Crime Prevention Act) probation and treatment because the statute expressly covered similarly situated parolees. The People v. Guzman ruling significantly expands the scope of SACPA. It also represents a strong statement of its purpose and intent to replace the failed policy of incarceration with access to community-based treatment.

A New PATH 2003 Committees

Please help us move forward with our goals by joining one of our committees:

Legislative & Prison Reform: Chairs, David Beck-Brown & Caroline Stewart

PR & Publicity: Chair, Leah Fine

Membership: Chairs, Dianna Flint & Sylvia Liwerant

Education & Recovery: Chair, Kim Healy

Demand Treatment!: Chair, Gretchen Burns Bergman

It Takes a Community...Chairs, Connie Conard & Cynthia Birnbaum

Contact the office at 619-670-1184 or email anewpath@cox.net to join a committee.

Please Help Support Our Cause by
Purchasing:

PATH T-shirts \$10

Resource Guides \$10

Musical Gift to Recovery CD's \$20

PATH License Plate Holders \$5

2004 Recovery Calendars \$15

through our office: 619-670-1184
or email: anewpath@cox.net.

If you would like us to mail any of these items to you, please add \$4.

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

Gretchen Burns Bergman, Managing Editor
Jan Roach, Editor and Designer

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A New PATH

Channel 10 Leadership Award Winners



Gretchen Burns Bergman (left) received the prestigious Channel 10 Leadership Award along with co-founders Sylvia Liwerant and Tom O'Donnell on Thursday October 23, 2003.

In the spring of 1999 they created the non-profit organization "A New Path" (Parents for Addiction Treatment and Healing) www.anewpath.com. A New Path addresses the epidemic problems of addiction, the stigmatization of the disease, and the discrimination against individuals in need of substance abuse treatment.

In addition to Gretchen being the Executive Director of A New Path, she has served as State Chairman for Proposition 36 (mandates treatment instead of incarceration for non-violent drug offenders), is the Managing Editor of the Newsletter and a Path spokesperson--lecturing across the state.

She is currently working on a self-reflection Garden at Donovan Prison for inmates seeking recovery from substance abuse (see article on page 4) and is the creator of *It Takes A Community*, a fund raiser for New Path and the Mental Health Association in San Diego County (MHA) to reduce the stigma of drug and alcohol addiction and mental illness and to celebrate recovery.

Wow, what a human dynamo!

Gretchen believes that it is her responsibility to speak out and share the story of her sons' addiction and their incarceration (with their consent) in order to put a human face on the problem, thus destigmatizing the illness. Her courageous self-exposure has been demonstrated before the legislature in Sacramento, the San Diego Board of Supervisors, the editorial pages of the Union Tribune and the LA Times, and numerous civic organizations. She puts her belief in the recovery process in action by employing recovering addicts in both her non-profit organization and her fashion show production business.

Kudos to Gretchen for finding better solutions to the public health care problem of addiction and making our community a better and healthier place to live.

PATH would like to thank:

- ⇒ **The California Endowment**
- ⇒ **The Fund for Drug Policy Reform of the Tides Foundation**
- ⇒ **Las Patronas**
- ⇒ **Join Together/Demand Treatment**
- ⇒ **San Diego County, Supervisor Ron Roberts**

For their generous support!

Supreme Court Asked to Clarify Workplace Rights

By Sylvia Liwerant, Vice President A New PATH

I am thankful to the Union Tribune for bringing to our attention the problems people who have had substance abuse issues face in the workplace.

Addiction to alcohol or other drugs is a treatable chronic disease that should be viewed and addressed as a public health issue. So, employees who seek rehabilitation voluntarily and return later to their workplace should be granted the opportunity to continue to make their livelihood. They need help, not punishment. The support from their employers and others is crucial to prevent relapse, and as relapse decreases, recovery increases.

Experts estimate that when someone tells a prospective employer that he or she is in recovery, 75% of the time they will not get the job. Effective treatment and a strong will can restore normalcy to a person's life. We, society at large, can help by understanding this and giving them the opportunities they so badly need.

Alternative News Sources

www.anewpath.cc
www.jointogether.org
www.narconews.com
www.drcnet.org
www.reconsider.org
www.drugpolicy.org

Self-Reflection Garden

A New PATH is creating a Self-Reflection Garden for inmates seeking recovery from substance abuse, as a first step in increasing addiction treatment behind bars.

R. J. Donovan inmates will participate in the planning and care of the garden, giving a restorative element to the project. The prison atmosphere is bleak, cold and often violent. Without a glimmer of hope it is almost impossible to believe that change is possible.

The garden will offer a serene haven to discover the strength within, and begin the journey towards change, sobriety and recovery. We are very thankful to landscape designer Laurie McLaughlin for her beautiful concept designs.

Supervisor Ron Roberts, County of San Diego, has awarded \$20,000 in Community Project funds for this project and other current projects designed to increase access to substance abuse treatment and rehabilitation.

We will be breaking ground on the project in November. If you would like to contribute to this effort, please send your tax-deductible contribution to A New PATH, and indicate that the donation is going to the Ron Roberts Rehabilitation Fund.

A New PATH

Drug Policy Alliance Follows Drug Policy Across The States

From Drug Policy Alliance Online, 9/25/2003

Drug Policy Alliance released a first-of-its-kind report Tuesday detailing the numerous drug policy reforms that have taken place around the country in recent years.

The report, 'State of the States: Drug Policy Reforms, 1996-2002', found more than 150 changes in state legislation on a range of issues, including advancing alternatives to incarceration, protecting medical marijuana patients and providers, expanding sterile syringe availability, and restoring benefits and voting rights to former drug offenders.

While the federal government continues to spend billions of dollars on the failed, three-decade-old war on drugs, forty-six states have responded by passing more effective and fiscally-responsible legislation, according to the new report.

Seventeen of these states, including California, Connecticut, Hawaii, Illinois, Maryland, Nevada, New Mexico, Utah, Vermont and Washington, have passed three or more pieces of drug policy reform legislation between 1996 and 2002. The reforms were initiated, sponsored and supported by Democrats, Republicans, Libertarians, Greens and Independents.

"The war on drugs may well be the most wasteful use of government resources today," said Don Murphy, a former Republican state legislator from Maryland who spoke at today's press conference to release the report. "As a taxpayer, it's nice to know that Maryland is not alone in embracing more pragmatic approaches."

State of the States: Drug Policy Reforms, 1996-2002 was researched and written by the Drug Policy Alliance, the nation's leading organization working to end the war on drugs and promote new drug policies based on science, compassion, health and human rights.

Executive Director's Message

Continued from page 1

Now, as more and more inmates who served time for drug offenses return to our communities, we must be sure that they are not set up for failure by discriminating against them in housing, services and employment.

"Substance use disorders represent the greatest mental health and public health problem in the modern Western world, and beyond", according to the editors of Primary Psychiatry, 2003.

The cat is out of the bag about addiction. We have a huge problem that we all need to deal with fairly, compassionately, intelligently and with our eyes wide open. I am proud that A New PATH is dedicated to being a positive part of the solution.

From the Inside

with David Beck-Brown

Arts in Corrections

An open letter to Arnold Schwarzenegger

Dear Governor Elect Arnold Schwarzenegger,

Now that you have been elected Governor of California on the platform of balancing the budget without raising taxes, I'm sure you will ask yourself how this impacts the state's social programs.

As a fiscal conservative and social progressive "Peoples' Governor," you promised to represent all Californians. The success of your campaign may be an indication that bi-partisan politics is outdated and something of the past. I believe you when you say you want California to be great again.

Arnold, when balancing the budget, remember the old adage that people live on more than bread alone. Balancing the budget at the expense of our quality of life would be a deficit for the people of California. As a successful movie personality, you know the value of the arts and that investing in the arts is financially sound. The arts are at the core of California's tourist industry and serve all Californians, our youth, people at risk, the mentally ill and our elderly.

Governor Davis, in attempting to balance the budget, all but eliminated the California Arts Council. I remember when Ronald Reagan, as California Governor, surprised conservatives by lavishly investing in the California Arts Council. As an artist/actor, Reagan knew the positive benefits and social windfalls from investing in the arts. What will be your stand?

In response to Governor Davis' attempt to balance the state budget, the California Department of Corrections all but eliminated the Arts in Corrections program. The program was cannibalized, leaving only one artist per prison in a program that once contracted from eight to twelve (part-time) artists per prison.

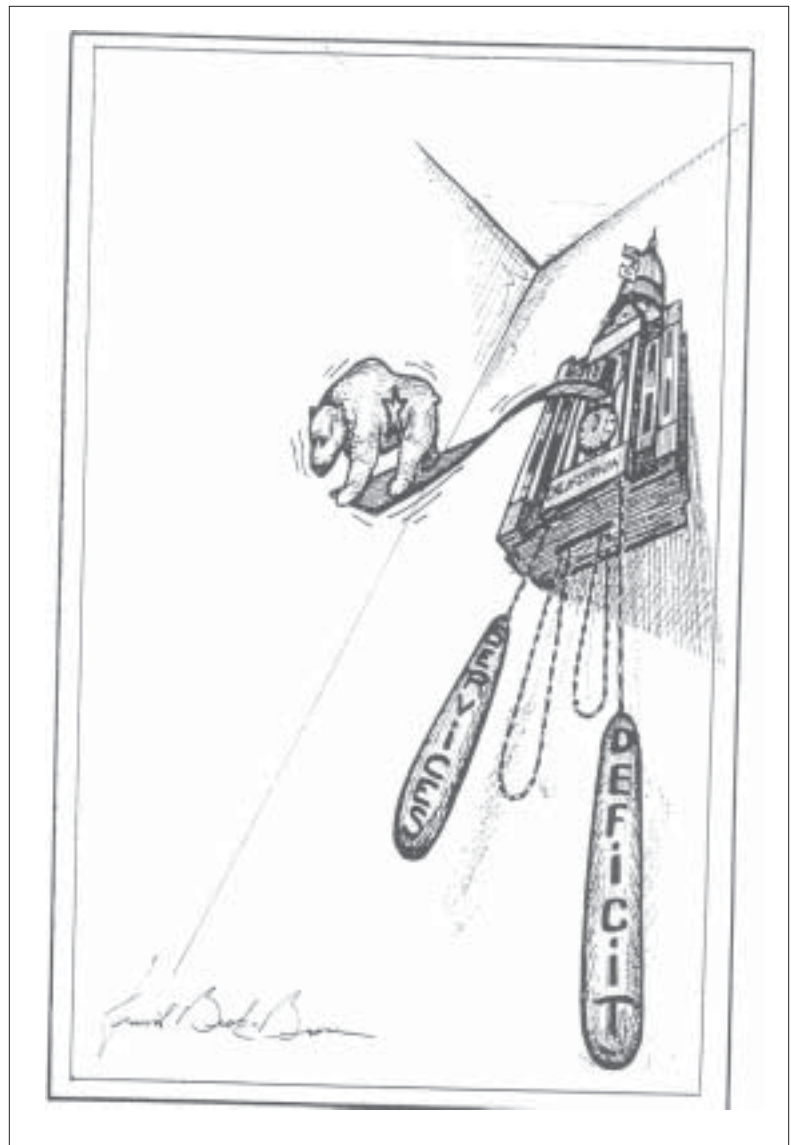
Arts in Corrections was a behavior-modification program. It was a program proven to rehabilitate inmates. The cost of incarcerating one inmate was equivalent to funding the Arts in Corrections program at the prison for the entire year. The Arts in Corrections program paid for itself. Furthermore, inmates chose to participate in Arts in Corrections. They were enrolled in the program because they knew it was helpful to them – not

because it would gain them an early release or points with the parole board.

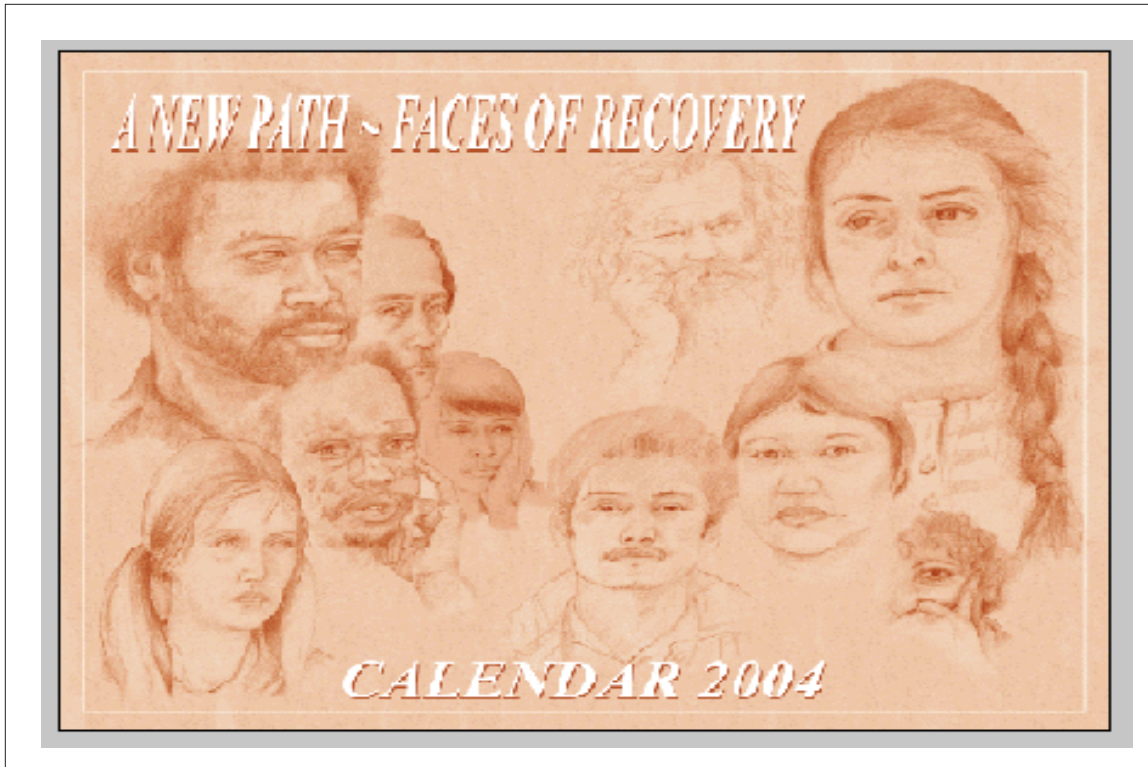
They refrained from rioting, destroying state property, or assaulting other inmates and staff. They knew their bad behavior would harm the program. Because of this, they self-monitored their conduct and their behavior improved, while in prison and upon release into the community. Programs like this make our communities safer.

Please, Arnold, support programs designed to help the

Continued on page 7



Faces of Recovery 2004 Calendar



There is nothing more beautiful than a person in recovery...the light of life shining in their eyes and beaming hope for a fulfilling future.

Please help us to end discrimination against people seeking treatment and sobriety for substance abuse by purchasing our 2004 "Faces of Recovery" calendars.

Addiction is a disease that touches us all. Efforts to eliminate the stigma associated with the diagnosis and treatment of drug problems are essential. We know that treatment for drug addiction is as effective as treatment for other chronic illnesses, yet the perceived disgrace associated with it and the misunderstanding of the nature of the disease interfere with access to quality treatment services and effective solutions that could save lives, heal families and build healthier communities.

A New PATH has created a "Faces of Recovery" Calendar featuring 13 people who share their life stories in order to help others to understand and experience both the devastation of the disease and the miraculous reality of recovery. The individuals represent every walk of life, including treatment professionals, a dancer, actress, and rock star. The cover design was created by David Beck-Brown, from the Arts in Correction program at Donovan State Prison.

We are asking you to purchase these 2004 13-month calendars to give out to your clients, employees and families during the Holidays. The calendar is a very visual example to all that treatment works and recovery is possible. We hope to see it hanging in homes and offices throughout San Diego County. Your support of this project is appreciated.

Donations are tax deductible: Tax ID#: 33-088-3977. Please make your check payable to: A New PATH and mail to: 2527 Doubletree Rd., Spring Valley, CA 91978, or you can pay by credit card by calling the PATH office at: 619-670-1184.

Thank you for your support!

I would like to help A New PATH in Breaking the Stigma of Addiction by ordering:

____ Calendars (1-10) @ \$15.00 each

____ Calendars (11-30) @ \$12.00 each

____ Calendars (31-50) @ \$10.00 each

Total: \$ _____

Name _____

Address _____

PREP Offers Hope to Released Inmates

By Gretchen Burns Bergman

PREP (Prison Reentry Employment Program) is a new component of the Second Chance program developed by Scott Silverman in San Diego.

About 8,600 prisoners are released each year in San Diego County. With this new program, released prisoners are actually picked up at the gate and taken immediately to a sober living environment and enrolled in an intensive tough-love course in how to get and hold a job.

On October 7, 2003 Scott Silverman was the guest speaker at PATH's educational meeting. He spoke enthusiastically about the new project and feels that they are building a program to drastically reduce recidivism.

We know that 85% of the individuals behind bars are there for drug and alcohol related reasons, so we are well aware of how many people who suffer from the disease of addiction have been caught up in the revolving door of the prison system.

Scott started Second Chance ten years ago in order to offer shelter to homeless individuals and to guide them into being working citizens. Five years later he added the Harlem-originated 3-week STRIVE program to the plan.

Realizing that 70% of his students had arrest records, he developed a plan to intervene at the prison door, so that departing inmates aren't given the chance to slip into old behaviors, such as drug use and peddling.

PREP is funded through a grant by the California Endowment. For individuals taking part in the program it means two months of free rent in a sober living home, food vouchers, bus passes, donated clothing, and a course in transitioning to job readiness.

We applaud the efforts of Second Chance to bridge the often treacherous and overwhelming gap between incarceration and community living.

Letter to Schwarzenegger

Continued from page 5

people of California. Californians entrust you with a difficult task. I wish you the best in serving the people of California.

Sincerely,

David Beck-Brown

A New Path

(Parents for Addiction Treatment and Healing)

Prison Reform Committee, Co-Chair

(619)463-1302

dbbrown@pacbell.net

www.davidbeck-brown.com

Buprenorphine / Suboxone

Although there are approximately one million individuals in the US who are addicted to heroin, there is still a great deal of stigma attached to both the disease and effective treatment modalities.

Buprenorphine, now distributed under the name Suboxone, has been proven to be effective in treating the chronic illness of opioid addiction. We are very optimistic about the effectiveness of this medication and are hopeful that it will help to reduce the stigma of the disease of addiction and further legitimize it as a medical condition.

Physicians qualified to treat opioid addiction with Suboxone are listed on the Buprenorphine Physician Locator maintained by The Substance Abuse & Mental Health Services Administration. In San Diego County, these physicians are currently qualified to prescribe Subutex and Suboxone:

Dr. Alan A. Abrams

3551 Front St., San Diego, CA 92103 / 619-295-2987

Dr. Fred Berger

9896 Genesee Ave. La Jolla, CA 92037 / 619-298-3251

Dr. David Bergman

7050 Parkway Dr., La Mesa, CA 91942 / 619-667-6126

Dr. Eduardo Barreto

3420 Kenyon St., San Diego, CA 92110 / 619-221-6550

Dr. Don Dougherty

7850 Vista Hill Ave. San Diego, CA 92123 / 619-482-1325

Dr. Gary Eaton

1450 Frazee Rd., St. 503, San Diego, CA 92108 / 619-688-5855

Dr. Stuart Douglas Klein

15721 Pomerado Rd., Poway, CA 92064 / 858-485-6644

Dr. Kenneth Khoury

125 South Grape St., Escondido, CA 92025 / 760-743-1205

Dr. Robert D. MacFarland

3719 Fourth Ave., San Diego, CA 92103 / 619-683-9394

Dr. William Mathews

UCSD Med. Center, 8681 200 W. Arbor Dr., SD, CA 92103
619-543-3995

Dr. Michael McManus

7807 Convoy Ct. Ste. 100, San Diego, CA 92111

858-571-5437

Dr. Brian Miller

140 Arbor Dr. Ste. 323, San Diego, CA 92103 / 619-725-3512

Dr. John E. Milner

18091 Bee Canjon Rd., Dulzura, CA 91917 / 619-468-9333

Dr. Allan H. Rabin

4540 Kearny Villa Rd., #117, San Diego, CA 92123

858-565-1167

Dr. Clark Ellis Smith

7989 Linda Vista Rd., San Diego, CA 92111 / 858-637-6920

Dr. Frank Jan Stass

5694 Mission Center Rd., Ste. 180, San Diego, CA 92108

619-785-5949

Dr. Susan Beth Weinstock

3719 4th Ave., San Diego, CA 921103 / 858-794-9706

Dr. Heywood Zeidman

4700 Spring Street #220, La Mesa, CA 91941 / 619-667-3380

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.

Please visit our
newly
updated website:

www.anewpath.cc

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.

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.

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.