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**Executive Director**

**Gretchen Burns Bergman**



**Vol XVII October 2004**

**President's  
Message**

**A Postcard from Caroline Stewart,  
President of the board.**

Hello PATH friends,

Hope you all had a pleasant, relaxed summer. We here at PATH, like many of you, mixed pleasure and hard work these past few months.

Our Executive Director, Gretchen Burns Bergman was busy as usual wearing her two hats as the mild-mannered fashion show producer by day and the courageous, brilliant social activist by night. Gretchen has been especially active on the San Diego speakers circuit supporting the 3 strikes amendment (Proposition 66).

Gretchen was also the fire-power behind the incredible musical review at our 5<sup>th</sup> annual gala (It Takes A Community) on September 11th sponsored by The Mental Health Association and PATH. Hope you had a chance to catch the show, as both Gretchen and Lia Metz from our PATH office are fabulous dancers....

Our own Sylvia Liwerant has also been busy behind closed doors these past few weeks. Sylvia and several of her friends have, on behalf of PATH, started a book club for women inmates in recovery.

To date, the club is a rousing success and the participants are enjoying: **The # 1 One Ladies Detective Agency** by Alexander McCall Smith. Should anyone reading this message want to contribute funds to the book club to help purchase books for the inmates, please call the PATH office at 619-670-1184....

Continued on page 12

**Executive Director's  
Message**

by Gretchen Burns Bergman

**Proposition 36 & Proposition 6:  
Positive Directions in Drug Policy**

(as seen in the San Diego Psychiatric Newsletter)

In November of 2000, California voters demanded a much-needed change of drug policy with the passage of Proposition 36, which mandates treatment and probation in lieu of incarceration for non-violent drug offenders.

According to the first official audit 30,469 nonviolent drug offenders were placed in treatment programs during its first year. UCLA researchers reported that about half of the Proposition 36 offenders were receiving treatment for the first time and about half cited methamphetamine as their main problem.

They discovered that Prop 36 clients were just as likely to stay in treatment as other people. The report indicates that in the first year 82% of those eligible for Prop 36 treatment chose to participate.

"The UCLA study proves that Proposition 36 works," said Daniel Abrahamson, the law's co-author and the Drug Policy Alliance's legal affairs director. "Tens of thousands of people who were previously denied treatment are getting it; hundreds of millions of dollars are being saved. And as a result, individuals, their families and their communities continue to get healthier."

Continued on page 7

## Path Welcomes Your Involvement

PATH holds quarterly educational speaker meetings. Our next General meeting will be held on December 14, 2004 at 7 p.m. at Alvarado Parkway Institute, 7050 Parkway Drive in La Mesa (619-465-4411). We invite you to attend and to get more involved in our many projects to reduce the stigma of the disease of addiction and to increase substance abuse treatment options. Please don't miss this meeting as it is our Annual Holiday Party, Membership Meeting and Board Election. For information call: 619-670-1184.

### Support A New PATH by Purchasing Ad Space

A New PATH appreciates your support! We continue to expand and our newsletter now goes out to over 2600 people! Consider purchasing an ad for our January edition.

\$50 – business card	\$125 – ¼ page
\$250 – ½ page	\$500 – full page

Our printing deadline is December 31, 2004. Make checks payable to: A New PATH, 2527 Doubletree Rd., Spring Valley, CA 91978. Phone/fax: 619-670-1184. Email: [anewpath@cox.net](mailto:anewpath@cox.net). Thanks for all of your support!

#### 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

### A New PATH 2004 Committees

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

- ◆ Legislative & Prison Reform
- ◆ PR & Publicity
- ◆ Membership
- ◆ Education & Recovery
- ◆ Fundraising

Contact the office at 619-670-1184 or email [anewpath@cox.net](mailto:anewpath@cox.net) to join a committee.

Our Board of Directors meets monthly on the second Tuesday of each month at 6pm at Sharp Mesa Vista Hospital. Please let us know if you are interested in attending or if you would like to serve as a member of the Board of Directors in the future: 619-670-1184. The next meeting will be held on November 9, 2004.

Please Help Support Our Cause by  
Purchasing:

#### 2005 Recovery Calendars \$15

PATH T-shirts \$10  
Resource Guides \$10  
Musical Gift to Recovery CDs (1/2 off at) \$10  
PATH License Plate Holders \$5  
2004 Recovery Calendars \$5  
Cassette of Ethan Nadelmann speech  
at February Harm Reduction Conference - \$10  
Latin Concert CDs \$20

through our office: 619-670-1184  
or email: [anewpath@cox.net](mailto:anewpath@cox.net).  
If you would like us to mail any

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

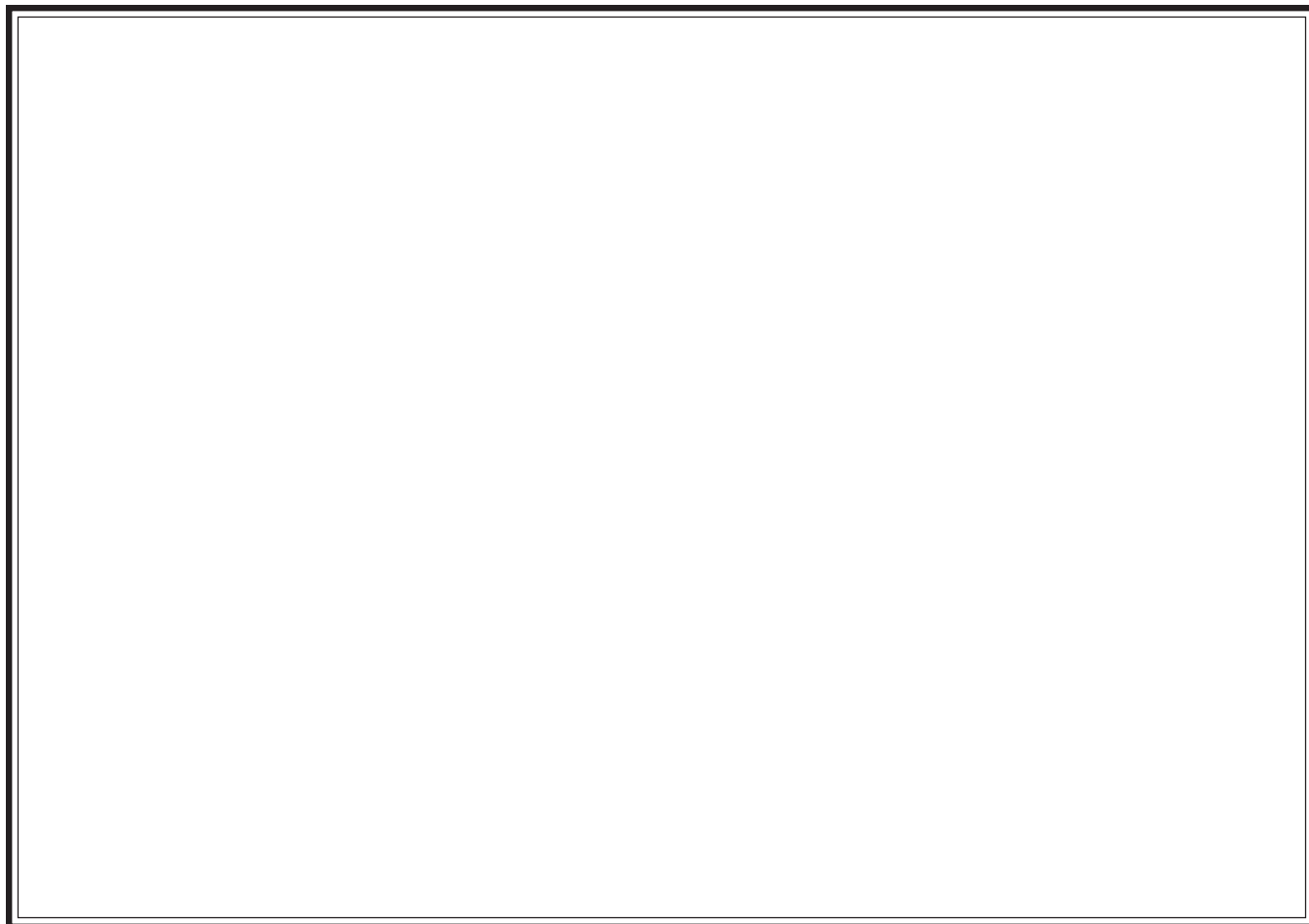
Gretchen Burns Bergman, Managing Editor  
Jan Roach, Editor and Designer

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

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## Self-Reflection Garden at Donovan State Prison

By Gretchen Burns Bergman



After months of planning and work, A New PATH and inmates at Donovan State Prison celebrated the completion of Phase II of the Self-Reflection Garden on July 29, 2004. At a very moving ceremony inmates demonstrated pride in the project.

A New PATH envisions the garden as a first step to increasing substance abuse treatment services behind bars. It offers individuals with addictive illness the glimmer of hope necessary to begin the journey towards change and recovery. Inmates have participated in the planning and creation of the garden, and they will be in charge of care and upkeep.

We give our heartfelt thanks to the team of inmates in the H.O.P.E. program who have given their sweat, heart and spirit to this project.

At the opening of Phase I of the project the first columns leading to a healing labyrinth were commemorated by the inmate crew with the words “unity and hope”.

Two more columns were inscribed with the words “perseverance” and “integrity” at the ceremony for Phase II.

In an atmosphere of concrete, barbed wire and violence, the Garden represents a safe haven of color and life, where individuals can look within and find serenity. In this peaceful atmosphere hope can replace hopelessness and inner power can begin to erase powerlessness.

The focus brought to the garden will help people outside the prison learn that a wealth of mankind exists behind bars and that treatment and rehabilitation can indeed change lives.

We have so many people to thank for supporting this project, including County Supervisor Ron Roberts, who gave us a grant to begin this project because he believes that drug offenders deserve a better chance at making a new life for themselves when they return to the community.

Continued on page 7

## It Takes a Community...2004

By Gretchen Burns Bergman

Actress Mariette Hartley and other outstanding leaders were honored for their efforts to end the stigma of addiction at the 5<sup>th</sup> annual *It Takes a Community...* Awards Gala on September 11, 2004.

A New PATH (Parents for Addiction Treatment & Healing) and the San Diego Mental Health Association presented the 5<sup>th</sup> annual *It Takes a Community...* gala, to reduce the stigma of addiction in order to expand access to treatment and to celebrate recovery.

**Chuck Negron** of Three Dog Night fame served as Celebrity Chair of an honorary committee that included Senator Dede Alpert, Mayor Lori Holt Pfeiler, Judge Robert Coates, Senator John Vasconcellos, Senator Dianne Feinstein, Dr. Jack Shale, Congresswoman Susan Davis, Dr. Gary Jaeger, Carol LeBeau, Lael Kovtun, and more. **Rory Devine**, news reporter for KNSD 7/39 was the eloquent event emcee, and **Geni Cavitt** from Channel 10 and radio personality **Joe Bauer** were lively auction emcees.



Honoree Mariette Hartley, Jerry Sroka, Gretchen Burns Bergman and Geni Cavitt (Channel 10)

*It Takes A Community...* to reach out and help a youth or young adult struggling with alcohol or drug addiction. The event benefits MHA and A New PATH, organizations that share a commitment to provide treatment and recovery services for individuals whose lives have been damaged by addiction and / or mental illness.

Glenn & Virginia Napierskie and Sharp Metropolitan Medical

Eight outstanding individuals were honored at this elegant event at the Emerald Wyndham Plaza Hotel, which featured a silent auction, dinner, entertainment, and awards ceremony.

"After 5" provided musical entertainment, and the stomp group "Crew" gave a performance that delivered the message that it is "cool to be clean". Gretchen Productions presented a musical revue with the theme of recovery.

Individuals were honored for their contributions to ending discrimination against those who seek treatment and recovery from substance abuse and mental illness. **Emmy Award winning actress Mariette Hartley** gave a moving speech about her personal story and her passion to reduce the stigma.

Other individuals presented with *It Takes a Community...* awards were: **Dr. John Milner, District Attorney Bonnie Dumanis, Judge Jim Gray, Assemblymember Jackie Goldberg, Author Jimmy Santiago Baca, Dave Fratello of the Campaign for Mental Health, and Journalist /Lecturer Christopher Kennedy Lawford.**

Campus provided major underwriting. Approximately 300 individuals from San Diego's caring and committed community attended, making the evening a big success. This support was particularly meaningful since September is National Alcohol and Drug Addiction Recovery Month.

# From the Inside

with David Beck-Brown

## Yes on Prop. 66

Three-strikes law is not working

Twenty-six states and the federal government have forms of a three-strike law to keep heinous, violent criminals locked up. But, only California has a three-strikes law that does not require a third felony conviction be violent or serious to trigger the harshest sentence. It is unjust and too extreme in its implementation. The law has resulted in life sentences for people who have stole aspirin, spare tires and bicycles.

Prop.66 will amend the law by allowing only serious crimes to trigger the stiffer prison sentences. It will also lower the state's prison operation costs by several hundred million dollars a year.

The annual cost of incarcerating one inmate is \$30,000. The annual cost of incarcerating an elderly inmate is \$70,000. By the time a non-violent 3<sup>rd</sup> striker serves out their prison sentence, each prisoner will have cost California taxpayers a million dollars. Most prisons are not designed for the elderly and disabled. Newer facilities will have to be built or existing prisons remodeled to meet the medical care of our elderly and handicapped inmates.

In 1994 California voters passed the three-strikes law fueled by the tragic murder of Polly Klaas. However, most Californians are unaware that the three-strikes law is being applied to non-violent offenders.

According to the California Department of Corrections nearly 65% of those convicted of second and third strikes are serving time for non-violent offenses, petty thief and substance abuse including bad checks, stealing a videotape, a loaf of bread or a package of T-shirts.

There are currently over 26,000 non-violent 2<sup>nd</sup> and 3<sup>rd</sup> strike prisoners in California's maximum security prisons. After ten years, three-strikes has stuck California taxpayers with a \$6 billion bill to punish videotape and T-shirt thieves, and other non-violent petty offenders. No one currently serving time for violent crimes, i.e. rape, murder, kidnapping or child molestation will be released by passage of Prop.66.

Prop. 66 opponents say Jerry Keenan has bankrolled Prop.66 so the strike against his son would be removed thereby earning him some good behavior credit, just like any other non-three striker.

Opponents of Prop. 66 are financing a state-wide campaign featuring Cece Stone and Sherry Souza, the mothers of two young women killed in tragic automobile accidents which led to Keenan's son's prison sentence. The women do not tell

us that they are being financed by the CCPOA (the politically powerful prison guard's union). The union's support of such political causes has raised the eyebrows of many believing the CCPOA is concerned with keeping guards employed and protecting its invested interest by keeping our prisons filled to capacity and overcrowded. Prop. 66 will reduce California's prison population.

Voting yes on Prop. 66 will restore three-strikes to the original intent of the voters, save taxpayers billions of dollars, and provide even stronger protection for our children from predatory child molesters. Vote yes on prop.66.

## News Feature

By Bob Curley  
(Join Together Online)

Drug courts need to be more understanding of relapse and more open to the broad range of interventions — particularly methadone — that help their clients beat addiction, recovery advocates told judges, prosecutors, and others attending the recent New England Association of Drug Court Professionals (NEADCP) annual conference in Boston, Mass.

The Aug. 5-6 meeting allowed drug-court professionals and recovery advocates to meet and mingle professionally, and perhaps alter the mutual perceptions of people more accustomed to a relationship based on the roles of prosecutor, judge, and offender.

Conference sessions included testimonials by drug-court graduates and other people in recovery, as well as a panel discussion about how treatment professionals and criminal-justice officials learned to work together and become advocates for each others' issues. The exchanges showed that while most of the conference attendees share the goal of increasing treatment resources and promoting recovery to cut recidivism, some significant ideological differences remain.

Keynote speaker and recovering addict William Cope Moyers, vice president of the Hazelden Foundation, opened the meeting by urging drug-court professionals to get more involved in advocating for treatment and recovery resources, and against the stigmatization of people addicted to alcohol or other drugs. "Intoxication is not unnatural or deviant, and absolute sobriety is not a primary or natural state," said Moyers. "It is unusual — even extraordinary — to live a life of sobriety, which makes what you do truly remarkable. You are helping people with a terminal illness say yes to life by saying yes to sobriety and recovery."

Smartly dressed and well-educated, Moyers differed in appearance and bearing from a typical drug-court client. But, he said, "I'm an alcoholic and a drug addict, and this is what we look like."

Moyers — who grew up in a prosperous community on Long Island as the son of television journalist Bill Moyers — noted that he once lived in a crack house in Harlem. "I went to treatment not once, not twice, but three times before I learned to take personal responsibility for living with this disease," he said.

In some drug courts, however, relapse still is seen as a failure that can land participants back in prison. "Today I am productive, obey the law, and am involved in my community, despite the fact that I still have the disease of addiction," Moyers continued. "There are millions of people like me, many because they got your help to be the solution and not the problem."

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## Almost One in 10 Americans Has Addiction Disorder

Join Together Online 8/3/2004

More than 17 million Americans — 8.5 percent of the population — have alcohol-use disorders, and 4.2 million meet the criteria for other drug-use disorders, according to a new survey from the [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#).

Results from the 2001-2002 National Epidemiology Survey on Alcohol and Related Conditions showed that, overall, 9.4 percent of the U.S. population, or 19.4 million adults, have diagnosable alcohol or other drug disorders. The study also found that roughly the same number of Americans — 19.2 million adults — have independent mood disorders, such as major depression or manic disorder. Moreover, 23 million adults meet the criteria for independent anxiety disorders, the study found.

"Independent mood and anxiety disorders exclude transient cases of these disorders that result from alcohol and/or drug withdrawal or intoxication, conditions that usually improve rapidly without treatment once substance use ceases," NIAAA noted. "The distinction is important because the diagnosis of current mood and anxiety disorders among active substance abusers is complicated by the fact that many symptoms of intoxication and withdrawal from alcohol and other substances resemble the symptoms of mood and anxiety disorders and thus, the additional psychiatric disorder may be overlooked."

About one in five people with addictive disorders also has a co-occurring mental disorder, NIAAA reported. "It would be incorrect for healthcare professionals to assume that the majority of mood and anxiety disorders are due to substance intoxication or withdrawal, and will remit when the patients stops drinking," said NIAAA Director Ting-Kai Li. "These findings suggest that treatment professionals should be prepared to treat or refer patients in stable remission from substance use for co-morbid mood and anxiety disorders. Earlier research has demonstrated that, left untreated, such disorders may lead to substance use relapse and other negative outcomes."

*The study was published in the August 2004 edition of the [Archives of General Psychiatry](#).*

### 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
- ⇒ Join Together/Demand Treatment

## Self Reflection Garden

Continued from page 3

At the reception following the ceremony, inmate composer Pierre Alexander performed an original rap song "Giving Something Back", that moved many in the audience to tears. PATH will record the song and it will be available for sale through our office with proceeds going to maintain the garden. (For information call: 619-670-1184).

The environmental crew of the H.O.P.E. program thanked a new PATH with these words: "It isn't often that society believes in forgiving us for our transgressions. However, you have provided this program the opportunity to show that change is possible and that we, the men of H.O.P.E. can do positive things. You have helped us build more than a garden. We now have gained positive relationships, personal pride in ourselves, respect for hard work and a job well done. Thank you and keep H.O.P.E. alive."

## Inspiring Self-Reflection

By Reginald Washington, H.O.P.E. Through Recovery Mentor

This article written by an inmate participant in PATH's Self-Reflection at Donovan State prison, demonstrates the enthusiastic response of inmates to the project:

The community of H.O.P.E. for Recovery program has been growing in participation, pride, and hope as we take the first step towards recovery.

Recently, the H.O.P.E. program broke ground on a project called the Self-Reflection Garden, with the generous and inspiring contribution of A New PATH (Parents for Addiction Treatment and Healing).

The project has inspired a lot of participants to be a part of the community who were still looking for a buy into this new way of life and recovery. Participants want to be a part of the building of something that they know will be positive.

The community is joining in on so many levels. Those involved in the project are role-modeling behavior that allows the new participants to feel safe in the program.

The program has given our community an opportunity to be seen as something positive and the participants recognize that so many individuals are gaining positive self-esteem.

MHS (Mental Health Systems) and A New PATH hit a home-run when they came together so we could help each other recover from past drug abuse and now we find each other as a team with the opportunity to instill hope and inspire self-reflection for others even when we are long gone. Team building, community support, and self-respect are qualities that the H.O.P.E. for Recovery program believe are important for a better life when we enter back into society.

A New PATH

## Executive Director's Message

Continued from page 1

This November, California voters will again have the opportunity to change destructive policies and restore voter intent of a misunderstood law that was passed ten years ago. Proposition 66 will amend California's Three Strikes Law to apply only to violent felonies, and it will provide for re-sentencing of thousands of non-violent offenders now serving strike-enhanced sentences for petty crimes and drug offenses.

California is the only state in the nation whose 3-Strikes law applies the same sentences to petty thieves as to murderers, kidnappers and rapists. Too many people who suffer from the disease of addiction have been sentenced to 25 years to life because of this unjust law. 65% of those convicted of second or third strikes are serving time for non-violent offenses, and most strike-enhanced sentences are given to ethnic minorities and the poor.

Joe Klaas, grandfather of victim Polly Klaas whose murder was the stimulus to "3-Strikes" creation, speaks out to amend the law saying, "I have never lost sight of the need to fix flaws in the current Three Strikes law...It has diverted critical funds from crime prevention and education to horrendous punishment for minor offenses".

Walter Cronkite, in an article written in August 2004, called for a "long-overdue reform of our disastrous war on drugs". He said, "We should begin by recognizing its costly and inhumane dimensions. Much of the nation, in one way or another, is victimized by this failure, including, most notably, the innocents, whose exposure to drugs is greater than ever."

For years we have been overpopulating our prisons with non-violent drug offenders who need therapeutic treatment, not punitive incarceration. The children who are left behind without parental care are also victims of the drug war. Individuals are not receiving services they need that could lead to recovery, families are wounded, and society as a whole is weakened.

As a parent of a young man whose life was caught up in this destructive system because of his addiction to drugs, I ask you to continue to support the success of Proposition 36 and other measures to treat substance abuse and addiction as a public health problem. As such, I urge you to vote yes on Proposition 66 in the November 2004 election.

**Alternative  
News  
Sources**

[www.anewpath.cc](http://www.anewpath.cc)  
[www.jointogether.org](http://www.jointogether.org)  
[www.narconews.com](http://www.narconews.com)  
[www.drcnet.org](http://www.drcnet.org)  
[www.reconsider.org](http://www.reconsider.org)  
[www.drugpolicy.org](http://www.drugpolicy.org)  
[www.sdchip.org](http://www.sdchip.org)

## **Gretchen Burns Bergman Receives**

### **Award**

The California Society of Addiction Medicine presented The Community Service Award to Gretchen Burns Bergman on 10/8/04 at an awards dinner in La Jolla, California.

Dr. Gary Jaeger, Dr. Heywood Zeidman, Caroline Stewart (President of the Board of A New PATH) and Karenlee Robinson, COO of Sharp Mesa Vista Hospital spoke in her behalf. The award was presented:

- ◆ In recognition of her efforts to put a human face on the problem of addiction,
- ◆ In appreciation of her work to reduce the stigma of substance use in order to increase treatment opportunities,
- ◆ In acknowledgement of her fight to end discrimination against addicts,
- ◆ In gratitude for her support of Proposition 36 to mandated treatment instead of incarceration for non-violent drug offenders,
- ◆ In gratitude for her visionary leadership in bringing together the public policy decision-makers in California to address the problems of substance abuse and dependence in the community,
- ◆ In admiration of her efforts to change the way society views and responds to serious public health issues.

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## **Lifetime Ban on Food Stamps Lifted for Recovering Drug Offenders**

### **Drug Policy Alliance Online**

October 1, 2004—Sacramento Today, California Governor Arnold Schwarzenegger signed legislation to lift the federal lifetime ban on food stamps for ex-drug possession offenders who have served their time and demonstrate they no longer use illegal drugs.

“The Governor showed great compassion in signing this bill,” said Glenn Backes of the Drug Policy Alliance, “There are so many disenfranchised parents out there finding it difficult to get back on their feet. Denying them food stamps instills a feeling of hopelessness that encourages a return to drugs.”

The cost of food-stamp benefits is almost entirely borne by the federal government. An analysis by the Assembly Appropriations Committee suggests the new law will bring in millions in federal dollars to the state economy. When the federal government passed its lifetime ban on welfare and food stamps for drug offenders in 1996, it allowed states to opt-out or limit the ban. California now joins thirty-one other states that have repealed or amended the ban.

(Lifetime Ban on Food Stamps Lifted...ctd.)

The measure authored by Assemblyman Mark Leno (D-San Francisco) was supported by the Alliance, hunger and nutrition advocates, law enforcement associations, drug treatment groups and Attorney Bill Lockyer.

In recent years, the Department of Agriculture reformed the food stamp program, decreasing the ability for fraud and misuse. The new program implements an electronic debit card system. The card resembles a bankcard and can only be used to purchase food at participating grocery stores.

Backes added, “This is direct action, proving the Governor wants to help those who are trying to help themselves. It helps families, it helps retailers and farmers. It’s good policy for California.” The new law will go into effect January 1, 2005.

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## **News Feature**

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Moyers pleaded with the judges, prosecutors, and people in recovery in the audience to extend their involvement in the addiction issue to the public-policy arena. “We have the power and the responsibility to tear down the biggest obstacles, to make recovery America’s business ... We’re not doing enough to smash stigma ... the stigma is allowing people to die,” said Moyers. “It seems that every disease has a face these days ... but where are the faces and voices of people like us, and people like you? How many of you have ever written to a state legislator or your governor about what you know? How many of you who are in recovery have ever shared your story, or your family’s story? Help us erase the stigma once and for all, because if you don’t do it, who will?”

Paul Samuels, director of the Legal Action Center, echoing Moyers’ message, honed in on the difficulties that drug-court graduates have reintegrating into the community. Imploring drug-court judges to “end discrimination against people who have done what we have asked them to as a society,” Samuels noted that in most states, employers can ask job applicants if they have ever been arrested, regardless of whether they have been convicted — a standard that undermines the drug court’s promise of wiping the slate clean in exchange for completing treatment.

“Few states have a system for evaluating convictions,” said Samuels. “Most allow employers to refuse to hire based on a felony record. People shouldn’t be forced to live the rest of their lives as if they are wearing an orange jumpsuit.”

## **AlcoholScreening.org Screens Over 200,000 Individuals for Risky Drinking**

Contact: Marc Belanger, [Marc@JoinTogether.org](mailto:Marc@JoinTogether.org), 617-437-1500

August 24, 2004, Boston, MA — Is my drinking risky? At AlcoholScreening.org, over 200,000 individuals have learned the answer to this question by taking a confidential, informative self-test to assess their drinking patterns.

Users receive personalized feedback, finding out whether their alcohol consumption is likely to be within safe limits, or if it may be harmful to their health, now or in the future. The feedback also consists of normative data comparing them with others of the same age and gender to give a true sense of whether they drink more or less than their peers.

“Recent studies are showing that Internet users are focusing more and more of their time searching for health information. AlcoholScreening.org is helping them with this by offering a simple easy-to-use tool to assess their personal drinking behavior,” says Marc Belanger, project manager of AlcoholScreening.org. Answering all 13 questions only takes a few minutes and all information is anonymous and confidential.

AlcoholScreening.org is a free service of Join Together, a project of the Boston University School of Public Health. The site launched during National Alcohol Awareness Month (April) 2001, and has since had more than 460,000 visitors. AlcoholScreening.org has been featured on the television programs CNN Presents and Dateline NBC, and in online reports on WebMD, CNN, MSNBC, and other media websites.

“I think much of the success of AlcoholScreening.org is not only that it’s free to the public, but also the free promotional tools offered that consumers are using to promote it,” says Belanger. “Not only do we offer web graphics, but we’ve gone a bit further and made catchy print ads, envelope stuffers, and door-hangers, which are popular in university settings.”

For customization purposes, original working documents are available for each promotional piece. More information and downloads can be found at: [www.AlcoholScreening.org/Promote](http://www.AlcoholScreening.org/Promote).

## **10 Drug and Alcohol Policies That Will Save Lives**

Join Together and its partners published a guide intended to help voters and candidates for public office in 2004 learn about practical policies that, if adopted, can help save lives and restore families. The ten policies were developed by groups of national experts and community leaders. They are based on solid scientific evidence, and have broad public support.

### **Preventing Underage Drinking**

1. Increase alcohol prices through taxes, particularly on beer.
2. Limit alcohol advertising and promotional activities that target young people
3. Adopt laws that will prevent alcohol-related deaths and injuries among young people.

### **Treating Addiction**

4. Require and enforce equal insurance coverage for drug and alcohol treatment.
5. Support the development and use of effective medications for addiction treatment.
6. Make screening for alcohol and drug problems a routine part of every primary care and emergency room visit.
7. Give higher payments to providers who get better results.

### **Reducing and Preventing Crime**

8. Require effective treatment and continuing, supervised aftercare programs instead of incarceration for non-violent drug and alcohol offenders.
9. Repeal policies that prevent ex-offenders from returning to full participation in society.
10. Support the work of community coalitions.

#### **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!**

We thank the Fund for Drug Policy Reform of Tides Foundation for supporting our organization’s efforts with Proposition 36 by awarding us a second grant in August of 2004.

## Centerforce Conference

By Sylvia Liwerant

In mid September I attended a very interesting conference in San Francisco organized by Centerforce. I traveled with PATH Board member Luisa Costa. The mission of Centerforce is to strengthen individuals and families affected by incarceration through a comprehensive system of education and support. It provides services for prisoners, ex-prisoners, and family members of prisoners.

One of the keynote speakers at the Conference was Alan Elsner, who has written extensively on conditions in jails and prisons in America. In his recent book "Gates of Injustice" he speaks about how our jails, prisons and penitentiaries are failing us at enormous cost in money and in danger to society. He talked about how the United States, having resorted to massive incarcerations, now holds over 2 million people in their cells, and over 6 million total (including parole, probation and juvenile facilities) are under the supervision of the U.S. criminal justice system. The cost for our prison system is now \$57 Billion, whereas the education budget is around \$52 Billion.

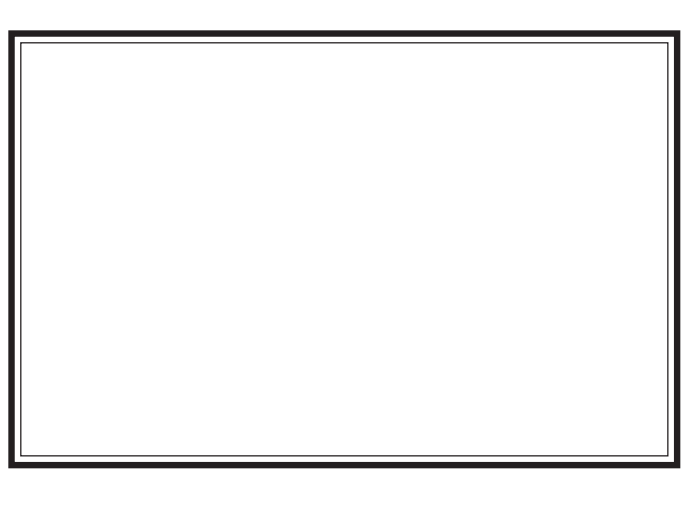
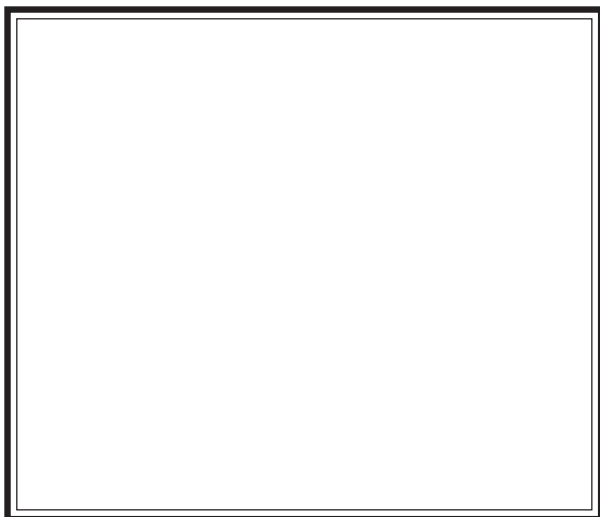
Mr. Elsner said that our justice system has become criminal; it is not a criminal justice system. He claims that prisons are the best crime schools in America, and despite this, state and federal judges keep incarcerating non-violent addicts rather than sending them to rehabilitation. Judges keep sending addicts to prison when they relapse, because they don't understand that the addicts can't simply stop using. It doesn't appear that Judges draw a clear line between criminals that should be feared and addicts that need to be helped.

The U.S. incarcerates 500,000 more people than China, despite the fact that we have less than one-fourth the population of China. Today the U.S. has a quarter of the world's prison population. It seems like America has a love affair with incarceration.

At the conference I came in contact with another organization called "All Of Us Or None". Their mission is to strengthen the voices of formerly incarcerated people, felons and their families. They are combating the many forms of discrimination that are a result of felony convictions, which makes re-entry into society difficult and in some cases impossible. They recognize that the discrimination against them continues long after their prison sentence ends. For a felon to get a job or housing is nearly impossible because they need to fill out forms that ask if they have "ever" been incarcerated, or have had substance abuse problems.

Obviously, this will be a deterrent for the applicant to get the job. How are they supposed to support themselves and their families if they aren't given a second chance? Hundreds of people are coming back to our communities from prison without hope or resources to survive. They are entitled to their basic civil rights. They've paid their dues. "All of us or None" is demanding solutions to this and other problems, including working with children of incarcerated parents and producing a "Bill of Rights" for those children. Most of them are now adults, but suffered through their parent's incarceration without having rights as children. I was quite impressed with this organization!

There are many people that have formed different groups who, like A New PATH, understand that there needs to be changes in the way our unjust "justice system" deals with addiction and other non-violent crimes. We all need to get together and speak out strongly. Our communities need change. We elect our leaders trusting they can affect change. Many of us believe incarceration for non-violent addicts is unnecessary, cruel, useless and costly. There are too many issues around this problem. Changes are imperative. Let's work together to make this happen!



## Some Thoughts on a Mother's Shame

By Caroline Stewart, LCSW

A few weeks before I was born, my father lost his right arm in a duck hunting accident. Needless to say, I grew up knowing my father as a one-armed man. My father was a courageous person who made peace with the bald truth of his "disability." I can still recall his calm, humorous retort to young children who comfortably asked him, "Mr. Ridout, where is your arm?" My father would reply, "Oh, that old arm, it was getting in my way today so I put it away in my dresser drawer." The children and my father shared the humor of this nonsensical statement and moved onto more important business. There was for me, however, an elephant in the living room of my house forever linked with my father's missing arm. The elephant was shame.

Despite my father's jovial entreaties to dismiss the arm as a problem, I realized at a very young age that the "problem" was very much on my mind. Do not get me wrong. My father did everything that other fathers do. He played ball with my brother. He played Scott Joplin pieces on the piano. He went fishing and he was a wonderful dancer. He had a job as a businessman and everyday he wore a suit and tie to work. In fact, I always thought that my father looked a lot like Cary Grant or more specifically, Cary Grant with a missing right arm. I was incredibly proud of my father and at the same time secretly ashamed that he was different from other fathers. I guess I would have rather had a father who looked like a regular guy than Cary Grant with one arm missing.

I was also bothered by my family's modeled indifference to my father's missing arm. Everyone appeared to be so comfortable with something I struggled to understand. In a rather weak attempt to get attention, I recall coming home from school one day and telling a real whopper. I announced to my parents in a flood of tears that children at school had teased me because my father looked odd. Indeed, in my entire life, no one ever made a derogatory remark about my father's missing arm. I imagine people noticed that the arm was missing but then found the difference rather irrelevant in the face of my father's good character. The problem, however, did not lie with other people. The shame existed within me. I created it and supported it. It was a fiction in my own head.

So what does this little story have to do with A New PATH? Well, to be quite honest I guess it has to do with the fact that as the parent of an addict, I am still struggling with secrets and with shame. Unlike my father who made peace with the reality of his situation, I keep raging against the unfairness of it all.

More than anything else, I pine to join the great maternal hordes in celebration of their children. I grieve over the mantel without prom photos. I yearn to brag about my son's athletic or intellectual successes. I live in dread of running into moms from the Little League park who inevitably ask me where my son is attending college or if he is married. I tell "white lies" about my son's success in cooking school or in "community college" knowing that my son occasionally attends a GED program on the campus of the local college. I wonder if they would share my excitement to learn that my son had just received his first drivers license at 22.

I recently shared with a PATH parent that being the mother of an addict was akin to watching a loved one slowly disappear from the ravages of Alzheimers Disease. As with the Alzheimers patient, the addicted young adult is both present and not present at the same time. And, as with living with someone with Alzheimers, there is always that terrible seduction that the person is "in there somewhere" and that with the right love, support, knowledge, education, voodoo, medicine, therapy, exercise or whatever, the person will return to full health and normalcy.

When I am being really morbid and living deep in the fiction of my shame, I conjure up memories of my son as an exuberant, handsome, life-embracing boy full of health and happiness. There is one photo of my son taken in his eleventh year in which he is standing at attention holding a soccer ball. He looks confident, joyful, muscular, tan, enthusiastic, proud, hopeful and clean. He is "present" in this photo. There is no fiction here. He has nothing to hide. There is no pretense, no dishonesty. We are on the same page.

Sadly, substance abuse and its handmaiden of shame have taken us light years away from this photo. The son that I knew in this photo no longer exists. I have to accept that even with recovery and health, this particular life is now tucked away...like my father's arm in the drawer.

Shame is my enemy. It sucks away my energy. It thwarts my effort to problem solve. It is a worm of self-centered doubt that finds me asking too often if I somehow "caused" my son's addiction. Shame causes me to spend money in the wrong places. How many times have I purchased clothing or adornments for the house to counterbalance shame?

Shame places too much focus on how things look instead of how things are. How many times have I ruined an opportunity to engage warmly with my son because I was compelled by shame to comment on his appearance or his need for employment or schooling? It's that demon shame, that fuels my codependency driving me to fill in the gaps that are best filled in by my

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## A New PATH Book Club

Reading can be a very beneficial form of rehabilitation, so Sylvia Liwerant has formed a group of 5 volunteers to lead group discussions on different books at a women with children prison program called "Family Foundations Program".

This program is for non-violent substance abusers who either have young children and/or are pregnant. The women that live there will have to complete a one-year program, during which they have self help groups, anger management, etc. to help in their rehabilitation.

Sixteen of the twenty-nine women that live there have already signed up for the "Book Group". They all have a high school education, and some of them have completed their GED's. The response at the getting acquainted meeting was so positive that they are ready to meet on a once a month basis. The first session is scheduled for October 27. We would like the women to keep the books we are reading, so they can start their own library and take the books with them once they leave the prison. At that time, we would like to help them continue reading by either giving them a gift certificate for books or a special discount in a bookstore.

We hope we can interest you in helping with this project. If you have any questions, please contact Sylvia Liwerant at 858-459-0062. As Sylvia says, "We want to facilitate and promote the joy of reading".

### Parent Survival Kits

Who do you turn to for help when a loved one has a substance abuse problem? Where do you go for information when your substance abusing family member gets arrested? As parents of offspring whose lives have been devastated by substance abuse and further damaged by their experience with incarceration we know how confusing and painful this can be.

We have created a Parent Survival Kit, a brochure of information to help parents navigate the criminal justice system. It includes information on when to intervene, warning signs of relapse, court related phone numbers, and the judicial process. Because the kit was funded by a grant from County Supervisor Ron Roberts, we are offering it free of charge to anyone who can benefit from the information. For Info: 619-670-1184

## A Mother 's Shame

Continued from page 11

I believe that I still have much to learn from my father's quiet dignity and self-acceptance. For him, there was no raging into the night, no denial, no shame. He accepted what life had dealt him. I need to accept that my son suffers from the disease of addiction. I need to accept that there is no joy for him in failure and disappointment. I need to accept that his sad journey is not about me. He is not an extension of me. He is suffering just as surely as a man dying of cancer is suffering. His illness is not now and never has been about moral weakness. He needs medical treatment and support. He does not need my rescuing money, pity, legal aid or advice. He especially does not need my shame. He has enough demons on his own.

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## President 's Message

Continued from page 1

Thought you might like to know that Mary Jo Grubbs and I are sporting summer tans. I picked up some of my tan boogey boarding but Mary Jo and I gained much of our summer color planting flowers in the labyrinth garden in the HOPE program at Donovan State Prison. We had a truly pleasant morning working side by side with the inmates who continue to inspire us with their hard work and devotion to recovery....

I hope the rest of you have taken note that PATH people and the PATH message are popping up all over the place these days. Sylvia Liwerant and Luisa Costa carried our banner to Sacramento for the annual Centerforce conference and met with addiction specialists from all over California.

Luisa also attended a San Diego county-sponsored training about the ongoing crisis of methamphetamine abuse. Needless to say, she left this conference with a passionate desire to help families struggling with the disabling effects of this terrible drug.

Finally, I had the pleasure to attend the psychopharmacology update for San Diego primary care docs sponsored by the San Diego Psychiatric Association. Our PATH table was visited by many of the local PCPs who were especially pleased to take away our Parent Survival Kit for navigating the criminal justice system when drugs and alcohol are involved....

Hope you all had a relaxed and fruitful summer. We here at A New PATH already have heavily scheduled Fall calendars which will find us traveling all over the country to carry our message of hope and support. Thank all of you for the many ways that you have supported our cause.

## Walking the Path

Peter R Jacoby (1945 - )

It was thirty-odd years ago —  
I just said “no” —  
long before Nancy told me to.  
It was sudden, an epiphany,  
a flashbulb look at my future —  
and my past.  
I saw my parents (at the time  
one dead, and the other  
on the way)  
Wrapped in the coils of  
writhing, smiling demons,  
scaly, prickly-backed,  
cold-eyed wingless wraiths  
that spared their lives  
(for the moment),  
but squeezed them dry of their souls.  
...  
But could I,  
if I regained control,  
snatch back my life  
from the searing darkness that bred  
these tendrils from Hell,  
could I slip free  
of the choking coils that so easily  
harvested my parents  
and so many of my friends?  
Perhaps. I cry. I try.  
...

I have been tempted  
over these many years of sobriety...  
Just one to relax,  
to loosen up,  
to not be the odd one in the room?  
Something tells me:  
“No.”  
And I listen.  
I listen to the  
treacly tendrils  
following me  
for all these sober years;  
I know their  
sickening, seductive, slippery  
sound.  
I know their  
cold-eyed smiles.  
They don’t like me —  
they’re hungry...  
Likeme.  
But I am no longer willing  
to trade my soul  
just to believe  
I am among friends.  
Only *I* own me — no one else!  
...



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## Proposition 66 Sample Appeal that can be sent to your contacts

Urgent: Please Support Prop. 66 to Fix Three Strikes in California

Dear

I strongly support Proposition 66 to restore California’s Three Strikes law to what voters originally intended: life sentences for repeat violent criminals, not petty offenders. We all know that our Three Strikes sentencing law is out of step with the rest of the nation, resulting in an escalating prison population of petty offenders serving 25-years-to-life sentences and ringing up a \$6 billion taxpayer bill over the last decade. Justice advocates like you are calling for change – Join us in the fight to pass Prop. 66!

We *can* restore justice to our Three Strikes law. The highly respected Field Poll found that 69% of California voters would vote yes on Prop. 66 if the election were held today. Other research shows that 68% of voters oppose Three Strikes’ harsh life sentences for nonviolent, petty offenders. Your voice makes a difference.

Envision a better, more just California. Please, spread the word about Prop. 66 and remember to vote Yes on 66 on November 2<sup>nd</sup>!

Sincerely,

For more information about the campaign to fix California’s Three Strikes, visit <http://www.yes66.org>