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Vol XXI October 2005

**A Postcard
from the President**

by Caroline Stewart

Greetings to my PATH family,

In case you have not heard, I am currently on a six week mandated house "arrest" following a recent accident. My back was injured when a neighbor's trashcan tipped over on me. Now that's a true claim to fame.

I join Oscar the Grouch as the neighborhood trashcan queen. If only I had been struck by a candy-colored red Maseratti. Now that would be something to talk about! Fortunately, the accident occurred after "Strut For Sobriety" so I was once again able to be thrilled by one of Gretchen's fabulous fashion productions.

For those of you unable to attend, you will be glad to hear that the Strut was a huge success for PATH in every way. We are already hearing from community members who want to be involved next year. Thanks so much to the entire Strut committee. Connie Conard rocks! Thanks so much to Lael and Jay Kovtun for the fabulous patron party. Thanks to Michaela for helping to keep all the loose ends tied up back in the home office. Thanks to Luisa Costa and her committee for pulling together one of the best auctions I've ever attended. I wanted to buy everything!

Special thanks to Delsa D. Dixon who wrote the beautiful Strut for Sobriety poem and provided T-shirts for the PATH table. Please call the PATH office if you would like to purchase one of these great shirts....

I thought you would like an update on the prison garden and fountain. Our intrepid garden committee (with special thanks to Mary Jo Grubbs) was present to see the fountain formally installed on September 8th. PATH continues to support this prison effort despite enormous hurdles. We are especially grateful to Kolin Khoury for his knowledge of native plants and his emotional support....

Continued on page 6

**Executive Director's
Message**

by Gretchen Burns Bergman

Storms and Scapegoats

As a child, when the weather turned cold, the thunder roared, and the rains came, I worried about my parents, my sisters, my cats and my playmates. I wanted to be sure that everyone was safely inside and warm.

I thought that when I became an adult I would outgrow these fears, but I have learned that they are much worse when you are the parent, and that the worry doesn't end when your children become adults.

Now, however, with both of my sons in recovery from drug addiction those terrible nights of praying for your children's safety when they are out there somewhere in danger, on drugs, riding motorcycles in the storm, sick, hungry, lost... seem to have quieted down.

But the news today of tsunamis, earthquakes and natural disasters brings back all of the emotions. My heart goes out to all of the families who were affected by hurricanes Katrina and Rita. It was heartwarming to see how so many people gave so generously to the relief efforts, but tragedy seems to bring out both the good and the bad in human beings.

Some people were hit harder than others, so those who live in poverty or are marginalized by discrimination suffer the most. One of the most searing visions for me was watching the evacuation of inmates from a flooded prison. Where did they go? Are they safe? Why do I care when others don't? Probably because I have lived through the experience of having a son incarcerated because of the disease of addiction.

Hurricane Katrina displaced thou-

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PATH Welcomes Your Involvement

PATH holds regular educational speaker meetings. Our next General meeting will be held on December 13 at 7pm at Alvarado Parkway Institute, 7050 Parkway Drive in La Mesa (619-465-4411).

We invite you 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. Prior to the meeting at 6:30 pm we will be holding a support group for all who would like to talk to others who have shared the pain of the family disease of addiction. This meeting is our annual membership meeting and Holiday Party. For information call: 619-670-1184.

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
Teen Drug Screen, Palmerado E.D., 858-694-8497
SD County Alcohol & Drug Service Info. & Referral:

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?

We have crated a 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 by the information. For info: 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
- ⇒ Join Together/Demand Treatment

A New PATH

A New PATH 2005 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 e-mail anew-path@cox.net to join a committee.

Our **Board of Directors** meets monthly on the second Wednesday of each month at 6 pm. 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 9th at Sharp Mesa Vista Hospital.

Please Help Support Our Cause by Purchasing:

- 2006 Recovery Calendars for \$15 each
- "Givin' Somethin' Back" CDs
by inmate Pierre Alexander \$10
- Latin Concert & Musical Gift to Recovery CDs \$10
- PATH License Plate Holders \$5
- Harm Reduction CD of Ethan Nadelmann \$10
- Silver "PATH to Recovery" cause bracelets -- 3/\$10
- *Strut for Sobriety* tank tops \$13 and T-shirts \$16

Order through the PATH office: 619-670-1184 or email: anewpath@cox.net. If you would like us to mail any of these items, 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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Check our website at www.anewpath.cc

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Living with a Jealous Heart

By Caroline Stewart

“How did I get into this and how do I get out of it again, how does it end?”

—Soren Kierkegaard

Yesterday, while picking up a few groceries at the market, a handsome young man I had known as a boy caught my eye and said, “Hello, Mrs. Stewart. Could I please give you some money to buy something for yourself?” I was shocked and possibly rejecting.

“Oh, no. “I said, “That will not be necessary. I am happy to see you looking so well.” He then said, “I need to make amends. I know that I did bad things to you.” I reassured him that his apology was all that was necessary but my mind raced back in time and tried to recall if he had stolen from me or harmed me in some way.

I imagined that, indeed, as a young heroin addict who had frequented my home in the company of my older son, he very likely must have stolen something over those many years. Perhaps he was the young man who stole my husband’s dearly beloved Martin guitar that accompanied my husband like a faithful shepherd dog through some painful years or perhaps he stole my treasured high school ring. Was it possible that he was in on the theft of my cherished wedding silver? What I learned about loss of this nature is that all that is invested with sentiment is a set up for grief.

As he disappeared around the corner into the next aisle, I noted how happy and healthy he looked. His offer made perfect sense to me as I had heard through the neighborhood grape vine that he was living in a sober living house and had many months of sobriety under his belt. He was chatting animatedly with a very beautiful young woman with flashing dark eyes. As they walked away, I noted that my heart was thumping and I felt weak in the knees. More than anything, I pined to burst into tears. But alas, the bread department is no haven for sadness. I rushed to find my husband and younger son. “You won’t believe who I just saw, I stated breathlessly. “John! He looks so good. I can’t believe it is he.” My husband’s face turned gray and my younger son hovered nervously. “Are you okay, Mom?” he asked with genuine concern for my sanity. Indeed, I felt like shrieking out loud with pain.

John and my older son were best friends in Middle School. My son was sweet, naïve and learning disabled. John was Eddie Haskell. He was intelligent, cruel and seemingly untouchable. He was the neighborhood bad boy. He had reptilian blue eyes that boldly announced disdain for all things reeking of adulthood. My son was drawn to him as a moth to a flame. What attraction pulled my son to this boy? What secrets were revealed that empowered my son and embraced him in the priesthood of drug addiction? And here stands John several months into his recovery and my own son lies deep in his addiction far from the light. The pain of this truth was almost too much to bear.

My husband and I met and fell in love at an age when one should know better. I was attracted to my husband’s jet-black hair and brilliant black eyes. I loved his dry wit and his ability to double strum sweet blue grass tunes. I loved his ability to hum the score of Boris Gudonov and most of all I loved his incredible gentle kindness. I knew that he and I would one day produce beautiful offspring with these same qualities. We had a traditional June wedding in 1968. I was just twenty years old. Our love song was Harlem Nocturne.

Around the tender age of twenty-three when other bright young women were focused on careers and marriage, I was what you might call a reluctant graduate student. I wanted more than anything in the world to retreat into the safety of domestic life. I pined for clean pine floors, stroller outings and maternal conversation. It was around this time that the dark shadow of jealousy fell over me. Prior

to this time, I had not yet tasted the sour fruits of thwarted desire.

Yes, of course, there were prettier girls that I knew and admired. I recall crying when not selected to be part of the May Pole court at Roosevelt Junior High School. I held jealousy, however, at bay by remaining in touch with my own assets. As a young woman, I was attractive and intelligent. Some might have called me charismatic. While there were always prettier, smarter and richer girls, I was contented to have the strengths that I had. No, jealousy was not mine until it dawned on me that I was the last of my graduate school cohort to remain childless. This fact was especially daunting as I was the youngest to marry and had been at this business of trying to have a baby for several years.

I could not tell you the day, month or year that I realized that there was something that I wanted more in the world that was just not coming my way. Sometimes, I tell my patients that not wanting something one wants, is like standing in a corner and not thinking about a white bear eating a vanilla ice cream cone. I could not stand to talk with my friends for fear of being the receiver of their happy tidings. On the other hand, if I discerned that I was at the end of the gossip chain about a friend’s pending parenthood, I was grossly wounded by the belief that I had purposely been left out of the loop to “spare me more pain.” Baby showers just about killed me. Pleasant weekends in the park, surrounded by prams and laughing parents were toxic. I once had a panic attack in the diaper section of the grocery store. Jealousy consumed me. It was my ugly twin.

Following a decade of loss and pain, the day of reckoning arrived. God granted me freedom from jealousy. My husband and I adopted a precious newborn baby who settled into our lives at the tender age of one day old. We thought that we had died and gone to heaven. The old, resonant pangs of feverish desire left me. The daggers in the heart thrown by innocent pregnant comrades now fell away. After nearly fifteen years the jealousy left me. I grew confident and arrogant in my comfort. I was convinced that the dragon was slain. I reveled in the maternal sunshine of birthday parties, Little League, PTA, new haircuts, short khaki pants and new shoes. I wrongly paraded my precious son’s “okayness” like a shield in battle. His normalcy was the anecdote my breaking heart needed to mend.

During my son’s first semester in 9th grade (I believe he would have been 14), my husband and I were shocked to learn that our son had been smoking marijuana in the parking lot of the prestigious private school we so thoughtfully selected for our precious cargo. We sought family counseling and were instructed by our family therapist that our son was an “addict” and required several days a week of outpatient drug treatment. And so began the long painful slide into shame and lowered expectations. Our precious boy began to ditch school. He developed a very bad habit of lying and he befriended people who appeared to hate us. Eventually, he stole from us and went to juvenile hall. He failed one drug program after another. He never graduated from high school. John, the boy I saw in the supermarket, was our son’s mentor.

We have now been at this addiction thing the same number of years we struggled with the infertility thing. Jealousy claimed back its rightful throne. And where once there was jealousy over pregnant bellies and baby showers now there is jealousy over admissions to Stanford, prom photos and yes, jealousy over recovery. Seeing John in the supermarket, I was once again flooded with the frustration that comes from thwarted longing. Where I once held a picture of my son graduating from college in my mind’s eye, I now pined to picture him clean-shaven and heading out to an NA meeting. Better than a mother’s “brag book”, I long to commiserate with my fellow recovery moms and tell them that my son has a year of sobriety.

On the other hand, John is a testament to the fact that even a person deep into addiction can recover. When I adopted my son, I was blessed to learn this lesson: there are many paths to happiness. He and I overcame the sorrow of infertility and I pray that he and I will vanquish the sorrow of addiction.

Non-Prescription Syringe Sales in Pharmacies

“In one of the most craven acts of political cowardice in recent memory, the county Board of Supervisors, afraid to vote on over-the-counter syringe sales, has asked every city council member in the county to take a position on the issue before the board does. So the council members are doing what local politicians tend to do. They are taking the easy way out by looking tough on crime.” (Oct. 4 Sacramento Bee editorial). How sad that reducing the spread of infectious diseases while saving taxpayers millions of dollars a year by reducing the public health costs of drug addicts is not more important than the fear of looking soft on Crime

Legislative Information:

AB 296, the hepatitis C prevention and treatment bill authored by Assemblymember Negrete McLeod (D-Chino) and sponsored by the Drug Policy Alliance Network was signed by Governor Schwarzenegger. The bill would require that all prisoners, one in three of whom have the disease and are probably unaware that they are infected, receive hepatitis C prevention and treatment information.

AB 1597, also sponsored by DPAN and authored by Assemblyman John Laird (D-Santa Cruz), would create more local control over syringe exchange programs. The bill would allow local governments to use their state HIV prevention funds to purchase syringes for their programs. A vote on AB 1597 by the entire Senate is expected soon.

AB 547, authored by Assemblymember Berg (D-Eureka), would streamline the process for cities and counties to authorize needle exchange programs. In order to authorize programs currently, local governments must declare a state of emergency, which has to be renewed by vote every 14 to 21 days. AB 547 would instead require local governments to hold annual hearings before reauthorizing syringe exchange programs.



A New PATH encourages you to attend The 2005 International Drug Policy Reform Conference

Hosted by the Drug Policy Alliance on November 10-12 in Long Beach, California.

Over 1,000 people from across the country and around the world will gather to learn more about a wide range of drug policy reform issues – and to strategize and mobilize for reform.

This conference is for you if you believe that the war on drugs is doing more harm than good. If you are a community activist, elected official, criminal justice professional, reform advocate, public health administrator, health care or drug treatment professional, a part of the recovery community or a family member of a drug war prisoner, we hope you will attend. For more information visit www.drugpolicy.org.

Gretchen Burns Bergman and Luisa Costa will be a part of a “Courageous Parents Speak Out” panel with Marsha Rosenbaum, Director of Safety First Project of the Drug Policy Alliance.

A New PATH is proud and grateful to announce that we have received a matching grant from the Drug Policy Alliance in support of our social marketing campaign aimed at reforming drug policy and increasing availability of substance abuse treatment services in San Diego County.

Strut for Sobriety!!!

By Delsa Danett Dixon

Slowly and proudly, I strut for sobriety;
Taking each step with love and with pride.
Remembering the darkness that clouded my mind
Unyielding, I vow to live a good life.
Today, and tomorrow, I yield to the light.

Fresh, new beginnings
Of dreams and new goals
Rest assured I will make it; For You I will Strut!

Strut with me, if you please
One step at a time
Believe in my will and walk by my side
RUN not from me but REACH out to me,
In time you will see,
Endless possibilities longing to run free
To be who I WAS, the BEST part of me
YOU WILL BE PLEASED TO SHARE THAT WITH ME!!!

Delsa Dixon created shirts with this poem on the back for PATH's Strut for Sobriety! event. Join us in wearing them with pride. They can be purchased in several colors through the PATH office: anewpath@cox.net for \$13 for the tank top and \$16 for the T-shirt. Thank you for your support!

From the Inside

with David Beck-Brown

Colombia

The Colombia we hear about no longer exists. A new Colombia is emerging from the ashes of civil conflict and the “war on drugs”. Search any newspaper archive on Colombia and articles will come up on cocaine, poverty and guerrilla warfare. Can any good come out of Colombia? The answer is “yes”. My intention for going to Colombia was to gather information on the “war on drugs” and its impact on the Colombian people.

The news reports that Colombia supplies over 80% of the world’s cocaine market, has the second largest number of displaced people in the world, rampant kidnappings, and a chronic civil war between political ideologists.

Newspaper reporters are targeted and murdered; the country is infested with petty thieves, pickpockets, and homeless children roaming city streets under the influence from sniffing mind-altering glue. The average annual household income is \$1,800.

No wonder people thought I was crazy to go to Colombia. The vaccinations alone (hepatitis A, B, and C, tuberculosis, yellow fever, tetanus, mumps, and rabies), would caution anyone. My doctor warned me against touching animals while in the Andes. As a responsible person, I updated my Will and Testament.

While in Colombia, I interviewed a diverse group of people including taxi drivers, lawyers, police officers, students, farmers, college professors, and a fellow living in a monastery as well as the Monsignor of the Municipal Cathedral in Medellin. Two people I interviewed had been kidnapped by guerrillas and nearly everyone knew someone who had been kidnapped for ransom. Just several months ago, many of these same people were reluctant to travel to neighboring communities in fear of being kidnapped.

Colombians are painfully aware of their country’s image. One man said he never tells anyone he is Colombian. If he does, they ask him for cocaine. He and his nation are weary of war, killings and drug traffickers. Colombia wants peace and is looking for a prosperous future.

During my 2005 summer stay in Colombia, I lived in several households. My Colombian hosts were gracious and shared an intimate perspective of a country I never imagined existed. Colombia has a bright future. However, decades of bad news has discouraged investors and tourists.

The Colombian peso is floating around 2,300 per one US dollar; and, US tourists are rarely seen. I am an American and proud of it. I stand six feet, four inches and weigh 230 pounds; however, I was often asked if I was English or German, never an Americano.

Change is happening in Colombia. While in the country, I heard news that Philip Morris was purchasing hundreds of acres of fertile farmland. The Chinese are also buying land for cultivating timber bamboo for the construction industry. Bamboo will soon replace oak for home flooring. It’s beautiful, cost effective and durable. An Arizona man who began a construction business in Colombia asked me

not to write about Colombia because he does not want to compete with other investors. “Don’t let people know how beautiful it is.”

The changes began a couple of years ago with the election of President Alvaro Uribe, a close ally to President Bush. Many Colombians support him. Even those who did not support him admit the country is safer and more secure under Uribe’s leadership. The US has also spent over three billion dollars to eradicate illicit cocaine fields used for drug trafficking.

Sections of Colombia are dangerous. However, people are saying, “enough is enough”. They are tired of war, and feuding political factions are laying down their guns.

As for the North American demand for their cocaine, the drug market is heading east to Venezuela. Unlike Pat Roberts, many Colombians do not take Venezuelan President Hugo Chavez seriously. They see him as a comic character and a want-to-be Castro figure whose only saving grace is standing up to the United States. However, Chavez is the problem of Venezuela. Colombians will not welcome US military intervention. As Colombians tell me, “Colombia is not Mexico. We have never ceased foreign investment. We are not Venezuelan, Peruvian, nor are we from Chile. We are Colombian.”

David Beck-Brown is Chair of the Prison Reform committee with A New PATH. He has worked at county, state, and federal lock-ups, including the Federal Witness Protection Program.

Self-Reflection Garden

A New PATH and inmates at Donovan State Prison celebrated the 5th Anniversary of the H.O.P.E. Through Recovery Program and the Installation of the Fountain in the Self-Reflection Garden Created by Inmates and A New PATH on September 8, 2005.

After months of planning and work, the first phase of the 2-phase project was completed by inmates and volunteers on Friday 5/21/04, and the second phase was completed on July 29, 2004. The fountain is an exciting addition to the project that is scheduled for completion by the end of the year.

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 participate in the planning, creation and care of the garden, thereby adding a restorative element to the project.

“Inmates working on the project have become a part of its ground breaking history. They are contributing to their own therapeutic process while working collaboratively with other inmates. The pride they take in the project is apparent and inspiring.”

Gretchen Burns Bergman, Executive Director, A New PATH

“ Participants want to be a part of the building of something that they know will be positive...Those involved in the project are role-modeling behavior that allows the new participants to feel safe in the program...MHS 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.

Reginald Washington, RJ Donovan Inmate and HOPE Through Recovery Mentor

I



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 3200 people! Consider purchasing an ad for our January 2006 edition.

\$60 - business card \$125 - 1/4 page
\$250 - 1/2 page \$500 - full page

Our printing deadline is December 29, 2005.
Make checks payable to A New PATH, 2527
Doubletree Road, Spring Valley, CA 91978. Phone:
619-670-1184, Fax: 619-670-9880E-mail: anew-
path@cox.net. Thanks for all of your support!

Help A New PATH reduce the Stigma of Substance Abuse and Celebrate Recovery!

In order to celebrate the “silver lining” of sobriety, and to show your support of loved ones in recovery, or your pride in your own recovery, we invite you to join us in wearing “PATH to RECOVERY” silver cause bracelets.

You can order them through the PATH office by emailing: anewpath@cox.net or calling 619-670-1184 and we will mail them to you right away. We ask you to purchase 3 for \$10, so that you can wear one and give the others to friends in recovery, or you can purchase one for \$5.

We want to see these bracelets worn throughout the community so that others can appreciate the growing number of people taking pride in recovery!

Postcard from the President

Continued from page 1

Congratulations to one of A New PATH’s own: Sylvia Liwerant. Sylvia and her faithful book crew continue to help women inmates achieve greater self-awareness and self-love through the power of the written word. Sylvia is currently seeking targeted funding for this project; so if anyone can help her out, please contact the PATH office....

I hope by now you have all had the pleasure of meeting Margaret Dooley, San Diego rep for the national Drug Policy Alliance. Margaret is very busy planning the upcoming national DPA conference in Long Beach on November 9th. This promises to be a highly informative event where friends of PATH can connect with like-minded citizens from all over the United States to support the mission of decriminalizing substance abuse. Contact Michaela at the PATH office if you would like more info about this event....

In closing, allow me to say, I never met a trashcan I do not like. It’s what’s on the inside that counts.

California's Prison System

Quotes taken from an article in the San Francisco Chronicle in July 2005:

California's Prisons in Crisis / High price of broken prisons / Tough sentencing creates overcrowding that endangers inmates, haunts taxpayers.

James Sterngold, Mark Martin, Chronical Staff Writers.

"California has used policies that show no evidence of effectiveness; all they show is high cost. The state is the poster child for corrections policies that have no benefit to public safety," said Jeremy Travis, President of the John Jay College of Criminal Justice in New York City.

"California, quite frankly, is aberrant compared with anywhere else in the country," said Roderick Q. Hickman, Secretary of the Youth and Adult Correctional Agency.

"People are consistently coming out worse than they're going in," said Barry Brisberg, President of the National Council on Crime and Delinquency. "It's getting worse," said Krisberg, "and it is harming public safety because these people are going back in their communities."

"Health costs are also affected by the high level of violence in the prisons. California's prisons have roughly twice the number of violent incidents reported in Texas prisons and almost three times the number in federal prisons, both of which have similar numbers of inmates." (Legislative Analyst's Office)

According to the article: "Prisons today hold nearly twice the number of inmates they were designed for, and the crowding has raised racial and other tensions, made prisons more difficult to control, and hindered the limited treatment and education programs that are provided...Overcrowding is at the root of many of the system's failures, and parole is at the root of the overcrowding. Experts blame the state's policy of keeping most released inmates on parole for far longer periods than other states and sending most of those who violate parole back to prison, even for relatively minor offenses such as missing meetings or failing drug tests."

A Must Read:

Beyond Zero Tolerance: a reality-based approach to drug education & student assistance.

By Rodney Skager, Ph.D.

This innovative model combines honest, reality-based information with interactive learning, compassionate assistance, and restorative practices in lieu of exclusionary punishment. According to the Drug Policy Alliance "Beyond Zero Tolerance is a comprehensive, cost-effective approach to high school drug education and student assistance that is all about helping teenagers by bolstering the student community and educational environment."

For more information: www.beyondzerotolerance.org.

A New PATH

Prison Rape

A government report, which covers formal complaints filed by inmates, found that nearly 2,100 incidents of sexual violence were substantiated in US prisons, jails, and youth detention centers last year.

Inmate advocates say one in every five male inmates is pressured or forced into sex, and one in 10 is forcibly raped in prison.

Juveniles are five times as likely to be assaulted if they are sent to adult prisons, as is happening more frequently with children tried as adults.

Women inmates are more commonly the victims of male prison employees, with as much as 27 percent of the female population at some prisons reporting sexual pressure, according to the group.

The California Department of Corrections (CDC) will set up an ombudsman's office to lead efforts to prevent prison rape. A bill, sponsored by Assemblywoman Jackie Goldberg, D-Los Angeles, will help California comply with the federal Prison Rape Elimination Act.

(Aug. 1, 2005 National Human Rights LA-based national organization Stop Prisoner Rape)

The CDC Population as of August 24, 2005:
Total institutions: 165,379 – a 1,190 increase from 8/25/04
Parole: 114,762 – a 2,013 increase from 8/25/04.

**Alternative
News
Sources**

- www.anewpath.cc
- www.jointogether.org
- www.narconews.com
- www.drcnet.org
- www.reconsider.org
- www.drugpolicy.org
- www.sdchip.org
- www.centerforce.org
- www.facesandvoicesofrecovery.org

Oversize Business Card Ad

Addiction Doctors and the Alliance Stop Cop Attack on Prop 36 in CA Legislature

Proposition 36, California's groundbreaking treatment instead of incarceration initiative, had a significant victory this week in the California legislature. SB 803, a bill pushed by police groups which would have rewritten Prop 36, stalled in the Assembly Public Safety Commission yesterday. Sponsored by Senator Ducheny (D-San Diego), it was clear that neither the majority of Democrats nor Republicans were enthusiastic about the proposal to require counties to pay the costs of jailing tens of thousands of offenders currently getting drug treatment through Proposition 36.

Many aspects of SB 803 were flawed, including the proposal to require jail time for minor probation violations. The additional jail costs that SB 803 would have required would have likely exceeded \$30 million per year. This is based on the cost of jailing the 37,000 treatment clients annually for as few as seven days. Beyond that, SB 803 would also take medical decisions away from medical professionals.

"Prop 36 is saving lives and saving money. The cop-sponsored Ducheny bill pushes the mistaken idea that jail can be treatment, not punishment," said Glenn Backes, director of health policy at the Drug Policy Alliance. "But the voters know better."
Drug Policy Alliance Newsletter

Prop 36 Success!

§ Nearly 36,000 people are enrolled in Prop 36 each year, compared with just 3,000-4,000 that went through drug courts each year before 2001.

§ With thousands of people diverted to drug treatment, the state saved nearly \$220 million in just the first two years of Prop 36 (even after treatment costs were paid for).

§ In the first 2 years, Prop 36 introduced over 30,000 people to treatment for the first time and another 17,000 people to their second program.

§ Almost half of those entering treatment for the first time through Prop 36 (nearly 15,000 people) had been using drugs for over a decade.

§ Nearly 75% of those who begin Prop 36 treatment get a significant exposure to treatment and achieve positive outcomes.

34% of Prop 36 clients completed treatment in the program's first year – very close to completion rates for other treatment clients (including those from drug courts) at the same time.

A New PATH Fashion Show Celebrates Recovery

Join Together Online 9/16/2005

As part of its celebration of National Alcohol & Drug Addiction Recovery Month, A New PATH (Parents for Addiction Treatment and Healing) held its first annual "Strut for Sobriety" fashion show on September 10 in San Diego, California. Professional models and guest models in recovery sported designs from Viejas Outlet Center, partial sponsor of the event, to benefit PATH's efforts to reduce the stigma surrounding substance abuse and increase access to quality treatment.

"The fashion show highlighted 11 individuals in recovery who walked the runway with pride, demonstrating that this disease knows no social, economic, or cultural boundaries," said Gretchen Burns Bergman, PATH co-founder and leader of San Diego County Demand Treatment!. Bergman co-chaired the event with Connie Conard.

The event also included a luncheon, awards ceremony, and silent auction, with news reporter Rory Devine emceeding the event and radio personality Joe Bauer running the auction. Recipients of "Path to Recovery" awards, honored for their contribution to promoting recovery, included Whitney Taylor, Executive Director of the Drug Policy Forum of Massachusetts; Sylvia Liwerant, Co-Founder of A New PATH; Pat and Russ Wittberger, founders of GRASP and Jenny's Journey; and Francine Anzalone-Byrd, Executive Director of North County Serenity House.

"Strut for Sobriety was a moving, visual example that treatment works and recovery is possible," said Bergman.

Help A New PATH to reduce the Stigma of Substance Abuse and Celebrate Recovery!

In order to celebrate the "silver lining" of sobriety, and to show your support of loved ones in recovery, or your pride in your own recovery, we invite you to join us in wearing "PATH to RECOVERY" silver cause bracelets.

You can order them through the PATH office by emailing: anewpath@cox.net or calling 619-670-1184 and we will mail them to you right away. We ask you to purchase 3 for \$10, so that you can wear one and give the others to friends in recovery, or you can purchase one for \$5.

We want to see these bracelets worn throughout the community so that others can appreciate the growing number of people taking pride in recovery!

An Update on the Women's Prison Programs

by Sylvia Liwerant

Our Book Group project is working very well in the Family Foundations prison. Sixteen women inmates participate, and they all seem very interested in discussing the books we're reading, and have good and interesting comments on them.

Recently we read 3 of the 4 books written by Dave Pelzer: "A Child Called It", "The Lost Boy" and "A Man Named Dave". These books are autobiographical, and talk about his life enduring outrageous abuse from his mother, how he survived it and was able to build a meaningful life when he grew up.

In addition to the book group, we are providing the women with tools to learn to be better mothers, under the able guidance of Silvia Dubovoy Ph.D., a Montessori teacher / trainer. The women will receive classes on how to work with children from newborn to 12 months old. One of her projects is teaching the mothers how to make special mobiles so that the children learn to develop skills for agility and independence.

We are also lucky to have Mrs. Elva Salinas Ph.D. return for a writers workshop, which will take place twice a month. Several of the women in the prison either enjoy writing or want to learn better writing skills. When they leave the prison, these skills will be very beneficial.

Last month we brought in hairdressers to shape and cut the hair of 4 inmates who were leaving within the month. We know how women feel when our hair looks bad, and the change we experience after a nice haircut. The women were SO happy, everyone was smiling, and hoping they'll get the same opportunity when their time to leave comes.

If you would like to make a donation to these efforts, please send it to the PATH office and designate the Family Foundations project.

Prison System Criticized over rate of Suicides

In an article that appeared in the San Diego Union Tribune in August written by Don Thompson, he says "Inmates are killing themselves in California prisons at a record pace, prompting complaints over new security procedures that increasingly isolate mentally ill criminals."

He goes on to say "Twenty-five inmates committed suicide in the first seven months of this year, compared with 26 suicides for all of 2004. At the current rate, the state will exceed its record 36 suicides in 2003." U.S. District Judge Lawrence Karlton has ordered that prison guards be required to provide immediate life support to inmates who attempt suicide, instead of standing by until medical workers arrive.

Join Together Online News

More Methamphetamine Users Addicted, Report Says

10/5/2005

Methamphetamine use rates have not increased in recent years, but more meth users are dependent on the drug, according to research from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The recently released [2004 National Survey on Drug Use and Health](#) found that the percentage of the nation's estimated 600,000 monthly meth users who met the criteria for dependence rose from 27.5 percent (164,000) in 2002 to 59.3 percent (346,000) in 2004.

"Methamphetamine is undeniably a uniquely destructive drug," said SAMHSA Administrator Charles Curie. "While rates of use have remained relatively stable over the past few years, these new findings show that an increasing proportion of methamphetamine users are developing problems of drug abuse and dependence and are in need of treatment." New users of methamphetamine also remained steady at about 318,000 in 2004, SAMHSA said.

Study: Bupe and Counseling Effective for Teens

10/6/2005

Adolescents with opioid addictions responded better to counseling and buprenorphine treatment than they did to counseling combined with clonidine, a hypertension drug sometimes used to ease withdrawal symptoms.

[Reuters](#) reported Oct. 6 that researcher Lisa A. Marsch of the University of Vermont tracked outcomes for 36 teens who were treated with either bupe or clonidine plus thrice-weekly counseling. She found that 72 percent of the bupe group stayed in treatment, compared to 39 percent of the clonidine group. More than twice the number of bupe patients produced "clean" urine tests compared to the clonidine group. Both groups reported reduced withdrawal symptoms, but the buprenorphine group described more positive effects. The research was reported in the October 2005 issue of the [Archives of General Psychiatry](#).

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Executive Director's Message

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sands of people with addictions from their treatment programs and support networks. The media reports after the flooding that blamed the looting on addicts who were stealing to support their habits added to the social stigma and injustice. Politicians were again quick to blame crime and social ills on desperate drug addicts. Once again, the addict became the scapegoat as a sad postscript to the storm.

It makes sense to me that dislocation and personal tragedy put many people in recovery at risk of relapse. Individuals in need of detox beds and methadone maintenance programs were cut off from these services. According to Samantha-Hope Atkins, founder and executive director of Louisiana's Hope Networks, a treatment and advocacy program, "We've seen some relapse, especially with people in early recovery who have lost their support network, methadone patients, and people who don't know if their spouse is alive or dead." She criticized the public sector by saying that "There has been absolutely no response to the needs of people in addiction recovery."

Fortunately, the addiction community did step forward with offers of assistance, and several private treatment centers donated beds. Unfortunately though, there were reports of addiction counselors being barred from working in Red Cross shelters. Susan Hamilton, who directs the Red Cross' post-disaster mental-health team, issued the statement that counselors and social workers who show proper identification must be allowed in shelters "in order to track cases and to reconnect their clients with available local resources." There were also reports of churches that housed storm refugees refusing volunteers who were distributing Alcoholics Anonymous literature.

According to the Drug Policy Alliance News, "The government should assist all victims with housing, medical attention and job placement, but the federal response to Katrina indicates that unjust drug war policies are impacting even the victims of one of the nation's largest natural disasters."

The stigma runs deep. People who struggle with drugs and their family members deal with incredible challenges and emotional pain every day. What a shame that human loss and tragedy doesn't soften the barriers to reducing society's problems with addiction, rather than to further isolate and demonize those who are affected by the disease.

In this time of seemingly ongoing tragedy world-wide, I am struck by how the good and the bad are so achingly close together.

Report: Fatal drug overdoses up among California's baby boomers

The Associated Press, October 10, 2005

Excerpts taken from AP State Wire News at sacbee.com.

Fatal Drug overdoses among California residents 40 and older have occurred at double the rate recorded in 1990, challenging the notion that hard-core drug use is primarily a problem of youth, according to a newspaper report.

The Los Angeles Times reported on its Web site Sunday night that the increase in overdoses among baby boomers may lead to drug deaths passing automobile accidents as the state's leading cause of non-natural deaths. In 2003, a record 3,691 drug users died, up 73 percent since 1990. The total was greater than the deaths from firearms, homicides and AIDS...

Some experts believe that California is reflecting a nationwide trend of illicit drug use past youth. According to the U.S. Substance and Mental Health Services Administration, more than a third of drug users today are older than 35, compared with 12 percent in 1979. "Baby boomers are the first generation that is facing a drug and overdose epidemic in their middle age," said John Newmeyer, epidemiologist and drug researcher at the Haight-Ashbury Free Clinics in San Francisco. "They started using drugs recreationally or regularly over twenty years ago, and they aren't really slowing down."

The greatest number of overdose deaths has occurred among users of opiates, such as heroin, which can shut down the lungs with excessive doses. Cocaine is the next most lethal drug since it can cause heart attacks, especially among long-term users whose hearts can become weakened or enlarged.



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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.

Attention PATH Members ...

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

**Please visit our 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.

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!

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.