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**Vol XXIII April 2006**



Dear PATH friends,

I wish that I could tell you that I am writing this postcard from the warm, white sands of Cabo San Lucas, but here I am in the middle of that deep soup we call life swimming to the other side. Thank you Pat Humphries for that beautiful metaphor (for beautiful words see: [www.pathumphries.com](http://www.pathumphries.com))

...The past few months have once again been a whirlwind for all of us at A New PATH....It was great to see so many of you at the Drug War 101 seminar sponsored by A New PATH, the Drug Policy Alliance, and St. Paul's Cathedral of San Diego in January. I was so moved by the dedication and compassion of the panel members who argued so intelligently about the total failure of the so-called drug war.

Ethan Nadelmann, as always, filled the hall with his charisma and strident anger against the cruelty and foolishness of incarceration for non-violent drug offenders. I was reminded of a young Martin Luther King.

I want to give particular credit to Sergeant Rick Schnell from the SDPD Serial Inebriate Program. Thank you Rick for your courage, your openness to new ideas and your big heart.

A new PATH has continued to make treks to Sacramento seeking to edify our state politicians. Gretchen flew up to lobby for Prop 36 under the auspices of the California Society of Addiction Medicine and David Beck-Brown represented PATH at the CEPS rally supporting prison reform.

We continue to hear great things about Sylvia Liwerant's Family Foundation project. The ladies just completed reading The Kite Flyer in their monthly book club... Sylvia reports that the prison authorities

Seven years have gone by since A New PATH was formed. At the time my family was anguished over the destruction of addictive illness in the lives of our children. Society seemed to be cold, angry and ignorant of the true nature of the disease of drug addiction. When the three Co-Founders got together the timing was right to come forward and talk about our families' experiences in order to advocate for a change of laws and policies in regards to substance abusers.

Five years ago Proposition 36 went into effect in the state of California. My son was in prison at the time for non-violent drug offenses. PATH had worked hard to pass this law that provides for treatment instead of incarceration for non-violent drug offenders. I was honored to serve as State Chairperson for this innovative change of policy. It didn't help my own son to access treatment, but I knew it would greatly benefit others. Because it passed by 61% of the voters it proved that people were beginning to understand that the War on Drugs had failed and that it was time to implement saner and more humane drug policies.

Today, although there is better understanding of the illness and much has improved in the public perception of the disease, there is still a critical need to educate and advocate for therapeutic justice in regards to substance abuse. At this time, the same legislative issues in California that provoked my passion in 1999 continue to drive my current activism: Proposition 36, the Reform of the Three Strikes Law and prison reform. These issues are at the forefront of California politics today.

Proposition 36 has been very successful. It has saved taxpayers about \$1.5 billion in just 5 years, reduced the rate of imprisonment for



## A New PATH Turns 7 Years Old!

A “Musical Celebration”, an afternoon of classical music for one and two pianos was held on Sunday April 9 at Greene Music Concert Hall. The event celebrated the 7<sup>th</sup> Anniversary of A New PATH and efforts to reduce the stigma of substance abuse and increase access to addiction treatment services.

2006 projects include advocacy for expanding treatment under Prop 36, continuing support for a Book Club and Parenting Programs for inmates at The Family Foundations Women’s Facility, 3 Strikes Reform, The Parent Survival Kit, and the Faces of Recovery Calendar. The event also promoted Alcohol Awareness Month.

Pianists Sylvia Liwerant, Co-Founder of A New PATH, Diane Snodgrass, and Monique Kunewalder performed a delightful program of music for a great cause. Through their musical artistry they contributed to the movement to change punitive drug policies.

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## In Memory of Leah Fine

By Caroline Stewart  
February 7, 2006

Gentle hearts are sometimes known to hide in rough packages.

Quiet insight hunkers down like a hare circled by spaniels. Martha Stewart spins a web of shame around us so tightly that we choke.

For others, naked honesty is a road home.

Our friend, Leah, walked this path.

Her eyes betrayed the truth of many lives.

They shined and flashed with humor and hurt.

Enter here they beckoned.

Sojourners, together, we shall transcend that cruel truth we know as addiction.

Hold my hand.

All who suffer will climb down from their cruel pedestals.

Be gone you hungry expectations!

The codependent and the user...the romancer of limits embracing the daughter of hedonism...the good enough mother...

Here we are humble in grief.

Goodbye Leah. You are now dancing with the angels.

It is the rest of us who must now make our way.

## Editor’s Note:

I’m on vacation, and I thought I brought along the file for the format of this newsletter, but I didn’t! So this newsletter will look a bit different, but all the news is still good even if the editor is “on vacation”.

## April is Alcohol Awareness Month

Nationally, underage drinking costs society \$53 billion a year – \$19 billion from traffic crashes and \$29 billion from violent crime. And, ninety percent of 12th graders report that alcohol is “very easy” or “fairly easy” to get.

Tell our policy makers that this is a critical issue by going to [www.getserious.org](http://www.getserious.org). There you will be able to send a message to elected officials, and discover more ways to get involved.

“Start Talking Before They Start Drinking”

**Age 11 is not too early to start talking with your child about the dangers of underage drinking. Frequent conversations with clear messages and expectations should be ongoing and should continue through high school and even on in to their college years.**

- **ASK QUESTIONS Think of interviewing your child like a reporter might.**
- **LISTEN Don’t lecture or over-react.**
- **MODEL BEHAVIOR If you drink, do so moderately.**
- **DISCUSS THE RISKS of underage drinking, and not just those associated with drinking and driving.**
- **SHARE YOUR FAMILY HISTORY of substance abuse.**
- **LET THEM KNOW HELP IS AVAILABLE for them or a friend that has a problem.**
- **ENCOURAGE THEM to make friends with others that make healthy choices.**
- **SUPERVISE your son or daughter and know who their friends are and where they are going.**

## Self-Reflection Garden News

PATH is pleased to have facilitated a generous donation of 400 boxed Jacaranda trees from City Farmer's Nursery to be planted on the Donovan Correctional Facility grounds.

As with previous PATH projects, John Bair, Donovan's Supervising Groundskeeper, coordinated the gift with the donating firm, and assured that the trees were safely transported and appropriately located on facility grounds. We appreciate his professional work with this project as well as with the Self-Reflection Garden, which has proven to be a success in enriching lives and motivating inmates in a positive way. We hope that the contribution of the Jacaranda trees will be just as beneficial to the prison environment.

A big thank you to PATH Board member Mary Jo Grubbs for coordinating all of these efforts and for staying passionately involved in these projects to expand treatment opportunities behind bars!

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## San Diego School District Grapples With Drug Testing

Taken from Drug Policy Alliance Online March 15, 2006

In time to coincide with February's visit from the Office of National Drug Control Policy to promote random student drug testing in San Diego, Vista Unified School District in North San Diego County announced it had accepted a grant from the U.S. Department of Education (DOE) to implement a drug testing program at high schools in the district.

This came as quite a surprise to both parents and local public health experts, since neither had been consulted prior to the school board's unanimous vote to implement the program. What is worse, the district's policy would have required testing of students in non-competitive "co-curricular" activities—everything from drama to student government to AVID, a program designed to help at-risk kids go on to college. This far exceeded the scope of both DOE's own policy guidelines and what the Supreme Court has determined to be constitutional.

After the Drug Policy Alliance and local concerned parents raised questions with DOE representatives at the ONDCP summit and with the school board, Vista was forced to amend its policy. Though the district is going forward with testing, the school board of Vista Unified is now working towards complying with the law, and is beginning to listen to parents about the negative consequences of mandatory random student drug testing.

(PATH participated in the seminar to pose questions and

## Prop 36 Advocacy Day in San Diego May 12!

**WHO:** Prop 36 grads and supporters of prison diversion, social justice, recovery, rehabilitation, and more!

**WHAT:** Meet with legislators to show your support of Prop 36!

**WHERE:** Downtown San Diego, more details TBA

**WHEN:** May 12

**WHY:** Support full funding for Prop 36!

**Contact:** Margaret Dooley by phone at: 858-336-3685 or by email at: [mdooley@drugpolicy.org](mailto:mdooley@drugpolicy.org).

### BACKGROUND:

**Prop 36, California's landmark treatment-instead-of-incarceration law**, is the most significant piece of sentencing reform in the country – in terms of the number of people diverted from prison and dollars saved – since the repeal of alcohol Prohibition in 1933.

### Initial funding for Prop 36 will sunset on June 30, 2006.

Governor Schwarzenegger has called for funding to be maintained at 1999 levels, which amounts to a substantial cut.

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## Facts

(Jail Profile Survey, 2005. Corrections Standards Authority)

- ⊙ The estimated number of Americans who died from drug-induced causes, such as overdoses grew from 19,171 in 1999 to 19,928 in 2002. This number includes overdoses from both legal and illegal drugs. (CDC's National Vital Statistics Reports)
- ⊙ The spread of hepatitis C, which is being driven by intravenous drug use, continues to grow at alarming rates. It is suspected that more than 4.5 million people in the U.S. are already infected.
- ⊙ In the 3<sup>rd</sup> quarter of 2005, the average daily jail popula-

The first large-scale national study on student drug testing found virtually no difference in rates of drug use between schools that have drug testing programs and those that do not. Based on data collected between 1998 and 2001 from 76,000 students nationwide in 8th, 10th and 12th grades, the study found that drug testing did not have an impact on illicit drug use among students, including

# FROM THE INSIDE

with David Beck-Brown

## The High Cost of Incarceration

The November 2006 ballot may have more than one 3-strikes reform initiatives. Passed in 1994, 3-strikes was promoted to make our communities safer by incarcerating violent and dangerous, career-criminals for twenty-five-years-to-life. For older felons this is a death sentence.

However, over 66% of 3-strikers are in prison for committing petty theft, personal substance abuse or non-violent crimes. Supporters of 3-strikes would like us to believe one of the two previous strikes was a violent act. In reality, the first offense may have been committed over 20 years ago. Including it with a new offense is “double-jeopardy”; however, prosecutors will argue otherwise. One offense can have multiple strikes.

Let’s put a face on 3-strikes by using Frank as an example. Before we do this, let’s follow the money to see who’s benefiting from 3-strikes.

The California Correctional Peace Officers Association (CCPOA) championed the 3-strikes initiative. This union also contributed money to defeat prop. 66, which would have revised the original initiative. Its members were once known as prison guards and are now called correctional officers. They like to refer to themselves as “cops”.

During last month’s Law Enforcement Legislation Day, California Governor Arnold Schwarzenegger was honored by law enforcement for his tough-on-crime stand. He told his audience of law enforcement officers that his father was a “cop” and wanted him to be a cop. Identifying with the cops, he said, “Together we also fought hard to save California’s 3-strike law by working together and defeating Proposition 66, and this year we will stand together again and fight to make sure that we will protect the 3-strike law from any further *attacks*.” *Attack* is a strong word when describing correcting an unjust judicial system. Tough-on-crime speeches are popular.

As long as the “cops” in the CCPOA control our prison system there will be no prison reform or inmate rehabilita-

tion. It will be business as usual as California’s prison population continues to swell. The only change may be in the direction towards a “no-movement” prison system, where inmates are confined to their housing units, thereby making the job of the cops much easier. This has already begun by de-emphasizing inmate class room studies in favor of cell study, and close circuit TV courses.

Last month the Senate Budget Subcommittee Number 4 hearing took place. In the hearing, it was announced that the growth rate of California’s prison population needs to be revised upward to 180,000 by 2010. Today, it may be less expensive to stay in a Hotel 6 than to house an inmate for the same time period. The annual cost of incarcerating one inmate is over \$36,000 and rising. The prison budget is

now eight billion dollars, and an additional two to four billion is needed to “build-out” the overcrowding problem. This is more than the state spends on higher education. Nothing is being said about the influence of the CCPOA.

70% of the prison budget is for personnel and last year one out of ten “cops” composing the CCPOA earned well over \$100,000. With the CCPOA in control of California’s prison system these hearings may be as useful as rearranging furniture on a sinking ship.

Now, back to Frank and the reason he is serving a twenty-five-to-life prison

sentence under 3-strikes. Frank is a real person.

Frank’s criminal rap sheet is as thin as tissue paper. Many career criminals have rap sheets as thick as phone books that can fill library shelves. Frank was caught stealing a bicycle from an open garage for a \$6 fix. Had it been my garage, I would have given him the bums’ rush. On a bad day, I may have hit him across his head with a 2 x 4, and I would then be the felon with a strike or two. However, Frank was given two years probation and while on probation stole another bicycle from an open garage. This time the judge gave him a four-year prison term. Both

Continued on page 14

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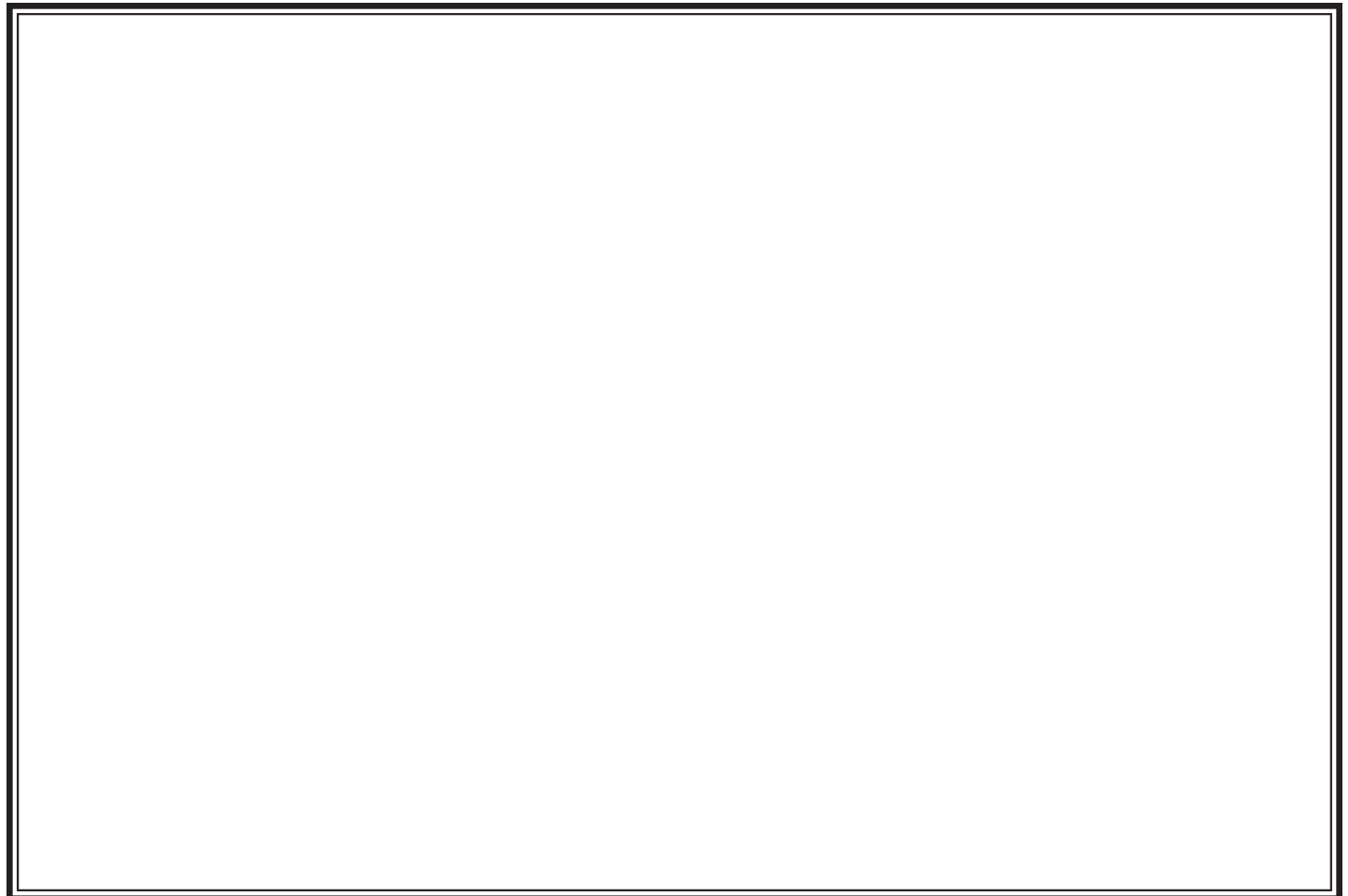
## **Drug War: A Policy of Poisoning**

By Gretchen Burns Bergman

The House has authorized, and the Senate is considering a proposal to revive research on the use of toxic, mold-like fungi called mycoherbicides to kill drug crops in other countries. Mycoherbicides have been extensively studied over the last 30 years. The findings indicate they attack indiscriminately, destroying fruit and vegetable crops, and sickening animals and humans as well. The toxins they produce contaminate soil for years, so that nothing can grow where they have been. According to the Drug Policy Alliance, "They are so destructive that governments have even stockpiled them as weapons!"

Where are we heading? Does human life mean nothing? Do our drug warriors believe that the end (drug eradication) justifies the means? The proposal now before Congress advocates using mycoherbicides in "field studies" in countries such as Colombia and Afghanistan. I guess they are considered collateral damage. Doesn't this sound a bit like biological warfare?

This proposal is part of the Office of National Drug Control Policy Reauthorization Act. Call your legislators and make your voice heard!



## **Proposition 36 Saves Taxpayers' Money**

**UCLA Study Finds Nearly \$2.50 in Savings for Each \$1 Spent on Drug Offenders Eligible for Substance Abuse Treatment under the Substance Abuse & Crime Prevention Act of 2000.**

Over a 30-month follow-up period, this represented a **savings to state and local government of \$173.3 million for offenders entering SACPA during its first year.** For offenders who completed their required drug treatment, nearly \$4 was saved for each dollar expended. Total taxpayer savings were \$140.5 million in the first year and \$158.8 million in the second, according to the UCLA evaluation of SACPA over five and one-half years, starting in January 2001 and ending June 30, 2006.

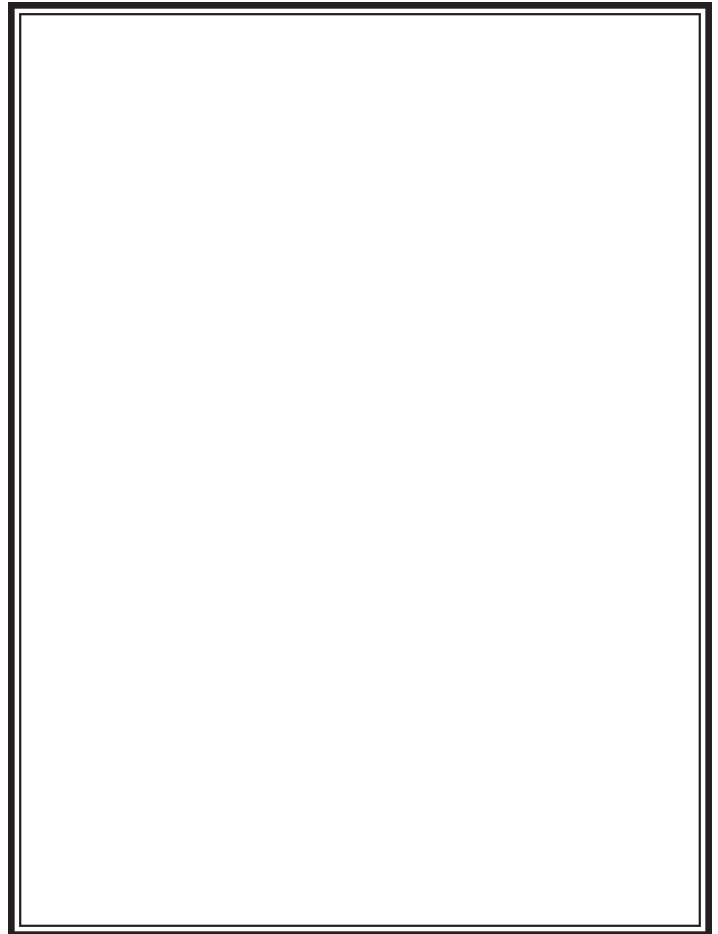
**Savings related to SACPA were largely due to reductions in jail and prison time.** "The cost savings are dramatic, but with increased system accountability measures and improved offender management, as well as incentives to community programs for better treatment entry, retention, and completion rates, they could rise even higher," said study co-author M. Douglas Anglin, UCLA professor-in-residence of psychiatry and biobehavioral sciences. "Our suggestions for boosting those savings include further improvements in the coordination of services and continuity of care within counties, better participant screening, improved matching of services to needs, and attention to special populations of drug offenders, including minorities and offenders with psychiatric problems."

Proposition 36 was approved by California voters in 2000. Adults convicted of nonviolent, drug-related offenses and otherwise eligible for SACPA could be sentenced to probation with drug treatment instead of incarceration. Offenders on probation or parole who commit nonviolent, drug-related offenses or who violate drug-related conditions of their release could also receive treatment. SACPA funding was scheduled to expire June 30, 2006.

The recent governor's budget proposes to maintain the General Fund transfer to the Substance Abuse Treatment Fund at \$120 million on a one-time basis for 2006-07 conditioned upon the Legislature passing reforms to the program. Assembly Member Leno stresses the importance of increasing funding for Prop 36 beyond the Governor's recommended level. Treatment providers estimate a need of over \$200 million to achieve even greater results.

Assemblywoman Jackie Goldberg of Los Angeles believes that Proposition 36 is one of those rare ballot measures that actually delivered on its promise. We have 140,000 people who have received treatment in four years, but the big news is over 60,000 graduated from their treatment programs by the fourth year."

Prop 36 is working equally well in drug courts and other probation-treatment partnerships. "The fact is, the comple-



tion rates are comparable "despite the fact that drug courts serve a far smaller population, spend more money per client, and have a famously big "stick" to threaten defendants with", according to Glenn Backes of the Drug Policy Alliance.

**A New PATH and other proponents for Prop 36 strongly oppose Senator Ducheny's SB803 bill to revise SACPA.** PATH opposes sections of the bill that would add "flash incarceration" for failing treatment requirements, expand exclusions, allow for Three Strike Sentences, divert treatment trust fund dollars to universal drug testing, and create unrealistically high standards that don't allow for relapse to addiction symptoms. "The dangers of drug overdose and communicable diseases associated with flash incarceration are considerable", says PATH co-founder and executive director, Gretchen Burns Bergman.

According to John Lum, Public Policy Coordinator of the Coalition for Effective Public Safety (CEPS), of which PATH is a member, "Proposition 36 is an "evidenced based" model that proves voters will support alternatives to incarceration. **The recent study affirms that it has been successful, and we need to support efforts to protect and expand it.**"

## Deconstructing Codependence:

A mother's view of tough love and harm reduction

By Caroline Ridout Stewart, LCSW, January 2006

I had just settled into my snuggly sofa after a long day and was preparing to lose myself in an episode of CSI. The dinner dishes were washed and put away. The Stewart snack bar was now officially closed.

Alas, from deep in the bowels of the kitchen came a plaintiff cry, "Mom, will you please make me a ham sandwich?" It was Hugh, my fourteen-year-old son. He sounded as if he had just been rescued from a sailboat lost at sea after the perfect storm. In fact, Hugh had just finished eating a box of frozen taquitos and a complete gourmet meal of curried chicken prepared by his chef father.

But, this tale is not about my son's hollow leg. It is about the outrageousness of the request that his dear, worn-out, old mother rise off of the couch to once again service him. How did this talented boy come to the conclusion that he is incapable of slapping a piece of ham on a piece of bread? Is this not the very same person who successfully put together a highly challenging Lego set with motor-driven gearing in a matter of minutes?

Wearing my therapist hat, I wanted to scold Hugh for his learned dependency and challenge him to make the damn sandwich himself. Wearing my codependent hat, I worried that Hugh might need more active involvement from his over-extended, preoccupied working mother. The fuel in the engine of codependency is often guilt. The very essence of codependency is that one person performs a task for someone else who can easily accomplish that task for himself. On the other hand, my husband is a skillful cook, yet one way that I can show love for him, is to cook for him. Surely, cooking for my husband is not an act of codependence.

Carol Gilligan is a respected feminist from New York University who challenges the entire notion of maternal codependency. She states that all women have an inherent drive to help others. She calls this behavior a woman's "ethic of care." In other words, Gilligan states that pathologizing a mother's assistance of her children is the unkindest cut of all. She states that it is every mother's (every woman's!) inherent ethical driving force that promotes her to help others. Gilligan points out that breast-feeding lies at the root of the ethic of care. Being a primary food source is a set up for future codependency.

Where was Carol Gilligan when my husband and I so desperately needed her compassionate and measured view of parental care? Where was she when, under the advice of licensed psychotherapists, we evicted our eldest, marijuana-addicted son out on the street. Where was she when we watched him become destitute and homeless? The ominous cloud of codependency was held above our heads as a por-

tent of lifelong social ruin. The codependents and the addict were soul mates of shame. We three were moral failures.

I was particularly admonished as a licensed psychotherapist that the dreaded "State" could take away my license if I were to live under the same roof as an addict. Worse yet, we were advised that Child Protective Services could take away our precious younger son if we permitted the older, addicted child to live with us. These dire warnings came in the wake of several failed treatment attempts and our older son's passage into questionable adulthood.

Please let it be known that we were all (even our confused and errant son) making an effort. It was just that that effort was failing. As our family approached our son's dreaded age of majority, the Greek chorus raised its communal voice: "Throw him out now! You are keeping him down! Your support and interventions are keeping him sick!" Surely, we were admonished, allowing our son to live with us and keep using, was to condone his behavior. We were warned that our son would never recover and would be forever ensnared in his drug use if we engaged him and kept him alive for the cure. Our mission was akin to destroying the village to save it. Our entire family stood by and watched the ship sink with all hands onboard.

There was one kindly, older psychiatrist who approached his work, as an adolescent drug and alcohol specialist, with more sensitivity to our parental anguish. He suggested that we should, indeed, kick our learning-disabled, marijuana-abusing son out of the house but that we could set up a tent for him in the back yard. He even suggested that we provide a bucket of water for our son so that he could bathe. However, we were urged not to allow him in the house at risk of encouraging his bad habit.

In hindsight, I am floored to think that my husband and I were moved by this man's kindness. What if my son had been diagnosed with brain cancer or a seizure disorder? Would a tent have been "good enough" for that child? It's becoming progressively more clear to me that drug and alcohol professionals are talking out of both sides of their mouth: either substance abuse is a disease or it is a moral transgression. The sheriff in Yuma, Arizona puts his convicts into tents.

My husband and I decided against the tent. Sheer terror of unknown grave consequences drove us. As compliant and dutiful consumers, secure in our righteous stance against the evils of codependency, we helped Hugh's brother pack his Eddie Bower duffle bag. He had last used the duffle on a family motor trip to Durango, Colorado just one year before. I still have a photo of both boys, tan and grinning in the full summer sun. We had shared the glory of a steam train trip through the Colorado aspens.

Hugh's brother was seventeen years old when we kicked him out. He did not yet have a driver's license. I recall putting his baby pillow, "Boo woo", in amongst his clean tee shirts and jeans and wondering if I would ever see him

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again. We replaced the locks on the doors and the next day we had a security system installed. Watching our son walk down the street was as horrific as watching bodies launching into the air from the World Trade towers. The anticipation of utter calamity was palpable.

I once had a patient who was a true believer of the codependents anonymous movement. She was raised in a fiercely alcoholic family with all of its inherent emotional messiness and disorganization. She shared what may have been an apocryphal story of a “codependent” experience. She was entering a CODA meeting and was concerned in witnessing that one of the meeting attendees had tied his little poodle to a tree outside the meeting hall. The little dog had managed to circle the tree so many times that his leash had run out of room. He was choking. My patient shared with great distress that neither she nor any other CODA member entering the meeting “dared” to disentangle the dog for fear of being tagged as codependent.

What bizarre reasoning allows us to stand by and watch another being suffer and to feel superior in our steadfast refusal to get involved? What solace would my smug war against codependence bring me if my son were to die while homeless on the streets?

Now don't get me wrong. I am in no way adverse to limits. I am comfortable with “No.” I feel more secure with lines in the sand and predictable outcomes. I am also not afraid to be the proverbial “bad guy.” Hugh knows that the game cube will magically disappear when his homework is not done. But substance abuse is not about ideas or beliefs. It is all about urges and drives and compulsions and appetite. These are primitive issues.

Dr. Ethan Nadelman, executive director of the Drug Policy Alliance, said it best. “What if we imprisoned or ostracized people for high cholesterol or sugar addiction?” Would our populace become more healthy if we excommunicated them? Perhaps we could build tent cities on the peripheries of our cities to accommodate these errant people?

“Harm reduction” is a therapeutic stance our family has come to through the back door. You might know the harm reduction movement as that which promotes clean needle exchange and the use of methadone. To the ill informed, harm reduction and codependency are synonymous. But harm reduction is grander than that: harm reduction is about staying connected to people we love to provide abiding support to them as they make their way through the maze of disease, treatment and relapse.

Loss, shame and relapse have brought us here. We have grown to hate the disease and to love the addict. Our son has rejoined our family. He is completing his GED at community college. He now has a driver's license and works odd jobs. He occasionally attends church with us. You might say that he is taking baby steps. Sadly, he is still using. Are we codependent to allow him to live with us? This

## “I AM METH”

My Name: “Is Meth” I destroy homes, I tear families apart, Take your children, and that's just the start.

I'm more costly than diamonds, more precious than gold, The sorrow I bring is a sight to behold.

If you need me, remember I'm easily found, I live all around you - in schools and in town

I live with the rich; I live with the poor; I live down the street, and maybe next door.

I'm made in a lab, but not like you think, I can be made under the kitchen sink.

In your child's closet, and even in the woods, If this scares you to death, well it certainly should.

I have many names, but there's one you know best, I'm sure you've heard of me, my name is crystal meth.

My power is awesome; try me you'll see, But if you do, you may never break free.

Just try me once and I might let you go, But try me twice, and I'll own your soul.

When I possess you, you'll steal and you'll lie, You do what you have to — just to get high.

The crimes you'll commit for my narcotic charms Will be worth the pleasure you'll feel in your arms.

You'll lie to your mother; you'll steal from your dad, When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised, I'll be your conscience, I'll teach you my ways.

I take kids from parents, and parents from kids, I turn people from God, and separate friends.

I'll take everything from you, your looks and your pride, I'll be with you always — right by your side.

You'll give up everything - your family, your home, Your friends, your money, then you'll be alone.

I'll take and take, till you have nothing more to give, When I'm finished with you, you'll be lucky to live.

If you try me be warned - this is no game, If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind, I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed, The voices you'll hear, from inside your head.

The sweats, the shakes, the visions you'll see, I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart, That you are mine, and we shall not part.

You'll regret that you tried me, they always do, But you came to me, not I to you.

You knew this would happen, many times you were told, But you challenged my power, and chose to be bold.

You could have said no, and just walked away, If you could live that day over, now what would you say?

I'll be your master, you will be my slave, I'll even go with you, when you go to your grave.

Now that you have met me, what will you do? Will you try me or not? It's all up to you.

I can bring you more misery than words can tell, Come take my hand, let me lead you to hell.

(origin of story unknown)

## Reforming Corrections

By David Beck-Brown

We have the means and money to reform California's correctional system. We can do this by replacing its administrative duties from the paramilitary force that is currently running and mismanaging our prisons, to the counseling and educational communities. This can be done in conjunction with reinstating successful inmate programs.

Initial reaction to this idea may be received with some skepticism. However, consider it in terms of the national government. Most countries are administrated by a civilian government and the military serves that non-military government. If they answered to a military government, it would be a dictatorship. Why not apply this structure to the prison system?

Prisons perform an important role in society and contribute to public safety. They are designed to incarcerate dangerous and violent predators. Correctional officers have the job of keeping these inmates fed and safe. These guards share similar ranks of any paramilitary force.

California has highly trained and professional correctional officers who are responsible for keeping over 170,000 inmates under control, fed and clothed. The California prison system continues to grow and is becoming more complex. Prisons must now provide medical and psychiatric care to inmates, as well as education, counseling and rehabilitation. We want to release inmates back into society better and not worse than they were before being incarcerated.

Today, the prison system has become a specialized industry monitored by a special interest group in the form of the California Correctional Peace Officers Association. This union has enormous influence within the realm of its paramilitary structure.

Under a newly designed system, correctional officers would still be fulfilling their current duties and keeping inmates in their control. However, they would be working under the direction, supervision and administration of the counseling and educational communities. This is not a wild dream; nor is it prancing down a yellow brick road. It is a sound solution to the chronic problems inherent in the California's prison system.

Just this week, Roderick Q. Hickman, the Director of the Department of Corrections and Rehabilitation submitted his resignation stating a lack of commitment and support from the legislators and governor.

Most California prisons have either eliminated or drastically cut successful inmate programs that were documented to lower inmate recidivism, the destruction of state property and reduce violence. The programs may still exist in name only, working without a budget. This is unconscionable in light of public hearings currently taking place in

Sacramento.

Five whistle-blowers have testified in state Senate hearings that the correctional administration encouraged excessive spending while ordering staff to hide the information. These inmate programs were documented to lower-inmate-recidivism, yet they were targeted by the state in an effort to balance the budget.

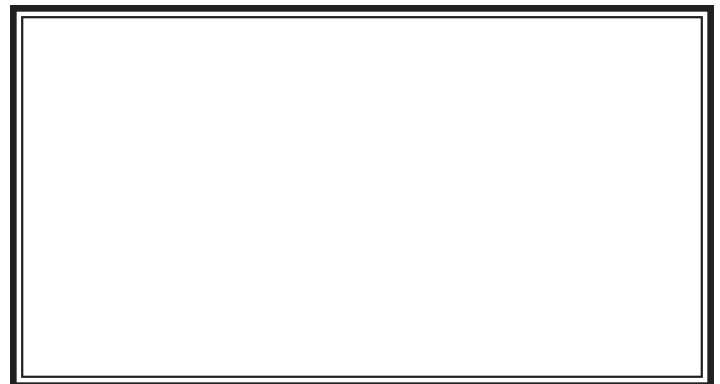
Three years ago corrections systematically eliminated (or emasculated) several humanitarian programs designed to provide prisoners with the tools needed to develop critical thinking and problem solving skills. Inmate program such as Arts-in-Corrections and Hobby Crafts kept thousands of inmates busy working on projects that brought them closer to their families. Fathers and mothers would make jewelry boxes for their daughters and painted ceramic dishes for their homes and family in the free world.

Without these programs, prison violence is on the rise; inmate-against-inmate assault is on the rise; inmate-against-staff assault is on the rise. We are now paying the price. The inmate population is growing and the destruction to state property has increased. These are only two examples of cost increases to the taxpayers. The cost of medical-care and paid-leave for injured staff along with the cost of hospitalizing injured inmates are also on the rise.

Keeping successful inmate programs operational would have cost less than changing the name of the "Department of Corrections" to the "Department of Corrections and Rehabilitation." This name change was made on every prison letter head, every prison business card as well as prison vehicles and prison addresses. Material and papers with the old name were discarded and trashed.

It's time to redesign Corrections and restore Arts-in-Corrections, Hobby Craft and other inmate programs that make our prisons safer for inmates and staff alike.

*Beck-Brown is Chair of the PATH Prison-Reform committee and a member of CEPS.*



## A Victory for California

New York Times, April 10 2006 Editorial

California took a leap of faith six years ago when it decided to offer nonviolent drug offenders the choice of going to jail or accepting probation and community-based drug treatment. Critics of the initiative predicted dire consequences if petty drug criminals were allowed to escape incarceration. But the data collected in California is beginning to show that nonviolent drug offenders are more effectively and less expensively dealt with when they are diverted into treatment.

A new study by researchers at the Integrated Substance Abuse Programs at the University of California, Los Angeles, shows that nonviolent offenders who complete drug treatment actually save the state money, even though the programs are costly. According to the study, Californians save \$4 for every \$1 they invest in drug treatment for people who actually complete the treatment regimen. The researchers estimate that the treatment option has saved California a huge sum - about \$800 million - over the last five years.

The program is clearly worthy of emulation and worthy of greater support from the State Legislature and the localities. At the same time, however, the report makes clear that the program would benefit from more effective coordination among governmental departments and localities, as well as improved and expanded treatment regimens. Given the impressive findings so far, Californians would be wise to help the program reach its full potential.

### **Prop. 36 shows benefits of treating addicts, instead of jail time**

Long Beach Press Telegram  
Article Launched: 4/06/2006

A UCLA medical school study shows that California was wise to end its addiction to imprisoning non-violent drug offenders. Treatment costs less and works better. Proposition 36, which voters approved in 2000 to divert addicts from jail and into rehab, has saved the state \$1.5 billion. Since the initiative took effect, 140,000 people have gotten get-out-of-jail-free cards and taken a shot and getting sober.

There is reason to pay attention to the success - and keep it coming. Funding for Proposition 36 is expected to expire June 30. Gov. Arnold Schwarzenegger's proposed budget thankfully earmarks \$120 million in fiscal 2006-07, and the Legislature ought to approve his request to save taxpayers money and, more importantly, because it works.

Voters deserve all the credit. They did what politicians - possibly out of fear of looking soft on crime - couldn't or wouldn't do: help drug addicts clean up their acts with the help of therapists and medical professionals. No one should do hard time for being addicted to hard drugs, unless they

ANew PATH

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## It's Not About Public Safety

By Jim Land

San Diego Police Chief William Landsdowne said, "Most people believe the No. 1 problem we have is drugs. But, six times as many youth in California die in alcohol-related incidents than as the result of all other drugs combined."

There it is. Irrefutable proof. A local someone of note finally said it. The war on drugs is a complete crock, a boondoggle of the greatest magnitude, a hoax and a fraud. It is NOT a public safety issue. If, it were, alcohol would most certainly be illegal. Cigarettes would be the most illegal substance on earth, if, death toll were the measure by which we decide illegality. So, it can't be about public safety.

So, what is it about? It's about jobs. It's about power. It's about the gradual elimination of civil rights. This country is actually discussing whether illegal wiretapping is OK. Bush's US attorney general says that it is. That attitude is a direct result of the war on drugs. We used to talk about the "slippery slope". We don't hear that expression much anymore, because, it's no longer relevant. We've slipped down the slope and our governments are attempting to eliminate individual rights and, even, states' rights.

Two examples immediately spring to mind—abortion and medical marijuana. South Dakota legislators just eliminated all abortions except for when the mother's life is in danger in effect overturning temporarily US Supreme Court decided Roe v. Wade in that state. The federal government today is hell bent on eliminating California's medical marijuana law passed by 60% of us 10 years ago. Bush's DEA is telling us that they are the power, not the people of

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commit other crimes.

Addicts often cannot put down the powder, the needle or the pipe because they use street drugs to self-medicate mental illness, chemical imbalances, emotional distress, physical abuse and other afflictions that tend to run in families. Combine that with the difficulty of obtaining health insurance and it becomes a real challenge for them to live drug-free. Those who exploit these weaknesses by selling drugs to addicts are the ones who belong in prison.

Proposition 36 provides money to help troubled souls beholden to meth, crack, heroin, cocaine and other poisons find a better way. About 60,000 addicts should graduate from the initiative-funded program by the end of its fifth full year, but it's the voters who should toss their caps in the air for helping so many people.

April 2006

## Coalition for Effective Public Safety

A New PATH is a member of the Coalition for Effective Public Safety (CEPS), whose goals are to:

- § Eliminate barriers to successful re-entry for those coming home from prison
- § Reduce recidivism through effective prison educational and vocational programming.
- § Enact a Moratorium on New Prison Construction in California.
- § Utilize these and other alternatives to reduce the number of people in prison.

In March, PATH Prison Reformers were one of the speakers at a CEPS California Prison plan. About 70 of wheelbarrows” filled with capitol building to the California Rehabilitation headquarters. education, not incarceration!”

The wheelbarrows were various commissions and agencies. California’s corrections night-

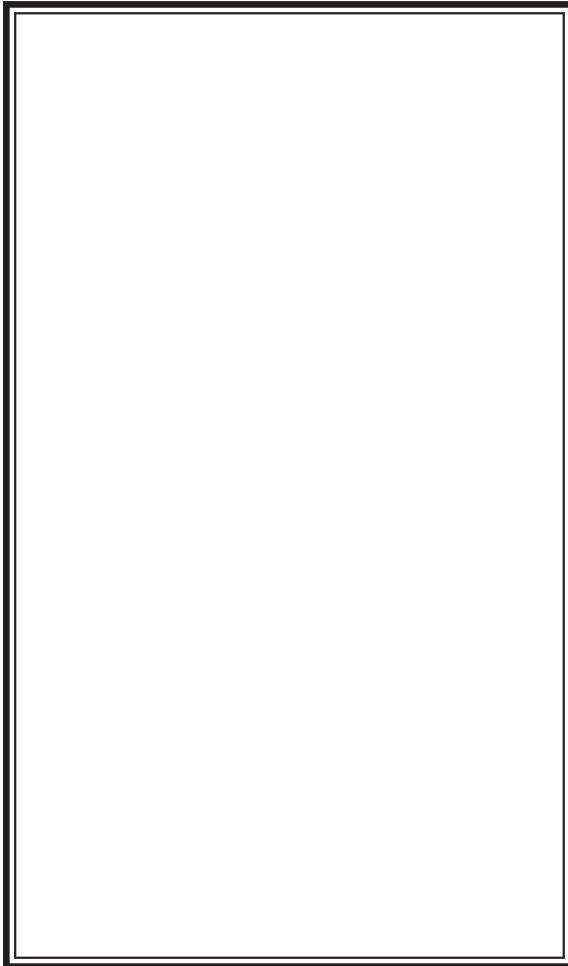
Their action was prompted Schwarzenegger to build two beds. In his January State of the plan to issue bonds to raise bil-

Governor Schwarzenegger prison system. Several reports and independent agencies have tions. These reports provide clear and effective solution, reducing rates of recidivism. Thus far the extent been to add the word “rehabilitation” to the name of the California Department of Corrections.

A diverse array of speakers quarters, including a graduate of a prison activist and a California

In addition to A New PATH, None, American Civil Liberties Bars, CA Attorneys for Criminal

Department of Corrections, CA Prison Moratorium Project, CA State NAACP, Californians United for a Responsible Budget, Center on Juvenile and Criminal Justice, Centerforce, Critical Resistance, ESPINO Coalition, Drug Policy Alliance, Friends Committee on Legislation, Legal Services for Prisoners with Children, PICO California Project, Progressive Christians Uniting, SEIU-Local 1000-CSEA, SEIU-State Council, and Youth In Focus.



form Chair David Beck-Brown was rally in Sacramento to protest the prison reformers pushed a “convoy documents from the California state Department of Corrections and Participants chanted: “Money for

filled with an array of reports from agencies that analyze specific aspects of crime and propose concrete solutions. by a proposal made by Governor Schwarzenegger in his January State address, the governor laid out a plan to issue bonds to raise billions of dollars for the project. has promised to reform California’s prison system from the governor’s own commission called for prison population reduc-

tions, including expanded drug treatment and reducing the overall prison population. Thus far the extent of the governor’s prison reform has been to add the word “rehabilitation” to the name of the California

Department of Corrections. addressed the crowd at CDCR headquarters, including a graduate of a prison activist and a California State University sociology professor. CEPS members include: All of Us or None, American Civil Liberties Union, Behind the Walls, Books Not Justice, CA Families Against Mandatory

## Executive Director's Message

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drug offences by more than 34%, provided treatment for more than 140,000 individuals and graduated over 60,000 people by the fourth year.

But, despite the obvious success, and because initial funding will sunset on June 30, 2006, the debate about tweaking the program by adding punitive measures has begun again, spearheaded by the criminal justice system and others who vie for the powerful support of the prison guards union. The "reform" package that is included in the Governor's budget would exclude many Prop 36 participants, and it would add "flash incarceration" (a term I have difficulty tolerating, as there are many more therapeutic ways of applying sanctions to motivate clients to stay in treatment). Law enforcement, which opposed Prop 36 from the beginning, simply won't give up on the chance to take back control and re-apply punitive measures that haven't been proven to improve treatment outcomes.

Supporters of Prop 36 are advocating using the dollars saved by treatment-instead-of-incarceration to invest in more and better treatment, rather than to abandon, or at least drastically alter, a therapeutic measure that is demonstrably working.

Last year California voters had the opportunity to reform California's flawed 3-strikes law, which requires a 25-year-to-life-sentence for any third strike, including shoplifting. Over 4,500 inmates are serving life sentences for third offense petty crimes and drug possession. Last year PATH and other advocates worked tirelessly to pass Prop 66, which would reform the law so that it applied only to serious or violent crimes, as it was intended. A last minute aggressive campaign, led by the Governor defeated the proposition by a close vote of 53% to 47%.

The new "Three Strike Reform Act of 2006" has endorsements by LA County District Attorney Steve Cooley and LA County Sheriff Lee Baca, proving that even criminal justice professionals realize the need for change. Although the latest proposal to change the law is more modest than Prop 66, it would mandate that 25-year-to-life sentences be imposed only if the third offense is a serious or violent felony; obviously this is reform we must support.

Why do I believe so strongly in the need for prison reform? Not only because I have seen these harsh, angry, violent environments first-hand, but because there is urgent need for specific institutional reform. The California prison system has been the subject of numerous lawsuits over abuse and mismanagement. It is a national disgrace and Governor Schwarzenegger is bound by court orders to improve prison conditions, but thus far only the word "rehabilitation" has been added to the title of California Department of Corrections. The damage to the commu-

## Postcard from the President

Continued from page 1

have noted major improvements in the manner in which the inmates relate to their children, thanks to the Montessori training program.

I no longer think of Oprah when I think of the color purple. Rather, I think of our beloved Mary Jo Grubbs and the City Farmers Nursery who contributed to the planting of four hundred Jacaranda trees along the highways and by ways of Donovan State Prison. How can we thank you enough Mary Jo for the quiet, dignified way that you bring so much joy to others?

A new PATH celebrated its seventh birthday at the annual Walk for Recovery. Our table was impossible to miss because our very own Dick Conklin from the San Diego Sheriff's Department and his beautiful wife, Susan, served as greeters along with Dianna Flint. Dick is off on a much-needed vacation to the South Seas. Go Dick! It felt so good to be marching with "my people." I have never seen so many smiling people and dogs in my life. I want to say a special hello to a Chihuahua named Serenity who stole my heart.

Speaking of joy, Sylvia Liwerant, Diane Snodgrass and Monique Kunewalder planned musical delights for all of us at our annual piano concert at Greene Music on April 9<sup>th</sup>.

Finally, I want to thank Dr. Charlene Letourneau for inviting me to speak to her social work graduate students at San Diego State University this past week about the philosophy of harm reduction. A New PATH is proud to call Dr. Letourneau our friend.

Luv, Caroline

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nity arising from mass incarceration without rehabilitative programming is stunning.

On a personal level, my sons still struggle with addictive illness and the stigma attached to it. One son, out of prison for about 6 years, and with several years of sobriety, now goes to college and is on the Dean's list. He has a job and has begun a new and hopeful life. One son struggles to find his way. Our family continues to experience the pain of a life diminished and the awareness of the acute dangers associated with drug addiction. These are the realities of the chronic illness of addiction. But, without the pain of dealing with the potential violence behind bars, and with the knowledge that recovery can and does happen, the pain is eased and we can experience real hope. My son-in-recovery said something very poignant the other day that sums up my message: He is now driving a nice car to work and he said it feels amazing, because as an ex-convict and drug addict he never really believed he deserved it. He, and all people who suffer from the disease of addiction, deserve the opportunity to re-build their lives and to achieve their

## From the Inside

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garages were attached to houses and Frank now has two strikes against him. While in prison, he paid \$20 for a fix costing \$6 bucks on the streets. Frank was caught in possession of a syringe and given a third strike, twenty-five-to-life.

Frank may be stupid; however, he doesn't have a monopoly on stupidity. California taxpayers are flipping the bill for keeping him in prison. How much are we paying?

Multiple the yearly cost of incarcerating Frank by the annual cost of incarcerating a hardened criminal. Factor in the cost of inflation and the projected costs of medical bills for an aging inmate. Frank's incarceration will cost taxpayers well over one million dollars. According to the Department of Corrections and Rehabilitation, last February, California had 7,813 3-strikers in prison, including 2,399 whose latest felony was a property crime, and 1,292 whose latest conviction was a drug crime.

A study by the Integrated Substance Abuse Program at UCLA shows that nonviolent offenders who complete drug treatment save the state money. Californians save \$4 for every \$1 they invest in drug treatment for people who complete the treatment. Over the past five years the treatment option has saved Californians about \$800 million, a huge sum of money.

Frank will be an old man if he gets out of prison. Upon his release, Frank will be given prison-issued cloths and \$200. This is a lousy investment for California taxpayers. Incarcerating people like Frank in prisons designed for violent criminals is not cost-effective. The Senate Budget Subcommittee Hearing Number 4 concluded that if the California prison system were a business it would be bank-

rupted.

When Prop 66 attempted to limit 3-strikes to violent crimes, it was defeated in a campaign of lies. Who doesn't remember the anti-prop 66 paid commercials and media blitz? Governor Arnold Schwarzenegger was featured strutting across a stage of enlarged criminal mug shots. These grim faces were of notorious murderers and child molesters housed in the maximum-security prison in Pelican Bay. These hardened criminals would not have been released under prop. 66. However, the governor's lies worked while prop. 66 and revising 3-strikes failed.

These paid commercials warned us that 26,000 dangerous criminals would be released from prison if 3-strikes was modified. The State Attorney General's office put the number closer to 4,000 inmates who would be eligible for a criminal case review.

No dangerous felon would have been set free. The 3-strikers would apply for a case review within a limited time period, not to exceed a few months. These criminals would be exposed to all past crimes dismissed during the plea-bargaining process. The older charges would be reopened and eligible for prosecution. Did the governor tell us this? No, he didn't.

Reforming 3-strikes will rectify an injustice and be good economics for California taxpayers.

*Beck-Brown is Prison-Reform Chair with A New PATH (Parents for Addiction Treatment & Healing), a member organization of the Sacramento based CEPS (Coalition for Effective Public Safety). [anewpath@cox.net](mailto:anewpath@cox.net)*

## Editorial from The San Francisco Chronicle (CA)

April 18, 2006

### A caged bird, because she didn't sing

Debra J. Saunders

ON MAY 6, **Serena Nunn**, 36, will graduate the University of Michigan Law School. Armed with a law degree, she will be in a better position to challenge draconian federal drug laws that six years ago had her serving a 15-year, eight-month sentence for a first-time nonviolent drug offense committed when she was 19.

But as Nunn came to know, even federal judges have been powerless to mete out just punishments under the federal mandatory-minimum sentencing system, first legislated by Congress in 1986.

Be clear on this: Nunn broke the law. After she dropped out of college, she took up with the wrong boyfriend, a drug dealer — known as Monte — whose father (Plukey Duke) was believed to be the leader of the biggest cocaine ring in Minnesota. After Monte tried to buy cocaine from a government informant, the feds charged 24 people involved in the ring, including Serena, on felony charges involving cocaine distribution.

At trial, prosecutors established that Nunn drove Monte to drug deals and phoned people who owed Monte money. They found 6.5 grams of cocaine and 4 grams of crack stashed in her bedroom. A jury found Nunn guilty on all three counts.

Meanwhile, prosecutors had offered sweet deals to repeat offenders who testified against others. Mandatory-minimum sentences were supposed to guarantee that drug kingpins serve hard time. Yet the feds allowed the co-leader of this drug ring, Marvin McCaleb, to serve just seven years — despite prior convictions for major drug dealing, rape and manslaughter.

I know I will receive e-mail from readers who will say that Nunn deserved her 15-year sentence; they only regret that prosecutors didn't sentence the kingpins to harder time. They fail to recognize that this system routinely sacrifices small fish of the drug trade — who don't have much information to trade — while enabling the big fish to re-offend. The system too frequently offers a get-out-of-jail-early card to the worst criminals.

In December 1997, the Minneapolis Star Tribune reported that McCaleb was living free in Long Beach, Calif., while Nunn would not get out of prison until 2003. Sam Sheldon of San Diego had been a lawyer for a week when he read the story. He was one year younger than Nunn, but already she had spent eight years behind bars. Sheldon offered to take on her case pro bono.

Thanks to Sheldon's efforts, President Clinton com-

mutated Nunn's sentence in July 2000. It helped that one of Nunn's prosecutors and then-Gov. Jesse Ventura of Minnesota wrote letters for Sheldon. The most breathtaking argument came from the sentencing judge, David A. Doty, who wrote an eight-page letter that ripped the mandatory-minimum system to shreds.

In 1990, his heart went out to Nunn because of the lengthy sentence he was required to impose on her, while others in the drug ring were sentenced to as little as one year. Doty wrote, "If mandatory-minimum sentencing did not exist, no judge in America, including me, would have ever sentenced Ms. Nunn to 15 years in prison based on her role in the conspiracy, her age and the fact that she had no prior criminal convictions before the instant offense."

On the phone Monday, Nunn told me of the frustration she faced after spending more than a decade behind bars — and wanting just one chance to turn her life around — while watching "someone who gets those opportunities, not once, not twice, but even three times" re-offend and return to prison.

Nunn looks back on her old life and realizes how the drug ring "harmed our communities" and "helped destroy families." And: "I am a firm believer in people being punished for things they do when they break the law. If you don't punish people, you'll have a chaotic society."

But when societies overpunish small-change offenders and underpunish kingpins - when 19-year-old kids serve sentences that exceed a decade, while career thugs do shorter time — you end up with expensive injustice.

*Sam Sheldon is a Board Member of A New PATH*

