

## BOARD OF DIRECTORS

**Gretchen Burns Bergman**  
Director  
**Sylvia Liwerant**  
Associate Director  
**Tom O'Donnell**  
Assistant Director  
**Anna Cole**  
Secretary  
**Jim Land**  
Treasurer  
**Carolyn Angell**  
Publications  
**Nikou Hessami**  
Archivist  
**Christina Nilson Snyder**  
Recovery Advisor  
**Larry Snyder**  
Treatment Facilities  
**Ingrid Fermin**  
Legislative  
**Grace Conlee**  
Public Relations  
**John Micetich**  
Fundraising

## ADVISORY BOARD

**John Van de Kamp**  
Former Attorney General  
**Jerry Rand, MD**  
Rand Recovery Centers  
**Ken Cilch, President**  
CRASH, Inc.  
**Helen Teisher**  
Founding Member NAMI  
**Susie Carlton**  
Criminal Justice  
Coordinator, UCSD  
**David Bergman, MD FAPA,**  
Med. Dir. Charter/API  
**Ken Khoury, MD**  
San Diego Psychiatric Society  
**Dan Holsenback**  
Attorney at Law  
**Steven Feldman**  
Attorney at Law  
**Tim Murphy, Pres.**  
San Diego Psychiatric Society

## ENDORSED BY

• San Diego Psychiatric Society  
• Mental Health Association in San Diego County  
• San Diego Association for the Mentally Ill  
• Friends of SD Psychiatric Society  
• Families to Amend California's Three-Strikes



Vol IV May 2001

## Directors' Messages

### Gretchen Burns Bergman Director

A New PATH is now two years old! I look back with pride and amazement at what we have accomplished in such a short time, all because of the commitment and strength of our Board and Membership.

Together we are making a difference. We are all partners in the journey that will bring light into the darkness and reduce the stigma of the disease of addiction.

With deeper and broader understanding will come tolerance, opening the door to new approaches in dealing with the "war" on drugs. A unified effort is essential to bring about a solution to a problem that belongs to every member of our modern society.

Since the passage of Proposition 36 in November, we have continued to be a voice for needed policy change. A few of our members are serving on committees that are the core of the implementation process in San Diego County.

Parent advocates in the planning stages serve as constant reminders of what the people were asking for when they passed this initiative.

In addition, we are focusing on the need for treatment behind bars. Many prison practices are contrary to rehabilitation, and are stumbling blocks to recovery. Our attention to these issues is crucial as well.

With the knowledge that although one voice can be powerful, many voices singing together can make the world a better place, we are actively pursuing a larger membership.

Assistant Director Tom O'Donnell is at work on a membership drive, and we encourage you all to help in that process.

See Burns Bergman on page 3

### Sylvia Liwerant Associate Director

#### The Stigma of Addiction

I have been thinking about the stigma our society places on substance abuse, therefore making it very difficult for families and individuals to deal with it openly.

I think we all stigmatize what we fear, don't understand or dislike. Nations stigmatize people of different color, religion, lower socioeconomic classes, etc., so do States, many corporations, businesses and individuals.

There seems to be a need to feel "better than" or "more" than somebody else, and there is a common view that addicts are weak or bad people, unwilling to lead moral lives and to control their behavior and gratifications.

Addiction is actually a chronic, relapsing illness, characterized by compulsive drug seeking and use. There is a huge difference between being the "bad person" and the "chronic illness sufferer".

There are many people who believe that addicted individuals do not even deserve treatment. This stigma, and the underlying moralistic tone, indicate a wide gap between the scientific facts and public perceptions about drug abuse and addiction.

According to Dr. Alan I. Leisher Ph.D, the Director of the National Institute of Drug Abuse, "Science has taught that drug abuse and addiction are as much health problems as they are social problems. Dramatic advances over the past two decades in both the neuroscience and the behavioral sciences have revolutionized our understanding of drug abuse and addiction.

See Liwerant on page 3

## SAVE THIS DATE

On **Saturday, September 8, 2001** A New PATH and the Mental Health Association in San Diego County (MHA) will present the second annual *It Takes A Community...* gala, an elegant evening event at the Emerald Wyndham Plaza.

The event will benefit A New PATH and MHA, organizations that share a commitment to provide treatment and recovery services for individuals whose lives have been damaged by addictions and mental illness.

A VIP Reception will be held in the Emerald Shapery Penthouse, followed by a silent auction in the foyer. Dinner, live auction, entertainment and awards ceremony will be held in the Crystal Ballroom.

Community leaders will be honored for their contributions to reduce the stigma of addictions and mental illness.

Please be part of our San Diego Community that makes a difference in the lives of those of us who are in need of support, guidance and treatment.

## EDITORIAL

Full implementation of Proposition 36 takes place July 1. We have reprinted the three part editorial from the Union-Tribune Opinion section "The drug treatment fix" beginning on page 5. The tone of the articles is considerably different than during the fall campaign when the Tribune was vehemently opposed to Proposition 36. The perspective is better but isn't totally accurate.

The second installment alludes to recent collaboration among public agencies and nonprofit groups. PATH members have been rebuffed at almost every attempt to have any significant input in the implementation process. Members have been allowed access to some committee meetings but no real voice in preparations and planning. As parents, family, recovering addicts, and service providers PATH is under-utilized as an excellent advisory resource by the county bureaucrats.

If you support PATH and it's goals, ensure that the mandates of Proposition 36 are executed. Send emails or write to the Tribune, our local government agencies and elected representatives. It only takes a few minutes. It's crucial. You make a difference.

Carolyn Angell

## SAVE THIS DATE

A New PATH  
Parents for Addiction Treatment & Healing

Please attend our next meeting on  
**Tues. May 1, 2001 at 7pm**

Speaker: Sue Reams of FACTS  
(Families to Amend Three Strikes)

Join us in finding a New PATH!  
We meet the first Tuesday evening of each month at 7:00 P.M. at Alvarado Parkway Institute, 7050 Parkway Drive, La Mesa, CA 91942

**Directions:** Interstate 8 (from East or West)  
Exit at Lake Murray Blvd.;  
turn right on Parkway Drive

Facility is immediately on your left; park anywhere  
Meeting is in Cafeteria  
Call the directions line at 619-667-6047

As concerned parents and citizens we are seeking alternative ways for the justice system to handle substance-related cases. Addicts need the right environment and strong programs to recover. Let's work together on this critical and profound human and social problem.

For more information on PATH contact:  
Gretchen Burns Bergman or Sylvia Liwerant  
619-670-1184                      858-459-0062

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

Carolyn Angell, Managing Editor  
Jan Roach, Editor

A New PATH  
P.O. Box 3644 #264  
Rancho Santa Fe, CA 92067  
Phone (619) 220-8161  
Fax (619) 220-8164  
E-mail cangell@home.com

© 2001 A New PATH. No portion of this newsletter may be reprinted without the written consent of A New PATH.

## Burns Bergman

Continued from page 1

Associate Director Sylvia Liwerant is concentrating on making new contacts and renewing connections with community leaders. This communication is vital to our strength and growth.

We are continuing to build new partnerships with like-minded organizations such as FACTS (Families to Amend California's Three-Strikes) the San Diego Psychiatric Society, and the Mental Health Association, and we are calling on our fine Advisory Board for their guidance and expertise. We are grateful for their insight and support.

I want to thank the entire Board of Directors for their talent and dedication, and I am thankful for all the people I have met along this "Path". Your insights and contributions have added a new dimension to my own life, as well as to the lives of people who struggle with the disease of addiction and the families that share their pain.

---

---

### HELP WANTED

**A NEW PATH** is into its third year with many accomplishments to its credit ... not the least of which was the overwhelming approval of Proposition 36.

From our very beginning, our membership had a steady growth; however, since the passage of the proposition, the numbers have leveled off.

Perhaps the public feels that the problems of drug treatment are now solved, but this couldn't be farther from the truth. Unless the implementation is centered on a professional assessment of these drug offenders and an effective treatment which includes a transitional program back into society, the goals of A NEW PATH are yet to be satisfied.

So you see, our work is still ahead of us. We need to expand our membership and join those individuals, families and corporations that are interested in ensuring that Proposition 36 will offer genuine assistance in the hands of treatment professionals.

To do this our membership efforts will now turn to paid advertisements in local newspapers, magazines, and professional newsletters, distribution of brochures and posters at recovery centers throughout the county, presentations at drug summits, seminars, street faires, church gatherings, and community civic meetings.

It looks like a big job, however, it is only successful when everyone does their part to get the message out to friends, bosses, neighbors and, don't forget, the local politicians. Please help!

Tom O'Donnell  
Assistant Director and Membership Chairman

## Liwerant

Continued from page 1

Researchers reveal major differences between the brains of addicted and non-addicted individuals and indicate some common elements of addiction, regardless of the substance". In spite of this, the stigma attached to addiction persists.

The executive director of Therapeutic Communities of America, Ms. Linda R. Wolf Jones D.S.W. states that "Stigma profoundly affects outreach efforts to get people into treatment for their drug and alcohol addiction, the ability to site and operate treatment programs, and the appropriate re-integration into society of those who have come through treatment successfully and are ready to resume positively focused lives."

### STIGMAHURTS

The main ways in which stigma affects people with experience using drugs are:

- Violations of human rights
- Lack of employment
- They are judged and labeled in a negative way by society and often come to think of themselves in the same way.
- Adoption of certain behaviors (e.g., avoiding needed services, becoming secretive, continuing substance use).

Stigma of past drug addiction is widespread : "once an addict always an addict", and they deserve to be punished forever. They'll find it difficult to get jobs, licenses, move up in their careers and their lives, even if drug use stopped long ago.

The most effective ways to reduce stigma are through awareness education , and changing attitudes. It will not be easy, however, difficult is not the same as impossible.

All of us individuals, as well as corporations, politicians, legal system, etc. need to be held accountable. We must remember that punishment won't help an addict, and that when opportunities are presented to people, they flourish.

No one chooses to develop an addiction or an alcohol or drug problem. What they are trying to do is address pain - but they don't seem to know any other way to deal with it.



## Chihuahua Governor Offers Solidarity

*I discovered this article while browsing the Lindesmith Center - Drug Policy Foundation website ([www.drugpolicy.org](http://www.drugpolicy.org)). That Governor Martinez has taken such a truly perilous and brave stand is inspiring. Our politicians can barely muster themselves to support treatment over incarceration! –Ed.*

### **Another Border Governor for Drug Law Reform Chihuahua Governor Offers Solidarity to Neighboring Governor Gary Johnson of New Mexico Gov. Patricio Martinez Says: “Drug Legalization Must Be Sup- ported” By Al Giordano. Tuesday, March 27, 2001**

One week after Mexican President Vicente Fox announced his agreement with the proposal made by his federal police chief to legalize drugs, the governor of the violence-torn border state of Chihuahua, Patricio Martinez Garcia, tells Mexico’s largest daily, El Universal, that he, too, favors drug legalization.

When it comes to suffering the problems of drug prohibition, Martinez is not just any governor. Last December he received a bullet wound in the neck in an assassination attempt that many have associated with narco-trafficker efforts to destabilize the government. Martinez, who governs one of Mexico’s most conservative and Catholic states, says that the attack and his recovery from the injury have pushed him to rethink the drug laws.

Martinez, a member of the PRI party - a different party than President Fox - governs a Northern Mexican state that borders New Mexico and Texas, and that includes major areas of drug-war violence like Juarez City and Ojinaga, called for increased state and local control over the drug problem, and expressed his solidarity with the ideas of New Mexico Governor Gary Johnson.

Drug legalization, says this governor from the front lines of the drug war, “must be studied seriously.” He said that society cannot rely on the government alone to solve its problems. “The problem of public safety is not a problem of cops and robbers. It is a problem for all society,” said the latest Latin American leader to call for radical reform of the drug laws. “There are voices that say that the government is to blame for the violence.”

Thus, along the U.S.-Mexico border, Governor Johnson now has company from one of his neighboring colleagues as the international movement for drug policy reform gains ground, once more, in Mexico.

To read a translation of Governor Martinez’s interview with El Universal of March 27th, see: <http://www.narconews.com/martinez.html>

— Former Boston Phoenix political reporter Al Giordano reports on the drug war from Latin America. He receives email at [narconews@hotmail.com](mailto:narconews@hotmail.com)

## SHAKE IT OFF AND STEP UP!

The parable is told of a farmer who owned an old mule. The mule fell into the farmer’s well. The water wasn’t very deep, so the mule could stand on the bottom.

The farmer heard the mule braying-or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving.

Instead, he called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical. But as the farmer and his neighbors continued shoveling and the dirt hit his back a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back he should shake it off and step up.

This he did, blow after blow of dirt hitting his back. “Shake it off and step up...shake it off and step up...shake it off and step up.” The mule repeated this statement over and over to encourage himself. No matter how painful the blows or how distressing the situation seemed the old mule fought panic and just kept right on shaking it off and stepping up.

It wasn’t long before the old mule, battered and exhausted, stepped triumphantly over the wall of the well. What seemed like it would bury him, actually helped him, all because of the manner in which he handled his adversity.

That’s life. If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity...the adversities that come along to bury us usually have within them the very real potential to benefit us.

### QUILT DRAWING EXTENDED TO MAY

Because of a delay in printing the opportunity drawing ticket brochures for the Helen Teisher Quilt, we have rescheduled the drawing until the May 1<sup>st</sup> PATH meeting.

The response to date has been great, but we felt it important to give our fundraisers more time to sell tickets. The winner need not be present and will be notified by phone and mail after the May 1st meeting.

Questions can be directed to Grace Conlee Micetich, (619) 281-1954.

# The big fix

A Union-Tribune Editorial

## Implementing drug treatment faces hurdles

April 10, 2001

Ballot initiatives are voters' dreams thrown into the laps of government employees. They rarely turn out the way people envision because, no matter how detailed, initiatives are only concepts, not public programs. Counties throughout California are now struggling to bring Proposition 36, the initiative favoring treatment rather than imprisonment for drug-addicted criminals, into the realm of reality by July 1.

The state has set up loose guidelines, but mostly left it up to each county to figure out how to provide treatment to nonviolent, drug-abusing offenders, as the proposition mandates.

One constant for all 58 counties is that first- and second-time offenders cannot be sent to jail, although very few of them ever were. In the past, those drug abusers often were released with nothing more than a citation. Now, they'll be sent to court-ordered drug treatment or education. Many might yearn for the old days.

Although plans aren't final yet, the differences between counties could be significant. Santa Clara County, for example, is leaning toward spending all its Proposition 36 money — \$60 million divided among all counties — on treatment and little on supervising offenders. San Diego County will spend much of its start-up money on hiring new probation officers and addiction specialists to case manage the estimated 5,000 to 6,000 new offenders under Proposition 36. New treatment beds and outpatient treatment slots will be paid for with the local share of the \$120 million ongoing annual funding.

The biggest differences between counties will be how much offenders are supervised. In Santa Clara County, a judge may send a Proposition 36 offender to outpatient treatment, then leave it up to treatment counselors to send reports back to the court. In San Diego County, a probation officer and an addiction specialist might closely monitor the offender, depending on his level of addiction and criminal history. Other differences will include how rigorously substance abusers are assessed regarding their drug problems, and how often they'll be drug tested.

What's the state's job? It will study how well each county is doing and make recommendations. Counties that don't significantly assess, monitor and provide treatment for substance abusers won't be successful in reducing crime caused by addicts.

Two serious pitfalls lie ahead, warns Kathryn Jett, director of the California Department of Alcohol and Drug Programs. One is the severe statewide shortage of drug counselors to work in the expanding treatment field. These near-minimum-wage jobs, which require a certificate, not a college degree, are usually held by people with a deep commitment to recovery — often recovering addicts themselves. Jett fears the state Legislature might demand more training for counselors, thus exacerbating the shortage.

The other pitfall is NIMBYism. Although 61 percent of voters supported Proposition 36, which mandates community-based treatment, people don't want treatment centers in their neighborhood. Jett suggested that law enforcement, criminal justice and other public officials need to promote the necessity of treatment centers. If angry neighbors, and politicians pandering to them, can kill treatment programs, the vision of treating addicted offenders to prevent them from becoming serious criminals will never work. Such NIMBYism is already afoot in San Diego County.

## Part II

## Treatment for all, but how and where?

April 11, 2001

### Drug policy shift

Pushing more drug-addicted criminals into treatment has been a dream of many San Diego County officials ever since local studies began showing that 60 to 80 percent of suspected criminals were on drugs when arrested.

But the county never had the money to do more than pilot projects — until now.

Ironically, a county where most officials opposed Proposition 36, the voter-approved initiative that mandates treatment for nonviolent drug offenders, will use the money the initiative provides for large-scale case management and treatment of every nonviolent offender with drug or alcohol problems.

Continued on page 6

In the system now being developed, each offender's substance abuse problems will be diagnosed in detail. Drug testing will be frequent. Monitoring by probation officers and addiction specialists will increase. And treatment will be available to all who need it.

At least, that's the plan. The biggest question is whether enough treatment really will be available. Another is whether it will be the most therapeutic treatment, or just the most politically feasible.

This county's recent history of collaboration among public agencies and nonprofit groups portends eventual success.

The biggest change will be casting a much wider net over misdemeanor drug offenders, not just felons. When it comes to drug crimes, the difference between misdemeanors and felonies often isn't significant. An addict who buys drugs, consumes them immediately and gets arrested for being under the influence has committed a misdemeanor. If he gets arrested before he consumes the drugs and is carrying anything more than a small amount, that's a felony. The new system will be based on an offender's level of addiction and past criminal history, not on the crime for which he's arrested.

That's a very sound principle.

But will San Diego County provide enough treatment for the 5,000 to 6,000 new Proposition 36 offenders? It's estimated that 35 percent will only need drug education. But for the rest, the county projects it will need 400 to 500 new residential treatment beds and more than 4,000 new outpatient treatment slots.

Officials say they can get 150 residential beds and 2,000 outpatient slots from existing treatment providers who contract with the county. But that will mean taking treatment slots away from other recovering addicts. For example, a provider with 50 beds might currently allot 35 to criminal justice clients and 15 to the public or other referrals. Under the new plan, the county might contract for all those beds. It could become harder for an addict who decides on his own that he needs treatment to actually get it.

New treatment centers will be necessary. But county supervisors and other politicians have made it clear they don't like residential treatment centers because some of their constituents wrongly fear they will degrade their neighborhoods. Residential treatment often works better than outpatient treatment, especially for hard-core addicts. Favoring outpatient treatment over residential treatment because of political expedience would be bad public health policy, and threatens the success of this excellent collaborative effort.

## **A neighborhood improvement many fear**

April 12, 2001

Drug treatment providers hear this story over and over. A treatment center wants to open a new residential program. Neighbors start screaming. Heeding their cries, politicians try to kill the project. Often, they succeed, and an invaluable opportunity to get addicts off the streets is lost.

Once in a while, though, a project is grudgingly approved, and an amazing transformation takes place. People who vehemently opposed it become supporters. That's because treatment programs don't harm neighborhoods. They help them.

"None of the fears of neighbors has ever been realized. Not one," said Father Richard Perozich, pastor of Our Lady of the Sacred Heart Church in City Heights. A treatment program run by CRASH moved into that neighborhood a decade ago, over the loud objections of neighbors. Today, those same neighbors are glad CRASH is part of the community. The reason is that CRASH clients and employees work to improve the neighborhood, from cleaning up trash to doing maintenance at the parish school. And, contrary to community fears, active drug users don't hang around recovering drug addicts. "It's the last place they want to be," Father Perozich said. "Treatment centers repel drug users from a neighborhood."

In Chula Vista, Nosotros, a drug-recovery home targeted for Latino men, opened after a contentious battle with neighbors, under the condition that city officials conduct an annual review of neighborhood complaints. But there were no complaints.

Still, elected officials and other opponents continually try to block these facilities. Opponents in Imperial Beach have apparently succeeded in fending off an impressive, multimillion-dollar project by Delancey Street, the cream of treatment programs. In 1995, Escondido and Chula Vista both killed needed treatment projects for nonviolent female offenders and their children. San Diego killed a similar program in 1997.

Proposition 36, the statewide initiative requiring treatment of nonviolent drug offenders rather than imprisonment, passed overwhelmingly last fall. Among its requirements: None of the \$120 million it provides each year can be spent on treatment inside jails or prisons. It must be spent on treatment in the community. Sixty-one percent of California voters supported treatment in their back yards.

# Union-Tribune Editorial Series

Continued from page 6

At the Feb. 27 county Board of Supervisors meeting, where the initial proposal for implementing Proposition 36 was approved, at least two supervisors intimated that because the board unanimously opposed the initiative, it needn't feel compelled to support increased treatment in their districts.

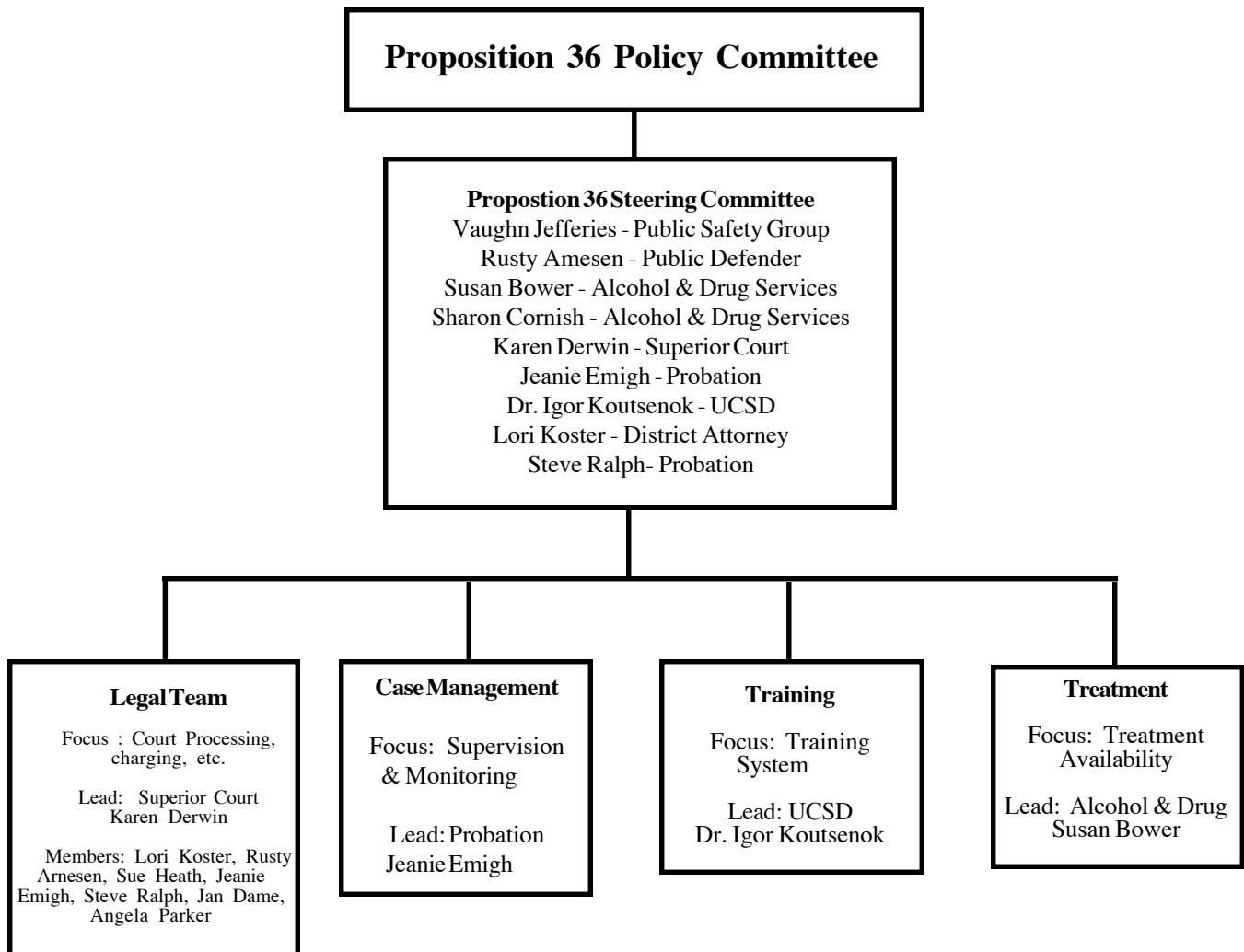
The reality is that supervisors must honor it. What's more, San Diego County has supported increased drug treatment for criminal offenders for years. It was the drug decriminalization in Proposition 36 that county officials opposed, not the increased treatment.

For the good of our communities, elected officials should lead the way in advocating community-based drug treatment. County supervisors know addiction is the main cause of crime. If criminal addicts don't get the treatment they need, they'll be back committing worse crimes — right in our back yards.

Copyright 2001 Union-Tribune Publishing Co.

---

## PROPOSITION 36: SUBSTANCE ABUSE AND CRIME PREVENTION ACT OF 2000 PLANNING AND IMPLEMENTATION STRUCTURE



ANew PATH  
P.O. Box 3644 #264  
Rancho Santa Fe, CA 92067

## **Mission Statement**

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

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

## **Our Proposals for Alternative Sentencing**

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

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

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

## **History**

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

## **PROPOSITION 36:**

### **SUBSTANCE ABUSE AND CRIME PREVENTION ACT OF 2000 PLANNING AND IMPLEMENTATION STRUCTURE**

#### **Proposition 36 Policy Committee**

#### **Proposition 36 Steering Committee**

**Vaughn Jeffery- Public Safety Group**

**Rusty Arnesen- Public Defender**

**Susan Bower- Alcohol & Drug Services**

**Sharon Cornish- Alcohol & Drug Services**

**Karen Derwin- Superior Court**

**Jeanie Emigh- Probation Department**

**Dr. Igor Koutsenok- UCSD**

**Lori Koster- District Attorney**

**Vickie Markey- Probation Department**

**Steve Ralph- Probation Department**

**Carol Williams- Department of Corrections**