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A New PATH Parents for Addiction Treatment and Healing



Vol XXIV July 2006

Postcard from the President

by Caroline Stewart

June 21st shocked all of us with the arrival of a seventh PATH summer! How time flies.

We have been incredibly busy reaching out to the community to build awareness of PATH and our special mission and many of us are planning summer retreats to spend time with family and enjoy our beautiful world...

Donald and I have plans to camp in Chaco Canyon where we enjoy communing with ancient Anasazi spirits. If you haven't been to Chaco, you have missed one of the wonders of the world...

Gretchen Burns-Bergman (our intrepid executive director) and Dr. David Bergman (member of our illustrious advisory board) are off to Australia next week where Gretchen will join the Southwest College Choir at the Sydney Opera House. Go Gretchen! But please watch out for the nasty Funnel Web spider and the Box Jelly Fish because PATH has big plans for you two in the Fall...

Gretchen is no stranger to travel. She and our good friend, Margaret Dooley, from the Drug Policy Alliance have been in and out of Sacramento working hard to save Prop 36...

Please take time to read our recent emails to all of you about the insidious threat to Prop 36 in the guise of a nasty budget trailer bill. Despite the UCLA finding that Prop 36 has saved both lives and money for California, there are powerful politicians who want to undermine all aspects of treatment in lieu of incarceration....

Wish more of you had had the opportunity to attend our June board meeting. Remember, we always have an open meeting and everyone is welcome to attend. Our June meeting was outstanding thanks to some heart-felt introductions made by our loyal PATH friend, Chris Chase (Chris is a PATH parent with impressive credentials as a health educator).

Executive Director's Message

by Gretchen Burns Bergman

Summer Shame

It is the first day of summer, 2006. A delightful sense of abandon seeps in as we remove chill-protective layers of clothing and expose our skin to the warmth of the sun, and dip our toes into sparkling pools of water. This at oneness with nature makes me feel more hopeful, lighthearted and ready to play. I walk through the garden as a light mist from a sprinkler, carried by a gentle breeze, momentarily moistens my clothing.

For a brief moment I relish the refreshing pleasure, but quickly begin to think of men at Donovan State Prison who toiled so hard to create the Self-Reflection Garden (a project of A New PATH). I wonder if they are able to enjoy such natural pleasures. I question whether they have been allowed to leave their cement cells to tend to the garden they so lovingly created by digging their hands into the forbidding soil. I feel shame that every human being is not entitled to share in these same basic human rights.

The number of people imprisoned in California, as well as in the United States, is staggering. How could we, as an enlightened society, have sanctioned this policy! If one believes that mankind is intrinsically bad, and requires police force to control our inherent deviant behavior, then I can understand how this came to be.

But, if one believes that man is basically good, and needs support and direction in order to stay on a positive path through a complex journey, then as a society, we have lost our way and, in so doing, our integrity.

The lock-them-up, punish and banish them from the bosom of their families and neighborhoods "in order to protect the public safety" enthusiasts have cast such a

PATH Welcomes Your Involvement!

PATH holds semi-annual educational speaker meetings and seminars. We invite you to attend and to get more involved in our many projects to reduce the stigma of the disease of addiction and to increase substance abuse treatment options.

Our Board of Directors meets monthly on the second Wednesday of each month at 6pm. 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 July 13, 2006 at Sharp Mesa Vista Hospital.

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 created a Parent Survival Kit, a brochure of information to help parents navigate the criminal justice system. It includes information on when to intervene, warning signs of relapse, court related phone numbers, and the judicial process. Because the kit was funded by a grant from County Supervisor Ron Roberts, we are offering it free of charge to anyone who can benefit by the information. Available in Spanish also. 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 2006 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.

Please Help Support Our Cause by Purchasing:

- 2006 Faces of Recovery Calendars for a reduced price of \$10 each
- "Givin' Somethin' Back" CDs
by inmate Pierre Alexander \$10
- PATH License Plate Holders \$5
- Silver "PATH to Recovery" cause bracelets -- 3/\$10

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. Parent Survival Kits with Spanish translation: \$1 mailing.

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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Strut for Sobriety

A New PATH (Parents for Addiction Treatment & Healing)

The second annual “Strut for Sobriety” luncheon and fashion show will be presented on September 16, 2006 at the Sheraton Harbor Island East Hotel.

Proceeds will help support A New PATH’s efforts to reduce the stigma of drug addiction in order to increase access to substance abuse treatment services. Substance abuse is a public health problem that affects millions of Americans, regardless of age, cultural background, race or profession. PATH’s goal is to save lives, heal families and to move toward a healthier society. September is National Alcohol & Drug Addiction Recovery Month, so our event will coincide with efforts made throughout the country to end discrimination against individuals who suffer from the disease of addiction.

A New PATH is an organization of parents, concerned citizens and community leaders working together to reduce the stigma of substance abuse and addiction in order to increase access to treatment services, and to advocate for “therapeutic justice” for substance abuse related crimes. Our programs include the Self-Reflection Garden and a book club behind bars, the Faces of Recovery Calendar, quarterly newsletters, educational meetings, resource guides and Parent Survival Kits. PATH’s goal is to reduce crime and recidivism, save lives, heal families and to move toward a healthier society.

The day will include a silent auction, boutique, luncheon, fashion show and awards ceremony. Individuals will be honored for their contributions to reduce the stigma of addiction with “Path to Recovery” awards. The professional fashion show, produced by Gretchen Productions will feature Fall 2006 fashions worn by professional models as well as individuals in recovery (as these individuals deserve to be recognized for the transformations they are making in their lives).

Date: Saturday, September 16, 2006
10:30am – noon – silent auction & boutique
12:00am - luncheon & opportunity drawing
1:00pm - fashion show

Location: Sheraton Harbor Island

Attendance: 300

Information: Gretchen Burns Bergman (Co-Chair & PATH Co-Founder) or Connie Conard (Co-Chair)
619-670-1184 anewpath@cox.net Website: www.anewpath.cc

Love is Trust

Grieving the Loss of Trust in Families Coping with Addiction

By Caroline Ridout Stewart

This past Mother's Day, I had the opportunity to experience the traveling museum featuring the wildlife photography of Gregory Colbert. The exhibit, entitled *Ashes and Snow: The Nomadic Museum* (see www.ashesandsnow.com), is a multimedia display presenting both sepia-toned still photos and sepia-toned footage of people communing with animals.

Walking through the darkened cathedral halls of the museum, constructed of railcar containers, one was able to see photos of people embracing ocelots, swimming with whales, nuzzling cheetahs, and dancing with falcons. The entire experience might have bordered on the trite and nauseous had it not been for the shock one experienced bearing witness to phenomenal acts of basic trust.

I was especially moved by a photo of an elderly Kalahari woman cradling a large Serval cat in her lap. The cat and the old woman reminded me of the painting entitled *American Gothic*. There was such strength and confidence in the relationship between the woman and the feline. I came away from the *Ashes and Snow* exhibit thinking hard about the trust or lack of trust in my own life, and the love or lack of love in my own life. One thing was certain: Love and trust are requisite partners.

Being both a psychotherapist and a mother of a young drug addict, I interact daily with people who have parted ways with trusting others. Psychoanalysts teach us that newborn infants arrive in the world with what is called "basic trust." They approach the world with a primordial essential entitlement based on the belief that their mothers will provide them with food, warmth, and maternal mirroring. Woe is the infant of a depressed or addicted parent, who learns too early in life that basic trust requires cultivation.

I suspect that the dagger in the heart for many of the mothers I know with substance-abusing youth is that terrible fear that we were somehow at fault for the departure of basic trust. Did I work too many hours when other mothers were home cleaning house and baking cookies? Did I fail to challenge narcissistic materialism by not setting firm limits and sticking to them? Did I somehow visit shame on my son because of my conventional yearning for material wealth? Am I the mother who birthed mistrust?

I might have suspected that something worrisome was brewing in my child when at the innocent age of five he told a group of friends that he had an older brother, named "Sinker." At the time, he was, in fact, an only child. As far as I can recall, this was the first bold untruth told by my son. As our son was adopted, his father and I were convinced that it was entirely normal to create a fictional sibling to shore up unconscious concerns about family attachment. "Sinker," we were informed, was an ocean swimmer with bronzed skin and golden hair. Had our son heard quiet queries about his birth father, a surfer from Northern California? Our son educated us about the origins of his "brother's" name. He told us it was a diminutive name for "sink

or swim." "What an odd name," we thought. Was our son preoccupied with success and failure at such an early age? Had he somehow tragically grasped the cruel truth of adult concerns: that life is really all about sinking or swimming? I have only pleasant memories of our son's first swimming effort at a renowned swimming school, which placed particular emphasis on helping children to adore water. Was trust ebbing at this early time? Sadly, our beloved "Sinker" was the canary in the mine of future disaster. Our son ever so gingerly walked out onto thin ice. Confabulation became his game.

Neither my husband nor I have any true appreciation of the commencement of our son's drug use and related lying. In the course of treatment in various rehabs over the years, he has "revealed" the start of his marijuana use as occurring at age eleven. We suspect, however, that this marker age is another untruth created to impress the clinician with our son's "tough-guy" persona. At age eleven, our son was still in elementary school with a tightly shepherded after school program. He was the neighborhood "nice kid" in the Boy Scout troop. He was a student in Mr. Benjamin's Ballroom Dancing Classes. He had yet to conquer the balancing requirements of skateboarding. More importantly, at age eleven he still cried when his dog got loose and cuddled in our bed if something frightened him. At eleven, I am certain that the trust was still there.

My experience as a therapist tells me that people lie for a number of reasons. The chameleon effect is something I often see. The individual creates a false self (therein, the lie) to gratify the needs of the other. You are blue; I will be blue to resonate with you. You want a partner who is confident; I will exude confidence to gratify you even though I really feel small and inadequate.

However, it is often true for these folks that the relinquishment of the truth has a more insidious goal. It is not altruism that fuels the resonance. Rather, it is a wish to entice the other into gifting the "benevolent" chameleon with some reward. In other words, the chameleon is a con artist. Some of my clients lie more to themselves than to others. We know this kind of lying as denial. Some of my clients lie to ward off shame. Grandiosity is often their moniker. I am currently working with a client who lied to his fiancée (now his wife) about the kind of car he drove while in high school. He told her that he drove a '65, red Mustang to school. His wife has since discovered that he drove a nondescript Toyota sedan. She saw a photo of the Toyota in his family album. His wife is particularly "anxious" about this lie, because "what car he drove never mattered to me in the first place." This wife is struggling with the fact that love is trust. How did it happen that her husband did not trust her with the truth of his humanity, as if to own a Toyota is akin to being a thief?

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From the Inside

with David Beck-Brown

One-strike Laws are a Bad Idea

The draconian three-strike law passed in 1994 has prepared Californians for one-strike legislation. Only one conviction will sentence a person to 15-25 to life in prison. It is possible to be set up and falsely accused of a crime. This November's ballot will have a one-strike provision in Jessica's law. If someone wanted to harm you, they wouldn't even have to pull the trigger. It would be easier to accuse you of child molestation. The formula for a set up is right there in Jessica's law, or for that matter, any one-strike legislation.

Mistakes are made by district attorneys, chaplains, social workers, child psychologists, politicians and the rest of us.

Child molestation is an easy crime to start one-strike legislation. Few people like child molesters, not even convicts who call them "Chesters." Given the opportunity, a "regular" inmate will harm or kill a Chester. One child molester was so badly choked his eyes were blood red; his throat purple and his face bloated. He survived.

If Jessica's Law is passed this November, anyone could get a life sentence for being convicted of committing a lewd act in the presence of

a child. Even with no prior criminal history, a person could face life in prison. This is a death sentence.

Earl Hansen got a 45-year prison sentence in Des Moines for child molestation. His wife Jean and her sister's boy and girl made the false charges. Jean told the two kids they would be on The Peoples Court, a popular television show. Five years later the kids told a social worker about what happened. She in turn told her superior and eventually the word of Earl's innocence got to the Governor of the state who released Earl from prison that very night. While in prison, Earl was attacked several times and scorched with hot coffee. He knew the other inmates wanted to kill him. He also knew he was innocent.

In 1983, in Manhattan Beach, CA, the respected
A New PATH

owners and teaching staff of the Mc Martin preschool were falsely accused of child molestation by a psychopathic woman. However, because of merely being accused of such a crime, the family business, headed by a grandmother, mother and son, was shut down. The son spent five years in jail before the charges were dropped. The public hysteria escalated and the family owned business was destroyed. The abuse perpetrated by the child-protection movement cost the community over \$15 million dollars.

Attorneys make mistakes. In 1991, Dale Akiki was prosecuted by the San Diego district attorney on charges of raping children, dunking them in feces-filled toilets,

sodomizing them and forcing them to play naked, among other acts. At the time, Akiki was a 36-year-old volunteer church baby-sitter. The false accusations were supported by professionally trained child psychologists.

While in jail, several inmates believed Akiki's innocence and took the unusual act of protecting him from would be vigilantes. Many inmates were abused as children and will now do anything to protect children. Their hatred for child molesters

runs deep. They know their children are on the streets unprotected. The Bloods, a predominately African-American gang, protected Akiki who is white. Crossing racial lines to protect a child molester in jail is unprecedented. However, the Bloods believed Akiki's innocence and that he was being railroaded by the prosecution. They were right. The San Diego district attorney lost the case and Akiki was released from custody, winning a sizable out-of-court financial settlement. One-strike laws are a bad idea.

Drug Sanity South of the Border

By Margaret Dooley, AlterNet

Posted on May 8, 2006, Printed on May 8, 2006

<http://www.alternet.org/story/35891/>

“Appallingly stupid” is how San Diego Mayor Jerry Sanders jumped to describe the Mexican Senate’s recent overwhelming approval of legislation that would, in a limited way, decriminalize the possession of small amounts of some drugs. Our city officials’ knee-jerk condemnation of the bill, which District Attorney Bonnie Dumanis said would send “addicts pouring onto our streets,” was as predictable as it was disappointing.

Worse still was that Mexico’s President Vicente Fox bowed to U.S. pressure and vetoed the legislation, which would have removed incentives for corruption and allowed law enforcement to focus their limited resources on organized and violent crime. When Mexico’s legislature takes up the issue again in the fall, it should have the courage to continue drafting drug policies that are far more practical than our own.

Certainly, American and Mexican residents alike would be very concerned if, by some change of law, drugs suddenly became much more available to youth on either side of the border. But the Mexican legislation in question, which proposes to reduce (but not remove) criminal penalties for low-level drug possession, would not do that — just as similar policies have not increased the availability of drugs in Western Europe and Canada.

Indeed, our own policies have proved much worse in this regard. Despite a \$40-billion-a-year drug war, “controlled substances” are more available and cheaper than they have ever been — in San Diego and around the United States. And, unlike alcohol, these drugs are as available to kids as to adults.

Because we enforce a drinking age on this side of the border, there is clear incentive for our youth to head south in search of alcohol (where the age limit of 18 is poorly enforced). No such incentives exist for marijuana or methamphetamine, nor would they had President Fox signed the bill this week. Why drive south and wait in line to cross the border, when you can already buy it at school or from a neighbor?

San Diego officials know how pervasive drugs are in this city, so it is disingenuous for them to oppose Mexico’s legislation based on concerns about increased availability of drugs.

And yet no one is surprised that our mayor and district attorney, among others, rushed to condemn the Mexican bill last week. This is because Mexico’s decision flies in the face of our national government’s 30-year-old crusade to eradicate illegal drugs — and does so very close to home. Drug war advocates say that reducing criminal penalties for possession of controlled substances is akin to admitting defeat. It sends the wrong message, they say.

But isn’t it the right thing to do?

In the name of sending the right message, we have incarcerated millions of Americans over the last three

President’s Message

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Chris invited Norman Jackson to tell us about the UCSD Center for Criminality and Addiction Research, Training and Application program. WOW...that’s a mouth full...but what good work.

Norman says that our own hometown UCSD has become a worldwide center for both addiction research and treatment with special emphasis on helping individuals integrate successfully back into the community after discharge from prison. Seems that PATH and CCARTA are dancing together on this one...

Finally, let’s all support the fledgling Prop 36 Alumnae group founded by Oliver Hamilton. Oliver is a testament to the fact that treatment works....

Have a relaxed and healthy summer. Read a good book (I was deeply moved by **Augusta, Gone: A True Story** by Martha Tod Dudman, about a mother’s search for her drug addicted daughter). Swim in the ocean. Sit out under the stars with your neighbors. Be a good citizen of our beloved world and take loving care of our planet...See you all in the Fall.



decades. More people are in prison for drug charges in the United States than are incarcerated for all crimes in Western Europe, which has a larger total population. In California alone, the number of people incarcerated for drug possession quadrupled in the 12 years between 1988 and 2000, peaking at 20,116. And yet drug use remains stable.

Our fear of sending the wrong message is stopping us from implementing policies that would keep drugs away from youth and would better prevent and treat addiction. We must not be afraid to admit that drugs and drug addiction will never be eradicated. Instead, we must work toward reducing the harm that drugs cause. That means being more practical and perhaps being a little more like our neighbors to the south.

Margaret Dooley, who is based in San Diego, is the outreach coordinator for the Drug Policy Alliance.

Executive Director's Message

Continued from page 1

wide net that 1 in 32 US adults are now under some form of criminal justice supervision (incarceration, parole, probation), according to the Department of Justice.

The vast majority of these people suffer from a chronic-relapsing illness called drug addiction. Do we incarcerate others who are weak in our society? How about those who are chronically overweight, those who have high blood pressure and diabetes? I realize that there was a time when we banished lepers, but have we learned so little from history?

I also acknowledge that drug abusers who break the laws of the land in order to feed their habit need some way to atone for their mistakes and to pay back their debts to society. Those who believe in therapeutic justice advocate for humane approaches to solving our social ills. We (A New PATH) believe in a restorative approach that gives an individual who has performed a criminal act, whether fueled by drugs or by weakness of will power, the greatest chance at recovery and reunification. I believe that we are only as strong as our weakest link, and that it is inherent in human nature to assist those who have become stuck along the way, so that they can regain their direction, thereby adding to our collective strength.

The swords of these opposing philosophic approaches have cut a deep gorge that continues to widen and is harder to bridge, with health, human dignity and individual autonomy at stake. Although we have made great strides in the past several years to change drug policy from punitive to more rehabilitative methods, the backlash from those who disagree is dangerously apparent.

This July marks the end of the fifth year since the implementation of Proposition 36, which mandates treatment instead of incarceration for non-violent drug offenders. In 2000, it passed by 61% of state voters, indicating that the people believed that substance abuse should be handled as a public health problem. This landmark law has been called the most significant piece of sentencing reform in the country – in terms of the numbers of people diverted from prison and dollars saved – since the repeal of alcohol prohibition in 1933. Researchers estimate that it has saved Californians about \$1.3 billion dollars, and approximately 140,000 people have been diverted to treatment from prison.

Because of changes in policies like this, and more education about the true nature of the disease of addiction, and because so many people have been affected, not only

by drug addiction in their own families, but also by the damaging effects of incarceration to their communities, the people continue to favor a more enlightened and humane approach. Today, a national study indicates that ¾ of US citizens support alternatives to incarceration for people convicted of non-violent offenses.

But, in California, the power-driven criminal justice system is stubbornly reluctant to give up any control. As I write this article, Prop 36 is days away from losing its initial 5-year funding. Although the Governor's budget appears to include \$120 million for Prop 36 (a highly inadequate number by today's service needs and by the number of people qualifying for the program), the initiative remains in grave danger. SB803, which sought to include "flash incarceration" sanctions for drug relapse to Prop 36, was suddenly dropped. However in the 11th hour, the legislature is now seeking to dishonor the will of the voters by trying to add the jail sanctions (using the contents of the language in SB803) through a budget trailer bill. It appears that citizens need to remain highly vigilant about protecting their rights and their voice. It would be a shame if this groundbreaking law, which has proven to be successful in so many ways, would be derailed by big money and power politics.

I sometimes grow weary of the battle. Dealing with loved ones with the disease of addiction in my own family is sometimes crushing to the spirit, as well as hearing from so many people about their frustration and anguish in dealing with this insidious disease. I personally know how the challenges of navigating the criminal justice system can feel so overwhelming. There is a sense of "damned-if-you-do and damned-if-you-don't".

But, I am also constantly fortified by real success stories and by movement in society that indicates a change of direction in discriminatory attitudes about addictive illness. Perhaps one day our efforts to reduce the stigma of substance abuse will lead to greater tolerance of individuals who are stuck in their disease, and substance abuse treatment, just as the treatment of all chronic illnesses, will be viewed as a basic human right.

Only then will I experience the freedom of a summer without shame.

Prosecuted for Representing Self Instead of Actual Charges

Article submitted to PATH by Mark A. Winston (in-mate)

In San Diego County, case No. 121313, found a hearing around 7/91, wherein the San Diego County Sheriff's Department filed a memorandum with the San Diego County Superior Court to revoke Mr. Winston's Pro-Per status. Sharon Majors-Lee, Deputy District Attorney, (DDA) found herself in the courtroom. Winston, (the Pro-Per Defendant), asked the court to take Judicial Notice of the DDA and her involvement in this attempt to strip Winston of his constitutional right of Pro-Per status. The court did, and Winston prevailed at the hearing in front of the Honorable Judge Raymond Edwards.

So, in June 2004, Winston was arrested for possession and sales of methamphetamine. DDA Majors-Lee is now the Chief DDA, practicing since 1987 in the San Diego District Attorney's Office through three changing of the guards, and has influence and control.

The San Diego Police Department filed charges on Winston for possession and sales of methamphetamine, and was subsequently booked on these charges. Upon arraignment on a Complaint of 6/10/04 in the County of San Diego, Case No. SCD183375, the San Diego District Attorney's Office elevates the charges to Transportation and Sales of Methamphetamine, along with all the priors.

DDA Yu obstructed Discovery, and the information filing added a misdemeanor marijuana possession charge to a 3 times case. No plea bargain was offered, of which Winston did request on record for a plea. Regardless, Winston was sentenced to 25 + 3 years to life sentence.

Winston brought a Refusal Motion to dismiss the District Attorney from the case, due to a prosecutorial favored Judge, and also brought a Murgia discovery request, that were both denied. An appeal is currently under way at this time and Winston does not know if the Appellate Counsel is going to include the refusal as a ground or whether he needs to seek to file a Supplemental Opening Brief in the 4th Appellate District, Division One, Case No. DO46809. (Interestingly Noted: the record on appeal was grossly incomplete and the subsequent requests to correct was granted). A complaint to the Bar was dealt with a 'wait and see' denial. In addition to strong search and seizure issues, the Judge protected Law Enforcements error and instructed the jury that they could not consider the defendant's approved defense in their discussion process, and many other issues.

The case is a blatant waste of taxpayer's money, as the DA knew the three strikes law would change one way or another and the defendant would not be subject to a three strikes case. (Winston meets criteria in AB50 as well). The majority of individuals with violent priors are given plea bargains in San Diego County.

Winston has two "toy gun" robberies at 21 years of age, (24 years ago), and one residential burglary (13 years ago). Neither of which include any act of violence. In fact Winston has no act of violence in his record.

Prop 36 Alumni Association

By Oliver Hamilton

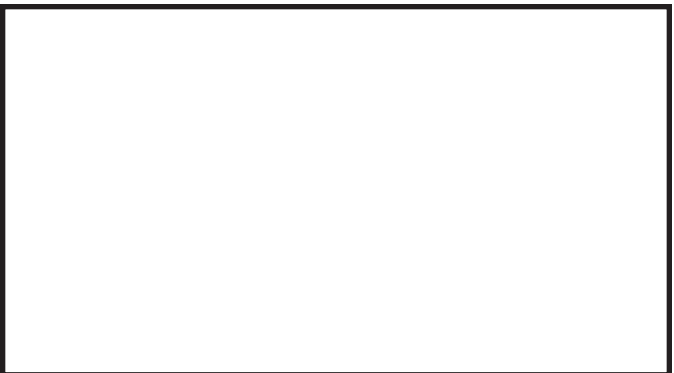
My name is Oliver Hamilton. I'm a Prop.36 graduate from VIETNAM VETERANS of San Diego, and I'm living proof that Prop.36 WORKS! I'm just one of the tens of thousands of people over the past five years, who have graduated and become productive, law-abiding members of society, thanks to Prop.36. I try to give back!

I have met Prop.36 grads from across the state and learned that in other places, grads stay connected through alumni networks. The network helps graduates stay sober and helps new people get through the program. So, a few of us are getting together to form San Diego's very own Prop.36 ALUMNI ASSOCIATION.

After graduation, the Prop.36 Alumni Association will be a place for unity, resources and problem-solving when it comes to LIFE ON LIVES TERMS! Not everyone who graduates has someone or something to go to for help or support. Just knowing we are not alone makes a big difference! We grads will also go back to our recovery houses and help out the new people. I have found that many people go through the program with questions about Prop.36, either misinformed or simply just not believing in this part of the system.

A Prop.36 graduate is successful by WILL, DETERMINATION, and FAITH in THEMSELVES and THE PROGRAM! Examples have been set and shown by other programs that by staying connected, giving back or going back to our respective recovery homes and outpatient facilities gives UNITY, STRENGTH, and HOPE to others going through the program. Through my own experience, I've found it vitally important to stay connected, and doing so gives me strength, hope, and a LONGER LIFE OF SOBRIETY!

If you are interested in learning more, please don't hesitate to contact me. Also, any graduate or soon-to-be grad, interested in being part of something special can contact me by e-mail: oliverhamilton@sbcglobal.net. Thank you for your time and support!



FACTS

§ At the June 2006 Little Hoover Commission hearing on Sentencing Reform, one of the presentations shared information about a recent national survey:

- 58% support prevention and rehabilitation over law enforcement and punishment approaches
- 76% support jobs and treatment over prisons for those convicted of crimes
- 80% believe those convicted of crimes can change their criminal behaviors
- 75% support alternatives to incarceration for people convicted of non-violent offenses

§ According to the California Department of Health Services, syringe sharing is linked to 20% of reported AIDS cases statewide. Syringe exchange programs are a proven, cost-effective way to reduce syringe sharing without increasing drug use.

§ On June 30, 2005, a total of 2,266 State prisoners were under age 18. Adult jails held a total of 6,759 persons under age 18. (Bureau of Justice Statistics)

§ Global Meth use exceeds Cocaine & Heroin Use Combined (Join Together 5/11/2006 news summary). “More than 26 million people worldwide use amphetamines – largely methamphetamines”, according to US Drug Enforcement Administration head Karen Tandy.

§ The number of women in state prisons has grown exponentially in the past 3 decades, growing at more than twice the rate as the male population. Most of the increases in female imprisonment can be traced to the war on drugs. More women are being sent to prison for drug offenses – notably methamphetamine use – while convictions for violent crimes have fallen. (Women’s Prison Association Report)

Meth Crackdown May Have Triggered Rise in Addiction

Join Together Online May 25, 2006 – excerpts:

Laws that succeeded in curbing homegrown methamphetamine labs also opened the door to imports of highly pure “ice,” in turn triggering a rise in meth addiction and treatment admissions, researchers say.

National Institute on Drug Abuse researcher James Colliver, PH.D said that more addicts are smoking the purer “ice” version of meth rather than injecting or inhaling diluted powder forms of the drug: 80,000 of the 150,000 people admitted to treatment for meth addiction in 2003 said they smoked the drug. “Smoking is a route of administration that delivers the drug very rapidly to the brain, producing greater reinforcement effects, which therefore may produce higher rates of dependence,” Colliver said. The purer form of the drug also is more likely to cause brain damage, researchers said.

A New PATH

Excerpts from Understanding California Corrections

California Policy Research Center, University of California 2006

Prison Program Needs Versus Treatment Received:

§ The consequence of cutbacks and opposition to rehabilitation programs, over time, has been profound: of the entire California prison population, an estimated 20% of inmates are altogether idle, never participating in any prison program during their entire stay.

§ Compared to other states, California is serving a smaller percentage of its inmates with serious needs for rehabilitative programs, and its failures are particularly acute in the areas in which they are most needed. Thus, the percentage of needy inmates who actually receive drug treatment is far lower than it is in comparable states.

Excerpts from BEHIND BARS

By Joan Petersillia, professor of criminology.

“California’s prison population has swelled to more than 165,000 inmates, and the vast majority of them have serious social, physical and mental health problems. They will spend, on average, five months in jail, 29 months in prison and 19 months on parole – 4.4 years under correctional supervision. Yet during these months, nearly 20% of California inmates do not participate in any program that addresses the problems that caused their criminal conduct...

Despite the fact that 75% of inmates have alcohol or drug problems, just 25% participated in a substance-abuse program. Even when they do take part, inmates’ treatment programs consist mostly of self-help groups rather than the intensive therapy found to be most effective...

When prisoners are unprepared for reentry into society, they tend to return to criminal behavior. About 70% of all California parolees end up back in prison within 18 months of their release – a failure rate more than twice the national average”.

Quotes:

“For over two decades, the mission of the California Department of Corrections had been punishment...You can’t un-ring that bell by simply adding the word ‘rehabilitation.’...The reality is it will take many years to bring rehabilitation to 100 percent of California’s prison population.”

Jeanne Woodford, CDCR Undersecretary

“Prop 36 clearly prohibits the incarceration of most low-level nonviolent drug offenders...This doesn’t change if the state decides to zero out funding for treatment...If the state fails to invest in Prop 36 treatment, at least California won’t have to waste money jailing nonviolent drug offenders. We have de facto decriminalization of drug use.”

Dan Abrahamson, Drug Policy

Alliance’s
tor of Legal Affairs

Director

Prison Reform: Officially Dead

Governor's Special Prison Expansion Legislative Session Kills Hopes for Change (Critical Resistance Press Release dated June 26, 2006)

Oakland, CA – With a controversial call today for a “Special Session of the Legislature to Address Prison Crowding and Recidivism,” Governor Schwarzenegger renewed his failed proposals to construct up to 90,000 new prison and jail cells using debt funding.

The Governor's new version of the plan combines several elements of proposed legislation including a call to build 4,500 “community prison” beds for people in women's prisons, and to follow through on a proposal for lease-revenue bond prison construction as introduced by Assembly Speaker Fabian Nunez in AB 2902, and expedited state contracting processes.

“The only reason to build prisons using a lease revenue bond is to avoid voter approval,” noted Craig Gilmore of the California Prison Moratorium Project. “Right now, the polls say only 5% of Californians prioritize prison construction. Using a lease-revenue bond is more expensive, but ensures that legislators can make this decision without going to the voters.”

Historically, prison expansion has failed to decrease and even in some cases has contributed to growing prison crowding problems. Delano II, for example, a controversial new 5,000 bed prison opened in late 2005, failed to dent the overcrowding crisis.

“The problem is that the prison population is artificially tied to the number of beds that are available,” explained Sitara Nieves of Critical Resistance. “It's time to stop pretending that increased capacity is part of the solution. The Governor's plan would put us right back in the thick of the Wilson and Davis years – we know that a policy of expansion is a guaranteed disaster.”

Advocates for people in women's prisons were equally up in arms over the Governor's continued support for new prisons to be built for women. “This really justifies what we've been opposing in AB 2066 the whole time – that it is an expansion plan,” explained Cynthia Chandler, JD, Co-Director at Justice Now. “You can't build your way out of overcrowding. If building new prisons solved problems, California wouldn't be running the worst system in the world today.”

Schwarzenegger abandons early efforts, leaving guards union firmly in control (excerpts from editorial: Hagar's report is an epitaph for prison reforms – June 25, 2006 – Sacramento Bee)

Prison reform in California, which looked so promising in Gov. Arnold Schwarzenegger's first two years, is dying. A report from John Hagar, the special master appointed by a federal court, rightly lays the blame directly on the governor's office.

Schwarzenegger began by doing the right things. He appointed a California Corrections Independent Review Panel, which found that management does not control the prison system. The 2001-2006 contract with the prison guards, said the panel, negotiated away traditional management functions and “resulted in an unfair and unworkable tilt toward union influence.” Schwarzenegger brought in new leaders. He worked with the federal courts to make improvements.

Prison guard union leaders were required to work with the Department of Labor Relations, as other unions do, rather than going directly to the governor's office or the head of corrections. Schwarzenegger promised to end the “Capitol walk,” where the union was allowed to walk away from state negotiators in the contract bargaining process and go directly to the governor's office in the Capitol to get what they wanted.

However, following the appointment of Susan P. Kennedy as the governor's chief of staff, Hagar writes, “a series of disturbing developments have taken place.” They signal a return to practices under Gov. Gray Davis “allowing the California Correctional Peace Officers Association to overrule the most critical decisions of the California Department of Corrections and Rehabilitation secretary.”

Prison guard union leaders now are allowed to go over the heads of the people Schwarzenegger appointed to run the prison system. They show up in the governor's office to meet with Kennedy. The results are obvious.

In a period of six weeks, the corrections system Secretary Rod Hickman and his acting replacement, Jeanne Woodford, resigned. Both, Hagar says, cited union influence with the governor's office as a reason for leaving. Hagar notes Kennedy has been “conducting regular meetings with CCPOA officials” — without the knowledge of the corrections secretary. Hagar concludes that top-ranking leadership in the agency is “confused, understaffed, dispirited and, most important, uncertain who is really in charge: the acting secretary or the president of the CCPOA.”

Love is Trust

Continued from page 4

Neuropsychologists might argue that people who lie do so because they can. In clinical terms, they tell us that individuals who lie consistently are found to have under-developed pre-frontal lobes. The prefrontal cortex is that part of the brain that mediates between animalistic urges and cultural convention and restraint. When a person attempts to cut me off of the freeway, my animalistic urges drive me to speed up to hold my position. With impaired cortical functioning, I might just be inclined to travel at ninety miles an hour to make my point. Fortunately, as I begin to speed up, my cortex lights up and puts the brake (figuratively) on my dangerous retaliation. In other words, my prefrontal cortex acts like a sprinkler going off in a building with heat and smoke. People who lie appear to lack a sprinkler system. For most of us, even the anticipation of lying creates such uncomfortable anxiety that we cannot proceed. The man who lied to his wife about his high school “wheels” appears to have had too little anxiety.

Many parents of addicts ask themselves the proverbial chicken-egg question about their child’s substance abuse: Did the lying precede the drug use or is the lying a product of the drug use? In my own son’s case, there were clearly fundamental problems of trust that came before the use of drugs. My drug-using son has struggled with a complicated learning disability and attention disorder diagnosed in first grade. Yet being the recipient of daily pies in the face, our intrepid son made his way in the world. He appeared happy and socially successful. I totally bought into everything he handed me. He “looked” so calm and happy. He looked handsome. He talked intelligently. He behaved tenderly toward me, his mother. I was not one to go looking for trouble. I was contented with my chameleon son. Sadly, trouble found me. The chameleon morphed into a beaded lizard.

So now, back to the really tough questions: Does my son lie to mitigate shame about his aberrant behavior? Does he lie to distract me from the truth? Does he lie to maintain even a little thread of connection where the truth might demand emotional cutoff? Does he lie to maintain his “as if” life, in which he behaves “as if” he is a student, “as if” he has a job, “as if” he is in a stable relationship with a nice girl? Does my son lie to please me and to mirror my fictitious view of an idealized son? Or – unkindest cut of all – does he lie because he can?

The lying is a great wall between us. I cannot hear his voice through the wall. He cannot hear me. I cannot see him through this wall. He cannot see me. The wall makes us strangers. We are like ancient species, separated by drifting continents. Yet if a feral Serval cat could sit in the lap of an old woman, a son could learn to trust his mother. My lap and my heart remain open to the trust.

Is Compulsive Drug Use a Function of Withdrawal Avoidance?

Join Together Online -Research Summary - June 19, 2006

Researchers say that compulsive drug use may be less due to pleasure-seeking than the desire to avoid the symptoms of withdrawal, Science Daily reported June 2.

Researcher Paul Kenny, Ph.D., of the Scripps Research Institute and colleagues allowed rodents to self-administer heroin, and those that got the highest level of the drug exhibited withdrawal-related decreases in the brain’s reward system, even as drug use increased.

“As levels of drug consumption increase, the withdrawal state becomes more profound,” Kenny said. “Taking more of the drug alleviates withdrawal, but also makes the underlying condition worse. You set up a vicious cycle where you’re taking more of the drug to relieve a progressively worsening withdrawal.”

Kenny said the study was one of the first to provide “solid empirical data demonstrating an instrumental role of withdrawal in addiction-like behaviors.” The findings could help researchers develop ways to block craving and prevent relapse, the study authors said.

The report appeared in the May 31, 2006 issue of the Journal of Neuroscience.

Reference:

Kenny, PJ, et al. (2006) Conditioned Withdrawal Drives Heroin Consumption and Decreases Reward Sensitivity. *Journal of Neuroscience*, 26: 5894-5900.



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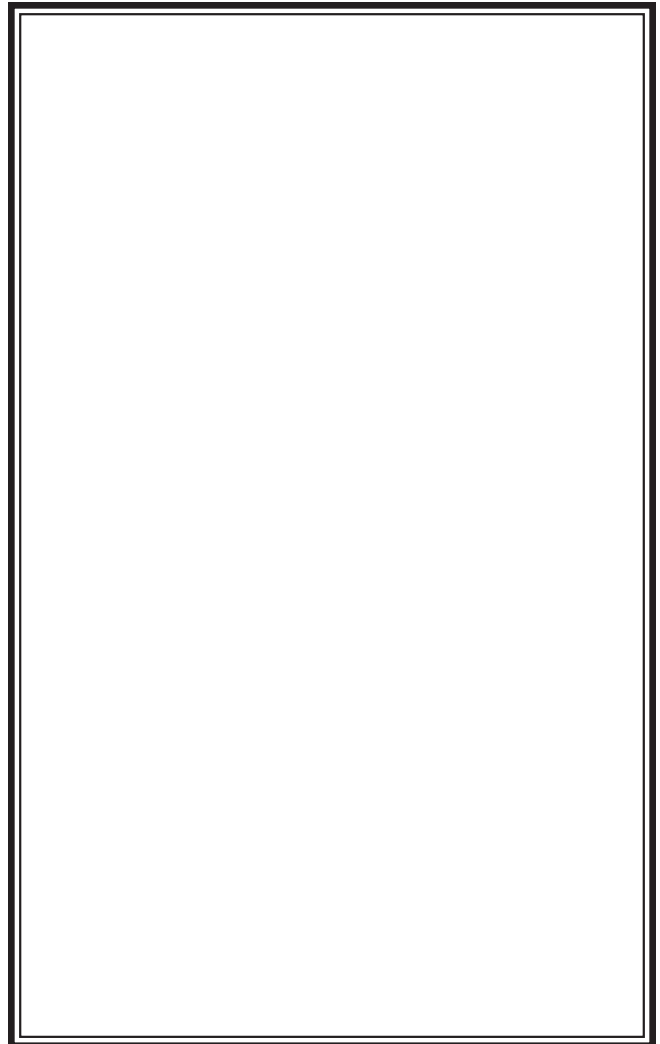
Overdose Prevention Bill Introduced in Congress

Join Together Online -News Summary - June 23, 2006

As a wave of overdose deaths involving a deadly heroin/fentanyl mix captures headlines, Sen. Richard Durbin (D-Ill.) is proposing legislation that would earmark federal funding for state-designed overdose-prevention programs.

The Drug Policy Alliance (DPA) reported June 22 that the Durbin bill would provide funding to states to address local overdose problems. On their own, some U.S. cities have started distributing the anti-overdose medication naloxone to drug users and their friends, and targeting high-risk populations with overdose-prevention education.

The Durbin bill, dubbed the Drug Overdose Reduction Act, also would require the federal Centers for Disease Control and Prevention to develop a comprehensive anti-overdose plan. "Many policymakers have been sitting on their hands while people lose their loved ones to drug overdose, but Sen. Durbin has taken decisive action to save lives," said Bill Piper, DPA's director of national affairs.





A New PATH
(Parents for Addiction Treatment & Healing)
is proud to announce the 2nd annual

“Strut for Sobriety”

a fashion show to Celebrate Recovery!
featuring fashions from
Viejas Outlet Center

Co-Chairs: Connie Conard &
Gretchen Burns Bergman

SAVE THIS DATE!

Saturday September 16, 2006

Sheraton Harbor Island Hotel

10:30 boutique & Silent Auction

12:00 luncheon, awards ceremony & fashion show

Please join us in our efforts to make a difference in the lives of those of us who are in need of support, guidance and substance abuse treatment.

Community leaders will be honored for their contributions toward reducing the stigma of substance abuse and addiction.

Tickets: \$65

\$750 for a VIP Runway Table of 10

For questions or to reserve a table please call:

PATH at 619-670-1184 or email: anewpath@cox.net

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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.