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ABSTRACT

This resource guide contains a list of materials for professionals working with children of alcoholics. The information is divided into four sections: (1) prevention materials that include coping with an alcoholic or drug-abusing parent, kids talking to kids, and networking; (2) curricula including learning to live drug free, and resources for the school setting); (3) studies, articles, and reports on children of alcoholics including research on children of alcoholics, protecting children of alcoholics, and self-perception of children of alcoholics; and (4) a list of groups, programs, and organization that support children of alcoholics. (JE)

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Alcohol, Tobacco, and Other Drugs Resource Guide

Drug-Free by the Year 2000

CHILDREN OF ALCOHOLICS

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August 1993

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The *Fact* is...

ALCOHOLISM

Tends to Run in Families

From the Acting Director of CSAP...

Roughly 28 million children of alcoholics live in this country, 7 million of whom are under the age of 18. While the lives of these young children are far from ideal, by nurturing resilience skills and extending support, professionals like yourselves can offer them an outlook full of hope and opportunity.

This resource guide contains materials to assist you in this very worthwhile endeavor. We at CSAP hope that the resources contained in this guide will provide assistance and promise as we work together to help these very young victims of the disease of alcoholism.

Vivian L. Smith, M.S.W.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Substance Abuse and Mental Health Services Administration

Produced by the National Clearinghouse for Alcohol and Drug Information,
Karen Zuckerman, editor.

This Alcohol, Tobacco, and Other Drugs Resource Guide was compiled from a variety of publications and data bases and represents the most current information to date. This guide will be updated regularly, and your comments or suggestions are welcome. To suggest information or materials that might be included in updated editions, please write to **the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20847-2345, or call 1-800-729-6686.** *The listing of materials or programs in this resource guide does not constitute or imply endorsement by the Center for Substance Abuse Prevention, the Public Health Service, or the Department of Health and Human Services.* The materials have been reviewed for accuracy, appropriateness, and conformance with public health principles.



Please feel free to be a "copy cat," and make all the copies you want. You have our permission!

Prevention Materials for Children of Alcoholics

Coping with an Alcoholic or Drug-Abusing Parent

Organization: The Bureau for At-Risk Youth

Year: 1992

Format: Booklet

Length: 15 Pages

Topic: Alcohol and Other Drugs and Prevention

Target Audience: Parents of ages 12-21 and Sr. High Youth

Setting: School and Community Organization

Readability: Average

Availability: 1-24, \$1.95 each; 25-99, \$1.75 each; The Bureau for At-Risk Youth, 645 New York Avenue, Huntington, NY 11743; 1-800-99-YOUTH

This booklet looks at ways in which children are affected by a substance-abusing parent's behavior. The author points out roles these children may take on and common problems they may experience. The pamphlet also discusses where families can find help and ways to cope during the recovery process.

Alcoholism Tends to Run in Families

Organization: Center for Substance Abuse Prevention

Format: Fact Sheet

Length: 2 Pages

Topic: Alcohol and Prevention, Intervention, and Treatment

Target Audience: Adults

Setting: Community Organization and Health Care

Readability: Easy

Inventory No.: PH318

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345; 1-800-729-6686

This fold-out brochure opens to an attractive poster on one side, which depicts how alcoholism tends to run in families. The back side provides questions and answers about how to help children of alcoholics and where to find resources for additional information.

If Someone Close Has a Problem with Alcohol or Other Drugs

Organization: Center for Substance Abuse Prevention

Year: 1992

Format: Booklet

Length: 8 Pages

Topic: Alcohol and Other Drugs and Prevention

Target Audience: General Public

Setting: Community Organization, Health Care, and Workplace

Readability: Average

Inventory No.: PH317

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345, 1-800-729-6686

This booklet offers support and suggestions on how to cope when someone close-family member, friend, coworker-has a problem with alcohol or other drugs. A listing of resources is included for more information.

American Indian Posters: Honor the Circle

Organization: Center for Substance Abuse Prevention

Format: Poster

Topic: Alcohol and Other Drugs and Prevention

Target Audience: Native Americans

Setting: Community Organization, Health Care, and School

Inventory No.: AV196, AV197, AV198

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345, 1-800-729-6686

These colorful prevention posters, developed by the National Association for Native American Children of Alcoholics, depict traditional American Indian scenes and ask viewers to *Honor Your Tribe, Honor the Earth, and Honor Your Family*. The posters offer a clear message: join the circle and break the cycle of addiction.

Neither Damned Nor Doomed: "Is Mommy Alright?"

Organization: National Elementary School Center

Year: 1993

Format: Video

Length: 23 Minutes

Context: Stands Alone and Part of a Program

Topic: Alcohol and Other Drugs

Target Audience: Women/Mothers and AOD Treatment Professionals

Setting: Counseling Program

Availability: \$95 plus \$3 shipping and handling; National Elementary School Center, 2 East 103rd Street, New York, NY 10029; 212-289-5929

Recovering women tell their stories about how alcohol, crack cocaine, and other drug use affected their lives and the lives of their children. Mothers share how their children were affected

physically, through prenatal exposure, as well as emotionally, intellectually, and socially. Women also state the impact of the recovery process on their children's lives.

If You Think Your Parents Drink Too Much, Here's Something You Should Think About...

Organization: Children of Alcoholics Foundation, Inc.

Year: 1992

Format: Booklet

Length: 13 Pages

Topic: Alcohol and Prevention

Target Audience: Elementary and Jr. High Youth; Children of Alcoholics

Setting: Community Organization, Home

Readability: Easy

Availability: \$5 for 50 booklets, Children of Alcoholics Foundation, Inc., P.O. Box 4185, Grand Central Station, New York, NY 10163-4185, 212-754-0656, 1-800-359-COAF

This booklet, targeted toward young children of alcoholics, stresses that a parent's drinking is never the fault of the children, and that alcoholism is a disease. The booklet reminds children that they are not alone—there are 7 million other kids with alcoholic parents. Kids are encouraged to take care of themselves, and talk to a teacher, guidance counselor, or other adult. Alateen is listed as a helpful resource, and a selection of recommended readings is included.

I Can Talk About What Hurts

Organization: Hazelden Foundation

Year: 1989

Format: Book

Length: 48 Pages

Topic: Alcohol and Other Drugs Prevention, Intervention, and Treatment

Target Audience: High-Risk Youth and Children of Alcoholics

Setting: Home and School

Readability: Easy

Availability: \$7 plus shipping and handling;
Hazelden Foundation, Box 11, Center
City, MN 55012-0176; 1-800-328-9000

This book is designed to help children from alcoholic homes talk about what hurts. The book explains the disease of alcoholism and ways to handle the problems it has caused in their lives. Suggestions for parents or counselors are given and a host of resources is included.

My House Is Different

Organization: Hazelden Educational Materials

Year: 1989

Format: Book

Length: 26 Pages

Topic: Alcohol Prevention, Intervention, and Treatment

Target Audience: Elementary Youth

Setting: Home

Readability: Easy

Availability: \$4 plus shipping and handling;
Hazelden Educational Materials, Box 11,
Center City, MN 55012-0176;
1-800-328-9000

This short picture book for young children of alcoholics presents the story of a little boy with an alcoholic father. After meeting with a counselor, Joe has a dream in which he learns that he is a good person and is not responsible for his father's alcoholism. Joe realizes that although his father may continue to drink, he can learn to be happy.

FYI: Children of Alcoholics

Organization: Minnesota Prevention Resource Center

Year: 1991

Format: Brochure

Length: 2 Pages

Topic: Alcohol and COAs

Target Audience: Community Service Groups, Educators, and General Public

Setting: Community Organization and School

Readability: Average

Availability: 15¢ each; Minnesota Prevention Resource Center, 2829 Verdale Avenue, Anoka, MN 55303; 612-427-5310, In MN: 1-800-247-1303

This fact sheet addresses several concerns for children of alcoholics. It stresses that alcoholism is a problem for the entire family, and notes personal, educational, and social problems that COAs may encounter. Suggestions on how to help COAs are also offered.

The Typical Alcoholic American

Organization: Center for Substance Abuse Prevention

Year: 1991

Format: Poster

Topic: Alcohol, Prevention, Intervention, and Treatment

Target Audience: AOD Prevention Professionals, Educators of Grades 9-College, and General Public

Setting: Community Organization and School

Readability: Average

Inventory No.: AV195

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345, 1-800-729-6686

Sixteen diverse snapshots of "the typical alcoholic American" deflate the stereotype of the alcoholic by conveying the message that alcoholism is common to all racial and ethnic populations,

ages, genders, and occupations. The poster is meaningful to a varied audience, particularly children of alcoholics.

Parental Consent: Helping Children of Addicted Parents Get Help

Organization: Children of Alcoholics Foundation, Inc.

Year: 1991

Format: Booklet

Length: 23 Pages

Topic: Alcohol and COAs

Target Audience: Children of Alcoholics and AOD Prevention Professionals

Setting: Home and Health Care

Readability: Average

Availability: \$6; Children of Alcoholics Foundation, Inc., P.O. Box 4185, Grand Central Station, New York, NY 10163-4185; 1-800-359-COAF

This booklet looks at the legal obstacles in getting help for children of addicted parents. The authors discuss State consent laws and propose new public policy solutions to current problems.

Tippy's New Collar

Organization: Altshul Group

Year: 1988

Format: VHS Video

Length: 13 Minutes

Topic: Alcohol and Prevention, Intervention, and Treatment

Target Audience: Elementary Youth

Setting: School

Availability: \$175 plus shipping and handling; Altshul Group, 1560 Sherman Avenue, Evanston IL 60201; 708-328-6706; 1-800-325-9084

Using animal puppets, this video introduces young children to Tippy, a puppy troubled by his father's drinking and

unpredictable behavior. The school nurse assures Tippy that he is not to blame for his father's alcoholism, and suggests that Tippy take care of himself by confiding in trusted friends and finding a safe place to go when his father begins drinking. The video includes a leader's guide that contains discussion questions and suggested topics for class conversation.

Everything You Need to Know About an Alcoholic Parent

Organization: Rosen Publishing Group, Inc.

Year: 1990

Format: Book

Length: 64 Pages

Topic: Alcohol and Prevention

Target Audience: Children of Alcoholics and General Public

Setting: Health Care and Home

Readability: Easy

Availability: \$13.95; Rosen Publishing Group, Inc., 29 East 21st Street New York City, NY 10010; 212-777-3017

This book, targeted toward children of alcoholics, provides practical information about the realities of having an alcoholic parent. The book stresses that alcoholism is a family disease and offers youngsters suggestions on how to help themselves and their alcoholic parent. A glossary and resource list are also included.

Picking Up the Pieces

Organization: Intermedia, Inc.

Year: 1989

Format: VHS Video

Length: 48 Minutes

Topic: Alcohol and Prevention

Target Audience: Sr. High and Jr. High Youth

Setting: Community Organization and School

Availability: \$249 plus \$7 shipping and handling; Intermedia, Inc., 1600 Dexter, N. Seattle, WA 98109; 206-282-7262

This video tells the story of a young teenager, Patty, who lives with her alcoholic mother and her enabling father. Against her parent's wishes, Patty begins to attend Alateen meetings, and learns healthier ways of handling her situation. With her friends' support and the help of Alateen, Patty's self-esteem and outlook begin to improve.

Kids Talking to Kids

Organization: Children of Alcoholics Foundation, Inc.

Year: 1989

Format: VHS Video

Length: 17 Minutes

Topic: Alcohol and Prevention

Target Audience: Elementary, Jr., and Sr. High Youth

Setting: School and Community Organization

Availability: \$75; Children of Alcoholics Foundation, Inc., P.O. Box 4185, Grand Central Station, New York, NY 10163-4185; 800-359-COAF

Five children tell their stories of what it is like to live with an alcoholic parent. Children express feelings of guilt, pressure to succeed, and low self-worth. In interviews and in scenes from everyday life, kids offer other children of alcoholics advice on what they can do to improve their situation and find better ways to cope.

Children of Alcoholics: Growing Up Amid Pain

Organization: Health Edco

Year: 1992

Format: Booklet

Length: 16 Pages

Topic: Alcohol and Other Drugs and Prevention, Intervention, and Treatment
Target Audience: Parents, General Public, and High-Risk Families

Setting: Community Organization and Workplace

Readability: Average

Availability: 1-49, \$1.25 each; 50-99, \$1.10 each; Health Edco, P.O. Box 21207, Waco, TX 76702; 817-776-6461 or 1-800-299-3366 ext. 300

This pamphlet looks at how alcohol and alcoholism can destroy families. Statistics are given and myths are deflated. The pamphlet highlights ways children are affected by alcoholism, and looks at the many roles children may adopt. Suggestions for helping a child of an alcoholic are offered, and a list of resources is included.

For Teens Only: Living with an Alcoholic Parent

Organization: The Bureau for At-Risk Youth

Year: 1993

Format: Brochure

Length: 6 Pages

Topic: Alcohol and Prevention

Target Audience: Jr. and Sr. High Youth

Setting: School and Community Organization

Readability: Easy

Availability: 25-99, 49¢ each; 100-249, 45¢ each; The Bureau for At-Risk Youth, 645 New York Avenue, Huntington, NY 11743 1-800-99-YOUTH

This pamphlet, specifically designed for teens, answers many questions about alcoholism and living with an alcoholic. The pamphlet stresses that children are never responsible for a parent's drinking and that alcoholism is a disease. Resources are also included.

NACoA Network

Organization: National Association for
Children of Alcoholics (NACoA)

Year: 1992

Format: Newsletter

Length: 6 Pages

Topic: Alcohol and Prevention

Target Audience: General Public and
Parents

Setting: Community Organization and
Health Care

Readability: Average

Availability: \$20 for nonmembers; NACoA,
11426 Rockville Pike, Suite 100, Rockville,
MD 20852; 301-468-0985

This bimonthly newsletter keeps readers abreast of the latest research, prevention, and treatment information on children of alcoholics. It also provides information on NACoA conferences, chapter highlights, and other events.

Curricula for Children of Alcoholics

The Discovery Kit

Organization: Center for Substance Abuse Prevention

Year: 1992

Format: Kit

Topic: Alcohol and Prevention

Target Audience: High Risk Youth and Children of Alcoholics

Setting: Community Organization and School

Inventory Number: DISKIT

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345; 1-800-729-6686

This cross-cultural program is designed to build resiliency in youth, especially children of alcoholics, by helping them connect to positive influences in their lives. The kit includes the following seven pieces:

- **Making the Discovery- A Program Guide:** This guide contains comprehensive suggestions on how to achieve the best results from The Discovery Kit. It offers useful guidelines for each product in the Kit and additional resources for help and information about children of alcoholics and related subjects.
- **Growing Up Isn't Easy:** This video teaches facts about alcohol, alcoholism, and the risks for children from alcoholic families. The young people shown show ways to cope and come to understand that they did not cause, cannot control, and cannot cure problems associated with alcoholism.

- **Activity Worksheets:** This set of 24 loose-leaf activity sheets, and accompanying Leader's Guide, is designed for use in small groups or classes. Topics include alcohol and alcoholism, ways to handle stress, asking for help and many other issues.
- **Life Is Belonging:** This full-color American Indian booklet builds on the tradition of story telling, and includes an accompanying audiocassette tape.
- **Marta's Choice:** Readers are offered different plot choices at several points in this story about a Hispanic American girl with an alcoholic father. Cultural pride, the strengths of extended families, and the value of the community are all stressed in this bilingual story.
- **Poster Guides:** These two colorful posters show the faces and themes that make up The Discovery Kit. The reverse sides of the posters contain standard office copier size panels of relevant information. They can easily be reproduced for group distribution.

The Images Within: A Child's View of Parental Alcoholism

Organization: Children of Alcoholics Foundation, Inc.

Year: 1990

Format: Booklet

Length: 24 Pages

Topic: Alcohol and Prevention

Target Audience: High-Risk Families, Educators, and AOD Prevention Professionals

Setting: School and Community Organization

Readability: Average

Availability: \$155; Children of Alcoholics Foundation, Inc., P.O. Box 4185, Grand Central Station, New York, NY 10163-4185, 1-800-359-COAF

This curriculum is designed for educators and counselors who work with children of alcoholics. Background information on children of alcoholics and family alcoholism, three program sessions, and handouts for both children and leaders are included. The curriculum stresses the importance of creative expression, and incorporates artwork produced by COAs into lessons, handouts, and activities.

Meeting the Needs of High Risk Youth

Organization: National Association of Children of Alcoholics (NACoA)

Year: 1991

Format: Communications Package

Topic: Alcohol and Prevention

Target Audience: Educators of Grades K-12

Setting: School

Readability: Average

Availability: \$75 plus shipping and handling; NACoA, 11426 Rockville Pike, Suite 100 Rockville, MD 20852; 301-468-0985

This kit is designed for use with children living in homes where there is alcoholism or other drug dependencies. The kit includes the video, "Poor Jennifer, She's Always Losing Her Hat," which tells the story of an adult child of an alcoholic who comes to terms with her own experiences after befriending a young child living through a similar situation. The kit also includes a video user's guide, a booklet, teaching guides with lesson plans, an audio cassette entitled, "The Joy of Recovery," a music cassette, a comic book, and several posters.

Learning to Live Drug Free

Organization: U.S. Department of Education

Year: 1990

Format: Curriculum

Length: 40 Sessions

Topic: Alcohol and Other Drugs and Prevention

Target Audience: AOD Prevention Professionals and Educators of Grades K-12

Setting: Community Organization and School

Readability: Average

Inventory No.: BKD51B

Availability: Free; NCADI, P.O. Box 2345, Rockville, MD 20847-2345; 1-800-729-6686

This curriculum provides a flexible framework for classroom-based prevention efforts for kindergarten through grade 12. It presents the stages of child development as they relate to drug prevention, facts about drugs, suggested lesson plans, tips on working with parents and the community, and a resource section for further information. It is especially beneficial for use with children of alcoholics and other at risk youth.

I'm So Glad You Asked

Organization: I'm So Glad You Asked, Inc.

Year: 1991

Format: Classroom Material

Length: 162 Pages

Topic: Alcohol and Other Drugs and Prevention

Target Audience: Educators of Preschool and Parents of Ages 3-5

Setting: School and Community Organization

Readability: Average

Availability: \$185 plus 10 percent shipping and handling; I'm So Glad You Asked, Inc., P.O. Box 329, Amherst, MA 01004; 413-549-3873

I'm So Glad You Asked is a substance abuse education curriculum designed especially for preschool children. The curriculum consists of 20 lessons, which use puppets, songs, games, and a feeling's cube to teach children about coping, self-esteem, decision making, and personal protection. The curriculum is particularly beneficial for children from alcoholic or other dysfunctional family systems.

The Sacred Tree Curriculum Guide

Organization: Four Worlds Development Project

Year: 1988

Format: Curriculum

Length: 12 Sessions

Topic: Alcohol and Other Drugs and Prevention

Target Audience: AOD Prevention Professionals, Educators, and Native Americans

Setting: School and Reservation

Availability: \$470 plus 7 percent shipping and handling; Four Worlds Development Project, University of Lethridge, 4401 University Drive, Lethbridge, Alberta T1K 3M4 Canada; 403-329-2065

This AOD prevention curriculum is geared toward American Indian secondary students. Many aspects of the alcohol and other drug crisis are covered, and students are shown positive steps they can take to contribute to the solution. Personal identity and cultural values are stressed. Teaching strategies include guided visualization, journal writing, cooperative learning techniques, group activities, peer modeling, and audiovisuals.

Project Charlie

Organization: Storefront Youth Action

Year: 1992

Format: Curriculum

Length: 200 Pages, 36 Weeks

Topic: Alcohol and Other Drugs and Prevention

Target Audience: AOD Prevention Professionals and Educators of Grades K-6

Setting: School

Training: Required for Teacher

Availability: \$60 plus costs for training; SYA, 4570 W. 77th Street, Suite 198, Edina, MN 55435; 612-830-1432

This drug prevention curriculum is designed for children in grades 4-6, and seeks to equip students with the necessary social skills and self esteem to resist present and/or future drug use. Emphasis is placed on building healthy relationships and learning to make sound decisions. Facts about the harmful consequences of drug use are given, and a host of resources is included.

When You Live in an Alcoholic Family

Organization: Sunburst Communications (A Bossert and Company Production)

Year: 1991

Format: VHS Video

Length: 30 Minutes

Context: Part of Sunburst Drug and Alcohol Curriculum (Grades 5-9)

Topic: Alcohol and Prevention, Intervention, and Treatment

Target Audience: Grades 5-9

Setting: School

Availability: \$189 plus 6 percent shipping and handling; Sunburst Communications, P.O. Box 40, Pleasantville, NY 10570; 1-800-431-1934

This video features two young teenagers who each live with an alcoholic family. Through their experiences, the pro-

gram reveals the nature of the disease and its destructive effects on all members of the family. Viewers are encouraged to recognize that young people who face these problems are not alone, that children of alcoholics can find help and support, and that COAs can learn to detach from their parent's problem and enjoy their own lives.

A Little Problem at Home

Organization: Northeastern Wisconsin
In-School Telecommunications

Year: 1990

Format: VHS Video

Length: 30 Minutes

Context: Part of a Packet/Program

Topic: Alcohol and Other Drugs and
Prevention, Intervention, and Treatment

Target Audience: Sr. High Youth

Setting: School

Availability: \$195 plus \$2.75 shipping and
handling; Northeastern Wisconsin
In-School Telecommunications
(NEWIST/CESA #7) University of
Wisconsin-Green Bay, Green Bay, WI
54311; 414-465-2599

This kit includes a video and teacher's guide, and is designed for use with adolescent children of alcoholics. The video features a panel of teenagers who discuss what it is like growing up in an alcoholic home and offer suggestions and support for other COAs. The teacher's guide provides pre-viewing and post-viewing activities, statistics, ideas for healthy coping, and an eight-page resource list.

Children of Alcoholics and Related Family Issues: Resources for the School Setting

Organization: George Mason University

Year: 1992

Format: Curriculum

Context: Part of a Packet/Program

Topic: Alcohol and Other Drugs and
Prevention, Intervention, and Treatment

Mode of Delivery: Instructor-led

Target Audience: Educators,
Community-Service Groups, and
Counselors

Setting: Community Organization and
School

Availability: \$3 plus shipping and handling;
Center for Health Promotion, Module G,
Room 22, George Mason University,
Fairfax, VA 22039-4444; 703-993-3697

Participants learn to identify, respond to, and address relevant issues concerning children of alcoholics in the school and other settings. Emphasis is placed on understanding addiction, the family system, COA issues, codependency, intervention, and treatment/recovery.

Studies, Articles, and Reports on Children of Alcoholics

Government Publications and Journal Articles

Labeling the Child of an Alcoholic: Negative Stereotyping by Mental Health Professionals and Peers

Burk, J.P., and Sher, K.J.

Journal of Studies on Alcohol 51(2):156-163, 1990

Although programs for children of alcoholics (COAs) in distress are laudable, the effect of identifying and labeling COAs is largely unknown. These studies investigated the possibility of negative stereotypes toward COAs emanating from peers and from the mental health community. In Study 1, 570 high school students were asked to rate six separate roles (typical teenagers-male and female; teenagers with an alcoholic parent-male and female; and mentally ill teenagers-male and female) using 11 bipolar adjective pairs. Subjects rates "COAs" as significantly different overall from both "typical teenagers" and "mentally ill teenagers." When individual nonsignificant differences occurred, COAs were more often grouped with mentally ill teenagers. These correlational findings were extended in an ex-

perimental study (Study 2) using mental health workers (N=80). Subjects watched videotapes of an adolescent who was described as having either a positive or negative family history of alcoholism and as having either a high degree of social success (school leader) or social problems (behavior problems). The adolescent targets labeled COA were judged as more pathological than those labeled non-COA in terms of current and predicted psychological health and psychopathology. These judgments held despite the teenagers' labeled current behavior. Both studies showed robust negative stereotypes about COAs both from the COAs' peers and from those responsible for treating COAs. The potentially harmful consequences of labeling COAs, especially those who are currently well-adjusted, are discussed. 26 Ref.

Depressive Affect in School-Aged Children of Alcoholics

Rolf, J. E.; Johnson, J. L.; Israel, E.; Baldwin, J.; and Chandra, A.

British Journal of Addiction 83:841-848, 1988
(Available from Jon E. Rolf, The Johns Hopkins University, School of Hygiene and Public Health, Department of Maternal and Child Care, 615 North Wolfe Street, Baltimore, MD 21215.)

This paper presents evidence documenting risks for affective problems and disorders among minor children of alcoholics. Subjects studied were 98 youths from alcoholic-headed and control families participating in a risk for alcoholism research project. Depressive affect questionnaires were completed by the mothers of the youths as well as the youths themselves. ANOVA's and ANCOVA's (co-varying for age) indicated significant group differences on both maternal and youth ratings with more affective problems shown for the offspring of alcoholics. Outliers with extreme depressive affect scores occurred most frequently for the youths in the high risk for alcoholism group. Findings are discussed with regard to risk group membership, gender, source of information, and the data's implications for further analyses as well as for the design of future studies.

Comparison of Home and Social Environments of Children of Alcoholic and Non-Alcoholic Parents

British Journal of Addiction 83(7):831-839, 1988

(Available from Wendy Reich, Ph.D., Washington University - School of Medicine, Department of Psychiatry, 4940 Audubon Avenue, St. Louis, MO 63110.)

The home environments of 32 children of alcoholic parents and 22 children with neither parent alcoholic were compared. The home environments of the children of alcoholics showed diminished global functioning. In particular they were characterized by marital conflict, parent-child conflict, poor adaptive functioning by the parents and in some cases by physical abuse. Out of the 32 children with alcoholic parents, a

majority of the children received one or more DSM-III diagnosis. A comparison of the home of the children of alcoholics with and without psychiatric diagnoses showed that the homes of the disturbed children were characterized by a greater exposure to the effects of parental drinking, more parent-child conflict and less parent-child interaction than the homes of children who received no diagnoses.

Research on Children of Alcoholics: Past and Future

Woodside, M.

British Journal of Addiction 83:785-792, 1988
(Available from Migs Woodside, Children of Alcoholics Foundation, 31st Floor, 200 Park Avenue, New York, NY 10166.)

There are 28.6 million children of alcoholics in the United States; one out of every eight Americans. Many of them suffer negative physical, mental, and emotional consequences because of parental alcoholism. Research investigations of their health status, cognitive abilities, and adaptive behaviors confirm these problems although notable impediments to research efforts exist. Areas for future study are investigations that explore levels of vulnerability and risk factors for children of alcoholics in combination with genetic and psychosocial factors. Other recommendations for study as well as the major activities of the Children of Alcoholics Foundation to promote and disseminate research findings and new data are described.

Deliberate Family Process: Strategy for Protecting Children of Alcoholics

Bennett, L. A.; Wolin, S. J.; and Reiss, D.

British Journal of Addiction 83(7):821-829,
1988

(Available from Linda A. Bennett, Memphis
State University, Department of
Anthropology, Memphis, TN 38152.)

The authors identified family environment factors that significantly decrease the risk to children of alcoholics to become alcoholics or to evidence other kinds of problems in childhood. This paper reported the results of a study on the impact of family ritual formation on the behavioral, cognitive, and emotional functioning of school-age children of alcoholics, in comparison with children from a matched sample of families with non-alcoholic parents. Taking a family process perspective, the study showed that children growing up in alcoholic families that plan and execute family rituals, valued relationships, and preferred roles are less likely to evidence behavior or emotional problems. The authors argued that families with serious problems, such as parental alcoholism, that can impose control over those parts of family life central to the family's identity, communicate important messages to their children on their ability to control present and future life events. These messages, in turn, can play an important role in the extent to which the offspring are protected from developing problems in childhood, as well as alcoholism in adolescence and adulthood.

Development of a School-Based Prevention Program for Children in Alcoholic Families

*Roosa, M. W.; Gensheimer, L. K.; Ayers,
T. S.; and Short, J. L.*

Journal of Primary Prevention 11(2):119-141,
1990

The systematic development of a preventive intervention for elementary-age children of alcoholics (COAs) is described. First, the risk status of children of untreated alcoholics was established. Second, risk and protective factors that appeared to be mediators of mental health status or COAs were identified. Third, a preventive intervention was designed to teach coping skills and enhance self-esteem. Fourth, the intervention was pilot tested to assess its feasibility and potential. Finally, plans for a large scale experimental field trial of the revised curriculum was outlined. The advantages of following a systematic intervention development plan were shown.

Children of Alcoholics in the Medical System: Hidden Problems, Hidden Costs

Report, Children of Alcoholics Foundation,
Inc., 1990

(Available from Children of Alcoholics
Foundation, Inc., 200 Park Avenue, 31st
Floor, New York, NY 10166.)

This report presented a major study on the effects of parents' alcohol abuse on their children's health care patterns, utilization rates, and costs of medical care. The study population was dependent children of adults who were in treatment for alcoholism or related disorders between 1984-1986 and youngsters from

other families. The data was based on claims filed by 1.6 million subscribers under group policies carried by Independence Blue Cross and included analysis by admission rates, length of hospitalizations, and financial costs of inpatient, short procedure unit, and home health care. Among the major findings: (1) Children of alcoholics' rate for inpatient admissions per thousand subscribers was 24.3 percent greater than other children; (2) Children of alcoholics' average length of hospital stay was 28.8 percent greater than other children; (3) Children of alcoholics' rate of hospital days used per thousand subscribers was 61.7 percent greater than other children; and (4) Children of alcoholics' rate of inpatient hospital charges per thousand subscribers was 36 percent greater than other children.

Children of Alcoholics: Are They Different?

Alcohol Alert, July 1990

(Available from NCADI, P.O. Box 2345,
Rockville, MD 20847-2345;
1-800-729-6686.)

Current research findings suggest that children of alcoholics (COAs) are at risk for a range of cognitive, emotional, and behavioral problems. In addition, genetic studies indicate that alcoholism tends to run in families and that a genetic vulnerability for alcoholism exists. Yet some investigators also report that many children from alcoholic homes develop neither psychopathology nor alcoholism. This *Alcohol Alert* focuses on three research questions on COAs: (1) What contributes to resilience in some COAs; (2) Do COAs differ from children from nonalcoholics; and (3) Are the differences specifically related to parental alcoholism, or are they similar to

characteristics observed in children whose parents have other illnesses. While research findings suggest that some children suffer negative consequences due to parental alcoholism, many COAs function well and do not develop serious problems. Studies comparing COAs and nonCOAs have suggested that, although the two groups differ in a variety of psychosocial areas, differences in cognitive performance are observed most frequently. Children from alcoholic homes report higher levels of depression and anxiety and exhibit more symptoms of generalized stress. COAs often show behavioral problems. The alcoholic family's home environment and the manner in which family members interact may contribute to the risk for the problems observed among COAs.

Exposure to Alcoholism in the Family: United States, 1988

Schoenborn, C. A.

Report, Centers for Disease Control and Prevention, September 30, 1991

(Available from U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, National Center for Health Statistics, 6525 Belcrest Road, Hyattsville, MD 20782.)

The report contends that about 43 percent of adults in the United States have been exposed to alcoholism or problem drinking in the family. Sometimes this exposure is very direct, such as when a person grows up in a family with an alcoholic, and frequently lasts a lifetime. Sometimes the exposure is to an alcoholic spouse and lasts for varying lengths of cohabitation. Finally, the exposure may be strictly by blood, with little or no social contact. In all three cases, however, the presence of alcohol-

ism in a family member poses some risk, both for adverse social, psychological, and economic outcomes, and for biological predisposition to the disease itself. Of the approximately 177 million adults age 18 years and older in 1988, about 76 million were exposed to alcoholism in their family in some way. This study, which included only adults, concluded that statistics on the numbers of alcoholics in this country (i.e., 10.5 million) greatly underestimate the total number of people affected by the disease of alcoholism. 43 Ref.

Young Children of Alcoholics: Little People with Big Needs

O'Rourke, K.

Source Document: *Journal of Alcohol and Drug Education* 37(2):43-51, 1992

Until recently, young children of alcoholics (YCOA) were thought to be the least affected by parental alcoholism because of their immaturity. However, research now indicates that the opposite is more likely to be true. Children worry when they are away from home about the safety of the drinker and frequently blame themselves for parental drinking. Small children raised in alcoholic homes have little sense of power over their lives. Children of alcoholics are at high risk for future problems as well. School systems are possible purveyors of assistance since all children attend school or come to the attention of school authorities. Young children of alcoholics need assistance in understanding and coping with familial alcoholism before they can effectively use the skills and knowledge that are the main task of education professionals. The greatest stumbling block to serving children from alcoholic homes is the problem of identifying them. However,

when an elementary school works hard to reach its YCOA population and intervene, the entire school system is likely to benefit. The child-centered approach to family alcoholism in the schools begins with the assumption that children can be helped to understand their feelings and change their behavior whether or not parents are involved in treatment. 31 Ref.

Conscious and Unconscious Perceptions of Self in Children of Alcoholics

Markowitz, P., and Craig, R. J.

International Journal of the Addictions
27(10):1187-1196, 1992

(Available from Robert J. Craig, Illinois
School of Professional Psychology, 220 S.
State Street, 5th Floor, Chicago, IL 60604.)

The conscious and unconscious self-concept was examined in three groups of children: 23 children of alcoholics (COA), 19 children from nonalcoholic but dysfunctional families, and 23 children from normal families without alcoholism or family dysfunction. Self-concept was measured both objectively, using the Piers-Harris Children's Self-Concept Scale, and subjectively, using the Draw-a-Person Test and the Thematic Apperception Test from rating systems designed to tap unconscious dimensions of self. The COAs and normal controls were also compared for behavioral problems with the Achenbach Child Behavior Checklist. The authors found that COAs made more positive self-statements on objective measures of self-concept than children from families without alcoholism, whether or not the families were dysfunctional. Subjective analysis of projective test responses revealed unconscious differences in self-concept among the

COAs, though this was not corroborated with objective scores, probably due to the crudeness of the rating instrument in failing to tap these dimensions. Also, COAs had significantly more behavioral problems, based on parental reports, which contrasts with their objective reports of self. Implications of these findings were discussed.

Environmental and Personality Differences between Children of Alcoholics and Their Peers

Havey, J. M., and Dodd, D. K.

Journal of Drug Education 22(3):215-222, 1992

(Available from J. Michael Harvey, Ed.D., Psychology Department, Eastern Illinois University, Charleston, IL 61920.)

Nonclinical, adolescent children of alcoholics (COAs) and their peers from nonalcoholic homes (CONAs) responded to questionnaires of environmental variables, depression, and anxiety. Multivariate (discriminant) analyses revealed several meaningful differences between the two groups. Although the two groups differed on the measures of anxiety and depression, environmental stressors contributed most to the discriminant function that differentiated between the two groups. Also, gender differences were discovered, suggesting that males and females perceive problem drinking differently and that home environments may be different for the two genders. Implications for research and intervention were discussed.

Impact of Alcohol Consumption on Parent-Child Relationships in Families of Alcoholics

Seilhamer, R. A.; Jacob, T.; and Dunn, N. J.

Journal of Studies on Alcohol 54(2):189-198, 1993

The impact of alcohol consumption upon parent-child relationships was assessed longitudinally in eight father-son dyads. Univariate and bivariate time series analyses of daily reports for 85 days revealed many significant effects. Most important, results suggested that not all children are similarly affected by fathers' day-to-day drinking. The authors discussed potential explanations of how parental drinking affects parent-child relationships on a day-to-day basis.

Other Publications

Resilient Children of Alcoholics

Harter, M.W.

Dissertation Abstracts International, 52(3): 1720-B, 1991

This study addressed the issue of resilient children of alcoholics by collecting data on young adult university students with a sample of identified children of alcoholics and a comparison sample of control subjects whose parents had no problems with alcohol. The intent was to identify predictors for positive adjustment in people this age. Instruments selected for data collection included measures of individual characteristics and family functioning. The criterion variables were a combination of direct meas-

ures of well-being such as age appropriate achievement and more indirect measures of well-being such as scores on psychological tests. Results indicated that predictors for positive adjustment for both groups usually were a combination of individual characteristics and family characteristics. High levels of family adaptability and cohesion and an internal locus of control were especially predictive of positive functioning. Results showed that most children of alcoholics were functioning well. On two of the criterion variables, social extraversion and promotions at work, the children of alcoholics scored significantly better than the control group. The other group difference was that the children of alcoholics reported abusing alcohol more than in controls.

Black Children of Alcoholic Parents: Why They Resist Treatment and How to Get Them Involved

Brisbane, F. L.

Adolescent Counselor 1(3):30-31, 47, 1988

Most Black adolescents believe that alcohol is an unrelated cause, or coincidental cause at best, of intolerable, drunken behavior. They lack any guidelines or community-sanctioned norms for the appropriate and inappropriate use of alcohol. They believe people can consume as much alcohol as they want, provided they decide to behave appropriately after they get drunk. Therefore, most of these youngsters, when asked to join children of alcoholics groups, decline. Also, Black children who need help that may implicate their families, especially their mothers, are confronted with sociopolitical and cultural consid-

erations that heavily influence this decision. Understanding these difficulties, a model, the Black Children of Alcoholic and Drug Addicted Parents (B/CO-DAP), was developed. The activities of this program were discussed.

ACOA's Guide to Raising Healthy Children: Parenting Handbook for Adult Children of Alcoholics

Mastrich, J., and Birnes, B.

New York, NY: Macmillan Publishing Company, 1988. 271 pp.

(Available from Macmillan Publishing Company, 866 Third Avenue, New York, NY 10022.)

This book provides a parenting guide for adult children of alcoholics (ACOAs). For ACOAs, child-rearing can bring forth the debilitating fears of insecurity, worthlessness, and abandonment they felt as children. Having grown up in families dominated by alcoholism, and the lies, guilt, and emotional and physical abuse that often accompanies it, many ACOAs have no point of reference for normal family behavior. The book presents case studies in which ACOAs talk about their inability to react normally to their children's normal behavior. Problems discussed include the ACOA's pervasive sense of fear, feeling of inferiority, inability to forgive themselves for past sins, the excessive need for control, and chronic mistrust--and the effects of these problems on child-rearing. Also discussed are the various obstacles a child must overcome to develop a healthy personality, and the challenges that ACOA parents face in supporting their children's independent development.

Resilience among High Risk Youth

McIntyre, K.; White, D.; and Yoast, R.

Report, Wisconsin Clearinghouse, 1990, 48 pp.

(Available from Wisconsin Clearinghouse, P.O. Box 1468, Madison, WI 53701.)

This report discussed protective factor research, first by providing an overview of the contributions derived from the mental health field. The analysis and research of several individuals and teams were briefly highlighted to provide an understanding of how the concept of protective factors has been approached, the direction their insights have taken them, and the results they have achieved. Following this, the report considered the status of protective factor research in the alcohol and drug abuse field, which is less developed than the mental health arena. A third section explored the issues related to protective factors, hence risk factor, research. A concluding section considered the implications for social policy and prevention programming. This report is one in a series on children who are at risk for abusing alcohol and other drugs. 81 Ref.

Miracle of Resiliency

Gelman, D.

Newsweek, May 1991, pp. 44-47

There are sharp differences in the way children bear up under stress. In the aftermath of divorce or physical abuse, for instance, some are apt to become nervous and withdrawn; some may be illness-prone and slow to develop. There are also resilient children who shrug off the hammer blows and go on to highly productive lives. These children thrive regardless. Resiliency re-

search has been conducted to decide why these children succeed, despite the adverse circumstances under which they live. It has been found that those children born with an easygoing disposition invariably handle stress better than ones with a nervous, overactive temperament. Even those children with the most difficult temperaments can acquire resilience if they have a consistent, stabilizing element in their lives, like an attentive parent or mentor. Primate research has proven this to be true. Self-esteem and a strong sense of identity are other important resiliency factors that have been identified by researchers. Usually, resilient children have clusters of protective factors, not just one or two. Children's ability to cope often improves naturally as they develop and gain experience, although it may decline after a setback in school or at home.

Black Children of Alcoholic and Drug Addicted Parents

Brusbane, F. L.

Report, National Black Alcoholism Council, 1988, p. 16

(Available from National Black Alcoholism Council, Inc., 417 S. Dearborn Street, Suite 100, Chicago, IL 60605.)

The National Black Alcoholism Council studied the programmatic responses to the problems faced by children of alcoholic (COA) and addicted parents, and determined their rate of participation in groups to treat such problems. From the findings, a model was developed for working with children of alcohol and drug addicted parents. This booklet outlines the model that was specifically developed for Black children with particular attention on altering factors that inhibit their use of traditional

treatment or popular COA groups. Components in the model are responsive to the help seeking behavior of Blacks, and to beliefs and practices often associated with Blacks. Other ethnic and cultural groups who participated in testing the model found it helpful, prompting the authors to conclude that this is not a "Black" model.

Young Children of Substance-Abusing Parents: Developmental View of Risk and Resiliency

Logue, M. E., and Rivinus, T. M.

In *Children of Chemically Dependent Parents*, T. M. Rivinus, Ed. pp. 55-73. New York, NY: Brunner/Mazel, Inc., 1991

(Available from Brunner/Mazel, Inc., 19 Union Square West, New York, NY 10003.)

The author recommends further research on the risk and resiliency of children of substance abusing parents (COS-APS). He notes that research conducted in related areas must be integrated into the substance abuse field. He notes the gap between empirical knowledge and clinical practice. Predictable and potentially damaging family roles have been identified as characteristic of substance abusing families, but have not been proven empirically. Treatment-effectiveness studies of self-help programs for children of substance abusing parents are needed. Identification of the gender differences in ways that parental addiction affects children is also needed. Longitudinal studies of girls and boys with substance abusing families are needed to identify critical developmental periods and potential buffers. Among children who later use substances themselves, factors such as parental substance abuse, physical or sexual abuse, depression, temperament, school

failure, self-confidence, and aggression have been identified as correlates, but the interaction between biological and environmental factors needs to be better understood. In order for adults to intervene effectively in strengthening children's resiliency, knowledge of child development and the ability to make subtle distinction in behavior is imperative. Though some characteristics easily identify the child as high risk, subtle clues may be missed that underlie the risk of quiet but damaging outcomes for the child. 89 Ref.

Discovering Resiliency: Children at Risk

Addiction Letter, November 1991

The Challenge Model is an alternative to traditional psychiatric thinking, conventional wisdom, and a popular psychology that stresses that children growing up in adverse circumstances suffer lasting emotional consequences. This model begins with the observation that troubled families can inflict considerable harm on children; however, the family also is an opportunity in the lives of its children, challenging them to experiment and respond actively and creatively to their family's troubles. Their preemptive response to adversity, repeated over time, becomes incorporated into the self as lasting resiliencies. The resilient characteristics of survivors are grouped into several clusters; these are traced across developmental stages, from childhood through adulthood.

Children of Alcoholics at Work: The Need to Know More

Report, Children of Alcoholics Foundation,
Inc., 1992

(Available from Children of Alcoholics
Foundation, Inc., P.O. Box 4185, Grand
Central Station, New York, NY
10163-4185.)

There is an astonishing lack of information about adult children of alcoholics (ACOAs) in the workplace, yet they account for as many as 22 million employees. Many of these employees may not need help or counseling; however, it is important for workplace specialists to become more knowledgeable about ACOAs because they have higher risks of addiction and health difficulties than other employees. This report is the first attempt to review current knowledge about ACOAs in the workplace. Its goals are to: (1) make available critically needed information for use by large corporations, small businesses, insurers, and health care professionals; (2) identify what is known about children of alcoholics in the workplace; (3) describe the current state of research; (4) recommend areas for future study; and (5) suggest ways employers can help ACOAs who need it. 57 Ref.

The Resilient Self: How Survivors of Troubled Families Rise Above Adversity

Wolin, S. J., and Wolin, S.

Book, 1993

(Available from Project Resilience, 5410
Connecticut Avenue, NW, Suite 113,
Washington, DC 20015, 202-966-8171.)

The *Resilient Self* begins where the recovery and inner-child movement leave off. After years of clinical experience, research, and theory building, the authors

discuss a flip side to the isolation, fear, degradation, and anguish commonly experienced by survivors of troubled families. The authors identify seven clusters of strength or resiliencies that typically emerge as survivors battle adversity: insight; independence; relationships; initiative; creativity; humor; and morality. Around the seven resiliencies, the authors build the Challenge Model, which affirms the survivor's capacity for self-repair. By shifting attention from the harm they've suffered in the past to their ability to withstand hardship, the authors explain how survivors can: (1) learn to manage painful memories rather than compulsively rehash their damage over and over; (2) accept that a troubled family leaves its mark and renounce the futile wish that their scars can disappear completely; (3) get revenge by living well instead of squandering energy blaming and fault-finding; and (4) break the cycle of a family's troubles and put the past in its place.

Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community

Benard, B.

Report, Northwest Regional Educational
Laboratory, August 1991

(Available from Northwest Regional
Educational Laboratory, 101 S.W. Main
Street, Suite 500, Portland, OR 97204.)

After a brief overview of the protective factor research phenomenon, this paper discusses the major protective factors research has identified as contributing to the development of resiliency in youth and the implications of this for building effective prevention programs. Social competence, problem solving skills, autonomy, and a sense of purpose and future are consistently identi-

fied as describing the resilient child. The author looks at protective factors within the family, school, and community settings, and concludes that within all three contexts, caring and support, high expectations, and the encouragement/ opportunity of children and family participation are powerful indicators of resiliency. Prevention efforts must reinforce these social bonds by providing individuals within these systems with caring and support, relating to them with high expectations, and giving them opportunities to be active participants in their family, school, and community life. This can be done by sharing power within a system and creating a system based on reciprocity and sharing rather than control. 138 Ref.

Using Community-Wide Collaboration To Foster Resiliency in Kids: A Conceptual Framework

Linquanti, R.

Report, Northwest Regional Educational Laboratory, October 1992

(Available from Northwest Regional Educational Laboratory, 101 S.W. Main Street, Suite 500, Portland, OR 97204.)

Collaboration and resiliency have a powerful synergy that can greatly benefit children. This report summarized

key conclusions from the vast and growing literature on collaboration, and showed how collaborators are being challenged not just to improve service delivery, but also to engage youth as resources, strengthen families, and empower communities through the collaborative process. It reviews the resiliency framework, and describes how resiliency-based collaborations help us to meet these challenges and better protect children and youth from succumbing to high-risk behaviors. The authors show how the guiding principles of the resiliency framework itself can make collaborators more effective. Finally, the report highlighted tools, models, and programs that can help preventionists collaborate to promote resiliency in the lives of children and youth. 25 Ref.

Groups, Organizations, and Programs on COAs

Adult Children of Alcoholics

P.O. Box 3216
Torrance, CA 90510
310-534-1815

Al-ANON Family Groups, Inc.

World Service Office
P.O. Box 862, Midtown Station
New York, NY 10018
1-800-344-2666

Alcoholics Anonymous

World Service Office
475 Riverside Drive
New York, NY 10115
212-870-3400

Center for Substance Abuse Treatment

Drug Abuse Information and
Treatment Referral Hotline
1-800-662-HELP

Children of Alcoholics Foundation, Inc.

P.O. Box 4185
Grand Central Station
New York, NY 10163-4185
212-754-0656
1-800-359-COAF

Coalition on Alcohol and Drug Dependent Women and Their Children

Washington Office of NCADD
1511 K Street, NW, Suite 926
Washington, DC 20005
202-737-8122

Families Anonymous

P.O. Box 528
Van Nuys, CA 91408
818-989-7841
1-800-736-9805

Hazelden Educational Materials

P.O. Box 176
Center City, MN 55012
1-800-328-9000

Johnson Institute

7205 Ohms Lane
Minneapolis, MN 55439-2159
1-800-231-5165

Latino Council on Alcohol and Tobacco

c/o Dr. Marilyn Aguirre-Molina
UMDNJ- Robert Wood Johnson
Medical School
675 Hoes Lane, Room N110
Piscataway, NJ 08854-5635
908-235-5041

Marin Institute for the Prevention of Alcohol and Other Drug Problems

24 Belvedere Street
San Rafael, CA 94901
415-456-5692

Nar-Anon Family Group

213-547-5800

Narcotics Anonymous

818-780-3951

National Association for Children of Alcoholics (NACoA)

11426 Rockville Pike
Rockville, MD 20852
301-468-0985

National Association for Native American Children of Alcoholics

P.O. Box 18736
Seattle, WA 98118
206-467-7686

**National Clearinghouse for Alcohol
and Drug Information**

P.O. Box 2345
Rockville, MD 20847-2345
301-468-2600
1-800-729-6686

**National Council on Alcoholism and
Drug Dependence, Inc.**

12 West 21st Street
New York, NY 10010
212-206-6770
1-800-NCA-CALL

National Families in Action

2296 Henderson Mill Road
Suite 300
Atlanta, GA 30345
404-934-6364

Rational Recovery Systems

P.O. Box 800
Lotus, CA 95651
916-621-2667

Suzanne Somers Institute

340 South Farrell Drive, Suite #A201
Palm Springs, CA 92262
619-325-0110
1-800-723-HOPE (Hotline)

Women for Sobriety

P.O. Box 618
Quakertown, PA 18951
1-800-333-1606

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