

VAADAC VIEWS

Virginia Association of Alcoholism & Drug Abuse Counselors,
an affiliate of NAADAC, The Association for Addiction Professionals

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Contact information:

Jennifer Johnson, President
P.O. Box 25779
Richmond, VA 23260
p: 804.527.6222
f: 804.861.5625
jjohnson@rhcc.com

www.naadac.org/va

Contact the VAADAC VIEWS Editor:

VAADACcentral@embarqmail.com

Advertising:

VAADAC VIEWS does accept advertising for publications, treatment centers, clinics, and job postings. Contact us if you are interested in advertising.

VAADAC's Web Site

The new web site was unveiled at VAADAC's Annual Member's Meeting March 28, 2008.

The web site will be regularly updated to reflect upcoming VAADAC events.

New E-Mailing List

VAADAC has now created an electronic mailing list (an e-mail list) of the state membership.

If you have not given VAADAC your e-mail address, please do so as VAADAC is using electronic mail in order to rapidly disseminate information and reduce postal fees.

Change in Your E-Mail Address

Please write Donna Croy, Director of Membership Services, at dcroy@naadac.org to update your address with NAADAC as well as VAADAC.

In The Moment

This new feature will appear in future editions of VAADAC VIEWS, *with your help*. This will consist of articles of a VAADAC member's responses to attending conferences, working as alcoholism and substance abuse counselor, alcoholism and substance abuse counselor's views about daily life.

Any articles or blogs on topics appropriately written for the VAADAC membership will be considered. If you wish a by-line, please submit the article or blog title along with your name.

Currently seeking articles about your experience attending the 2008 VSIAS Conference.

Annual Member's Meeting Presentations Challenges in SA Supervision

Lisa Pleszkoch, NCC, CSAC, LPC provided recent information based on her doctoral research, No Counselor Left Behind. She presented an overview of supervision discussing Developmental, Psychotherapy, Social Role, Discrimination and Integrated Developmental Models of Supervision.

In discussing supervision of substance abuse counselors, Ms. Pleszkoch noted possible ways in which differences in personality and attitude in non-recovering and recovering counselors might affect the supervision process. Challenges in supervision could be experienced with movement toward evidence-based practice as supervisors needed to attend to training their staff with new techniques as well as monitor the counselor's application of the new model.

Furthermore, supervisors required advanced training. In sum, the supervision process is becoming more complex with focus on evidence-based practice and co-occurring disorders treatment which integrates both mental health and substance use disorders treatment.

Challenges Facing Returning Veterans

Larry Ashley Ed.S, LADC, LMSW, LPC, CPGC emphasized that when counseling a veteran,

It is important to explore how the veteran views death. The counselor needs to recognize that the subjective experience of PTSD, is feeling like your soul has died. Many of those returning from recent military service have PTSD.

Many are victims of trauma due to war experiences while others experience trauma from two sources: war trauma and rape. Rape may be perpetrated by other military personnel. Thus some veterans are both perpetrators and victims, at the same time. Most female veterans from Iraq have been sexually traumatized. Male veterans have been sexually traumatized although in lesser numbers.

In male military veterans who have PTSD, Alcohol Abuse or Dependence, Drug Abuse or Dependence, a Major Depressive Disorder, and a Conduct Disorder are common. Female veterans with PTSD tend to experience Major Depressive Disorder, Alcohol Abuse or Dependence, Simple Phobias and/or Social Phobia.

Military culture sends the message to the soldier to "get over it", thus discouraging seeking treatment. A person's military career "is dead" if he or she or their family seeks treatment for a mental health and/or a substance use problem.

The military approach is to life and military service is "work hard, play hard". The consequence of this is sometimes excessive substance use leading to development of a substance use disorder.

After military personnel return home, they find that their support systems are not adequate. They have difficulty sustaining friendships and marriages. Often, they return home to marital discord, parenting problems, economic problems, and employment problems and even find friendships difficult to sustain. They experience severe and debilitating guilt regarding having done the job well that they were trained to do: killing other human beings.

Treatment needs to include the family as well as the veteran. Counselors need to evaluate the family's coping skills prior to the trauma of their loved one as well as post-trauma.

The after effects of trauma from military service extend from the veterans, to the spouse, their children and can reach into the generation thereafter without effective clinical intervention.

Following the presentation of the effects of war trauma on military personnel and their families, Daniel Guarnera, NAADAC Government Relations Liaison facilitated a planning session in which attendees identified strategies counselors can use when working with veterans who have the co-occurring disorders of substance use and war-related PTSD. The group also discussed strategies necessary for working with the veteran's families.

Two Williamsburg newspapers, The Virginia Gazette and The Daily Press, covered the event.

VAADAC 2008 Awards Distinguished Service Award

Dr. Carl Swanson was awarded the Distinguished Service Award, for his exemplary leadership in the field of counseling along with the guidance and support he has provided to recovering alcoholics and addicts for many years. Dr. Lennie Echterling described him as "an exceptionally warm, empathic, genuine and sensitive person".

Dr. Swanson has had countless and significant accomplishments in his career. He has been a counselor for over thirty years. He came to Virginia in 1973 to teach at James Madison University and founded the university's counselor education program. He also served on the faculty at Virginia Tech and Eastern Mennonite University and taught the first substance abuse counseling course offered in the Commonwealth.

He has been a passionate teacher, an insightful scholar, and a steadfast and ardent promoter of the counseling profession. He has produced over 300 professional presentations and publications in counseling. He has been involved in historic developments that have affected the entire counseling profession and has held many leadership roles in local, state, and national counseling associations.

He successfully lobbied the Virginia legislature to pass the country's first counselor licensing law in 1976. He was instrumental in establishing the credentialing process for Certified Substance Abuse Counselors and Licensed Professional Counselors.

Dr. Swanson is also an ordained Episcopal priest. For decades he has provided counseling, spiritual direction, and friendship to men and women recovering from alcoholism and drug addiction. He is well loved and respected. Countless lives have been touched by his compassion, wisdom, and commitment to helping others.

Dr. Swanson was also thanked for the constant love and support he has shown recovering alcoholics, addicts, and their family members throughout his career as well as for teaching

helping professionals "how to be ourselves, how to respect and honor our clients, how to help clients in the healing and recovery process, and how to live a committed life".

(This article was extracted, with permission, from the award letter written by a VAADAC member).

Walter Kloetzli Award

Christopher C. Bowers was awarded the Walter Kloetzli Award for his past work serving VAADAC at all levels including, Regional Delegate, Regional President and President.

His extraordinary dedication to our profession has been demonstrated in many areas. He developed our association's newsletter, "The VAADAC Views", and served as its editor for many years. He developed a recovery game, "The Use, Relapse and Recovery Game", to add to the professional's 'toolbox', and most recently he has been working with NAADAC's Adolescent Specialty Committee.

He has been instrumental in establishing the Adolescent Specialty Endorsement (ASE).

Chris has served consumers through his game, served Virginia addiction professionals on our board as well as through our newsletter, and has served all addiction professionals with his work on the Adolescent Specialty Committee.

Anyone who knows Chris can clearly see his passion for our field, our professionals and for those afflicted with addictions.

Citizen of the Year Award By Jennifer Johnson

Reverend Clarke has contributed to the recovery community and to our Shenandoah Valley Community in very significant ways. His love of life and recovery is contagious.

He has volunteered for many years at the Gmeinshaft Home, helping the residents of that halfway house transition from the prison system into recovery. He has been involved in the "Harrisonburg Winner's Circle" for 8 years, taking messages of hope and recovery to our local schools and organizations.

Most recently, he answered the call from NAADAC and Mennonite Media, requesting participation in a documentary on families in recovery that aired on Hallmark Channel last year. He, and his family, shared their recovery story generously for the benefit of those to follow them.

Through all these activities, Reverend Clarke shares the clear message that there is hope in recovery with those suffering, their families and the public (just about anyone who will listen). He is fighting the stigma of addiction for us, one person, family and school at a time!"

In The News "Drug Court celebrates redemption, transformation" by Peter Dujardin

(This newspaper article was printed in the Daily Press in Newport News, Virginia on May 24, 2008 and was reprinted with their permission.)

The program was designed to provide nonviolent addicts with the structure to quit.

NEWPORT NEWS - It was an afternoon for giving thanks — to God, to families and to counselors who provided patience and tough love.

It was an afternoon filled with laughs traded with the robed judges whom the drug users stood before for more than two years — sometimes weekly — as they struggled to overcome their addictions.

Fifteen men and women whose lives were in shambles two and three years ago graduated from the Newport News Drug Court on Friday in a ceremony filled with redemptive themes.

"If it wasn't for Drug Court, there would be no one standing here today," said one of the graduates, Cynthia Whitaker, 50. "I needed some real structure. I was sick and tired — and sick and tired of being sick and tired. I needed to do something different."

Another graduate, Patricia McDonald, 53, said she grew up angry and serious because of things that happened when she was a girl. The Drug Court program, she said, taught her "how to have a sense of humor."

"She came in with a lot of pain, disappointment, emptiness," said Circuit Court Judge Timothy S. Fisher, the drug court judge and the emcee of Friday's event, held at the Circuit Court.

Now, Fisher said, McDonald can "laugh and enjoy life, and she sees the big picture."

The Drug Court program — designed for nonviolent drug addicts — is a wide-ranging program. Among other things, it includes weekly court appearances before judges; frequent drug screenings; holding a job; group therapy; mental health counseling; parenting classes; and even acupuncture sessions for those who want it.

Now in its 10th year in Newport News, the program faced a funding scare this past legislative session, when state lawmakers considered cutting money for the program. But the money was saved in the end.

Perhaps to avoid that problem in the future, the Newport News Drug Court is embarking on a study to determine its own effectiveness — and how many of the graduates end up back in trouble again. During Friday's ceremony, the number of days spent clean without a relapse — 608, 830, 587, etc. — were read on each graduate, to wide applause.

Newport News judges are big boosters.

"They're self-sufficient, they're paying taxes, they're paying court costs," said Circuit Court Judge David F. Pugh, a past drug court judge. "And they're costing the Commonwealth a lot less money."

The program costs the state \$3,000 per person annually, less than the more than \$22,000 a year it costs to put someone in prison.

The 15 graduates, Fisher said, have paid \$16,000 in fines and court costs while in the program.

God's name was invoked by several graduates — and Judge Pugh didn't shy away from joining in that mix.

"You need to stay on guard — and on God," Pugh said. Though judges don't usually talk that way because of separation of church and state, he said, "We all need to have that spiritual basis."

He advised the graduates to choose their friends wisely, saying "friends you have divorced will want to rekindle that relationship."

The program was filled with individual stories of improvement.

Kenneth Smead began the discussion sessions a couple of years ago sitting in the back of the room — preferably in the corner — never really participating in the discussions. He recently ended up learning how to line dance on an outing with clients on a Norfolk boat.

Brian Forte, 45, learned through the program to take life "one step at a time."

"I started out doing 15 minutes at a time. Now I finally got to an hour."

Forte is now gainfully employed with the Maritime Administration working with the James River Reserve Fleet.

"So if you need to buy a freighter, you can see him later," Judge Fisher quipped.

Kelly Pride, 26, the event's graduate speaker, gave a longer speech before the group.

She spoke of how her young life was a happy one in the embrace of a loving family — "the summer of my life."

That summer turned into a "bad winter" when she battled insecurities and peer pressure in high school, she said. She turned to drugs, and stole from her mother and businesses.

"Now the cold days of winter have given way to a new, mild spring," Pride said. She holds a job as a waitress and had a baby last year. There's bound to be storms, she said, but "I never have to live the way I lived before."

Submitting Articles

If you would like to submit a newspaper article or an article that you have written yourself such as articles on current topics of interest, trends in counseling, or book reviews to VAADAC VIEWS for publication, please contact VAADACcentral@embarqmail.com.

By-Lines

If you wish a by-line, please submit the article title along with your name.

In the Lens Annual Member's Meeting



Reverend Clarke



Cecilia Van Zyl, John Haywood,
Christopher Bowers



Cecilia Van Zyl, Jennifer Johnson



Larry Ashley



Patrice Porter, Ron Pritchard



Madeleine Dupre, Carl Swanson



Gina de Peralta Thorne
Williamsburg Place/
William J. Farley Center

**Special thanks to the Sponsors of the
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- Remuda Ranch
- Bradford Health Services
- Vanguard Services
- Father Martin's Ashley
- Williamsburg Place/William J. Farley Center
- Alliance for the Prevention & Treatment of Nicotine Addiction

Upcoming Events

July 11, 2008 **VAADAC Board Meeting**

September 12, 2008 **VAADAC Board Meeting**

September 19, 2008 **NAADAC Open House**
September 19, 2008
11 am to 2 pm

Visit the home of the nation's largest professional association for those focused on addictions.

More details at www.naadac.org or contact NAADAC at naadac@naadac.org or 800.548.0497.

November 14, 2008 **VAADAC Board Meeting**

January 1, 2009 **VAADAC Board Meeting**

March, 2009 **Annual Member's Meeting**

Date and location to be determined.

Check Upcoming Events on the VAADAC web site to determine the exact date and location of the 2009 Annual Member's Meeting: www.naadac.org/va

May 15- 16, 2009 **Annual Board Retreat**

July 20-24, 2009 **Virginia Summer Institute for Addiction Studies at William & Mary, Williamsburg**

VAADAC 2008 Sustaining Members

APTNA

Janis Dauer
3557 Chesapeake Blvd. #1
Norfolk, VA 23513
757.858.9934
757.858.8464 Fax
jdauer@aptna.org

Father Martin's Ashley

Ernie LeClerc
2052 Columbo Avenue
Chesapeake, VA 23321
757.651.7449
757.465.0315 FAX
Ernielec@cox.net

Goochland-Powhatan Community Services

Bill Desmond
3910 Old Buckingham Road
Powhatan, VA 23139
804.598.2200
804.598.8710 FAX
bdesmond@co.goochland.va.us

Hampton-Newport News CSB

Patty Gilbertson
300 Medical Drive
Hampton, VA 23666
757.788.0300
757.788.0967 Fax
pattyg@hmnscsb.org

Harrison House of Virginia

Steve Crow
5105-Q Backlick Road
Annandale, VA 22003
703.256.6474
703.256.1596 FAX
HHouse5101@aol.com

Inova Comprehensive Addiction Treatment Services

Joseph Dowd, Program Director
3300 Gallows Road
Falls Church, VA 22042
703.776.7742
703.776.7799
Joseph.Dowd@inova.com

Pathways/Central Health

Brent McCraw
3300 Rivermont Avenue
Lynchburg, VA 24503-2053
434.947.4455
434.947.7467 FAX
Brent.mccraw@centrahealth.com

SAARA of Virginia, Inc.

Mark Blackwell, Executive Director
306 Turner Road, Suite P
Richmond, VA 23225
804.762.4445
804.762.4333 Fax
director@saara.org

VA Health Practitioners' Intervention Program

VCU Department of Psychiatry
Dr. Patricia Pade; Contact: Caroline Brown
700 E Franklin Street, Suite 300 Tower
Richmond, VA 23219
804.828.1551
804.828.5386 FAX
papade@vcu.edu

Virginia Hospital Center

Addiction Treatment Program
Kitty Harold, RN, LCSW
1701 N. George Mason Drive
Arlington, VA 22205
703.558.6314
703.558.6771 FAX
kharold@virginiahospitalcenter.com

Western Tidewater CSB

Joe Sascowicz
5268 Godwin Blvd.
Suffolk, VA 23434
757.255.7123
757.255.7162 FAX
jscowicz@wtcsb.org

Williamsburg Place & The Wm. J. Farley Center

Gina de Peralta Thorne
5477 Mooretown Road
Williamsburg, VA 23188
757.565.0106
757.565.0620
gthorne@farleycenter.com