

The Peer Report

OUR MISSION

Dedicated to quality, accessible prevention and intervention services in workplaces and communities, focusing on substance abuse and related issues.



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Although many people who know about Peer Assistance Services are quite familiar with our intervention programs, they are often surprised to find out that we have another emphasis too. And so we dedicate this issue to prevention, and its many faces at PAS.

Jill Bachman, Editor

Meet . . . Bert Singleton

Bert Singleton is the Prevention Programs Director, in a role that requires him to be out in the community. Recently I sat down with Bert to talk about his career path, his work at PAS, and what he has learned in more than 30 years in mental health and prevention programming.

Bert entered the workforce in the 70's after graduating from Florida Atlantic University with a degree in social psychology. He took a position as a residential counselor in a therapeutic community for addicts. As he tells it, a few years later he traveled across the country with four friends, all of whom had "burned out" in the treatment arena. "I got sick right around Denver", he jokes, "and so they dropped me off, where I decided to stay put."

Bert received one of Colorado's first prevention grants, "stumbled into it actually," which was designed to build community capacity. His role included training teachers and parents in substance abuse recognition and prevention. During that time period he developed a position paper on prevention, collaborating with several other prevention providers. Recently he came across that paper and was pleased to note that it is as relevant today as it was then.

Bert's next move was to a position with Tri-County Health Department working on a 5-year project of drug prevention targeted at young adults. When funding ended, he took on a very different challenge as the Executive Director of the Metro Denver Big Brothers' program. This provided his first experience with directing a small, non-profit agency, which he really enjoyed. The Big Brothers' program relies heavily on mentoring, a concept he strongly supports.

It was in this time period that Bert helped bring The "I Have A Dream" Foundation ® to Denver. The program motivates and empowers children from low income communities to reach their education and career goals by providing a long-term program of mentoring, tutoring and enrichment and tuition assistance for higher education. Thanks to Bert's efforts, there are now two programs in Colorado; Denver and Boulder.

Through the years he has continued to receive invitations to graduation celebrations, which he attends as often as he is able. At one particularly memorable party, a young woman sought him out to deliver



"You saved my life"

a simple and powerful four word declaration, “You saved my life.” Bert tells me the story with a modest demeanor, but I know he thinks of this often, as he continues. “Because this changed her life, it will change the lives of her children, and their kids. . .for generations forward.” This is the reason Bert is so committed to prevention: the power to prevent problems across large numbers makes a great deal of sense to him. While some people have gifts for treating individuals, Bert’s passion is for the group who will never have to experience such problems.

After developing the Combined Health Appeal, an alternative organization for employee donations, Bert arrived in 1997 on the doorstep of Peer Assistance Services. In typical Bert humor, he notes that “I’m still waiting for my seven year pin.” In his time at PAS he has coordinated many prevention programs including the Colorado Prevention Resources System and Connecting Colorado State wide Coalition. (For more information on the prevention programs of Peer Assistance, see the article on page 5.)



Bert Singleton was selected by OMNI Institute to receive its annual 2004 Award for Contributions to Evaluation, recognizing individuals who

advance the quality of program evaluation and research efforts in the state of Colorado. Lower left: Bert and family members enjoy the presentation. Center: Bert with Dr. Pam Gillen, FAS Prevention Program Director. Upper right: (l to r) Andrea Stein Evashevski, Bert, Jim Adams-Berger (Omni Institute) and Adam Brickner, Denver Office of Drug Strategy.

I asked Bert to share three lessons he has learned from his array of experiences, and without hesitation he began to elaborate.

1. You have much more impact than you think you do, and in ways that are not very obvious. Bert is amazed that people approach him to say how well they are doing and what it was he did to nurture that process. He offers another story to illustrate.

I was dropping off newsletter information to Judy, a woman who had become a very effective leader of Parents Anonymous, a 12 step group for parents who have abused their kids. My three year old daughter was with me and Judy observed us keenly.

Later she told me how profound that visit was for her. As we got ready to return to our car across the street, Judy noticed my daughter’s hand reach up to grab for mine at the same second I reached for hers - as if we were magnets. That moment was powerful for Judy because she knew she could not have the same experience with her own children. They had only experienced hurt and fear from her hands, instead of nurturing and love. She has carried that image of our hands with her as a daily symbol for the kind of parent she wants to be.

2. The families we work with have many more strengths than we think. Bert sees the tremendous obstacles many families have overcome successfully in order to accomplish far more than most of us. Providers need to capitalize on the strengths of survival and possibility, rather than on people’s deficits.

3. All parts of the continuum of services have value. We see and can help people who are healthy as well as those who are at risk. Prevention programs can assist families with a member in treatment and aftercare. Prevention does not exist in a silo. Instead, prevention work spans the full scope of human service program delivery.

And finally, in addition to directing prevention programs through grant funding, Bert uses his considerable expertise to help other community agencies and non-profits develop their own grant funding. This is the intent of community capacity building— all in the interest of making the neighborhoods of Denver and throughout the state of Colorado, healthy, safe and nurturing places to live, work and thrive.

Prevention and the Gift of Health



Most of us take good health for granted unless we don't have it. Then its absence becomes a critical focus. Health is an important quality concern for our country as well. Healthy People 2010 is a comprehensive set of national objectives for the current decade, with two major goals: to increase the quality and years of healthy life, and to eliminate health disparities. Of the health indicators that focus the spotlight on America's major public health issues, three of the ten are tobacco use, substance abuse, and mental health.

In support of Healthy People 2010 and its major focus areas, the US government developed *healthfinder*®, an internet gateway to reliable health resources that have been carefully selected from over 1700 government agencies and non-profit organization. Listed below are over half of the resources under the Substance Abuse category. For a complete listing, hotlinks, and to identify resources for all the other health areas, go to <http://www.healthypeople.gov/healthfinder/>.

FAQ - About Inhalants

The National Inhalant Prevention Coalition answers your questions on inhalant use.

A Parent's Guide to Preventing Inhalant Abuse

This brochure gives parents a general overview of inhalant abuse among young people, including which household products are commonly abused, the health effects of inhalant abuse, how to recognize symptoms. U.S. Consumer Product Safety Commission

American Indian and Alaska Native Women's Health: Substance Abuse/Mental Health This page features links to information on drugs, tobacco, alcohol, and mental health. Indian Health Service

Anabolic Steroid Abuse

This web site was launched as part of a public/private national multi-media public education initiative designed to alert the public to the dangers of anabolic steroids use. National Institute on Drug Abuse, National Institutes of Health

Are you Cool or Clueless?

Parents are invited to take this online quiz to test their knowledge of the drug-related slang names currently in use. There are 6 categories of drugs of abuse and 30 slang terms, changing constantly. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Are You Troubled by Someone's Drinking? Al-Anon is For You

Twenty questions are presented to help you decide how much you are affected by the excessive drinking of someone close to you and if you need the services provided by Al-Anon. Al-Anon Family Groups, Inc.

Brain's Response to Drugs: Teacher's Guide

This is the teacher's guide for the "Mind Over Matter" series. National Institute on Drug Abuse, National Institutes of Health

Club Drugs: Community Drug Alert Bulletin

This is an advisory from the Director of the National Institute on Drug Abuse to community leaders, parents and the general public addressing the increasing popularity of club drugs. National Institute on Drug Abuse, National Institutes of Health

CSAP Prevention Pathways

Prevention Pathways is your gateway to information on prevention programs, program implementation, evaluation technical assistance, online courses, and a wealth of other prevention resources.

Center for Substance Abuse Prevention, SAMHSA

Does My Parent Really Have an Alcohol or Drug Problem? Suggestions for young people on how to decide if a parent or caregiver has an alcohol or drug problem. Children of Alcoholics Foundation

Does Your Friend Have an Alcohol or Drug Problem?: A Guide For Teens Advice for young people on how to help a friend who may have a substance abuse problem. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Drug Abuse Prevention and Education

Parents, health professionals and community workers can find information about effective strategies for preventing drug use, and keeping drugs out of neighborhoods and schools. Office of National Drug Control Policy, The White House

Drug-Free Workplace Advisor

The Drug-Free Workplace Advisor provides information to businesses about how to establish and maintain an alcohol- and drug-free workplace. Working Partners for an Alcohol- and Drug-Free Workplace, U.S. Department of Labor

Drugs and Crime Facts

A summary of U.S. statistics about drug-related crimes, law enforcement, courts, and corrections from Bureau of Justice Statistics (BJS) and non-BJS sources. U.S. Department of Justice

Families In Recovery

This article discusses the involvement of and impact on other family members--especially children--of another member's substance abuse recovery. National Association for Children of Alcoholics

FAQ's on Alcohol Abuse and Alcoholism

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) provides answers online to some of the most commonly asked questions received at the agency about alcoholism. National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health

Growing Up Drug-Free - A Parent's Guide to Prevention

Schools, churches, synagogues, community groups, law enforcement--all can help to turn the tide on drug and alcohol abuse, but none can take a parent's place. SAMHSA's National Clearinghouse for Alcohol and Drug Information

How Are Alcohol and Drugs Affecting Your Life? - A Self-Test For Teenagers This online self-test can help teens decide if they are at risk for developing alcoholism and/or dependence on another drug. National Council on Alcoholism and Drug Dependence, Inc.

How to Locate a Meeting: Al-Anon/Alateen

Al-Anon and Alateen meetings are held in most communities to help families of alcoholics. Al-Anon Family Groups, Inc.

If Someone Close...Has A Problem With Alcohol Or Other Drugs

This article explains how substance abuse affects more people than the user, and supports friends and family in dealing with their loved one's problems. Provides tips on helping the user. SAMHSA's National Clearinghouse for Alcohol and Drug Information

I'm Unique!, I'm Latina!

An interactive web site designed for young Latinas ages 9-14. This resource supports a bilingual public education campaign of the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration.

Is Someone You Care About in Trouble?

This online fact sheet provides suggestions and guidelines for identifying and helping a coworker with a substance abuse problem. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Keeping Youth Drug-Free

A substance abuse guide for adults that outlines reasons children give for using drugs. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Marijuana: Facts Parents Need to Know

Because many parents of this generation of teenagers experimented with marijuana when they were in college, they often find it difficult to talk about marijuana use with their children. National Institute on Drug Abuse, National Institutes of Health

Methamphetamine: Abuse and Addiction

This document is a compilation of scientific information on methamphetamine. National Institute on Drug Abuse, National Institutes of Health

Mind Over Matter Series Index

The Mind Over Matter series is designed to encourage young people in grades five through nine to learn about the effects of drug abuse on the body and the brain. National Institute on Drug Abuse, National Institutes of Health

National Clearinghouse for Alcohol and Drug Information: FOR

KIDS ONLY The National Clearinghouse for Alcohol and Drug Information (NCADI) sponsors this section for kids and provides information in both English and Spanish. Activities, games, and basic information are provided. SAMHSA's National Clearinghouse for Alcohol and Drug Information

National Survey on Drug Use and Health

SAMHSA's National Survey on Drug Use & Health [formerly called the National Household Survey on Drug Abuse (NHSDA)] is the primary source of information on the prevalence, patterns, and consequences of substance use in the United States. Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

NIDA Publications Catalog

Browse this site for a listing of material -- research monographs, brochures, fact sheets, newsletters, posters, and videos -- available from the National Institute on Drug Abuse. National Institute on Drug Abuse, National Institutes of Health

PREVLIN: Prevention Online at the National Clearinghouse for Alcohol and Drug Information

The National Clearinghouse for Alcohol and Drug Information (NCADI) is the information service of the Center for Substance Abuse Prevention, and PREVLIN is its multi-faceted online information activity. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Reality Check

Reality Check is a national public education campaign designed to counter increases in marijuana use by youth. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Safe & Drug Free Schools Program

This is the home page of the Safe and Drug Free Schools Program (SDFSP), the Federal government's primary vehicle for reducing substance abuse, and violence, through education and prevention activities in the nation's schools. U.S. Department of Education

SAMHSA Model Programs

This web site is a comprehensive resource for anyone interested in preventing substance abuse and creating sustained positive change in our nation's communities. Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

Science and Technology Page - Office of National Drug Control

Policy Browse this page for research reports and releases on current addiction research news from experts in the substance abuse field. Office of National Drug Control Policy, The White House

Search The Prevention Materials Database (PMD)

Users are guided through data fields to search for substance abuse prevention materials -- alcohol and other drugs; drug education; and substance abuse prevention. SAMHSA's National Clearinghouse for Alcohol and Drug Information

Spitting into the Wind -- The Facts about Dip and Chew

Information and resources about the health risks associated with chewing tobacco -- mouth and throat cancer. National Institute of Dental and Craniofacial Research, National Institutes of Health

Substance Abuse Information Database

This interactive database provides a one-stop source of information with summaries and full text of materials relating to workplace substance abuse issues. Working Partners for an Alcohol- and Drug-Free Workplace, U.S. Department of Labor

Treatment and Help - Addiction Technology Transfer Center

This document links to a national directory of drug abuse and alcoholism treatment programs and related hotlines. Addiction Technology Transfer Center Network

Treatment Improvement Exchange (TIE)

This site links health professionals to information on substance abuse treatment policies, funding sources, grant programs, data and treatment services resources. SAMHSA, U.S. Department of Health and Human Services

Websites of Substance Abuse and/or Mental Health Agencies Serving Asian Americans &

Pacific Islanders This list includes state agencies serving Asian Americans and Pacific Islanders who may have substance abuse or mental health problems. National Asian Pacific American Families Against Substance Abuse, Inc.

Who's Got the Power? You or Drugs

Teens offer advice about drug use and drug abuse prevention to their peers. National Council on Alcoholism and Drug Dependence, Inc.

Women and Drug Abuse

Today, more than 4 million women in this country use drugs. National Institute on Drug Abuse, National Institutes of Health



Prevention Highlights at Peer Assistance: Out of the Office — Into the Community

Youth Transitioning Into the Workplace

- Goal – research the effectiveness of TEAM Awareness (TA), a SAMHSA model program for workplace drug prevention, with 16-24 year olds in blue collar, non-skilled work environments. Phase 1 is a two year planning process. Phase 2 is a three year implementation grant.
- Funded by Center for Substance Abuse Prevention (CSAP), the primary federal funder of drug abuse prevention.
- The program will implement TA with 3 Youth Corps sites (Denver, Steamboat Springs, and Durango) and compare results with three Youth Corps control groups.
- Youth Corps is a year long program teaching job readiness skills for poverty level youth who are high school graduates and drop outs.

Mentoring Children of Prisoners

- Goal - match a minimum of 100 children in mentored relationships that last at least a year. This is a three year grant from the Administration for Children and Families (ACF), part of the Department of Health and Human Services (HHS).
- This program collaborates with Partners, a community based mentoring program, and Friends in Transition, a faith based mentoring program, helping staff develop and implement plans for recruiting qualified mentors – which can present a challenge due to the multiple problems often associated with the children's' family backgrounds.
- The primary tasks are to help recruit mentors and work with the steering committee to find additional resources for the kids and families.

Fetal Alcohol Syndrome Disorder Community Grant



- Phase 1 - a planning grant to establish a steering committee, conduct a needs assessment, and develop a strategic plan to reduce alcohol use during pregnancy by at-risk women. Phase 2 - four years to implement and evaluate the strategic plan.
- Funded by CSAP's FASD Center for Excellence through a contract with Northrup Grumman.

- At-risk women: in homeless shelters and transitional housing, in recovery from alcohol or other drug addiction, teen parents, families with one or both parents in prison, women with co-occurring disorders .
- Primary tasks: create the steering committee and guide them through the needs assessment and strategic plan development.

Alcohol and Drug Abuse Division Grant

- Final year of a federal block grant funded project through ADAD to provide parenting classes and youth groups for families with an FASD affected child and those considered at risk for having an FASD affected child.

Drug Free Communities

- Final year of a five year grant
- Focus is on building community capacity to reduce drug abuse, with an emphasis on preventing experimentation and use by youth.
- Primary task is to build a coalition which addresses drug abuse through a variety of approaches including the media, law enforcement, youth (drug free proms and activities), parents, business community, and faith based organizations.



Parent Corps

- Leading a coalition of four drug free communities (includes Westminster, Boulder, and Fort Collins) to implement Parent Corps (PC) in Colorado.
- Eight other states are conducting the same project.
- The national PC office funds two parent leaders. They work with their child's school to implement drug prevention activities, support groups for parents with a child who is involved with drugs, support groups for students who are in aftercare for drug treatment, community organizing to reduce the sale of alcohol to minors, and other projects.
- Primary tasks are to secure funding to hire additional parent leaders, and recruit volunteer parent leaders for schools in metro Denver.

Jackie Westhoven (l) and Elizabeth Pace pose with Howie Madigan of Harmony Foundation at the *Advocates for Recovery Rally* on September 18 at Civic Center Park. This year's rally was well attended by over 300 people! **Plan now to show your support at next year's event on September 10, 2005!**



Peer Assistance Services Gets Around

☛ Colorado Pharmacists Society

Fall Educational Conference, Denver, September

☛ Colorado Veterinary Medicine Association

Annual Convention, Steamboat Springs, September

☛ Colorado Nurses' Association

Annual Convention, Westminster, September

☛ Colorado Dental Hygiene Association

Fall Conference, Copper Mountain, October

☛ International Nurses Society on Addictions

Annual Meeting, San Diego, October

☛ National Organization of Alternative Programs

Annual Meeting, Phoenix, November

☛ Colorado Alcohol and Drug Abuse Division

Annual Conference, Breckenridge, November

☛ Employee Assistance Professionals Association

Annual Conference, San Francisco, November

NEWSWORTHIES

☎ **Congratulations to Dr. Brett H. Kessler, DDS**, a Denver-based general dentist, who was presented with the **2004 Outstanding Service to the Underserved Award** from Metropolitan Denver Dental Society. Dr. Kessler has provided free dental work to dozens of Sobriety House clients with serious dental problems resulting from addiction. The Sobriety House is Colorado's oldest substance abuse treatment program, established in 1967. In 2003, PAS awarded Dr. Kessler one of its annual Founders' Awards.

☎ **Substance Abuse Intervention Training** was held on October 30 at the offices of the Colorado Dental Association. Thanks to Howie Madigan, from Harmony Foundation, for his expertise in helping health care professionals learn how to reach out to colleagues in need.

☎ **TEAM Awareness**, a SAMHSA Model Workplace program, **returns to Denver in March, 2005**. A tentative schedule for the week includes

2/28: Model Workplace Programs Sampler, including TEAM Awareness, the Healthy Workplace, and others. Open.

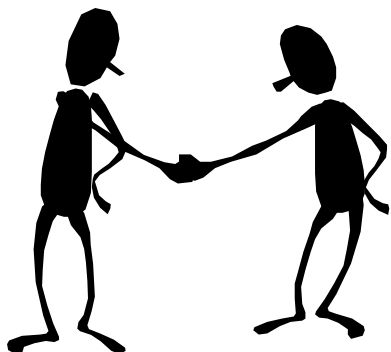
3/1: Booster Training of Trainers. TEAM Awareness certified individuals.

3/2: One day training on the TEAM Awareness Stress module. Open

3/3: Presentation to the Denver Drug Strategy Task Force, Mayor's Office.

For more information, contact Andy Siegle, Workplace Program Specialist, at 303-369-0039, ext. 221, or via email at asiegle@peerassist.org

Board and Staff Highlights



We are delighted to welcome three new members to the Board of Directors.

- Colleen Casper, MSN, RN is Vice-President and Chief Operating Officer at Exempla Lutheran Medical Center.
- Jane Klein, ADN, RN, is a Charge Nurse in the Operating Room at Denver Health Medical Center.
- Grace Walsh, MS, RN is a nurse at Denver Health Medical Center.

New staff members joining the Denver office:

- Katie Banks, Executive Assistant
- Bryanna Addison, Prevention Coordinator
- Brie Reimann, Prevention Coordinator
- Cynthia Koenck, Administrative Coordinator



Lois Lifto, Southeast TASC Director, and Julie Hoffman, Mile High TASC Director, share their perspectives about the past year's accomplishments and future challenges.



Jill Bednarek expertly facilitates the strategic planning discussion.



Grace Walsh

Photos from the Board and Staff Retreat



Teams exchange ideas about next year's strategic focus.

Board of Directors

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www.peerassist.org
www.codrugfreeworkplace.org



Happy Holidays!



Workplace prevention programs are funded by the Colorado Alcohol and Drug Abuse Division

Peer Assistance Services, Inc Celebrating 21 years!



Save This Date!

Thursday April 7, 2005

6:30 pm

PPA Events Center

2105 Decatur Street, Denver CO

Featuring
Singer/Songwriter Marshall Chapman