

CALCAP, ANEF & CCAGE

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MERRY CHRISTMAS AND HAPPY NEW YEAR!



Dear
Friends of
CalCAP,
Merry
Christmas
and Happy
New Year!

I hope that I am among the first, but certainly not the last, to extend you those words of promise, joy and hope.

During these difficult economic times, the message of Christmas is even more important than in years of prosperity. In other years the “quiet” Christmas messages of love, peace, joy, hope and new life are sometimes drowned out by the cacophony of materialism

which has threatened to re-define the season. We are nearly blinded by the ostentatious decorations found in even the most humble of stores and homes, and can no longer clearly discern the light that emanates from a small manger 2000 years ago.

But this year may be different. Maybe this year the nation will re-discover that it really is the thought that counts, especially when all we can afford to give is the Love and Joy in our heart, and the hope that is the promise of Christmas.

As Christmas day rapidly approaches, I hope that you will be generous with your love, the gift that can change a life, and share

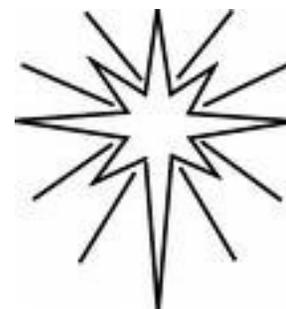
with everyone the glorious and joy-filled greeting,

MERRY CHRISTMAS!

AND

HAPPY NEW YEAR!

Rev. James Butler,
Executive Director



2009 — A YEAR OF POSSIBILITY

Although every “New Year” affords opportunity for hope, 2009 portends a unique possibility regarding increased alcohol taxes. Realizing that taxes on alcohol have not been raised since 1992, the governor has proposed a 5 cent a drink tax, and with the ever-growing budget deficit, the Legislature may also see the wisdom of this or higher increase.

Studies show that if costs are increased, it will not only raise revenues to offset the economic and social costs of alcohol in California, it will also reduce the amount of alcohol consumed, which will reduce some of the negative consequences of alcohol abuse.

What an exciting possibility!

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OPENINGS ON THE BOARD OF DIRECTORS



Is one of these
chairs for you?

Currently there are openings on the Board of Directors of CalCAP, ANEF, and CCAGE. These boards determine the direction and the programs that help us prevent the problems caused by alcohol, other drugs and gambling. Because we are faith-based, all of our members are involved with their church (we have representatives from many denominations), and this will be expected of any new member as well. Further, along with a commitment to support efforts to prevent problems caused by alcohol, other drugs and gambling, board members should ab-

stain from alcohol, illicit drugs and gambling while they serve on the board.

If you or someone you know is interested in serving on the Board of Directors, please submit the name in the enclosed envelope. The names will then be submitted to the Executive Board and the selected names will receive an invitation to join our board and attend the annual meeting, scheduled for Feb 2, 2009, in Sacramento.

Thank you for your help in strengthening and growing our board.

A BRIEF INTERVENTION

Because of increased alcohol use in underage patients and the continual injuries caused by alcohol related events, four Trauma Centers in Northern California will begin a new program intended to help patients redirect their lives and prevent alcohol use and abuse. This experimental program is based on a "Brief Intervention" approach, which uses trained ER nurses to raise drinking issues when the pa-

tients will be most likely to realize the dangers of their actions. The obvious goal of this "intervention" is to help ER patients understand the consequences of their drinking, and to seek treatment or support to change their destructive habits. This approach has proven successful in other instances, especially with those already stressed by their behavior., and we hope it will succeed in California.

"Somewhere
around 40% of
the people I take
care of in the
hospital for inju-
ries test positive
for alcohol"

Dr. Utter,
Trauma Surgeon

ANNUAL MEETING — FEBRUARY 2, 2009

On Monday February 2, 2009, the Annual Meetings of CalCAP, ANEF, and CCAGE are scheduled to be held at the Riverside United Methodist Church in Sacramento. Beginning at 10:00 am and concluding at 3:00 pm, various aspects of our organization will be discussed and considered. Along with busi-

ness, there will be information provided on a number of alcohol and gambling related topics, presentations, and introduction to some of the resources that are available. Although only Board members will be able to vote on the various issues that come before us, the meeting is open to everyone.

ANNUAL
MEETING
FEBRUARY 2,
10:00
TO
3:00
SACRAMENTO

AN OUNCE OF PREVENTION IS WORTH A LIFE

Because of our long history of working to prevent the problems caused by alcohol and other drugs, the Alcohol-Narcotic Education Foundation was invited to participate in a special event on the grounds of the Capitol. The event was called "Recovery Happens" and between 4,000 and 5,000 people attended.

Our display booth helped introduce us to both individuals in recovery and organizations that are concerned with treatment and recovery programs. Many of those who stopped by expressed their gratitude for the efforts we are making to help people never start down the path of abusing alcohol or some other drug, and they wished us success.

We also invited persons in recovery to answer questions that will help us in our prevention-oriented mission. In this and

future newsletters we will share some of those answers.

When asked "What do you think can be done to help prevent someone from abusing alcohol or some other drug?" many answers related to education, communication and family involvement. Below are some of the answers from individuals in recovery.

I think that education programs (like DARE or whatnot) need more real experiences and interactions with real recovering addicts who can tell kids their story, rather than policemen telling kids to "just say no."

Teaching at a young age: 1 self worth, 2 ability to deal with stress, 3 ability to discuss feelings and emotions, 4 how to deal with and process sexual abuse.

A loving family, telling them and showing them the life of a Drug addict.

Have a strong family foundation. Don't start. Stay away from people who are involved with things like that because one day they'll pull you in their direction. Evil company corrupts good morals.

Teach youngsters 5-17 years old who are identified as having a problem about the importance of the developmental triggers: Friends, Past/History, Attitudes, Family Support, and Beliefs.

Although recovery does happen, everyone agreed that it is easier to never start than quit, and a lot less destructive, affirming what we have always known, "an ounce of prevention is worth a life."

CHRISTMAS SHOPPING WITH CALCAP

This year as you do some of your Christmas shopping on-line, many of the stores you use will make a contribution to CalCAP. When you do your shopping on line, at such places as Amazon, e-Bay, QVC, Sears, Dell, Macy's, Home Depot, Staples, or more than 500 other merchants, they

will make a donation to the California Council on Alcohol Problems.

All you need to do to take advantage of this opportunity is to register at "www.iGive.com" and select "California Council on Alcohol Problems" to be your cause. Then every

time you use one of the participating merchants, that company will make a donation to our organization at no cost to you.

If you would like to help CalCAP as you do your Christmas (or year-round) shopping, register today at "www.iGive.com"



Your on-line Christmas shopping can help raise money for CalCAP



CALIFORNIA COUNCIL ON
ALCOHOL PROBLEMS

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Rev. James B. Butler
Executive Director

WE'RE ON THE WEB!

WWW.CALCAP.ORG

MERRY CHRISTMAS
&
HAPPY NEW YEAR

OUR TASK AND MISSION

The CalCAP family, which includes the California Council on Alcohol Problems (CalCAP), the Alcohol-Narcotic Education Foundation (ANEF) and the California Coalition Against Gambling Expansion (CCAGE), is a statewide, faith based organization that seeks to prevent the moral, economic, scientific and social problems caused by alcohol and gambling. This is done through research, education, advocacy and lobbying. Thus, we raise the awareness of these problems among the people, and address the legislature regarding alcohol and gambling issues.

We are funded entirely by gifts from denominations, churches, church groups and individuals. We do not receive any financial support from any governmental agency or political party.

If you would like to be part of our information network, arrange for a program or preaching date, or support our work through-out California, please contact our Executive Director, the Rev. James Butler, or our Sacramento office, at 916 / 441-1844 or calcap@sbcuc.net. Our Mailing address is 803 Vallejo Way, Sacramento CA 95818.

Because CalCAP is involved in lobbying efforts, donations to CalCAP are not tax-deductible. Donations to ANEF are tax-deductible.

PREVENTING SUBSTANCE ABUSE — SPREAD THE WORD*

Currently only 2% of churches participate in substance abuse prevention programs. That is simply not good enough! It is important that churches strengthen their commitment to substance abuse prevention. This article is the last in a series that identifies actions churches can take to develop a prevention program, and will focus on an essential step. Churches must **“Look for opportunities to spread the word.”** Below are four ways to approach that task:

1. **DEVELOP** partnerships with area faith and community-based organizations as a way of coordinating training programs, and sharing information and substance abuse prevention educational resources that have proven to be effective. Organize a “challenge” with other faith and community substance abuse prevention organizations that encourage youth leaders to compile and trade activities and ideas.
2. **CONTACT** national, state and/or community alcohol and drug programs for technical assistance and guidance on ways to develop or enhance your existing substance abuse prevention programs.
3. **LET LOCAL MEDIA KNOW** about your initiatives. Partner with community newspapers to produce special inserts or sections that promote participation in faith-based youth programs and community involvement as a protective factor in substance abuse prevention.
4. **INCLUDE** special sections on your organization’s Web site to promote your youth and parenting outreach and substance abuse prevention programs. If you have programs or activities that are effective in your congregations, share the information so that others might use them too!

*Taken from “Four Ways to Include Drug Prevention in Your Religious Programs” — A.D.P.