

CALCAP, ANEF & CCAGE

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THE GIFT OF CHRISTMAS HOPE

Dear Friends of CalCAP, ANEF and CCAGE,

I hope that you have a Merry Christmas and can celebrate the “Hope” it brings!

Perhaps one of the greatest gifts of Christmas is “Hope.” It is “Hope” that allows us to believe that things can be different than the way they are. It is “Hope” that fuels our passion to change the world around us. It is “Hope” that ultimately sustains us through difficult times and sorrow-filled circumstances. It is “Hope” that characterizes the Christian faith and serves as a hallmark of who we are and what we can do.

One only needs to be aware of the news regarding our communities, state, nation and world to know

that things need to change; however, without “Hope”, that news will lead only to depression, apathy and a numbing malaise. Christmas offers a new perspective – things can change and can get better. The world does not get to have the last word. That privilege is left to God, and at Christmas, that Word was uttered and given flesh. Into a world of darkness, there came a light; and with that light came a “Hope” that nothing would be the same. The world would begin to be changed for the better, and in spite of the shadows that still persist, we claim the Hope that our world will continue to be transformed by the power and glory found in the Christmas event.

This Christmas, we will all undoubtedly notice aspects of our lives, communities and world that need to change, yet we will not despair. Instead, we will work to make the changes, make a difference and make things better.

Christmas provides us both the “Hope” and assurance that these changes will happen. Share the “Hope of Christmas” this season and discover the difference it will make in you and the world.

Merry Christmas!
Rev. James B. Butler
Executive Director

CELEBRATE THE HOLIDAYS ALCOHOL FREE

Although there will be countless ads declaring that alcohol should be part of your Christmas and New Year celebrations, we know that a drunk relative or friend ruining another holiday is something many

would choose to forget, and the drinkers may not remember at all. Celebrate Christmas and New Year without alcohol this year, and have a holiday season that you will want to remember.

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MEET THE CHALLENGE IN YOUR COMMUNITY

The Substance Abuse and Mental Health Service Administration has developed a program to help communities aid in preventing the problems of alcohol and other drug use and abuse among our youth. This program is called the Strategic Prevention Framework (SPF) and uses a five-step process known to promote youth development, reduce risk-taking behaviors, build assets and resilience, and prevent problem behaviors across the life span. The SPF is built on a community-based risk and protective factors approach to prevention and a series of guiding principles that can be utilized at the federal, State/tribal and community levels.

This is our second in a series where we will provide brief explanations of these steps. Below is an excerpt from the SPF program.

The idea behind SPF is to use the findings from public health research along with evidence-based prevention programs to build capacity within States/Tribes/Territories and the prevention field. This in turn will promote resilience and decrease risk factors in individuals, families, and communities.

The Strategic Prevention Framework steps require States, federally recognized Tribes and Tribal organizations, and communities to systematically:

- Assess their prevention needs based on epidemiological data,
- Build their prevention capacity,
- Develop a strategic plan,
- Implement effective community prevention programs, policies and practices, and
- Evaluate their efforts for outcomes.

Throughout all five steps, implementers of the SPF must address issues of sustainability and cultural competence.

The second step we address is “Building Prevention Capacity”.

States and communities must have the capacity—that is, the resources and readiness—to support the prevention programs, policies, and strategies they choose to address identified substance abuse problems. Why? Because programs, policies, and strategies that are well-supported are more likely to succeed. Building capacity means taking a close look at your assessment data, finding the gaps that lie therein, and developing an action plan to address those gaps.

Key components of capacity building include:

- Increasing the availability of fiscal, human, organizational, and other resources.
- Raising awareness of substance abuse problems and readiness of stakeholders to address these problems.
- Strengthen existing partnerships and/or identify new opportunities for collaboration.
- Developing and preparing the prevention workforce.

There is tremendous value in these capacity-building activities. Together they will not only improve the effectiveness of prevention activities in the short term, but also help to ensure the sustainability of these activities, over time.



NEWS AND NOTES

Some brief news items as we end 2012.

About One-Third to One-Half of Youth Report That They Can Get Alcohol, Cigarettes, Prescription Drugs to Get High, or Marijuana Within a Day or Less

Between 31% and 50% of youth ages 12 to 17 report that they can get alcohol, cigarettes, prescription drugs to get high, or marijuana within a day or less, according to data from the 2012 National Survey of American Attitudes on Substance Abuse. Alcohol and cigarettes were the most readily accessible substances, with 50% and 44%, respectively, of youth reporting that they could obtain them within a day.

More Than Two-Thirds of U.S. Residents Who First Started Using Drugs in the Past Year Began with Marijuana

An estimated 3.1 million persons ages 12 or older—an average of approximately 8,400 per day—used a drug other than alcohol for the first time in the past year, according to data from the 2011 National Survey on Drug Use and Health. More than two-thirds (68%) of these new users reported that marijuana was the first drug they tried.

Underage Drinking Fuels Rape, Sexual Assaults

In 2010, there were 781,000 female victims and 681,000 male victims of alcohol/drug-facilitated rape in the United States. These and other data in The National Intimate Partner and Sexual Violence Survey: 2010 Summary Report underscore the role that underage and excessive drinking play in sexual assaults. The May 2011 Report to Congress on the Prevention and Reduction of Underage Drinking notes that “Underage drinking by both victim and assailant also increases the risk of physical and sexual assault” and states that “About 97,000 college students are victims of sexual assault or date rape related to alcohol use each year.”

Highest Number of Arrests in the U.S. Are for Drug Abuse Violations

There were an estimated 12,408,899 arrests in the United States in 2011, according to data from the national Uniform Crime Reporting (UCR) Program. The highest number of arrests was for drug abuse violations—selling, manufacturing, or possessing drugs, followed by larceny-theft and driving under the influence.

TWO GIFTS FOR THE PRICE OF ONE

For those of you who 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 on this site, 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 and you will give two gifts for the price of one.



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Executive Director

WE'RE ON THE WEB!
WWW.CALCAP.ORG
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WWW.CCAGE.ORG

OUR TASK AND MISSION

The CalCAP family, which includes the California Council on Alcohol Problems (CalCAP), the Alcohol-Narcotic Education Foundation of California (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@calcap.org. 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.

A GIFT THAT KEEPS ON GIVING

Some Christmas gifts do not last longer than the batteries that power them. Others last only until they are out grown, worn out or are no longer in fashion. And then there are those that reflect a value for many years, and even reflect our values. A gift to the California Council on alcohol Problems is one of those lasting gifts. Our efforts to prevent the social, economic, scientific and moral problems caused by alcohol contribute to a better world for individuals, families and communities. Our efforts result in better information and education regarding underage drinking. Our efforts help keep the alcohol industry in check, and remind the legislature that they have been elected to serve the people of California, not an industry that preys on our weaknesses and exploits our chil-



dren. Our efforts give voice to those who know that an abundant life does not include suffering the devastation caused by alcohol. Our efforts result in a lasting gift to the people of California, especially the children. Our efforts are only possible because of those who are willing to give a gift that will keep on giving, and we are truly grateful to those have supported us this past year.

As you consider the various gifts that you will give this Christmas, I hope that you will join our many generous supporters and will decide to give a gift to the California Council on Alcohol Problems or the Alcohol-Narcotic Education Foundation. It will be a gift that bears the type of fruit that is truly appreciated and makes a difference for years and years to come.

Rev. James B. Butler