

CALCAP, ANEF & CCAGE

VOLUME 7, ISSUE 1 JANUARY 2013



Dear Friends of CalCAP, ANEF and CCAGE,

On January 20, our nation again celebrated the birthday of Martin Luther King Jr. and was reminded of the powerful speech he gave when he proclaimed "I have a dream!." That was not only a personal statement, but became a rallying point for a nation as we sought to express our hope for the future. The message of that speech still lives, as each of us strive to make our dreams come true.

WHAT IS YOUR DREAM?

"I have a dream" is not just a line from a speech; it is our statement of the deep yearnings of our hearts and souls. "I have dream" is the beginning of the vision that can shape our lives, our futures, and the world in which we live.

I have a dream. I dream of a society that is not wracked by alcohol, other drugs and gambling. I dream of a society where individuals and families are not devastated by abuse and addiction. I dream of a society that recognizes that alcohol, other drugs and gambling are social pollut-

ants, more poisonous, dangerous and toxic than we can afford to harbor in a sane society. I have a dream that there will be changes in our world, and that we can provide a better environment to raise our children. I have a dream that people working together can make these changes happen. I have a dream.

What is your Dream?

Rev. James B. Butler
Executive Director

ANNUAL MEETINGS

On Monday, February 11, the Annual Meetings of the California Council on Alcohol Problems, the Alcohol-Narcotic Education Foundation, and the California Coalition Against Gambling Expansion will convene in Sacramento. The meetings will be held at Faith Presbyterian Church, 625 Florin Road, 95831 from 10:00a.m.-3:00p.m.

These meetings will provide the

opportunity to review our work of 2012 and anticipate and prepare for the challenges of 2013. This is a public meeting and all who are interested are invited to attend.

Currently there are some openings on the Boards. If you are interested in serving on one of the Boards, please contact the Rev. James Butler at (916) 441-1944.

INSIDE THIS ISSUE:

A COMMUNITY CHALLENGE	2
STUDENTS: TAKE THE TEST	3
LEGISLATORS RETURN	3
VALUE LIFE OVER CHEAP BOOZE	4

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.

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

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 third step we address is :

“Developing a Strategic Plan”.

Planning is pivotal to prevention success. Planning will increase the effectiveness of prevention efforts—by focusing energy, ensuring that staff and other stakeholders are working toward the same goals, and providing the means for assessing and adjusting programmatic direction, as needed. If done carefully, planning will also make future evaluation tasks much easier. Prevention practitioners at the state and jurisdiction levels engage in these planning activities:

- Establish criteria for prioritizing risk and protective factors associated with the identified priority problems, focusing on their importance and changeability.
- Develop a state-, tribe-, or jurisdiction-level logic model that links the consumption patterns and consequences of the priority problems, associated risk and protective factors, evidence-based strategies, and anticipated prevention outcomes.
- Develop a comprehensive and data-driven plan that includes a logic model, strategies for addressing resource and readiness gaps, anticipated evaluation activities, and how cultural competence will be addressed.
- Establish an Evidence-Based Workgroup responsible for determining what is evidence-based, soliciting proposals for community-level strategies, and reviewing and selecting those strategies.

Planning at the community and tribal levels addresses similar priority problems and associated risk and protective factors, but prevention practitioners focus on specific interventions and their intended consequences.

Good planning is also crucial to sustainability. It ensures the involvement and commitment of stakeholders beyond the initial funding period, establishes the organization structure necessary to maintain program activities over time, and greatly increases the likelihood that expected outcomes will be achieved. Whether planning happens within a formal coalition or among a more informal group of partners, decisions must reflect the ideas and input of diverse groups and individuals.

Do You Have a Drinking Problem? Take the Test

Our college campuses have a drinking problem, and it is getting worse. Some students are unaware that they have a problem with alcohol. If you are a student or know one, take this test from the University of Notre Dame to better determine if you need to change your alcohol usage.

1. Have you missed classes more than once due to a hangover?
2. Have you felt you should cut down on your drinking?
3. Have you decided to cut down on your drinking and found out that you could Not?
4. Have you been angered by the criticism of others about your drinking?
5. Have you gotten into fights while drinking?
6. Is excessive/binge alcohol use a significant part of your weekly social/recreational activities?
7. Have you gotten into problems with RAs or campus police because of your drinking?
8. Do you routinely "binge" drink? (Binge drinking for **women** is defined as drinking four or more drinks during an episode of drinking. For **men** - five drinks is considered "binge drinking.")

9. Have you ever had periods of time you cannot account for while you were drinking or after drinking occurrences?

10. Have you had sexual experiences after drinking that you later felt bad about?

One "Yes" indicates that now is the time to evaluate how much you are drinking, how often, and the impact your alcohol consumption is having on you. Also, you should probably reduce the quantity of alcohol you consume.

More than one "Yes" response indicates the definite need for you to limit your alcohol use by either abstaining or limiting your levels of consumption.

If you are unable to control your use then it's time to abstain completely. If you need help making that decision counselors at your school or in the community can provide a confidential alcohol assessment as well as assistance in helping you change your relationship with alcohol.

If you need to make a change, do it today. Alcohol destroys lives and futures, don't let it destroy yours.

LEGISLATURE RETURNS

On December 3, 2012, the legislators for the 2013 Legislative Session were sworn into office. On December 19, Senator Wright introduced a bill (SB 51) to legalize internet gambling in California. This is basically the same bill that we successfully opposed in 2012. It is clear that this effort to expand gambling in California is not over, and our work is not done.

On January 7, The California state legislature reconvened and will be very busy the next few months. They only have until January 25 to submit all the bills they are going to hear this 2013 session. In the last session, 1,422 bills were introduced by the Legislators, and we can expect a similar number this session as well..

We will again follow bills related to alcohol, other drugs and gambling and let our voices be heard.



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

CHEAP BOOZE: WHAT PRICE YOUNG LIVES?

Why are we working to raise the alcohol taxes in California? Well, one reason is that it will lower underage drinking and save young lives.

According to a new study, "... the ability of youth to access alcohol might be curtailed by regulating the availability of single-serve, ready-to-drink alcoholic beverages, or by setting minimum prices that cover all alcoholic beverages." Alison Burke Albers, Ph.D., of the Boston University School of Public Health, and her colleagues determined the minimum cost of the smallest containers of 25 brands of inexpensive alcohol beverages commonly sold in the United States. One of their findings is "... because the price per drink was less than \$1.00 for 21 of the brands, an outlay of \$5.00 purchased five or more drinks for 80% of these brands." Results of the new study are reported in [Minimum Financial Outlays for Pur-](#)

[chasing Alcohol Brands in the U.S.](#), in the January 2013 issue of the *American Journal of Preventive Medicine*. The study was supported by a grant from the National Institute on Alcohol Abuse and Alcoholism. Many studies have concluded that higher alcohol prices and alcohol taxes are associated with reductions in both excessive alcohol consumption and related, subsequent harms. Increased taxes on sales of alcohol is one of nine types of evidence-based environmental prevention that the Substance Abuse and Mental Health Services Administration (SAMHSA) recommends.

In 2013 we will be embracing this recommendation of SAMHSA and working with a coalition of organizations that recognize the wisdom of raising taxes on alcohol in California. Which will the Legislators value highest—the alcohol industry or the lives and futures of our children?