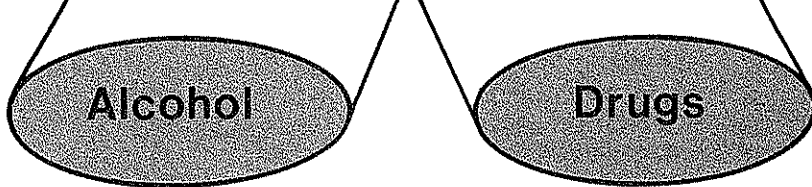


Bureau of Alcohol and Substance Abuse

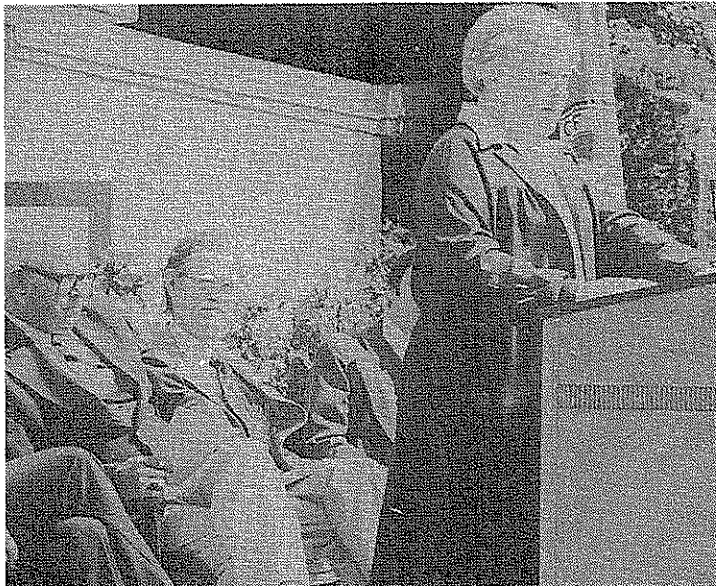
FOCUS



Vol 1, No. 2

August/September, 1979

Governor Clips Ribbon For "Pioneer North"



Gov. Dixy Lee Ray speaks at dedication of No. State Alcoholism Unit.



Inspects clients quarters.

Pioneer North—possibly the first secure alcoholism treatment center in the nation—was dedicated July 14 in a ceremony heralding the reopening of the old Northern State Hospital at Sedro Woolley.

Renamed the Northern State Multi-Service Center, the former mental hospital now houses three separate programs: Portal, a rehabilitation center for the chronically mentally ill; a federal Job Corps camp; and Pioneer North.

In her dedication speech, Governor Dixy Lee Ray told the audience that even though Washington administers what is considered to be one of the best alcoholism programs in the nation, recent changes in the involuntary commitment law revealed a clientele which wasn't fitting in with existing programs. Referring to chronic alcoholics who continuously walk away from detox before their required time is served, Gov. Ray said she expects Pioneer North to fill that gap.

"The so-called 'walk away' alcoholics

represent less than one percent of the 47,000 persons served by Washington's alcoholism treatment programs each year, but they consume much more than one percent of the available detoxification and treatment services," Gov. Ray said. "Some of them revolve through detoxification centers thirty or more times each year in a cycle that is enormously expensive in terms of counseling, medical care, and human suffering."

Gov. Ray noted that before the law changed, chronic alcoholics revolved through the criminal justice system.

"They were thrown in jail, dried out, and then sent back out on the streets to get drunk again." A law decriminalizing alcoholism was passed in 1972.

Praising the comprehensiveness of existing programs, Ray added, "This new program completes that continuum of care by providing a minimally-secure setting for treatment of the chronic, court committed alcoholic."

At full capacity, there will be 55

clients at Pioneer North. The initial commitment will be for 30 days, with options for two successive 90 day commitments after that for a maximum of 210 days.

The Department of Social and Health Services Bureau of Alcohol and Substance Abuse created the program and has contracted with Pioneer Cooperative of Seattle to operate the facility.

"We are trying something new here," Gov. Ray concluded. "These are, in a sense, pilot programs. A good many people—not just in Washington State, but from around the nation as well—will be watching to see what happens here. The citizens of the state are making an investment in these programs and they'll want to know whether that investment pays off. I believe it will."

Other speakers at the ceremonies were State Sen. Lowell Peterson; Skagit County Commissioner Howard Miller and Donald T. Walley, Mayor, Sedro Woolley.



DEAN'S DESK

By Dean Gregorius, Director
Bureau of Alcohol and Substance Abuse

One of the major issues for alcohol and drug programs since the last newsletter is—BARS. A lot of written and verbal input was given by program directors, particularly to the proposed draft BARS guidelines as it related to reserves. Milo Kurlle and Wes Hamilton on the Bureau staff, attended a series of meetings of the BARS Steering Committee in which they helped represent the field. Significant changes in the BARS reserve guidelines have occurred and appear much more acceptable to County Coordinators and Program Directors.

Staff had a Bureau retreat on July 11 and 12, 1979 at Alderbrook Inn. It is the first time we have been able to get together as a total Bureau for any significant time. The purpose of the Bureau retreat was to become better personally acquainted, to establish goals and objectives for the Bureau, and to do some problem identification and resolution. We also developed a format for on going group problem resolution. The major issues discussed were functional organizational structure and communication problems.

Our budget was approved by the Legislature for funding at the requested level. The changes to current level funding were an appropriation to cover Northern State implementation, and an inflationary increase to vendors, and a proviso of \$161,000 to expand the State Employees Assistance Program.

The Bureau's Work Plan for the coming year is as follows:

WORK PLAN

	Approximate Date of Implementation
1. Implement Northern State	9-1-79
2. Review and approve county plans and offer technical assistance	8-1-79 thru 12-31-79
3. Developing alcoholism and drug components for Health Agency Plans	Unknown
4. Contract negotiations with County Commissioners and Community Boards	12-1-79
5. Planning and monitoring of services to special populations	Ongoing
6. Implement a utilization rate management system	Ongoing
7. Expand Statewide Services in drugs to King, Whatcom and Cowlitz Counties	7/80
8. Involuntary Commitment training	7/80
9. Judicial education	8/80
10. Develop regional training plans	1/80
11. Counselor training	Ongoing
12. AIS Guidelines and monitoring	Ongoing
13. Work within the regionalized DSHS structure in order to develop a closer working relationship between county alcoholism service agencies and auxiliary community social and health services	Ongoing
14. Develop guidelines for Community Service Office staff on the referral of clients with alcohol abuse problems to CACs	3/80
15. Work with County Alcoholism Programs in reviewing the need for alcoholism services to residents of rural areas	3/80
16. Assist the Task Force on Minorities in reviewing the need for alcoholism services among minorities and implementing recommendations where practicable	6/80
17. Child Protective Services training	8/79
18. Certification and monitoring of contracted services for alcohol and drugs	Ongoing

New AIS Model In Works

Aided by a \$14,000 National Traffic Safety Commission Grant, now held by Educational Service District 121, King County, work is underway to revamp and tighten AIS procedures in state programs.

Jesse McCabe of the Bureau of Alcohol & Substance Abuse is primary coordinator of the project which will eventually result in development of an instructor's manual for use by teachers of adult Alcohol Information School, a similar manual for Youth AIS, with both manuals carrying course outlines for eight hours, four two hour sessions, teaching methods, lesson plans, resource directory and background.

The project will be patterned after the highly successful and nationally recognized Kindergarten thru 12th grade alcoholism education guide developed by Clay Roberts and his cohorts of ESD 121 and replicated in several areas. For the AIS project, Don Fitzma-han will be the honcho.

The project ties into the new DWI legislation (HB 665), and aims to bring statewide AIS training into a more cohesive and effective pattern. A number of AIS instructors will be selected statewide to work on the project at its inception and if the timetable holds, training should start in October with a target group of AIS instructors.

Rotchford Steps Down As Advisory Council Chairman

Robert L. (Bob) Rotchford, Spokane Insurance Executive, was not handling the gavel at the July 26th meeting of the DSHS, Citizen's Advisory Council on Alcoholism to the Bureau of Alcohol and Substance Abuse. New Chairman is William Schneider, another long time member, and vice-chair Rotchford accepted an appointment upstairs to the Advisory Council to the Department of Social and Health Services. He has been a member of the Alcoholism Advisory Council for six years and Chairman for the past three. The group named Patricia McCullough as Vice-Chairman.

In departing, Rotchford told FOCUS "We've come a long way since the days of Mental Health, and the alcoholism programs in the State are good . . . marked by good programs and fine, dedicated people in them." The departing Chairman said the excellence of the State's comprehensive program has gained national recognition, and that he would continue to represent the alcoholism interests on the DSHS Advisory Committee.

"There is work ahead" Rotchford said, "We've got to protect what we have, be aware of upcoming problems and see that the alcoholism programs are in shape to meet whatever may come down the road."

Named to the Council, to comply with federal law, was a representative of the State Health Coordinating Council, Claude Wager, a hospital administrator from Port Angeles. There is yet one additional vacancy which will probably be filled by the September meeting.

July Advisory Council Agenda Heavy

Review of the 1980 Alcoholism Action Plan, discussion of WAC Revisions, a training forecast, word on Northern State delays and naming of a subcommittee to look into the Third Party Insurance Process marked the program of work for the July 26th meeting of the Citizen's Advisory Council on Alcoholism at the Sea-Tac Hilton.

Under the gavel of the new Chair-

man, long-time Council member, Bill Schneider, the group spent considerable time in discussions with Danny Rollins of the Planning Staff, on the 1980 Alcoholism Action Plan.

The group did some rearranging of priorities, added an emphasis portion on Insurance, Training and public outreach via the media. There was no change in the basic emphasis portion of the Plan: Maintenance of core services now in existence.

Jesse McCabe of BASA Alcohol staff outlined the review process of rewriting WAC 275-15 (see separate story), and it was the desire of the Council to adjust the timetable so that review could be held with the complete Advisory Council before presentation to hearings and recommendation to the Secretary, DSHS, for such changes.

McCabe also indicated that in the opinion of the Attorney General, the AIS mandated portion of Substitute House Bill 665 dealing with first offenders, DWI and Physical Control, would become effective on September 1. McCabe said this could conceivably mean an estimated 5 to 10,000 additional AIS clients in the next year.

In reviewing training programs, Jean Burgan indicated a "first" at the Involuntary Commitment Training session, the session was video taped and it is hoped that the video tape recording can be used elsewhere for furthering training in other counties that were not present.

A report was also given on the new change concerning AFDC (see separate story) to assist women into treatment.

Tom Armstrong, Chief of the Office on Alcoholism, said that the opening of Northern State would likely be around September 1 due to the fact that contractor's gremlins are having door-lock troubles. Armstrong said there were probably 360 potential statewide clients for Northern State which will get underway on a 15 bed basis, raising gradually to 55. Estimated stay is 120 days with a maximum of 210. Armstrong also said that arrangements were being made for all recommitment procedures to be handled by the Skagit County Prosecutor's Office.

Armstrong also reported on an important memo going out to the field, extending the detox payment time to six days for clients being held for involuntary commitment.

Referring again to Northern State, Armstrong said there had to be a strong backup effort and follow-up after release to the community so that an

effective outcome evaluation can be made.

The Alcoholism Office Chief then went into the subject of Third Party Insurance, past history and a look at the future. Upshot of this discussion was the appointment of a subcommittee of the Council to work with Armstrong on a study of the matter prior to taking a stand or direction on future legislation. Pat McCullough will chair and serving will be Ray Olsen, Don Hawker, Bill Porter and Howard Pitts.

Armstrong also reported that a comprehensive set of policies and procedures was being compiled for the Olympia office and voiced the comment that with the regional representatives gone from Olympia, the home office staff was paper-thin and it was not possible to get along more quickly with many of the special projects that might be desirable. Whether or not additional staff would be sought or added was not certain.

The next meeting of the Council will be on September 27, 1979.

Thanks, Mr. Merscher

In a letter to BASA, John Merscher, Chairman of the Clallam County Alcoholism Administrative Board, said some nice things about our first issue.

Said Mr. Merscher, ". . . I also want to take this opportunity to tell you that we thought FOCUS was an excellent and beneficial publication. There were several items in Volume 1, No. 1 that brought us up to date on a number of things. Those of us out in the "boonies" are often left out of things or hear about things later than anyone else, so something like FOCUS keeps us up to date and should help us provide better service to the citizens of our county. Thanks again for your excellent publication and keep up the good work."

Thank, you, Mr. Merscher, we will try our best but this, like any other newsletter, is only as good as people make it by **contributing information** by phone or fact sheets.

Incidentally, the letter was addressed to Ms. Cindy LaCombe of BASA and your editor would like to add a "ps" to Cindy for her excellent and delightful cooperation to the editor "out-of-residence." Cindy handles the distribution, sees to the final typing, the Bureau work on requisitions to the State Printer.

Editor's Clip Board

In a space of two months after giving the National Council on Alcoholism Forum the administration backing on a commitment to alcoholism, Joe Califano is unemployed . . . well, not really, he'll probably go back to being a wealthy Washington attorney. Joe, write when you find work. What of alcoholism-drugs and his named successor Patricia Harris? Only clue is the AP story of July 19; Harris: "Nobody should take any comfort with my appointment in respect to my changing any policies . . ."

Terry Seaholm, practically a pioneer in Pierce County Alcoholism Programs, in Detox and on up . . . is out. Bud Henthorn of Puget Sound Treatment Center is running both shows for the time being . . . June Executive Board meeting of the Alcoholism Professional Staff Society decided to have its own membership newsletter; "Alcobabble" was suggested "but not endorsed by the committee." The Board also "proposed that Hal Mischke design a survey of salaries for employees in the field of Alcoholism." Linda Grant was assigned as APSS delegate to the National Convention to be held in October—minutes do not indicate where . . . John Lawrence, columnist for the Tacoma New Tribune did a neat two-parter on a 33-year-old junkie and his attempt to get clean and stay that way . . . the junkie—called "John" had some big frustrations over Tacoma's Methadone Program. Tacoma News Tribune did a nice article July 1 on the U.S. Veteran's Affairs Alcoholism program at American Lake with highlights on Dr. Roger Sauer and Dr. Robert Howard. In the 12 years of operation, more than 400 individuals have been treated and said it probably cost the Government about \$4,000 a case for the six week inpatient program at American Lake.

HELP WANTED: Volunteer reporters . . . contributors . . . Let us know about your agency, program, problems, beefs, solutions . . . new people . . . changes . . . to keep a newsletter afloat, it requires news, = address: Ted Knightlinger, Editor, FOCUS, 2501 North Junette, Tacoma, Washington 98406. Deadline: anytime you get it here, the faster we get good material, the more stable a publishing cycle can become . . . or phone if you wish (206) 759-8485. If I'm on the golf course, I'll return your call.

Pierce County Alcoholism Community mourning the sudden death of Connie Cole, employee counselor of Tacoma CAC and Director of the Satellite CAC in Sumner. She was a pioneer in the Pierce County service framework, a diligent, hard worker, good at her job, popular and loved. Connie will be missed.

Harry Curtis of Puget Sound Hospital treatment staff is giving seminars for supervisors and others in the Occupational field—about three so far with 20 to 25 people at each, making inroads in employment programs. July 22—KIRO TV, Channel 7 (KIRO getting lots of ink this month) on "60 Minutes" did the Morley Safer bit on "Doctor, Are You Hooked." A few well-known MD's came out of the closet admitting to alcoholism and one to a dual problem—program probably shook the medical community but did a great service showing the disease of alcoholism can and does affect all strata of society, occupations, income. Show said "10% of all physicians are alcohol impaired." CBS figures, not ours . . . "Plugged Jug" award could go to KIRO—also did a Gary Christensen mid-day segment on alcoholism with Dr. Jim Smith, Shadels, & Gail on Aug. 7.

Spokane County Restructures Services

Restructuring of Alcohol Evaluation and Referral Services and alcoholism commitment was announced by Martha J. Tenold, Director of the Spokane County Community Services Department.

The Alcohol Evaluation and Referral Service will operate out of the Spokane County Health District housed in the main clinic. According to Donna Harris, Coordinator of the Service, the first step is to train 22 public health nurses to identify alcoholism problems in families, perform outreach, early identification and appropriate referral. Ms. Harris says she intends to work with personnel directors, attorneys, doctors and other social service agencies to generate additional referrals. Ms. Harris said the newly structured outreach is consistent with the Health Service goal of reaching the hidden alcohol abuser—middle class women, youth and employed male abusers.

All assessments will be done in the home or at the downtown, centrally located office.

The new alcoholism commitment service has been in effect since mid-June directed by Judy Wees, Alcoholism Commitment Specialist of the Spokane County Community Mental Health Center—Emergency Services Unit. Ms. Wees has spent much time conferring with alcoholism services treatment staffs, and individuals in the criminal justice system. Since June 22, there has been response to nine commitment calls. It is anticipated all commitments will be referred to the Eastern Washington Alcoholism Treatment Center; if secure facilities are required, Northern State may be used.

HELP WANTED: Program Director, Community Alcoholism Services; supervise 3 CACs and Detox; 3 years experience Administration of Alcoholism programs, knowledge of other community resources. Send resumes c/o H.J. Henthorn, Community Alcoholism Services, 742 Market St., Tacoma, WA 98402

State Training Committee Proving Fast And Active

Since its mid-May formation, the State Alcohol Training Advisory Committee has met three times; last on July 16. In this trio of confabs, under the Chairmanship of Bob Dickason, the group has developed objectives, functions and procedures. Also developed a survey for training needs distributed in July and to be tabulated in August. This will be followed by development of a brochure listing training from September to June.

The Survey, "Training Needs Questionnaire" contained 49 items on which individuals could indicate whether or not they had training, current needs in the particular area, basic or advanced; and indication of a one to five priority for rating such training need.

The Questionnaire also left space for respondents to indicate other areas of interest which were felt to be necessary to enhance their personal effectiveness.

In a letter to Dickason, Hal Mischke, President of the Alcoholism Professional Staff Society pledged commitment to the task of the committee and pointed out the organization was ". . . delighted that Jean Burgan had assumed responsibility for training for the Office of Alcoholism."

Mischke's letter, however, did state some minor misgivings and questions, but on the whole, seemed supportive of the entire effort.

The Committee is comprised of representatives of all phases of the field and its major organizations:

Chairperson, Bob Dickason; Certification Board APS, Leslye Miller and Linda Grant; Professional Staff Society, Pierre Brown and Jean Keefe; Program Directors Association, Lois Parker and Revis Smith; Washington State Council on Alcoholism, Gerry Coughlin and Dick Lander; Indian Commission, Kelly Mathias; State Alcoholism Training, Jean Burgan.

Yeah, We Make Mistakes

In checking the calendar of events in the last issue, the editor noted we dropped the "0" off the WSCA public relations workshop showing it July 1 instead of July 10.

Red Flag Time For Drug/Alcohol Programs To Get With Health Systems Agencies (HSA's)

A double-barreled caveat from both Bill Quick, Chief, Office on Drug Abuse and Tom Armstrong, Chief, Office of Alcoholism, to all hands to get aboard with planning in concert with local health service area committees was distributed in mid-July.

Based on implementation of PL93-641 the detailed federal health planning legislation and this legislative session's passage of House Bill 249, the communications re-emphasized the necessity and importance of local boards becoming actively involved in the health planning system to insure that treatment of alcoholism and drugs is given full and correct attention.

The four HSA's in the state will review county plans for both services as well as the planning and spending of other funds.

Both Armstrong and Quick indicated the logical entry point to the system is involvement with the local sub-area advisory council.

The entire aspect of the urgency and importance of this link-up is not new; it's been reviewed and discussed at NCA forums and has been subject of WSCA meetings for the past several years. The Alcoholism Advisory Committee has discussed the situation and most counties are aware of the system, but in many cases, direct involvement has been lacking. BASA urges this be remedied as quickly as possible.

KIRO Radio Airs Series On Valium

The extreme dangers of Valium and alcohol, long known to the field, were highlighted in a wide ranging discussion of the drug Valium by Seattle News/radio KIRO staffer Josepha Gardner on "Northwest Journal" in mid-July.

Ms. Gardner had obviously done a lot of solid homework on the subject and interspersed the segments with taped inserts from the medical community. Heavy emphasis was on women and the elderly.

The series proved so popular and in demand, KIRO announced the transcripts of the series would be made available to the public.

WSCA Examines Regional Setup To Increase Coverage, Activity

In a discussion state for about three years, reorganization of the Washington State Council on Alcoholism has been brought to the point of rewriting bylaws for submission to the general membership in Spokane this fall.

Revised to bring the Council closer to its membership throughout the state, the bylaws set up regions along DSHS lines with each region to have a president and working committees with actions, ideas and projects flowing upwards as well as down.

The new setup was approved at the July 27 Board of Directors' Meeting at Tacoma's Roadway Inn. New bylaws will be presented at the annual meeting.

Other agenda items for the July 27 confab included a presentation of the occupational program of the Highline School District by Tom Mikel, Sam DeHaven, Barbara Russell and Sally Hartly. There was also a report on the Echo Glen Youth Alcohol Program by Joanne Nelson.

Pierce County Staffers Develop Monthly Training

As an outgrowth of the monthly meeting of providers of alcoholism services in Pierce County, there has been developed a series of monthly in-service training programs for facilities staff.

Spearheaded first by Denise Pritzl of the U.S. Veteran's Affairs Hospital and Hugh Long of the Puget Sound Hospital Treatment Center, a series of programs with a cross-section of social service people got underway about three months ago. Since Long departed Pierce County for a King County facility, Herb Adams of the Tacoma CAC is working with Ms. Pritzl in the effort. Paul Templin, BASA Representative for Region 5 has also been involved in an advisory and coordinating capacity.

Kathy McCormick is also assisting Adams and Pritzl in the innovative program. Sessions are held in the various agencies as another aspect of getting participants familiar with those agencies.

Governor Ray Discusses Alcoholism On KIRO TV

Governor Dixy Lee Ray devoted her KIRO-TV commentary on July 23 to the state's alcoholism program.

The Governor commented as follows:

"On September first, the state will begin operations at Northern State Hospital. One of the programs offered there will be for adults suffering from chronic alcoholism.

"When one person in a household is an alcoholic, the whole family suffers. Here in Washington state, approximately 250,000 of our citizens are alcoholics, and the State Bureau of Alcohol and Substance Abuse warns that every alcoholic adversely affects the lives of at least four other people.

"Many of us know that help is available to alcoholics who are ready to face their problem. What many of us don't realize is that those same resources are available to family members.

"When you stop and realize that alcohol is a factor in over 35% of child abuse cases, and over 50% of marital/divorce cases, it becomes clear just how important family help is.

"Concern for the whole family is one reason our state's system of treatment—including that offered through counties and non-profit private groups—is ranked among the best in the nation. Another reason is statewide coverage. No matter where you live, help is available locally, both for alcoholics and their families. Still another reason our statewide program is so highly regarded is that we have an enlightened attitude toward alcoholism: We know it is a disease, not a crime or a character disorder. We also know that, as a disease, it is curable.

"Where can relatives of alcoholics look for help? Check the yellow pages of your phone book under the heading "Alcoholism Information and Treatment Centers."

"Alcoholics Anonymous is another excellent source of help. It's free and it's available everywhere. In King County alone there are over 200 Alcoholics Anonymous groups. Most local chapters also sponsor Al-Anon and Alateen, self-help support groups for kids living in alcoholic families, where you can share experiences and gain strength to carry on.

"So take heart: Here in Washington, help is available."

Women's Task Force Continues Monthly Meetings

An outreach PR program and a cooperative effort with Child Protective Services are two pending projects of the Women's Task Force of BASA.

Following a meeting with Gordon MacDougall, Program Manager of Child Protective Services, DSHS, a committee composed of Barbara Starr, Pat Stromberg and Jean Burgan is at work putting together a core curriculum for CPS workers and details of implementation of training.

Elizabeth R. Morrissey, Chair of the Task Force of Women and Alcohol, also reported that a committee composed of Sherry Anderson, Pat Stromberg and Jean Burgan will be working with Harry App of DSHS in putting together a series of radio announcements for use in King and Spokane Counties.

Now Is The Time To Pitch Title XX For Additional Inpatient Beds

The last issue of FOCUS indicated in the BASA Director's Report, that the ten additional inpatient beds which looked like a shoo-in, has been sidetracked due to Title XX intricacies.

On June 29, several daily papers in the State published the 1980 Title XX Plan, and word is that if people want to get more Title XX beds included in the Plan, they should voice their concerns as individuals or groups to the Regional Office, DSHS, or direct to Frank Reynolds, Title XX honcho of DSHS, Olympia.

Thanks, Representative Chandler And, Yes . . .

Expression of good luck for the future and appreciation of our first issue was noted in a letter to the Bureau of Alcohol and Substance Abuse by Rod Chandler (Representative, 45th District) and Rod asked if there were any charge for FOCUS.

YES . . . and the charge is the help and cooperation of Administrative Board Chairmen and members, Program Directors, County Coordinators and others to keep getting material to us!

Address it to your editor: Ted Knightlinger, 2501 North Junette, Tacoma, Washington 98406 . . . or, if you don't wanna write, call (206) 759-8485.

AFDC Barrier Dropped: Easier For Women To Get Inpatient Treatment

A mid-summer change in AFDC regulations removed one of the "barriers to treatment" highlighted by the Task Force on Women earlier in the year. Since mid-June, Community Service Offices have needed to no longer request exceptions to policy to authorize up to 30 days intensive alcohol treatment for AFDC recipients.

Formally tagged, "Notice F-134, June 3, 1979" the move effectively amends WAC 388-37-010(2) to allow the granting of continuing general assistance for the cost of treatment. The memo from Gladys McCorkhill, Director of the Bureau of Income Maintenance, outlined for all local offices the complete actions to be accomplished in such cases.

Prior to issuance of the change, many alcoholic women needing treatment dodged going because they would lose their AFDC payments while treatment was in progress.

Such actions, since regionalization, can be more easily taken and discussed within the regions and with CAC's than under the prior arrangement. For further information or clarification call 753-7137 or SCAN 234-7137.

NIAAA Information/Feature Service Covers U of W FAS Program, And Dr. Ruth Little

Two and a half columns on the program of Pregnancy Concerns, was given over in the July issue to coverage of the University of Washington's Pregnancy and Health Program.

Aside from giving background on the program since 1973, the feature highlighted the FAS Syndrome, the outreach program and Dr. Little's review on the entire area.

The program has NIAAA Grant support for three years, is staffed by 25 paid employees and about 15 volunteers. Dr. Little estimated that about 1,000 persons per month will be reached this year through talks, brochures, radio and TV spots.

Further information: Dr. Ruth E. Little, Program Director, Pregnancy and Health Program, University of Washington, Coach House 8, Room 821, GI-80, 2309 N.E. 48th, Seattle, Washington 98105.

Work Starts On Revision Of WAC 275-15: Mid-December Target

According to Jesse McCabe, Coordinator of Alcohol Programs Certification Unit, a process of review and rewriting of the basic WAC 275-15, is about to be launched.

Adopted early-on in the state's alcoholism program and based on a lot of input from the Washington State Council on Alcoholism, and the treatment community, WAC 275-15 has been the basic bible for treatment programs.

McCabe pointed out that although Detox and Inpatient portions of the current WAC are fairly complete, there are some portions that are not firm nor complete enough.

He indicated that the sections dealing with Outpatient, Information and Referral and Alcohol Information School "need a lot of adjustment and strengthening to meet current needs."

McCabe was recently joined in the Bureau of Alcohol and Substance Abuse (BASA) by the addition of Gary Reynolds, who for the past seven years had been an alcoholism counselor for TAMARC in Olympia. He served as Chief Counselor for the last three years.

The process for revising the WAC is outlined in a letter which was sent to all programs asking for recommendations and revisions. A rough draft will be ready sometime in August. At that point, a committee will be formed from the field, embracing various units in a geographic pattern, to study the suggested draft and rewrite. About 15 individuals will serve on that committee. Hopefully, hearings will begin in October and continue through November and if approved by the Office of Administrative Regulations, DSHS, would become effective sometime in mid-December. Details of the rewrite covering AIS needs are in a separate story.

Patricia Roberts Harris—HEW Some Hints On The Future

Sworn into office on August 3rd at the White House, the 55-year-old Washington attorney as former director of HUD, told the Senate Finance, Labor and Human Resources Committees she would "Strive to improve, not set back, activities to deal with alcohol and alcohol abuse."

Cross Cultural Training Held August 6-10

Co-sponsored by The Bureau of Alcohol and Substance Abuse (BASA) and the Northwest Indian Training Institute, there was a five-day session on cross cultural training on the special needs of Indians, August 6-10 at Providence Heights, Issaquah.

Background of the special session is the fact that the state has a large Indian population and many of this population show up in the alcoholism treatment network. The sessions addressed the special needs of the Indian population and counselors and giving counselors and administrators the opportunity to learn more about how to work with the alcoholic Indian client.

Alcohol Administrators Workshop Draws Praise

Numerous letters received in the training section at BASA praise and commend the Alcoholism Administrators workshop held in Seattle on June 14-15.

Many county coordinators and CAC directors wrote that they would like to see such sessions held on a regular and continuing basis; one county reported it would like to have all of its administrative board members attend such a workshop within a two-year period.

"An exciting and rewarding experience"; "Excellent job of organization and selection"; "The whole workshop was excellent for us"; "Count on us as supporters of any such future workshops" were just some of the highly complimentary remarks extracted from the dozens of letters received.

About 60 individuals attended the workshop and with budget money earmarked for training, it's likely a sure bet that a similar workshop will find its way to the 1980 training schedule.

KEEP IT IN MIND

"The alcoholism problem is not 'out there,' it is in our midst. It touches virtually every American neighborhood, every office and every family. The problem does not just live on Skid Road, it lives on Main Street!" Joseph A. Califano, Jr., Former Secretary, HEW.

Attack On Misuse Of Amphetamines Has Legislative OK

Awareness that the State of Washington ranked 6th in the U.S. in consumption of amphetamines has resulted in legislation crackdown on this critical situation.

According to Bill Quick, Chief, Office of Drug Abuse, Washingtonians were consuming an average of 45 million milligrams of amphetamines annually. That is a lot of amphetamines!

Quick pointed out the State of Wisconsin identified a similar high usage pattern in 1977. After implementing regulations limiting usage, consumption of amphetamines declined by about 95 percent in that upper midwest state.

Widely used for weight reduction, Quick said a limited number of physicians were prescribing large volumes of these substances. Quick's statement said it was the consensus of the medical profession that amphetamines may have no practical usefulness in weight reduction or that any effectiveness may be short-term.

BASA Drug Abuse Prevention Office submitted legislation with strong prohibitions for prescribing or dispensing amphetamines or other non-narcotic stimulants classified as a Schedule II control substance. Exceptions were limited, including treatment of narcolepsy, hyperkinesia, drug induced brain dysfunctions, epilepsy and a few others. Quick said Washington is the first state to implement such broad restrictions by statute, Substitute House Bill 624, passed on April 23, 1979.

Hasty and tangible benefits were seen as the bill moved through the legislative process and virtually the same wording as SHB 624 was adopted by the State Medical Disciplinary Board for implemented regulations. Another offshoot was that the legislature found that the Board had jurisdiction only over Medical Doctors, so a similar board was established for Osteopathic physicians.

Quick pointed out the action was widely supported by the treatment community, medical profession and the pharmaceutical manufacturers.

Monitoring will be done by the State Board of Pharmacy so that impact of the legislation can be determined. Quick surmises that the reductions will be similar to those found in Wisconsin.

FEDS MOVE TOO

Although four months behind the State of Washington Legislature, Uncle Fed, through the FDA, is now casting a baleful eye on amphetamines with an idea to slashing production by 80 to 90 percent.

Ever since its synthesis in a laboratory in 1927 with its first medical use of reducing nasal congestion in colds and being marketed under the trade name of Benzedrine in 1932, the pesky product has been blamed for the downfall of many such as Judy Garland, and Western State's most celebrated patient, Seattle movie star, Frances Farmer who died of cancer in 1970.

On the national scene, Nader's Raiders blasted the Feds for not going far enough. Sydney Wolfe, head of the Nader Health Research Group, said the FDA should have proposed a ban on all diet prescription drugs.

Women In Treatment Training Proves Popular

According to Jean Burgan, BASA Alcoholism Trainer, the series of training on "Women in Treatment" put on by BASA in a 24-day stand at various statewide locations in March through June has resulted in the most response ever received by any training program.

A tribute to trainers Lorie Dwinell and Bob Bach, the sessions had proved so popular they were "returned by popular demand" for an encore with four additional sessions on June 21-22, 28 and 29.

The sessions concerned themselves with the special problems and needs of women during and after alcoholism treatment and the first go-round resulted in a necessity of turning down a lot of applications due to class size.

However, BASA's commitment to extending and increasing training prevailed and the extension of the workshops was achieved.

**Spokane's Community
Personal
Guidance Center
Phase II Program**

A specialized program for the "abusive drinker" was opened in mid-July by Spokane's Community Personal Guidance Center. As explained by Clyde Rasmussen, Director, the Phase II program is designed for the abusive drinker for whom addiction is not presenting a problem.

Basically, Phase II is a five-day intensive residential program of prevention. The program focus is on interpersonal skills necessary to interrupt abuse consumption patterns.

According to Rasmussen, the program covers communications, stress management, problem-solving and assertiveness. Alcohol/Alcoholism education, group therapy and skill building are the primary components of the treatment regime. Follow-up services are provided and each participant is involved in a year's monitoring process.

Rasmussen said most major medical insurance companies have agreed to payment of the \$500 tab for the program which is housed within the parameter of CPCG, South 511 Park Road, Spokane.

Working with Rasmussen are Ms. Terry Smith and Ms. Hollise Pollak.

THINGS TO COME

DATES	TRAINING	WHERE
8/17-18/79	Grantsmanship (D)	Region 4—Seattle
8/27-28/79	How-To-Do a Needs Assessment (D)	Region 3—Everett
9/13-14/79		Region 6—Olympia
9/17-19/79	Adolescent Intervention Strategies (D)	Region 4—Seattle
9/24-26/79		Region 1—Spokane
9/8/79	AA Mini-Assembly/Workshops	St. John's Episcopal Church, Kirkland
	Districts 11, 12, 13, 23, 24	Spokane
9/6/79	Client File Management Training (A)	Yakima
9/7/79	(Harry Dawson, Trainer)	Centralia
9/20/79		Mt. Vernon
9/21/79	H & I Workshop, Seattle AA Intergroup	Lake City Christian Church, 1-4 p.m.
9/22/79		TBA
September thru	Presentations to Judges: Involuntary Commitment—Pat Stromberg, Pioneer Cooperative, Dean Smith	TBA
December	Training for DWI Trainers	TBA
October		Region 6—Olympia
10/1-3/79	Adolescent Intervention Strategies (D)	Thunderbird, Quay
10/5-7/79	Washington State AA Annual Assembly	Vancouver, WA
		Region 5—Tacoma
10/5/79	Biofeedback in Treatment (D)	Region 1—Spokane
10/26/79		Region 2—Yakima
10/15-16/79	Budgeting Concepts and Application (D)	Region 4—Seattle
10/29-30/79		Sheraton—Spokane
11/1-3/79	Annual Meeting, Washington State Council on Alcoholism	
11/5-8/79	Criminal Justice Interface (D)	Region 2—TBA
11/12,13/19,20/79	Assessment Interviewing for Treatment Planning (Modular)	Region 5—Tacoma
11/26-27/79	Budgeting Concepts and Application (D)	Region 1—Spokane
12/3-6/79	Criminal Justice Interface (D)	Region 4—Seattle
12/4/79	Client File Management Training (A)	Ellensburg
12/7/79		Bellevue
12/10-11/79	The Poly-Drug Abuser: Physiological/Psychological Aspects (D)	Region 5—Tacoma
12/13-14/79	Sexuality Issues in Treatment (D)	Region 1—Spokane
(D)—Drug Programs	(A)—Alcohol Programs	TBA—Place to be announced
Training bulletins in advance give details; but, generally, for either drug or alcohol items, priority enrollment is as follows:		
Alcohol or drug staffs of public funded alcohol or drug agencies		
Private, non-profit facilities		
Ancillary disciplines (in the base of an alcohol or drug course) probation/parole, CSO's, Public Assistance personnel, etc.		
Enrollment priorities are also spelled out in advance notice bulletins; this listing gives a general future outlook.		

**Focus—
BASA—DSHS
OB-44-W
Olympia, WA 98504**