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**CARDINAL'S OFFICE  
1011 FIRST AVENUE  
NEW YORK, N.Y. 10022**

November 30, 1980

Dear Friends in Christ:

Advent is for all followers of the Lord a time of joyful expectation and preparation for the celebration of the Birth of Our Savior. We listen attentively to the words of John the Baptist and pray for the grace to turn to Christ with all our hearts and souls. Each one of us realizes that we live in a world beset by many evils and that we need the salvation of the loving God Who dwells among us.

At this season, I write to you with a sense of great urgency about a problem in our permissive society which in one way or another touches the lives of every one of us — the scourge of drug, alcohol and substance abuse. It is epidemic in our country, state and cities and has far-reaching destructive effects on individual families and neighborhoods.

Despite efforts which have already been made to curtail it, the addictive use of harmful drugs is growing and becomes more serious every day. Its ravages reach to people in all social and economic groups — the rich, middle class and poor, the educated and uneducated, those from urban areas as well as from rural and suburban sections. It has spread to every part of the world — a fact brought home to me at the recent Synod in Rome.

Our primary concern, though, must be the individual person who is trapped by addiction. It is that person whose whole life is affected and whose human freedom is either taken away or vastly diminished. It is that person to whom we must reach out with effective programs of education, prevention and treatment. Only by helping the individual addict, will we begin to solve the numerous family and social problems which result from addiction.

One year ago I asked a group of key leaders in the New York area to serve on a Commission on Youth, Drug and Alcohol. As a result of their study and research, they have recommended an intensive program in the Archdiocese. It will be a parish and family based effort, and will require that we face the reality of the problems of drug addiction and its vast extent, even among the very young. In a unified way, we will speak to the consciences of people who have romanticized and glamorized the use of drugs and promoted attitudes which try to make them socially acceptable so that their destructive effects have not even been recognized, much less understood.

This call for determined and persevering action is based on a positive attitude that the evil of addiction can be overcome. As people who believe in God's love and in goodness of the human spirit, we cannot allow these deadly forces to dominate our lives and our society.

As the program is implemented, laity, religious and clergy will be asked to participate in training sessions. Young people will be called on to take part and to exercise the powerful influence of their leadership among peers.

On this first Sunday of Advent, I ask all of you, the people of the Archdiocese of New York, to give of your talents, energies and resources to overcome the problem of drug addiction and to rebuild the individual lives, the families, the communities of

people who have suffered from this scourge.

We must emphasize over and over again the essential role of the family, especially when it is founded on the love of Christ and the teaching of the Church. The family unit is the key element in establishing stable, loving relationships and in offering to every person the support needed for a drug free and fulfilling life.

The season of Advent is also an opportunity to practice penance and discipline for our own sake and as a sacrifice for those who are victims of drug and alcohol abuse. It is a time for prayer, and with you, I pray that the Lord will direct and bless our efforts to overcome the evil of addiction and to assist all people to know the power of His love which truly makes us free.

With prayerful good wishes, I am,

Devotedly yours,

Terence Cardinal Cooke  
Archbishop of New York

**INTERVENTION BY TERENCE CARDINAL COOKE  
AT THE SYNOD ON THE FAMILY  
(VATICAN CITY, OCTOBER 1980)**

(Presided over by Pope John Paul II, Bishops from around the world gathered in Rome in the Fall of 1980 to address the plight of the family in the modern world. Cardinal Cooke presented this challenging study-paper to the Synod on the subject of Pastoral Implications for Family Ministry on substance abuse.)

**DRUGS AND SUBSTANCE ADDICTION  
— PASTORAL IMPLICATIONS FOR FAMILY MINISTRY —**

This Synod, as it studies the major problems which confront the basic unit in society — the family — is certainly aware of the vast problem of the addictive use of drugs, alcohol, and other substances and the deteriorating influence which it has throughout the world on individuals and on families.

Drugs and substance abuse is a problem which is frequently rooted in family situations and which often has far-reaching effects on family life. It is a problem associated with poverty and for a long time was thought by some to be exclusively found among the poor. Now, the sobering conclusion is generally accepted that it is a scourge among all social and economic groups in society — the rich, middle class and poor, the educated and uneducated, those from urban areas as well as from rural and suburban sections.

Of primary concern to all of us, however, is the individual person who is trapped, whose whole existence is affected and whose human freedom is either taken away or vastly diminished by the addiction. It is that person to whom we members of the Church and of local communities must reach out with effective programs of treatment and prevention. Only by helping the individual addict, will we begin to solve the family and social problems which result from addiction.

In a most special way, we are grateful to our Holy Father for both his clear words alerting the people of the world to the dangers of addiction and the drug trade, and for urging cooperation with international agencies in combating this terrible social problem of our day. May his urging, and the example of the constructive treatment programs which he has initiated, move us to action which, with God's help, will remove the evil of addiction from our communities and improve the quality of family life.

#### **EXTENT OF THE PROBLEM**

Although the abuse of drugs, alcohol and similar substances has been seen as a problem in society throughout history, the people of the world have never faced such a critical explosion in the extent of this problem until the present time.

The scourge of substance abuse exists in every level of our society and, indeed, probably in every part of the world. In recent years, we have seen the growth of drug use multiply to epidemic proportions in the developed world, and indications are now surfacing which indicate alarming growth in the use of drugs even in the underdeveloped lands. New techniques in agriculture and chemistry have both accelerated the production of these substances and contributed to their increasing strength. This means that the problem is not only more widespread, but more intense in most parts of the world. According to information which has surfaced in the fall of 1980, the traffic in some substances such as heroin has increased in an explosive manner.

The consequences of this plague on individuals, family life, and the stability of society in general is indeed grave. It requires a determined effort among the laity, religious and clergy of the Catholic Church and among all concerned people to intensify existing programs of prevention and treatment and to initiate new ones.

#### **CAUSES OF THE PROBLEM**

Modern commentators seem to find a whole series of causes which are effective in creating the problem of drug and other substance abuse.

a) *Crime*. There is no question but that the modern drug traffic is one of the largest illegal businesses in the world. Criminal syndicates have turned to the most lucrative source of profit with all the skills of marketing and merchandising. They have spent millions of dollars in promotion, graft and public relations and have thereby unleashed on a confused and gullible world a tremendous increase in the extent of this problem.

The scourge of drug addiction has itself been the cause of a spiraling increase in the crime rate in many parts of the world. Addicts, obsessed by their need for "the next fix," will use any means to acquire drugs.

b) *Poverty*. In a world of extreme want and poverty, the income that a poor agricultural community can receive by turning the land to illegal production of narcotic substances is a great temptation to which many succumb. As long as there is this kind of extreme poverty so that exorbitant rewards for illegal acts can be obtained, and as long as profits in the drug trade are so immense, nations will continue to have great difficulty in moving against it.

Poverty, oppressive economic conditions and unemployment definitely do contribute to drug use as well. Although we realize more and more the involvement of all classes of society in the problem of addiction, the poor especially are open to the danger of drug use and often engage in or are victims of the resulting crime which supports it.

c) **Deterioration of Family Life.** The age of industrialization, the philosophy of conspicuous consumption, and the excessive personalism of modern society — all these have joined in helping to achieve the breakdown of family life and community structures. Thus, when the presence of drugs is introduced into a society often there is not enough basic family stability to ward it off or turn it back.

d) **Social Acceptance.** Partly due to the media's attraction for a permissive approach and outlook on life, the great organs of communications throughout the world have tended to look on this problem with apathy. Therefore, they have neglected their responsibility of calling people's attention to this pervasive danger. It is very difficult to cope with this problem of drug addiction and alcohol abuse because of that social acceptance that has been given to it, not only by the media, but by many people in society.

e) **Political Realities.** There is one other causative factor which cannot be ignored. In a world of many political and military tensions, the weapon of drugs as a cause of instability and social disintegration becomes a powerful influence. There is even a willingness of some nations to inundate their enemies with drugs so as to weaken the fiber of their societies.

#### **RESPONSE OF THE CHURCH**

The Universal Church, the National Conferences of Bishops and the various local dioceses can respond to this problem in a number of very practical ways.

1) First, we can recognize the existence and extent of the problem. Drug and substance abuse will never be solved until it is recognized. Society is in desperate need of some frank and intelligent discussion of the issues. The nations of the world must recognize the problems, understand their effects, and appreciate the urgency. If the search can move society away from its general apathy even a little, we will have accomplished so much good.

2) All who share pastoral leadership must use the teaching office of the Church to help Catholics, and all people who will listen, to understand exactly what is involved in the evil of addiction. The Lord calls each one of us to have respect and reverence for life, not only for the life of others, but very especially for our own life. This means that we have the obligation to preserve and enhance our life, and not use any substance which would diminish or threaten it or lessen its quality through the entrapment of addiction.

The Church does not stop merely at teaching. We must always put it into practice as we try to live the Gospel of Jesus in our time. This will require great sensitivity to the physical and psychological difficulties of those who are entrapped by addiction. It means a continuing concern through a strengthening of programs in defense of family life as we seek and work for a drug-free world.

3) Many people in the world fail to realize the grave dangers of drug and substance abuse and the disintegrating effects which it has on individuals and on families. The Church should use its moral leadership to point out and to inform all people that the production, preparation and selling of addictive substances is a grave moral evil.

In religious education programs and at every level of Catholic education, the laity, religious and clergy should be taught to recognize the problem and to develop programs of prevention and treatment which will eventually solve it.

4) In those areas where the people involved in the drug trade are poor and are counting on this profit for their livelihood, the Church should help to develop new methods of agriculture and industry based on respect for human dignity and should make its position clear to governments, the United Nations, and those friends in the world of communications who can be so helpful in turning it around.

5) In the area of treatment, the Church must continue to support and initiate therapeutic communities which are both international in nature as well as those which are community-based. These must be encouraged to work with families as well as individuals in their quest to obtain a drug-free society. This effort will also require the training of qualified and dedicated men and women as personnel of these centers.

6) In response to the social acceptance which the use of drugs has received, the Church should use every opportunity to speak to the conscience of people in society who have romanticized the use of drugs or who have contributed to attitudes of permissiveness. This would have special relevance to the entertainment industry, communications media and those commercial enterprises which capitalize on illegal narcotics traffic by selling, even if legally, accessory supplies.

7) On the international level, the Church should encourage all leaders to speak out and act strongly on the responsibility of its own people. One suggestion would be to establish an International Commission within the Church to monitor the problem and to keep the Holy Father and Bishops informed about the problem.

#### **THE ROLE OF THE FAMILY**

The family, especially when it is founded on the love of the Gospel of Christ and rooted in the moral teaching of the Church, has an absolutely essential role in the solution of the problem of substance abuse. The family unit must be an element in the detoxification and treatment of the addict. It must then offer the support which that person needs to lead a drug-free and fulfilling life.

Perhaps the most important role of the Church and the family is in the area of prevention of addiction. This is done mainly through the education of both parents and children to the evils of drugs and to the terrible danger of satisfying one's curiosity in this deadly game of life and death. In many societies young people are exposed to the danger of drugs at a very early age, sometimes at even ten or twelve.

Through educational institutions, through programs of religious instruction, through the pulpit, and through the Pastoral Letters of Bishops — and perhaps even through an encyclical of the Holy Father in this area — the Church must educate and warn its own faithful and all the people of this world.

The family is then one of the best schools in which both young and old may learn of the menace of dangerous substances. It can play a unique role in transmitting and in internalizing this message and in making it effectively relevant to the individual. Just as a disintegrated family is an invitation to addiction, so is a stable family life a tremendous safeguard and protection.

All those family-oriented programs should be geared toward greater unity, improved communications, and stable, loving relationships among family members. Only in this kind of a family will an individual find security and be able to resist the temptation of drugs. If, in spite of all the safeguards, a family member becomes addicted, it is this kind of family which will help in the treatment and in the quest for a drug-free life.

### **FAITH, PRAYER AND THE POWER OF THE GOSPEL**

In confronting the scourge of addiction or any other human problem in society, those who share pastoral responsibility within the Church must, above all, be men and women of faith, keenly aware at all times of the power of the Gospel and the love which we share in Christ. While we may be expert in some areas of human knowledge and in sciences of human and social behavior, the greatest resource which we can bring to any person in need is our faith in the Lord Jesus and our acceptance of the Gospel.

This is of vital importance in our work with addicts. The drugs and substances which to a large extent govern their lives are dehumanizing and make them less free. As people of faith, we can help them out of their entrapment first by our own personal prayer as we call on our loving God for help. With that divine assistance we can try to convince the addict to recognize his or her need for God and in turn make that prayer of complete submission to the power and love of our Heavenly Father.

It is by our faith in the Lord Jesus Christ that we are truly made free. May His Gospel be the principal source of power and strength for our efforts to help so many of our brothers and sisters out of the slavery of addiction to the true freedom in Christ.

Terence Cardinal Cooke  
Archbishop of New York  
Synod — 1980



PART TWO

The Office of Substance Abuse Ministry

(AKA) "S.A.M."

At the General Assembly of Priests in 1980, the Office of Substance Abuse Ministry (also known as "S.A.M.") was established as a direct result of the policy recommendations of the Commission on Youth. The office identified today by this symbol and motto:



**R**ECOGNIZE  
EACH OUT  
ESTORE

is charged with the responsibility to coordinate, plan and direct the multifaceted programs of the Archdiocese of New York in its efforts against alcohol and other drug abuse.

## Finding Others

Much is being done in the area of alcohol and other drugs but it is apparent that so much more has to be done. Attitudes have to be changed and values have to be looked at. The roots of success in this area are contained in family, community and parish involvement and interaction.

The Office of Substance Abuse ministry recognizes that wherever people are willing to work toward a common goal, strong leadership is demanded. Those involved in providing this leadership must find ways to challenge young people and their families (through community-based centers) to offset the negative pressures in society with positive support. They must help them to realize that people everywhere are hurting from negative pressures from within and from without, and that those negative pressures account in large part for the lack of discipline in society, for abuse of alcohol and other drugs, and the increase in the crime rate. Working together, today's people have to confront these issues, be honest with themselves, and support one another in overcoming formidable odds. A primary focus of the office of Substance Abuse Ministry must be adult-oriented - - helping parents to parent their sons and daughters in the area of alcohol and other drugs. When, for example, a young person in the family is "smoking", popping pills, snorting or shooting "coke" or heroin, family members need help to deal with the problem.

Information which must be available before dealing with the problem and includes the quality and quantity of the drug available today, the tremendous impact of negatives pressures on usage, and the various psychological and emotional pressures facing youth at large, without minimizing the scope of the drinking problem among teens and pre-teens. The most important truth

that we must face, however, has to do with ourselves and with recognizing our own potential for change. We must then come to rely on the power within ourselves, that is, families and communities working together admitting once and for all that no outside power can combat the problem for us. No one will come to our rescue! The government could enforce stricter regulations concerning drugs, but government lacks the willpower to do this.

We cannot rely on government. Nor can we insist that schools do something; many teachers and administrators in public and parochial schools do not even believe the statistics which reveal the enormous damage to youth and society caused by alcohol and other drugs! And for those teachers who do believe - seeing and experiencing "the damage" daily in the classrooms - know realistically that approaches through educational channels alone is hopeless.

By creating the Office of Substance Abuse Ministry, WE, the Church of New York, are saying that we are willing to be directly involved in the drug and alcohol problem of today. We are willing to assume primary and special responsibility for the well-being of our young people, particularly, the "shadow children" whose lives and loved ones are wracked by the daily pain of drug and alcohol addiction. Beginning the process means finding others who are willing to take responsibility, updating ourselves, and then moving into action by means of family style encounters and honest confrontations. We must begin to have frank and intelligent discussions with one another on the issues which affect our lives and those of people we cherish and love. We must see how apathy, confusion, shame and misunderstanding are the breeding grounds of addiction and we must be convinced of the attitudes that will bring change and of the direction where hope lies. We need to help one another

confront and deal with everyday realities. We must become aware of what is happening to this person - - this wonderful human being whom we love, who is killing himself or herself with drugs or drink.

We have to commit ourselves intellectually and emotionally to a firm stand and a long haul. It takes time to help an individual become drug free. Family members have to begin or continue to discuss the topic, even though discussion may be difficult. Part of their aim can be to sensitize one another - - older children helping younger brothers and sisters or even helping parents to know what is happening in their own family, school, home. Knowing the problem is half the battle; confronting it is the other half. We are in this together, we must say, because drug paraphernalia is being sold right here in our neighborhood! It is not just in "head" shops anymore. The target for drug paraphernalia in the 1980's is children and young people between the ages of six to sixteen! One of the drug industry's top operators says that this was "an industry decision". Organized campaigns of this sort are underway in "everybody's neighborhood". The fear of not being "with it" adds to the tremendous peer pressure - - - youth pressuring youth, subtle campaigns aim to mislead young people into believing that pot smoking is a normal part of growing up. The medium may be a magazine like "High Times" and "Hi Life," or "Cocaine Comix" or "McGrassey Reader"? This last is an easy-to-read primer. It explains how to roll a joint and comes with practice "grass" (alfalfa), rolling paper, and a "roach clip". The medium may be a local rock station on the radio. A researcher recently studied the contents of rock lyrics to determine what messages they contained suggesting or encouraging drug use. He found that more than half of the current rock songs had messages condoning or suggesting use of drugs and that many young people begin really "listening" to rock music at about the time of first use.

The task of the S.A.M. Office is to help, wherever possible, in the area of drug education, treatment, and prevention. Treating addiction, or potential addiction, means treating "the total person" and this includes family. In our early discussions with one another we must explore fully what this means. We must explore our options, our inner powers and see what creative solutions we can find together out of our own resources. We must be confident about those resources as God-given, believing that God gives us the solution.

**PART THREE**

**Creating a New Ministry in the Area of Substance Abuse**

**Organizing and Updating Ourselves**

The problem created by drugs and alcohol within our society is spiraling around us in an ever-widening circle with our youth as the target. In personal, family-style settings we ask the questions and explore the answers. Why is this happening? Why are young people so vulnerable? We speculate about the whys, for example, about hard liquor, beer, and wine being so available and about the growing social acceptance of grass, coke, speed, angel dust. The attitudes of young users are exemplified by statement such as: "There's nothing else to do" "My friends do it" "It doesn't affect me!" Some young people become involved simply through a need to be accepted, to be a part of the group, and they become the "reluctant users" and in time, the abusers. Other young people say: "I can't deal with what's happening to me," or "with what I have done," so they block it out by getting high. They take flight. Alcohol and other drugs become their escape from reality. They succumb to the temptation to be irresponsible - - free from responsibility - - not hoodlums or evil persons, but persons in almost-adult frames who are immature, frightened and very insecure. Family members and friends ask themselves how they can reach out and restore the person in their life who fits that description. Why is it important for "me", us, they ask to be directly involved in this person's life? They might wonder, if they are Christians, where Jesus and His gospel message would fit into this whole drug scene today, or they may say in reference to a son's or daughter's growing dependence on drugs, "Why does God let this happen?"

In the area of alcohol and other drugs, some people may resist looking for answers down spiritual channels. The S.A.M. Office, however, involved in the work of treating "the whole person" would help people to view their problems from a spiritual perspective recognizing that the roots of unhappiness ultimately do have spiritual underpinnings. The Christian Gospel offers insights that do not lie in the realm of society's technological genius, but in the creative energy of God. Looking to the Gospel for the answers does not mean we should abandon psychology, medicine and other available social services. It means here that we should use whatever means we have, but use them with a humility that keeps us open to the limitless resources of divine grace. Our hope lies not in our ability to save ourselves or another, but in the power of God to bring life out of death, hope where there is despair.

The Christian message is an invitation to participate in a new dimension of life - - a dimension built on the ashes of human destructiveness and greed - - an alternative which treats persons as subjects rather than objects. It deals with facing the reality of things, rather than looking for the escapes. The Christian message is motivated by the love and the belief that God is indeed at work in this world - - healing, transforming, and creating life in the midst of death. This must also be the belief and motivation of people who reach out to those afflicted with the effects of alcohol and other drugs, helping them to experience a new life without the use of their crutch.

In this sense, the work we must do together is truly a ministry and we are its ministers. We believe that we are uniquely equipped by God to enable others to face the world of today and tomorrow without "escape."

We do this as trained participants in what will ultimately be God's solution. As believers we have been called to minister, that is, to serve. Our acts of service are our response to the Word of God. Our acts of service are special functions rooted in the New Testament and undertaken in the name of Jesus. We are able to see that ministry, or service to others, is more than doing good; it is doing good in His name. We are not acting alone. When we perform some service we believe that Jesus is doing it - - through us and with us. We are called to make known the presence and activity of Jesus in the world and to help people discover the life-giving power of God, which is enhanced by our awareness but which is at work nevertheless.

Through discussion and sharing of experiences, the needs of people trapped in the subculture of alcohol and other drugs must be made clear - - seen in terms of the challenges that grow out of concrete situations. For example, when there is a terrible accident, a car crash, overturned bus, plane disaster, the needs are suddenly crystal clear! Accident victims strewn all over. People running from every direction willing to help and to minister in whatever way they can: call the ambulance! stop the bleeding! restore breathing! Shocked into instant realization of the needs, we see people thrust into a cooperative effort, prayers moving on their lips, daring without even a second thought, to do and to act powerfully and confidently against all odds.

Within the growing subculture of alcohol and drug abuse, the needs are not crystal clear. They are hidden, deep-rooted, buried in the damages psyches of people themselves, people programmed by society to look good on the outside, to cover the needle marks, walk straight, hide the problems. They are victims in need of immediate attention and the most intensive care. They are an endangered community and the majority of them are young people!



What better way is there for the Church to become a more credible sign of Christ to the world, than by reaching out to this endangered community? We are called as believers to love unconditionally, that is, without hope of reward, without assurance of success, without expectation of our love ever being returned. And yet even knowing that we enter into a thankless, frustrating, impossible task, we reach out in Christ's name. We do this on the one assurance that wherever there is pain and sorrow, regrets and despair, Christ would have been there - is there - in us. Through persons willing to become Substance Abuse Ministers we can begin to reach out in New York, for example, to those families and individuals in our 408 parishes and 349 schools of the Archdiocese.

What is a Substance Abuse Minister (SAMer)? How do people get involved in this ministry? A SAMer is one who demonstrates an ability to relate well to people, especially young people, and has a strong desire to perceive the worth and dignity of every person. SAMers believe that those trapped in the problems of alcohol and other drugs have need of them - - to be there in person, as Christ was there in person. SAMers attempt to involve people consciously with their values and attitudes, especially those values and attitudes concerned with dependence upon means of escape in our society. SAMers encourage young people and their families to communicate with one another and work together.

Saint Paul tells Christians in his first letter to the Corinthians that in each of us the Spirit is manifested in a particular way for a particular purpose. The ministry to substance abusers is quite personal and unique based upon particular individuals - - this young person, in this family, living in this neighborhood. SAMers do not try to do all the work themselves or to do it alone. They encourage others to participate in

education, in prevention, in early identification, and intervention.

SAMers are enablers - - - those who enable others to act and to do. This idea is rooted in the New Testament understanding of the Church's mission. Jesus empowered His disciples and helped them build on the natural gifts each of them had. He then appointed them and sent them out. SAMers are chosen and empowered; they are trained, appointed, and sent out to do likewise, realizing that genuine enablement seeks to move persons beyond dependence toward interdependence and self-initiative.

This ministry endeavors to stress the positive rather than emphasize the negative, for instance, harping continually on the dire statistics of drugs and alcohol. The need to escape, occasionally, by taking a brief trip away from the problems around us is good and important for our mental health. But the stress is on "brief." The purpose of a vacation is a rejuvenation of physical and mental health, but a continuous trip suggests something else. Ministers help people examine all the avenues of legitimate and fruitful escape from the demands of our high-pressure society. When actual vacations are not possible (no money, no one to go with, not "our thing", and so forth), we might suggest enjoying and sharing in the goods and gifts of the earth, getting high on life's pleasures and sharing these pleasures with one another. We try to help those to whom we minister to experience ecstasy - - to stand outside themselves - - and be turned on in a full and deep way. Ecstasy is our equivalent of getting high, of achieving a natural high. In discussions with young people, we might suggest forms of ecstasy, for example, sitting by the ocean or a brook and feeling its vibrations, or finding a spot alone with the pine trees at the peak of a mountain, or climbing the stairs to a tenement roof to drown out the sounds of the city street below, or watching a

sunset reflect off the windows of the buildings around you. We encourage others to share their moments and to look together for a opportunities to experience ecstasy. We share reflections about people in our lives. We talk about experiences of mutual attraction with another and the feeling of being loved and wanted. We stimulate memories about times we laughed together and at each other, even at ourselves. We might aim at being so relaxed with each other in a group that we all experience something greater than ourselves. That experience of otherness, or that desire for ecstasy, to stand outside ourselves and see as never before, are gifts of our spirit from a loving God who wants us to know Him and sense His presence in our lives.

Substance Abuse Ministers, from constant exposure to people and ideas, grow in their awareness of ways in which young people can experience their gift of being naturally "high". Most young people have been introduced to the arts, especially music, but their dimensions can always be broadened. We help them to see, for example, how the roots of some of their rock music are found in classical music. We help them know what it is like to lose ourselves - - stand outside and beyond ourselves - - through music or dance or by seeing some reflection of ourselves in a great work of art or literature. We might help them appreciate the handiwork of a dressmaker, or the skill of a cabinet maker, or the slow painful progress of an athlete preparing for competition. In this way, Substance Abuse Ministers try to help young people realize something within the realm of possibility for themselves.

Perhaps athletics was an area in which a "junkie" or an alcoholic had real potential or interest before he or she "escaped". We can try to

encourage that talent, or use it in the process of rehabilitation. Who does not forget self and be completely free of pressures when skiing down a slope? Or slicing through the woods cross-country style? Or swimming the laps or jogging the miles? In these there are moments of exhilaration - - where pain and tiredness are of such little consequence. Who would look for escape when "aceing" an opponent in a big tennis match? Or after hitting a "grand slam" in a big game? "In ecstasies of sports we experience our communion with nature; our bodies and whole selves are once again immersed in our origins - - water, sky, earth - - and because excellence is demanded of us - - fire!" (Guide to the New Sensual Spirituality by Matthew Fox). It is important to encourage those with whom we work to involve themselves and share their experiences with others. Traditional religious experiences facilitate ecstasy - - listening to chant, making a retreat. Fasting and abstinence when properly explained and practices can also bring on a natural high. We may look at transcendental meditation, yoga or Zen exercises, or experiencing the quietness and centering that can be brought about by the use of a mantra (chanting device), or praying the rosary, or saying a litany can also be used as forms of meditation.

Substance Abuse Ministers assist the local community in dealing with the problems of alcohol and other drugs by helping the community take aggressive action toward negative influences of the TV and film industries, the sports and entertainment industries, vendors and merchants, especially those selling drug paraphernalia and alcohol to minors. They help the community to interact with local law enforcement agencies.

Ministry in the area of substance abuse is a way of life, rather than a program or a crusade. With so complex a problem as drugs and alcohol

in our society, there can be no set program with all the "t's" crossed and the "i's" dotted. Substance Abuse Ministry involves guidelines, training, enlightenment, and a good deal of encouragement to go forth as Christ would have - - in person - - reaching out in faith to those among us targeted for destruction.

PART FOUR -

Substance Abuse Ministry at Work in the New York Area  
Action Reports

The Office of Substance Abuse Ministry is located at the Archdiocese of New York (1011 First Avenue, New York, New York 10022). The involvement of all priests, religious, permanent deacons, and the laity, especially parents and youth themselves, is our goal. We educate ourselves and others that become too involved with the problem at the point of treatment is much too late! We educate ourselves concerning the abuse of substances which are destroying our youth or severely limiting their lives.

We establish prevention programs that focus upon the individual as he or she confronts values, intellectual as well as emotional. We emphasize character development and family nurturing rather than the dissemination of informational material on chemical substances and their harmful properties. We avoid, wherever possible, frightening narratives on the consequences.

Since the founding of this office we have spoken to the Archdiocesan Pastoral Council, many vicariate councils, area conferences, parent groups in school and parishes, youth ministry groups and school administrators. The purpose of these talks has been education, that is, consciousness-raising about the problem of alcohol and drug abuse among our youth and at times, the whole family. We have also developed a training program to recruit ministers which is the entire Archdiocese of New York.

This training program prepares Substance Abuse Ministers for their work and helps them develop support programs for young people and their

families. We look for very special persons - - clergy, religious, laity, male and female, married and single - - who relate to youth today, not as do-gooders, but as ministers who are already working with youth and would like to become more proficient in ministering to them in regard to this problem. We look for persons who have the ability to listen to what youth are saying (and not saying) - - individuals who love young people so much that they can confront them, and yet be compassionate and understanding, because they are convinced of the basic goodness of youth. These "wonder persons" are able to motivate and inspire the trust of young people, because they, themselves, are real and genuine. They want to help them "get their act together" and/or help their families confront the realities, develop realistic expectations, and find new sources of life and enjoyment and escape in one another.

Substance Abuse Ministers view substance abuse not in terms of a moral issue, but as a coping mechanism from which healthy alternatives can and must be discovered. Training sessions are usually given twice a week in different locations throughout the Archdiocese. We move from county to county and in this way build support networks within "calling" distance of one another. Each course consists of four sessions held on four consecutive Tuesdays in one area, for example, or Thursdays in another. Each session is two and one-half hours, from 7:30 to 10 P.M., and is limited to about 35 members. Applicants should be willing to invest time and energy in their own training and then in their subsequent work with youth.

Our training objectives are as follows:

- to heighten awareness in oneself and in others of the dimensions and ramifications of youthful substance abuse

- to examine one's own attitudes toward substance abuse
- to gain factual substance abuse information about:
  - physical symptoms and effects
  - pharmacology
  - medical aspects
  - street terminology
  - physical and psychological dependency
  - treatment modalities and facilities
  - sources of supply
  - legal ramifications of possession, use and sale of controlled substances.
- to understand and utilize prevention techniques regarding:
  - primary prevention - the impact of parents and family on developmental needs of the young
  - secondary prevention - - early identification of the user/abuser; confrontation and intervention techniques; referral and treatment services when indicated
- to form the nucleus and give direction to an expanding network of positive peer-groups in their areas - - parent to parent, youth to youth, family to family.
- to help the SAMers to train others and become resource persons in their area by:
  - developing leadership skills, needs assessment, value clarification and so forth
  - demonstrating how in a local area they can make the influences of youth aware of their responsibility for example, the TV and film industries, sports and entertainment industries, vendors and merchants, and also law enforcement agencies.

These aims are accomplished through the use of guest-lecturers, media presentations, relevant up-to-date materials, but most importantly,



as has been stated through human contact, through discussion and sharing of lives, our insights and experiences.

The Federal Government is trying to do its share in attacking the problem of alcohol and other drugs. President Reagan's administration is trying to broaden and balance the perspective of prevention and control by utilizing not only the federal, state and local governments, but also the business sector and voluntary resources. Upon hearing this we submitted a proposal to ACTION, an umbrella-agency which handles domestic volunteer programs and therefore is a focal point for volunteerism within the Federal Government. This proposal suggested a unique use of volunteers in the area of alcohol and other drugs - the education, prevention and intervention involving the total community (as mentioned earlier). We offered training programs and follow-up throughout the 10 counties to adults, who wish to/or are already working with youth and/or parents making these trainees more proficient in the area of alcohol and other drugs. In the process of doing this a lot of good things happened.

ACTION came through in giving us a grant which has been most helpful to take our theory and translate it into "Action." During their training volunteers experienced a sense of community, a personal satisfaction, and growth. They developed and expanded their skills. Today, they are making a unique contribution toward social betterment and change, not to mention saving lives and having a positive effect on young people and their families, the future of our country and Church. This gives them a sense of self importance which is necessary for all of us to experience.

The above is why DARE turned to ACTION and the following is what has taken place in the year and a half of our ministry.

ACTION REPORT FIRST QUARTER - September 1981 to December 1981

DARE looked to ACTION to implement a comprehensive prevention, education and early intervention program throughout the 40 parishes and 349 schools comprising the New York Archdiocese against drugs and alcohol abuse. The following progress reports to ACTION will show you how we progressed. Our long term goal is to alleviate the problems of youthful substance abuse within the ten counties comprising the Archdiocese of New York. Our objectives are to have adults in local areas already involved with youth/and or parents as substance abuse ministers and to offer training programs to make them more proficient to work with youth and families. Originally we planned on programs in 11 areas with four sessions each. As a result of a request by the Vicar of Northern Westchester, we expanded to 12 areas rather than 11. The four-session, 10 hour programs will be followed up by periodic, in-service workshops as indicated by the participants' stated needs.

The following is a list of dates, locations

Manhattan

1011 First Avenue  
New York, N.Y. 10022

September 22, 29, Oct. 6, 13

Rockland

Rockland State Hospital  
Orangeburg, New York 10962

September 24, Oct. 1, 8, 15

Putnam/Dutchess

Our Lady of Lourdes High School  
Poughkeepsie, New York

October 27, Nov. 3, 10, 17

Sullivan/Orange:

St. Joseph's  
Middletown, New York

October 29, Nov. 5, 12, 19

The Director of the Training Program, reports that the participants of the training program seem in general accord that the problem of drug/alcohol abuse among our youth does in fact need to be addressed. They appear aware of the need to be open-minded and willing to examine the extent of the problem and to assess the needs in their respective areas.

Participants are pleased that the Church in the Archdiocese of New York is taking the lead in attempting to alleviate the problem, although they seem apprehensive as to the extent and demands of their involvement.

Location sites for the program are centrally located and well-adapted physically to the needs of the program.

Participants and program planners alike recognize that four sessions (10 hours) is not adequate to meet the preliminary needs of the participants for drug/alcohol information so that they may acquire a certain amount of knowledgeability, confidence and know-how to start working in their areas.

Participants indicate they find the Training Program Manual a good resource tool and that it compensates to some extent for what they feel is a lack of "hard info" in the overview-type presentations required in a brief, tight program.

It would appear that small groups from semi-rural areas, (Rockland 18 and Poughkeepsie 11), made up predominantly of "non-professional" persons, seem to be already involved in one way or another with combatting youthful substance abuse. Larger, more professionally-oriented groups (Manhattan 37, Middletown 31) appear to have more difficulty incorporating the program's goals and objectives.

Of the 97 persons registered for the four programs conducted thus far, there were 5 members of the clergy, 15 Religious women, 4 Religious brothers and 4 permanent deacons.

An estimated total of 840 volunteer hours of substance abuse ministry activity have been generated since the completion of the first four Training Programs offered between September and November, 1981. Participants in the Training Programs included teachers, school administrators, sports coaches, youth counselors, community leaders, CYO group advisors and concerned parents.

Representative examples of the types of substance abuse ministry activities engaged in since the completion of the Training Program offered in their respective areas, as reported directly by the participants themselves, are as follows:

- teacher (jr. high school) - - 41 volunteer hours - obtained the services of her local area outreach and counseling agency and set up a parent-education/awareness workshop - - also showed films to student groups with subsequent, follow-up discussion - - presently engaged in planning and organizing an on-going parent group
- school nurse/health educator - - 15 volunteer hours - - counseling/educating students about substance abuse - - placed items in local school & parish news bulletin relative to substance abuse issues - - organized a meeting

with teachers/parents/clergy to discuss joint-effort possibilities.

- dean of students (high school) - 26 volunteer hours - - set up a team within the school which has 1) secured the consultative services of a substance abuse counselor 2) sponsored a talk on effective parenting 3) formed a support group of students with common concerns about family drug abuse
- social worker (bi-lingual) 22 volunteer hours - - developed a program to present through her local YMCA/YWCA - - researched relevant psychoanalytic literature - - currently developing local agency contacts - planning a program to reach parents through her local temple group
- clergyman - - 10 volunteer hours - - discussing possibilities of joint efforts with other clergy persons, parents, teachers - - attended local drug education seminar
- county CYO advisor - 27 volunteer hours - set up planning meeting with County Task Force for on-going youth program - spent time assimilating educational materials on substances of abuse - discussed plans for program on local parish level with parish council and parents
- concerned parent and CYO worker - - 42 volunteer hours - counseling background, working directly with local youngsters already involved to some extent with drug abuse - - running parent meetings on primary prevention and early intervention - continuing own drug education
- teacher (jr. high school) - - 45 volunteer hours - - joined efforts with a fellow Training Program participant (a local registered nurse) and together planned a PTA Awareness Night - incorporated substance abuse prevention discussion into classroom subject study - - branched out to include local Dutch Reformed Church parent group in a Parent Information Night
- high school teacher (10th grade) 80 volunteer hours - - planning and incorporating substance abuse information into class work - obtained and utilized N.Y. State DSAS audio-visual materials - developed an on-going educational/experiential program with local community Project Create - - transports students regularly to and from Project Create center.
- parish council member (Religious sister) County CYO administrator - 100 volunteer hours - - organizing a preventive program geared toward county-wide parent groups - - in February '82 will sponsor county-wide, intensive 3-session awareness and information program focusing on prevention and early intervention - - will attend 2-day invitational State-sponsored conference in New York City, the Citizens Alliance to Prevent Drug Abuse (CAPDA)

Some problems, delays or other adverse conditions experienced or anticipated by Training Program planners and participants include: difficulties involved in overcoming the "stigma" perceived by families and communities around drug/alcohol

abuse issues - - - difficulty of changing long standing societal attitudes around acceptability of chemical use - lack of realism on part of some parents, school administrators, local community leaders in facing up to the reality of the problem's existence - lack of adequate time on the part of already active, involved, community-minded persons - - large, spread-out rural areas experiencing difficulty in reaching people who are geographically distanced from one another - lack of sufficient financial resources to initiate creative alternatives to substance abuse for young people - difficulty promoting positive attitudes in a media-manipulated society.

A significant factor to be aware of is the fact that a program of this type, by its very nature, will require some length of time before concrete, measurable results can be expected. For effective, meaningful and on-going substance abuse ministry, much planning, discussion, collaboration, networking, inter-agency and inter-community cooperation must be enlisted and continued. The newness of an archdiocesan-sponsored, far-reaching, multi-faceted program requires time to achieve its goals and objectives. Its potential for replication is demonstrable; securing support, recognition, acceptance and increasing number of dedicated, active trained volunteer personnel must be recognized as a slow but continuously growing process.

Over-all goals are being achieved with the limitations as stated above. We were/are hoping to have about thirty in each training program and not go beyond forty, except in a special circumstance, because we feel that they are manageable numbers to work with in training. As you notice by our numbers, some groups were smaller than others, though the quality was good. A weak point was that some of those in the local areas were to encourage key people to participate but failed to do so before the scheduled program date. We have tried other methods to deal with the problem, for example, a radio spot and asking the local vicars to talk it up and also district superintendents of schools among others.

The in-service follow-up has not yet been implemented, but has been initiated; plans are for early Spring. We are presently surveying the participants, who have completed our training program.

We did not experience any problems, delays or adverse conditions so far. It is important to keep in mind the nature of the program we are engaged in, it is a slow process to change attitudes.

We have had a few recognition events during the quarter.

- a feature article in Catholic New York (circulation 133,000) In this publication, we have had several news items and have been mentioned in others. An article was written by the Executive Director and will be serial.
- the Northeast Center for Youth Ministry, which actually covers the whole country, uses our program as a resource for the United States.
- granting of Certificates of Completion to participants, along with Substance Abuse Minister pins.

- Newsletter: issued for general information and events in regard to Substance Abuse ministry.
- the Executive Director has appeared on NBC talk show about our program.
- We have also been invited as a guest and interviewed on several local radio programs about our program.

In regard to the Youth Component:

The Youth Component consisted of two elements - focus group interviews and youth awareness.

The original plan was focus group interviews to examine the attitudes of youth toward drug and alcohol use, non-use and abuse by their peers. Six group interviews were to be set up in various locations throughout the Archdiocese to insure a balanced demographic composition of girls and boys from different walks of life and environment. Each group would be made up of 12 to 20 young people conducted by a professional staff. Audio video and photographs would be recorded at each session. Extracts of these records of sessions will be used at a later date for adult training sessions and for youth presentations.

A professional analysis and review of each focus group would be summarized and put in printed form for review and guidance. This information will be disseminated and play an important part in the Adult Component. After taking another look at this and consulting with more professionals in the field of research, it was decided to accumulate the data by spot surveying various groups of youth around the area.

Survey questions were drawn up by a core group of youth, versus professionals. These youths, comprised of non-users, users and abusers offered questions. Professionals went over it and offered suggestions. The survey was then given to girls in an inner-city high school in Manhattan, a public high school by boys in the Bronx, teenagers who have been in a therapeutic community and presently in a re-entry program and a cross section of teenagers at the annual CYO representing the ten counties of the Archdiocese representative of youth of various backgrounds, experiences and interests.

Some interesting information came from this survey. For example, it highlighted alcohol being the most abused drug followed by marijuana and so-on. Peer pressure along with relief from problems was listed by most as the reason for involvement with alcohol and other drugs. Whether they would consider being part of a positive peer group against alcohol and drugs, almost all, if not all in re-entry, said "yes", because of their own experiences. A good number of the others said they would not because it is up to the individual to decide themselves (no brother's keep concept) and maybe they might start using again in the future, yet the vast majority said they would not want their own kids in the future to get involved with alcohol and other drugs. It was very interesting to see how many fantasize about drugs.

In discussion following the survey in every place they stressed the importance and need for better communication between parents and kids. We feel that the data received from the survey and discussion will help us with our youth component, especially having youth feel they have ownership in the program. It is not adults telling youth - - rather youth reaching out to youth. However, this component does have a number of professional adults who have been acting as enablers for youth and youth advocates. These adults are from the private sector and have spent well over 25 to 30 hours each in this first quarter learning about the problem and using their expertise to help the youth launch their program.

We still feel that our initial goals and objectives are still valid; i.e. - - Youth awareness of the DARE program (Drugs/Alcohol/Rehabilitation/Education) - - "Dare to be different") will be achieved through the distribution of Tee-Shirts and Sweat Shirts with the DARE logo to young people. Lapel pins will also be prepared and available for public relation purposes.

Youth Component - Goals and Objectives:

1. to provide youth themselves with a forum to say something about substance abuse - - not adults
2. to train young people to work with each other, the ideas and activities coming from them, not from adults
3. to enable young people to change negative peer pressure into positive peer support
4. to have young people be the means of outreach to other youngsters who want help
5. to utilize local people within their communities, aware of their areas' specific needs
6. to have the youth program cut across economic, social lines
7. to utilize peer guidance

In the beginning of the second quarter will be meeting with the elected officials of the Archdiocesan Catholic Youth Organization for their commitment to the effort and the members of the organization will reach out to other youth groups throughout our area and enlist their interest and support. We are going to select one of the 10 counties and work with the county leaders and youth as a model to implement our total plan (this will be explained as you read on). After we execute this component, we will naturally evaluate it. see this as a key reason to isolate one county - i.e. for measurement and evaluation.

You might be interested in some "spin-offs" from the above information - Our plan is to focus in on one of the 10 counties - ROCKLAND - This was determined by the make-up of the county, the extent of the problem and the completion and success of our training program there. We intend to survey the present situation of the county in order to effectively measure at the end whether we were successful or not. This will be done with the assistance of the Office of Pastoral Research of the Archdiocese. We plan to get the public and private sectors involved by interfacing with: Health Care Agencies, Community Centers, Chambers of Commerce, Churches, Schools, Criminal Justice System, Community Action Program, Enforcement, fraternal groups, local designated agencies, social service programs, press/media. We will probably need some extra funds for this project, especially to hire a Regional Coordinator who could over-see the total project. This county also has the extra added attraction of having Congressman Ben Gilman as its representative. He is also a member of the House Select Committee and I am sure will be able to enlist the assistance of other elected and appointed officials. We will also enlist the youth of the county to implement the youth component as was referred to earlier in this report.

We are also working with District 10 in the Bronx who, with the Archdiocese, will jointly work out a school and community based project. This will kick off with the training program for the Northwest Bronx in February because this is the area District 10 covers. This project will try to do something with education, prevention, intervention, enforcement; especially through parent groups along with monitoring the sale of alcohol to minors and also the sale of paraphernalia. We see the development of communication skills between parents and children as another of our objectives.

SULLIVAN COUNTY has plans as a spin-off of the Training Program there to have a county wide joint effort to set up a family communication program as an element of prevention. We feel we should have a county coordinator to stay on top of this because of the extent of the needs of the county. Sullivan County is about the size of Rhode Island and is a totally rural area. We could use funding for the implementation of the program and also for at least a part-time coordinator at this time.



In regard to Manhattan, we are working with several groups in East Harlem. We hope to cut the flow of drugs by trying to organize the clergy, parents, service agencies and Chamber of Commerce. To deal more with prevention and education in schools and families along with getting the police to act on street sales of paraphernalia and drugs.

In the South Bronx, existing service agencies are joining with us to have an impact in education and prevention e.g. - Seneca Counseling Center. We are also helping to establish Narcotics Anonymous program in several of our Archdiocese facilities.

We have video-taped our Training Program in Manhattan and we plan to have one copy edited and available as a promotion and another edited and used for selective in-service programs in the future.

Some other information you might be interested in follows:

You might be interested in the way we advertised and notified people about the Training Program. Every parish, school and Archdiocesan agency received several brochures mailed to them. This was (is) later followed up by a phone call as the program was being offered in their area. Each Vicar was notified along with enlisting the help of district superintendents, Religious Ed coordinators and parish council presidents (where they exist).

We produced a 30 second radio spot that was aired in the New York area and upper counties as a public service.

We have continued to have speaking engagements to parent groups in parishes and high schools. At times the teen-agers are present and there is a good dialogue within the group. The presentations, whether in the evening or at breakfasts, have received excellent reviews..

We have also addressed high school principal groups, for example - upper counties - Staten Island, Manhattan and the Bronx elementary school principals.

Conferences in the local area have been addressed also, for example, the CCO Institute (October), the CVO Convention (first week in December), the Teachers Institute for Ulster/Dutchess County (October) and the State of New Jersey Alcohol/Drug Conference along with the National Chaplains for Youth Rehabilitation Centers and the Christian Family Week in Walden, New York.

We continue to use the print media to disseminate the message. A third article on our ministry appeared in the September issue of the Clergy Report.

We have received favorable reaction from the clergy on the three articles. An article was written for Momentum (NCEA publication) at their request and should appear in their Spring issue. —

Our Newsletter seems to be a very effective tool in our effort to alert people. It will appear four times during the year (Fall, Winter, Spring and Summer). Our goal is to have a few articles written by some of our Substance Abuse Ministers in order to share what is happening in Sullivan and Orange counties with Staten Island and so-on. The Newsletter will also contain other information on alcohol and other drugs. We have also produced a "pocket-piece" which is a brief history and summary of our ministry. It may be used for general public information, but especially to inform those who might like to contribute their time, talents and/or funds to the ministry. Note: A sample copy of our Newsletter is included.

In-put, cooperation and networking is still our concern. We are continuing to get maximum use out of our 407 parishes and 549 schools and agencies of the Archdiocese. Recently a letter was sent to all the Vicars to supply us with the names of one priest, sister and brother within each of their area conference. The type of person who is family oriented and concerned about the problem of alcohol and other drugs that is affecting our young people and families. I see this as an opportunity to get in-put and feed back from these area conference in what we are trying to do. There is also a need for greater involvement of clergy and religious in this ministry, not only here but throughout the State as the Division of Substance Abuse Services mention and throughout the country. intend to hold a one day session for this group perhaps at the Seminary and then have on-going inservices too.

I have formed an Advisory Board for in-put from our own people who have a particular expertise in this field. Presently the membership of this group represents various fields:

- alcohol and other drugs
- public and non public education on the primary and secondary levels
- health and services
- community based operation for education, prevention and treatment
- ethnic and racial groups

This make-up with the possible addition of a few more members, is purposely broad-based. This broad representation provides a many sector network for communication and feedback.

Finally, we have initiated contact with John Jay College of Criminal Justice in Manhattan, to explore the possibility of that institution's granting academic credit for persons completing our Substance Abuse Ministry Training Program, in conjunction with John Jay's newly established curriculum in Alcohol Studies and Research.

SECOND QUARTER - - - JANUARY - MARCH '82

To date we have completed ten of twelve training programs. The evaluation has been very positive by all those who have participated. The following is a list of dates and locations of the training programs during this quarter:

North East Bronx - St. Lucy's School  
January 5, 12, 19, 26

South Bronx - Our Lady of Victory  
Jan. 7, 14, 21, 28

Staten Island - Blessed Sacrament.  
Feb. 2, 9, 16, 23

North West Bronx - St. John's  
Feb. 4, 11, 18, 25

Westchester - St. Joseph's Seminary  
March 2, 9, 16, 23

North Westchester/Putnam - J. F. Kennedy High School  
March 4, 11, 18, 25

We average forty participants in each one of the training programs. We are accomplishing our goals in regard to the training program and we are maintaining our initial schedule. We have trained over 350 SAM'ers as of this writing.

It is gratifying to see how those who participated in the first quarter of the training program have really started to get involved. What follows is a sampling of what is taking place.

We already hired a coordinator in Sullivan County who was a participant in our fourth training session. This person has already been involving several hundred people and families representing many volunteer hours in preparing

for training, participating in and follow-up.

WHAT/WHERE IS SULLIVAN COUNTY?

It is in the Northwestern section of the Archdiocese and is one thousand square miles (as large as the state of Rhode Island). There are 15 townships, 10 centralized school districts and 3 main population centers - Liberty, Monticello and Fallsburg). The economic situation is tough, the only major industry is Hotels. The economic picture in the area is not bright as Sullivan County's jobless rate advanced from 7.7 percent in November to 9.1 percent in December '81 and economic activity is expected to decline in January '82. The teens are effected - few jobs, as well as very few recreational facilities, many young people are involved in alcohol and drugs and the resulting abuses. For example, it has been reported that there are more troubled youths per capita brought to Family Court in Sullivan County than in any other county in New York State. The alcohol and drug abuse has been a major problem for many years. School and police officials say younger and younger children are turning to such drugs as alcohol, quaaludes, marijuana etc. The District Attorney has said that there is an every increasing problem with a decreasing age of abuse. It is the opinion of many that alcohol and drug abuse is a symptom of adolescent adjustment problems - - let's deal with it!

How have some concerned people of Sullivan County attacked this problem? In response to the program, offered by the Archdiocese, 11 people from various parishes went to Middletown (Orange County) to the parish of St. Joseph, to the four week training program we have offered. This core group decided as a spin-off of the training program, on the following approach to the problem of alcohol and other drugs.

a) a series of successful family workshops were run during the month of March. Aware that most parents are not overly enthusiastic about turning out for the usual "alcohol drug talk" approach, the coordinator and her team decided on a family-oriented approach. Three successive Sunday afternoon workshops were run simultaneously in all ten parishes in the county, all with the same format and entitled "The Family: Strengths and Stresses". Qualified parents and family workers presented and moderated the meetings. The first workshop of the series considered the topic "The Christian Family: Ideal and Reality", session two, "From Husband and Wife to Mother and Father"; session three, "Parents and Children: Reflections and Reflectors."

A total of more than 250 persons attended the workshops, and the feedback at the conclusion of the series was very favorable. With their awareness raised about the critical importance of open lines of communication within the family, and particularly between parent and child from earliest years, several groups of workshop participants are planning to introduce in their parishes or communities a six-week experiential program in parent-child communication offered by qualified teams of parent-educators associated with the Archdiocese.

b) A six session program to be held from the end of April thru June - conducted by people trained in the Parenting Program with a drug and alcohol knowledge background; i.e. drug counsellor, personal experience with addiction.

c) A program worked out using some of the personnel from Daytop, a local therapeutic community, which will involve sessions with youth as well as information seminars for families. This program will be conducted in the parishes throughout the county.

d) Training programs for parents and youth will be run in the local communities by trained counsellors.

Some future goals as a result of the above :

1. that each parish in the county will form self-help groups, example:  
Parent support groups, tough love groups, groups where teens can come for information and support.
2. that this outreach group will constantly try to attract new members on the local level making them aware and encouraging them to take advantage of the existing professional help in the county, i.e. Daytop, New York State Division of Substance Abuse Services.
3. That there will be meetings on the parish, local and county level to keep attention focused on the problem, to report progress and to bring pressure to bear on those vendors and people who are playing a part in keeping this abuse going.

Young people are also concerned. Some students have recommended greater drug-abuse awareness in elementary schools, scheduling school talks by former drug and alcohol abusers and the formation of a united youth effort to reach out to their peers and perhaps through them get the much needed recreational facilities in different areas of the county, possibly Liberty, Monticello and Narrowsburg among other things.

Although this program is very young, the following are the types of comments already illicited:

- "We need more of this kind of thing"
- "It's consoling to share with others"
- "It's about time".
- "I don't need this, I have no problem".

The coordinator is now reaching to the private sector to get them involved with the program insuring the continuation of what we are doing should we lose some of ACTION's funding.

Another model which is already progressing is a joint effort in the Northwest Bronx, which will also have a coordinator between the Archdiocese and District 10. The area for District 10 of the New York City Board of Education is bounded by the Yonkers-New York City line in the north, the Harlem River in the west, Southern Boulevard to the east and an irregular line roughly conforming to Tremont Avenue on the South. The District covers more than 20% of the land area of the Borough of the Bronx. (enclosure)

The vicariate of the Northwest Bronx takes in the same area as District 10 which is described above. This vicariate covers more than 20% of the land area of the Borough of the Bronx. It covers 14 parishes with 14 schools. The Spanish population comprise 30% of the vicariate; Asian about 3%; American Indian .2%; others about 18 %.

The district superintendent of District 10 and his staff for substance abuse have been not only interested but also very enthusiastic and cooperative. We hope to use this as a model for other school districts in the city. Our goal is to develop a school/community base project. It will involve: education, prevention, intervention, enforcement, especially involving parent groups in both public and private schools, the chamber of commerce, principals and clergy, health care agencies.

The coordinator has come from our training program within the area and the core group will be those who have participated from the training program along with others. We intend to continue the school base, education and prevention (description available if necessary), along with monitoring the sale of alcohol to minors and the sale of paraphernalia. We also see the development of communication skills between parents and youths and the formation of parent groups.

We have met with the president of the chamber of commerce of the Bronx and addressed their executive board. They have expressed their interest and support, backed with some funding and also the use of many of the local banks, neighborhood New York Telephone Company offices to distribute any material for our campaign in the area. This will be a great help along with being able to disseminate materials through the public and private schools and parishes. We are having a meeting on the evening of April 22nd inviting key people in this particular locale. The invitation was signed jointly by the Community Superintendent and me. Those invited to the meeting were members of the Bronx Chamber of Commerce, principals of all the schools and substance abuse people already in the schools, representatives of the parent groups in both public and parochial schools, the borough commander for the New York City Police Department, the District Attorney of the Bronx, the District Superintendent for Catholic Schools, the Northwest Bronx coalition representatives, clergy, religious, youth representatives and the Bronx CYO executive board, representatives from the Health Care agencies and training program participants.

The purpose of this meeting is to launch a campaign to combat the sale of illicit drugs and alcohol to our children and to build better communication between parent and children. We plan to form a coalition of all the above mentioned people and plan effective strategies to combat the over-whelming drug and alcohol abuse within the community. A press release was prepared and sent out to all the media and we anticipate good coverage.

In Manhattan we have different programs spinning off from the Training Program. Two good and different examples are:

Two high school teachers with others, have developed an on-going educational/experiential program between the students at Rice High School and Project Create, a drug-free society of ex-addicts, which helps the teenagers become personally aware of the ravages of drug abuse and to learn they can cope with life problems without having recourse to drugs. Starting with the junior year and moving down through sophomore and freshman classes, groups of students are taken to nearby Project Create in Harlem. There they see and hear first-hand some straight talk from people who have lived in a drug world and have survived and got their lives on the mend again - thanks to Project Create and its program. The Rice High/Project Create Educational Program is a unique attempt to establish a drug-free society in Harlem.

We are meeting in East Harlem to strategize about what the East Harlem community can do to be more effective ministers to youth in the area of substance abuse by prevention, education and early intervention particularly through a values-based, family-oriented approach. Those involved are SAM'ers, clergy, religious, key teachers and parents representing both public and parochial schools, Kiwanis representatives, local enforcement people and representatives of youth and inter-faith groups.

Some other networking activities of SAM volunteers:

- the principal and several teachers of one parochial school in Manhattan have secured the services of a drug/alcohol youth counselor who is available two days each week to students and parents and who runs an on-going awareness and information program for students and their friends who attend other schools in the area. This program also seeks to identify the experimenter and other high risk students and to involve them in a local alternatives program which already exists in the community.
- parents have been contacted by local SAM'ers in three communities in Rockland County and have been successful in gaining the support of law enforcement officials and civic leaders in an effort to stop the sale of alcohol to minors as well as the selling of illegal drugs by certain vendors in their respective areas. School officials have also cooperated in giving their support and testimony in this effort.
- SAM volunteers in a large parish in the northeast Bronx have initiated an on-going series of meetings with representatives of all groups who deal with youth services in an effort to get total input on a community-wide basis in order to assess the specific problems and needs of that area relative to youthful substance abuse. A Community Organization Survey was drawn up by a team of SAM'ers and distributed to all group representatives, who meet bi-weekly to explore ways to meet these needs surfaced by the survey.
- Two SAM volunteers, both in administrative positions in their respective

schools in the metropolitan area, together with some of their colleagues have initiated school-sponsored on-going workshops for parents; one with the purpose of developing positive parenting skills as a preventive approach, the other geared to the parents of pre-school and primary grades focusing on parent/child communication skills and improved family relationships.

- a group of 15 members of the same parish formed part of a larger training program recently in Staten Island. This group is very actively involved in both school, parish and community efforts on the Island. Their initial efforts focused on awareness-raising, as denial of the problem was itself a large part of the problem. The group is comprised of several professional persons in the substance abuse field, one associated with the youth services component of a large hospital where he extends his substance abuse ministry work among his clients, as well as devoting his free time to coaching a local youth sports team. Parents among the group have contacted other parents with the purpose of forming an on-going parent peer support group.

We are also reaching out to trade unions. One of our SAM'ers, a member of Local Union #3 (International Brotherhood of Electrical Workers), has addressed his local brothers about the problem of drugs and the ignorance of both parents and youth which resulted in the acknowledgement on the part of several members that their communities do in fact have drug problems which they were previously unwilling to admit. They expressed their intent to add their efforts toward motivating community action. The SAM member has agreed to speak with other groups within his union. Each group is comprised of 100 members. He found a natural high for himself after talking at their February meeting and having a good number of the members thank him when the meeting adjourned. The president of the Westchester Mechanics has invited him to speak at their next meeting.

The training programs for Westchester and Putnam Counties have just been completed and they are still going over our 500 page manual assessing the needs of their areas and developing plans for implementation. Many have already started into action steps.

The private sector is getting more and more involved. One good example mentioned is in the Northwest Bronx but I also mentioned that the coordinator in Sullivan is trying to involve the business people in that county. Mr. T. Vincent Learson, who is the Chairman of the Cardinal's Commission, is still very much involved with us in our ministry. Mr. Learson, Retired-Chairman of International Business Machines, is presently Chairman of the Board of Governors of the New York Insurance and a member of the board of Pepsico, Inc. I have also involved top media executives in this ministry: a president of an advertising agency and executives of NBC, CBS, RKO, WVOX, WRTN, Sports Illustrated and Newsweek. NBC has offered to do public service announcements for our training program in the fall and also some for youth to youth in regard to the summer approaching and the desire to "party". The message will be "get in touch with natural highs vs. chemical".

For a long range program, which we are, we have met our goals I feel. It is very difficult in a program of this type to get volunteers to keep a



logue of their time and detail activities, even when you explain to them how it can serve as a means of affirmation for themselves and an inspiration for others. At the conclusion of this report you will see what they have been able to accomplish in regard to volunteer hours. We also feel that our "in-house" Newsletter will be a great incentive for other SAM'ers throughout the 10 counties we covered.

In regard to our volunteer training events, we have completed the training program as was mentioned above and we then planned our in-service programs which begin on April 24 (cf. second page of Third Quarter Action Report which lists the workshops and their dates.) We are also using SAM'ers to encourage each other to participate and bring along the other volunteers they have been working with. We see this as an introduction to these other volunteers so they can take the training program the next time around. The topics for the various area workshops will be those indicated by SAM'ers within those areas. We also encourage them to go to as many of the in-services as they can or are interested in. We have helped to establish N. A. meetings (i.e. Narcotics Anonymous - lower Manhattan and east side, and helped plan alcohol education programs in parish/schools. The networking process appears to have taken strong hold and many school, community, law enforcement, service agency and parent group components are successfully finding ways to jointly combine their strengths for more effective and comprehensive action. Program participants are sharing with their colleagues in other areas the information, the resources, and the project ideas they have gathered from the program and from their interaction and networking. Rather than directing their energies to toward duplication of services, "SAM'ers" are aware of the greater potential of better and more comprehensive utilization of existing resources wherever and whenever this is possible. SAM'ers are making their presence known in their respective areas and are serving as resource persons, providing information, resource material and making referrals to appropriate sources.

All the above are expressed and/or implied goals and objectives that we are seeing implemented in unique ways in the various areas we are serving. In this quarter I have not found many problems, delays or adverse conditions that haven't been already mentioned, e.g. volunteers keeping records of their generosity and service, personality difficulties (which is to be expected wherever two or more gather.) I don't see any of this affecting our ability to attain our objectives. One minor problem experienced by program planners is reaching the right persons for the work. Since we recognize that a training group with a maximum of 40 persons appears to be the most effective, we have been somewhat reluctant to "advertise" widely to the general public the availability of the training program. However, the task of reaching and selecting the right volunteers is beginning to be facilitated of late by the SAM'ers themselves, who recognize the qualities requisite for the work and who are recommending program involvement to appropriate persons in their area. The Regional Coordinator also assists in this kind of volunteer recruitment. We just have to continue consciousness raising and break through the negative attitudes, the denial and the feeling of hopelessness that is around and get folks to feel that they can do something about it when they face and admit the problem and work together to solve it.

We have continued our education and consciousness raising by means of talks to many groups throughout the 10 counties of the Archdiocese from church groups to community organizations from Totenville to Tivoli; from the young to the

young at heart.

We have increased our circulation for our Newsletter. We are networking with the Office of Christian and Family Development of the Archdiocese of New York in regard to communication skills and the consulting with experts in early childhood in the Montessori method in regard to prevention. We have made many referrals to treatment programs and try to follow up on this.

The Youth Component is moving along very well. They plan a meeting on May 5th for the youth representing the 12 secondary schools in Rockland County and any members of parish and/or community youth groups the format came from the core group - a witness talk by a young adult from the county speaking of her abuse of alcohol and other drugs and how now after treatment she has been clean and dry for over two years. One of the youth will explain to the group at large about previous meetings on the problem of alcohol and other drugs and some of the possible things that can be done, e.g. go public with the problem and the possibility of getting one of the political representatives who the youth admire to help them do something to address the problem and elect some action steps from them. There are other meetings planned after this with the intention of getting something going during the summer when so many just hang around and "party".

Ultimately what I hope from the youth component is to have them surface the problems of alcohol and other drugs in their area

- to say something about it - not just adults
- to form possible support groups for each other, to offset negative peer pressure
- better communication with their parents
- cooperate with adults (parents) in regard to preventing the sale of alcohol and other drugs plus paraphernalia in their areas
- to have them reach out to other young people who need help
- to involve as many youth as possible in this project

In regard to recognition: we were the feature story in Catholic New York, which has a circulation of 133,000. NBC-TV has offered us Public Service Announcements because they feel we offer a unique use of the training of volunteers. A U. S. Navy chaplain has contacted us with permission of his commanding officer to help them with the problem they have - we are working on that now. We have been contacted by people in the Archdiocese of Washington D. C., Miami, St. Paul, Minneapolis to help them in developing a program. We were invited to be part of the planning committee and awards committee for the New York Urban Coalition - New York Substance Abuse Conference and we were asked to present our program. We had a very good turnout and very favorable reactions; from this we were asked to help other groups, one being to address the clergy - interfaith group in Brooklyn/Queens area and internationally to help a German group with a program they are starting in Germany. We have also been written up in several local newspapers.