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December, 1985

UPDATE

- For the first time in several years, the annual high school survey does not show a decline in drug use among high school seniors. Instead, the use of some drugs including cocaine, PCP, and opiates other than heroin has increased. According to the survey, 17 percent of the Class of 1985 have tried cocaine at least once -- the highest rate observed since the survey began. In commenting on these results, Dr. Lloyd Johnston, the survey's director, said, "...the rates of illicit drug use which exist among America's young people today are still troublesomely high and certainly remain higher than in any other industrialized nation. Add to that the fact that the use of one of the most dependence-producing substances known to man -- cocaine -- is once again increasing and you have grounds for real concern."
- In view of the High School survey's findings, the latest addition to the Council's monograph series is especially timely. Tentatively titled Treating Cocaine Dependence, this monograph is being written by Arnold M. Washton, Ph.D., Director of the Addiction Research and Treatment Centers at The Regent Hospital (New York, New York) and Stony Lodge Hospital (Ossining, New York). Dr. Washton also is Research Director of the National Cocaine Hotline (800-COCAINE) at Fair Oaks Hospital, Summit, New Jersey. We anticipate an early Spring publication.
- Speaking of publications, our new monograph for employers entitled Urine Testing in the Workplace is now in print. The Council is indebted to the Scientific Advisory Board for their detailed review of this monograph and to Hoffmann-LaRoche, SYVA, CompuChem, Robert Willette of Duo Research, Dr. Richard Hawks, Director of Research at the National Institute On Drug Abuse, and Board member Dr. George Russell for their invaluable technical assistance on this project.
- Council Executive Director Lee Dogoloff spoke recently at the Pan American Congress of Pharmacists and Biochemists in Guatemala City. Mr. Dogoloff discussed the Pharmacists Against Drug Abuse campaign, developed by the Council and implemented by McNeil Pharmaceutical, and encouraged the over 800 Congress participants to become involved in this highly successful prevention program which is underway in both the United States and Canada. The United States Ambassador to Guatemala demonstrated his support for the program by hosting an Embassy reception for conference attendees and pledging his willingness to help. Convincing the citizens of Central and South America to become involved in drug abuse prevention is essential to gaining support for drug control throughout the Southern sphere. McNeil Pharmaceutical's generosity in bringing the PADA program to the attention of Central and South American pharmacists is a major step toward achieving that goal.

- With the support of United Services Life Insurance Company, the Metropolitan Life Foundation, the Helen Clay Frick Foundation and others, the Council has been making up-to-date and accurate information on drugs available to school libraries and media centers in the form of pamphlets, books and films. What you may not know is that we have contributed to the drug portion of two popular textbooks: Modern Health published by Holt, Rinehart, Winston; and the health supplement for Macmillan Life Science. Not only were we flattered to be asked, but more important, we see this as a signal by educators and those who assist them 1) that drug abuse is a topic that cannot be ignored and 2) that accurate health information should be made available to students as part of the standard curricula. We also should mention that the Council was one of the reviewers of Encyclopaedia Britannica's excellent new film "Say No To Drugs."
- The Council is in the midst of a year-long project to address drug abuse in our nation's schools. To assure that the "Educator's Project" responds to the varying needs of public and independent school educators, an Advisory Panel has been formed to serve as a sounding board for project staff and to review the materials produced. Panel members include: Scientific Advisory Board member Sidney Cohen, M.D., Clinical Professor of Psychiatry at UCLA's Neuropsychiatric Institute; Robert Cole, Editor, Phi Delta Kappan Magazine; Dr. Lawrence Davenport, Assistant Secretary for Elementary and Secondary Education; Keith Geiger, Vice President, National Education Association, Dr. Keith Schuchard, Co-Founder, PRIDE; Dr. Thomas Shannon, Executive Director, National School Board Association; Barbara Stock, Director of Academic Services, National Association of Independent Schools; and Dr. Scott Thompson, Executive Director, National Association of Secondary School Principals. Dr. Richard A. Hawley, author of A School Answers Back: Responding To Student Drug Use is coordinating the Educator's Project.
- Ms. Elizabeth Baer, a graduate student from the University of Maryland School of Social Work and Community Planning, has joined the Council's staff as a student intern to work on our "Drug Abuse in the Workplace" project, a new prevention effort aimed at non-drug using employees. The project consists of a series of pamphlets, posters, and a handbook for supervisors on how to confront employee drug use.
- Male professional tennis players will undergo mandatory confidential testing for cocaine, heroin, and amphetamines beginning in 1986. The National Collegiate Athletic Association also is recommending mandatory testing at selected bowl and championship games beginning in August, 1986.
- A recent Drug Enforcement Administration study says supplies of cocaine were so plentiful in 1984 that the wholesale price dropped substantially in many major cities.
- Nationwide campaigns to crack down on intoxicated motorists are working. The National Highway Traffic Administration found a 24 percent decline in the number of drunken drivers who suffered fatal injuries in the period from 1980 to 1984.

The American  
Council for  
Drug Education

Volume 16/86

Issue 1

# *The Drug Educator*

## *Metropolitan Life Foundation Expands Prevention Program To Rhode Island*

At a statewide meeting of public school principals and superintendents, the American Council joined the Metropolitan Life Foundation in kicking-off the expansion of the school-based drug prevention program to the State of Rhode Island. This major informational effort, modeled on the very successful program supported by Metropolitan Life in New York City's public schools last year, provides Rhode Island's elementary schools with an array of educational resources prepared by the American Council for Drug Education.

Materials in the prevention program given to the elementary schools include a selection of monographs, the Drug Digest pamphlet series, student/parent newsletters, buttons and posters. Prints of the Council's award-winning film "Wasted: A True Story" have been provided to each area superintendent for distribution to principals and teachers.

Rhode Island's prevention program is a cooperative effort sponsored by the State Department of Education's Center for Health Education

and by the State Department of Health's Office of Health Promotion, and underwritten by the Metropolitan Life Foundation. The program will make information readily available to students and teachers alike and will supplement public school library collections on drug abuse with up-to-date and accurate materials.

A similar program for the City of Chicago's public schools will begin next month.

## *Council Receives ACTION Grant To Prepare Handbook*

ACTION, the federal volunteer agency, recently awarded a grant to the American Council for Drug Education to prepare a handbook for physicians on diagnosing, treating and referring children with drug problems. In addition, the booklet will provide basic information needed by pediatricians, general practitioners, family physicians and specialists in adolescent medicine to update themselves on the nature and extent of the problem, and to familiarize them with prevention techniques that pa-

tients' parents can employ usefully at home.

Robert E. Petersen, Ph.D., former Director of the Research Division of the National Institute On Drug Abuse, and an active member of the Council's Scientific Advisory Board will serve as the principal scientific consultant for the handbook. Dr. Petersen will work in conjunction with Dr. Ingrid Lantner, the physician who co-authored *A Pediatrician's View of Marijuana*.

## *PRIDE Conference*

PRIDE's International Conference On Drugs is scheduled for March 20-22, 1986 at the Georgia World Congress Center, Atlanta, Georgia. This yearly event is open to both youth and adults and includes concurrent sessions for both. To obtain a conference registration form, please call PRIDE directly at 800/241-9746.

The new handbook should be available by early Summer.

## Crack, Crank, Rock

Crack, crank and rock are trendy slang terms for a new, convenient-to-use cocaine freebase which may be the most potent and most dangerous form of cocaine available today.

Crack is appealing for three reasons. It comes in small, rock-like pellets which are ready to be smoked and require no special processing or equipment to use, other than a pipe.

Crack is also inexpensive compared to other forms of cocaine. On the West Coast, packages of rocks have been sold for as little as \$10. Vials of the drug sell for \$2 to \$50 on the East Coast depending on the number of rocks or pellets they contain.

Finally, crack's effects are immediate. Users report that the euphoria or "flash" they experience is more intense than anything else they have ever felt. Also, since crack is not injected, needles are avoided and, users reason, so are feared diseases like AIDS.

Drug abuse treatment specialists are gravely concerned about the "crack phenomenon." Not only does its low cost and ready availability make it an accessible drug, but its rapid action and the large amounts of it that can be absorbed substantially increase the potential for dependency. Clinicians treating crack users are reporting almost "instantaneous addiction" coupled with severely dysfunctional behavior. And, they are seeing this among a population with no prior drug history. This is especially disturbing when viewed in light of the 1985 high school survey findings that only about one-third of students see much risk in experimenting with cocaine, while 17 percent of the 1985 high school class have tried the drug at least once.

## High School Survey Shows Five-Year Decline In Student Drug Use Stalled

For the first time in five years, marijuana use among high school seniors is no longer declining, nor is the use of tranquilizers, barbiturates, alcohol and cigarettes. Just as disturbing, cocaine use increased, as did PCP and opiates other than heroin.

Dr. Lloyd Johnston, program director for the annual high school survey, said, "We do not want to understate the substantial improvement which has been made. Daily marijuana use now is less than half of what it was in 1978 (5 percent versus 11 percent) and the statistics for a number of other drugs are appreciably lower now than they were at their peak levels — including tranquilizers, barbiturates, LSD, PCP, and heroin."

However, Dr. Johnston said, "the rates of illicit drug use which exist

among American young people today are still troublesomely high and certainly remain higher than in any other industrialized nation in the world. Add to that the fact that the use of one of the most dependence-producing substances known to man — cocaine — is once again increasing and you have grounds for real concern."

### Selected Survey Statistics:

Marijuana:	ever used — 54.2%
	daily use — 4.9%
Cocaine:	ever used — 17.3%
	daily use — 0.4%
Alcohol:	ever used — 92.2%
	daily use — 5.0%
Cigarettes:	ever used — 68.8%
	daily use — 19.5%
Inhalants:	ever used — 17.9%
	daily use — 0.4%

## Dr. Charles Schuster Named Director of National Institute On Drug Abuse

Dr. Charles Schuster, a member of the Council's Scientific Advisory Board, has just been appointed Director of the National Institute On Drug Abuse. It seems that the Council's Advisory Board is fertile ground for federal appointments as Dr. Schuster follows former scientific advisors Dr. Ian Macdonald (head of the Alcohol, Drug Abuse and Mental Health Administration and acting Assistant Secretary for Health) and Dr. Carlton E. Turner (director of the White House Policy Office on Drug Abuse) to a critically important government post.

We extend our best wishes to Dr. Schuster. He brings a wealth of experience and an extensive back-

ground in drug abuse research to the demanding NIDA leadership position.

### Ecstasy Warning

Studies on "ecstasy" (MDMA) by Dr. Schuster and colleagues are showing that this designer drug may be toxic to the serotonin-containing cells in the human brain, which are involved in the "regulation of sleep, aggressiveness, sexual behavior, and food intake."

"Ecstasy" has an undeserved reputation for safety and is popular on some college campuses. More information on this dangerous drug will follow in the Spring newsletter.

# Educator's Project

The American Council for Drug Education has begun work on its ambitious Educator's Project. This project, targeted for the fall of 1986, is designed to provide an effective program addressing drug abuse in schools throughout the nation. It will provide school administrators, teachers, parents, and other community members with a detailed guide to implementing and sustaining a school-based drug education program.

The project guide will consist of three volumes: 1) a curriculum for a drug-free school; 2) structuring community and school to promote a drug-free climate for youth; and 3) a catalog of resources for creating drug-free schools.

Volume I is being written by Dr. Richard A. Hawley (author of *A School Answers Back*) and Ms. Margaret Mason, both of the University School, Chagrin Falls, Ohio. Dr. Hawley is focusing on the developmental stages of learning so as to appropriately integrate drug materials into the curriculum. Ms. Mason is engaged in an extensive review of existing drug curricula and working with Dr. Hawley to achieve an improved course of study.

Volume II focuses on structuring effective school and community cooperation, and is being written by the American Council's Washington staff. With the help of Networkers from the National Federation of Parents for Drug-Free Youth, much material has been collected concerning school-based programs and policies across the country as well as successful community and parent models.

Volume III, being compiled by the Council's Washington staff, catalogs resources of programs, pamphlets, books, films, and drug treatment facilities.

The Educator's Project is being directed by Dr. Hawley. A distinguished advisory panel has been secured. These accomplished educators bring to the project many diverse perspectives that serve to meet the varied needs of such a national project. The members of the advisory panel are:



Sidney Cohen — a member of the Council's Scientific Advisory Board who has published over 250 articles and four books in the areas of psychopharmacology and drug abuse. Dr. Cohen has engaged in extensive research over the past 20 years.



Lawrence Davenport — Assistant Secretary for Elementary and Secondary Education. In addition to broad governmental experience, Dr. Davenport has worked in many areas of higher education.



Keith Geiger — Vice President of the National Education Association.



Marsha Keith Schuchard — Co-Founder of PRIDE. Author of *Parents, Peers and Pot*, one of the most requested publications ever published by the National Institute On Drug Abuse.



Thomas Shannon — Executive Director of the National School Boards Association.



Barbara Stock — Director of Academic Services, National Association of Independent Schools.



Scott D. Thomson — Executive Director of the National Association of Secondary School Principals. Dr. Thomson has worked and published extensively in all levels of education.

Robert Cole — editor of *Phi Delta Kappan* magazine. (not pictured)

Jill Robertson — Member of the Executive Board of the National Parents Teachers Association. Mrs. Robertson chairs the subcommittee on Health and Welfare which oversees drug policy for the PTA.

John Rosiak, the Council's new Associate Director, is serving as Staff Director for the Educator's Project. Mr. Rosiak brings to the Council a broad educational background, including intensive graduate work in education administration. He has university administration and marketing experience as Assistant Director of Admissions at the Catholic University of America. Mr. Rosiak has taught secondary school, and has press agency experience as a research writer.

## Drugs and Pregnancy It Isn't Worth The Risk

For the past year, the American Council for Drug Education has been working with the Healthy Mothers, Healthy Babies Coalition to produce a substance abuse information package for health care providers and their patients.

Although the package will not be distributed until late Spring, the media's recent focus on "cocaine babies" and their health problems has heightened interest in the impact of drugs on pregnancy.

Following are some highlights from the Council's guide for physicians which briefly summarize the major known and suspected risks associated with some of the most commonly abused drugs.

### Alcohol

- The risk of spontaneous abortions in occasional drinkers increases by a ratio of 1.03 over non drinkers; it's nearly doubled for consumers of one or two drinks a day during pregnancy; and is three and a half times higher for drinkers of three or more drinks a day.
- Intrauterine growth retardation (IUGR) is the most frequently found consequence of fetal exposure to alcohol.
- Fetal Alcohol Syndrome (FAS), is a specific diagnostic criteria for growth deficiencies before and after birth, abnormal features of the face and head, and central nervous system disorders, including mental retardation.

### Tobacco

- Sudden Infant Death Syndrome (SIDS) occurs twice as frequently in smokers' offspring.

- Cigarette smoking has been blamed for as many as 14 percent of preterm deliveries in the U.S.
- As with drinking during pregnancy, cigarette smoking reduces birthweight of babies proportionally to the amount consumed. On the average, smokers have twice as many low birthweight babies as nonsmokers.

### Marijuana

- In animals, intrauterine growth retardation is one of the most reliable effects of prenatal cannabinoid exposure.
- Prenatal exposure to marijuana may decrease an infant's visual functioning and attention span. The drug also may delay maturation of the visual system and has been associated with other ophthalmologic problems in offspring.

### Stimulants and Cocaine

- An increased incidence of spontaneous abortions has been noted among chronic amphetamine and cocaine users.
- Placental separations have been observed among pregnant cocaine users.
- Cocaine also has been found in mother's milk.
- Amphetamines may increase the risk of heart malformations and cleft palate. In animal studies, cocaine also has been linked to birth defects.
- Prenatal amphetamine abuse may affect infant development and contribute to poor coordination and responsiveness.

**the American  
Council  
for Drug  
Education**

**announces:**

# **Urine Testing In The Workplace**



## **Table of Contents**

Urine Testing: One Tool for Drug Abuse  
Prevention  
The Legal Issues of Urine Testing  
Analytical Methods for Testing  
Selecting a Laboratory  
Other Considerations

Urine testing has become an emotionally loaded term for many, triggering visions that range from a police state to a drug-free paradise, depending on one's perspective. These reactions are unfortunate and can be damaging because, in the heated arguments over invasion of privacy, social responsibility and liability, the purpose and appropriate use of drug-testing in the workplace is often obscured.

**Urine Testing In The Workplace** brings clarity and rationality to the issue. The monograph places urine testing in perspective by viewing it as a part of an overall program for addressing drug use in the workplace. It discusses the legal issues that should be considered prior to developing an employee drug program and provides a blueprint for understanding the technical issues involved in drug urinalysis. The monograph includes questions which should be asked when selecting a laboratory to perform drug testing and also explains what test results mean. **Urine Testing** is an essential guide for any manager or employer concerned about drug abuse in the workplace.

*To purchase **Urine Testing In The Workplace** please complete the coupon below and mail along with your check or money order payable to:*

**The American Council for Drug Education**  
5820 Hubbard Drive  
Rockville, Maryland 20852

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# **Urine Testing In The Workplace**

## **FULL MAILING ADDRESS:**

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ORGANIZATION \_\_\_\_\_

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Enclosed is my payment of \$4.75 (\$3.00 + \$1.75 to cover the cost of postage and handling).

I would like to receive information about the American Council for Drug Education and your publications list at no charge.

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# ORDER FORM

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	Qty.*	Unit Price	Total Cost
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## Scientific Monographs

- Cocaine Today \_\_\_\_\_ \$2.50
- Cocaine: The Bottom Line \_\_\_\_\_ 2.50
- Cocaine: A Second Look \_\_\_\_\_ 2.50
- Marijuana Today: A Compilation of Medical Findings for the Layman \_\_\_\_\_ 3.00
- Marijuana Smoking and Its Effects on the Lungs \_\_\_\_\_ 2.50
- Marijuana and Reproduction \_\_\_\_\_ 2.50
- Marijuana: The National Impact on Education \_\_\_\_\_ 2.50
- Marijuana and Alcohol \_\_\_\_\_ 2.50
- Marijuana and Driving \_\_\_\_\_ 2.50
- Treating the Marijuana-Dependent Person \_\_\_\_\_ 3.00
- The Marijuana Controversy: Definition, Research Perspectives and Therapeutic Claims \_\_\_\_\_ 2.50
- Urine Testing for Marijuana Use: Implications for a Variety of Settings \_\_\_\_\_ 2.50
- A Pediatrician's View of Marijuana \_\_\_\_\_ 2.50
- Therapeutic Potential of Marijuana's Components \_\_\_\_\_ 2.50
- Marijuana and the Brain \_\_\_\_\_ 1.50
- Urine Testing in the Workplace \_\_\_\_\_ 3.00

Scientific Monographs Total \$ \_\_\_\_\_

## Brochures and Reprints

- Marijuana and You: Myth and Fact \_\_\_\_\_ .45
- La Marihuana al Dia \_\_\_\_\_ .50
- Marijuana: Biomedical Effects and Social Implications, Conference Transcript \_\_\_\_\_ 5.00

Brochures and Reprints Total \$ \_\_\_\_\_

## Books

- A School Answers Back \_\_\_\_\_ 5.00
- Getting Tough on Gateway Drugs \_\_\_\_\_ 6.50

Books Total \$ \_\_\_\_\_

## ACDE Drug Digest Library

- 1 Cocaine: Some Questions and Answers
- 2 Therapeutic Potential of Marijuana's Components
- 3 Marijuana and Alcohol
- 4 Treating Marijuana Dependency
- 5 A Pediatrician's View of Marijuana
- 6 Marijuana Goes to School
- 7 Marijuana and Driving
- 8 Marijuana
- 9 The Effects of Marijuana on the Reproductive System
- 10 Marijuana and the Lungs
- 11 Alcohol and the Adolescent

\*Quantity discounts are available on request.

\*\*Please add 10% postage and handling to your order subtotal, including all items except films and membership or donation. Minimum of \$1.75 for postage and handling.

Topic #	Qty.*	Unit Price	Total Cost
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ACDE Drug Digest Library  
 Sample pack of 11 pamphlets  
 (one of each topic)

1-11	_____	2.75	_____
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ACDE Drug Digest Library  
 Individual copies  
 (the same, or assorted topics)

- 1-9 .....35¢
- 10-99 .....25¢
- 100-499 .....20¢
- 500-999 .....15¢
- 1000-5000 .....12¢

ACDE Drug Digest Library Total \$ \_\_\_\_\_

## Kits

- Physician's Kit \_\_\_\_\_ \$15.00
- School Library Kit \_\_\_\_\_ 37.00
- Marijuana: A Second Look Classroom Kit \_\_\_\_\_ 10.50
- Extra FAME Magazine/Posters (10) \_\_\_\_\_ 2.00
- Extra Parent Newsmagazines (10) \_\_\_\_\_ 4.00
- Extra Buttons (10) \_\_\_\_\_ .80

Kits Total \$ \_\_\_\_\_

## Films

- "Cocaine Diary"
- Purchase \_\_\_\_\_ 450.00
  - Rental/Five Days \_\_\_\_\_ 35.00

Preferred Dates for Showing Are: \_\_\_\_\_

First Choice	Second Choice	Third Choice
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- "Danger Ahead: Marijuana on the Road"
- Purchase \_\_\_\_\_ 250.00
  - Rental/Five Days \_\_\_\_\_ 35.00

Preferred Dates for Showing Are: \_\_\_\_\_

First Choice	Second Choice	Third Choice
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- "Wasted—A True Story"
- Purchase \_\_\_\_\_ 395.00
  - Rental/Five Days \_\_\_\_\_ 35.00

Preferred Dates for Showing Are: \_\_\_\_\_

First Choice	Second Choice	Third Choice
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 Drug Digest Library Total \$ \_\_\_\_\_  
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# ACM NEWS

File  
The American Council  
on Marijuana  
and Other Psychoactive  
Drugs, Inc.

Volume 4  
Issue 1  
Winter 1982

## Rising Cocaine Use Sparks Conference

Cocaine is the fastest growing drug in America and the most seductive. Ronald Siegel, a featured speaker at ACM's upcoming conference entitled: "Cocaine Today," describes the drug as "lighting a kind of fire in the brain." While the drug's supporters claim that cocaine is safe because it is not addictive, Dr. Siegel argues that it is "the most psychologically tenacious drug available." A cocaine devotee interviewed by Time Magazine concurred. "After one hit of cocaine I feel like a new man," he said. "The only problem is, the first thing the new man wants is another hit."

Robert L. DuPont, M.D., President of the American Council on Marijuana, cautions that cocaine may become this decade's marijuana. Not only has cocaine use among young adults increased by nearly 50 percent over the last five years, but freebasing, a far more dependency-producing method of use than snorting, is gaining in popularity.

Because the Council's Board members are afraid that history may repeat itself, cocaine has been added to ACM's agenda for the 80's. By ignoring cocaine, both the scientific community and the lay public may precipitate another drug abuse crisis. To forestall

that possibility, ACM is sponsoring a national conference on cocaine to share current research findings and exchange ideas for practical approaches to cocaine treatment and prevention.

The "Cocaine Today" conference will highlight health hazards, the emergence of freebasing in the United States, and society's response to cocaine (including glorifying its use). Ex-users and nationally known therapists such as Dr. Ronald Siegel and Dr. David Smith will provide the treatment perspective. Current public policy also will be outlined and cocaine abuse prevention strategies will be described by Lee Dogoloff, Dr. Keith Schuchard, and Dr. Buddy Gleaton.

### CONFERENCE DETAILS

#### Date and Location

"Cocaine Today" will be held on Thursday and Friday, May 13 and 14, 1982, at the Miramar-Sheraton Hotel. The hotel is located at 101 Wilshire Boulevard, Santa Monica, California 90401, (213) 394-3731.

*(Continued on page 2)*

NANCY REAGAN



### Conference Roundup: First Lady Lauds Educators

In a surprise visit to ACM's conference on "Marijuana: The National Impact on Education," Nancy Reagan praised the educators in attendance for their willingness to confront the drug abuse problem and compared ACM's mission to that of the American Cancer Society and the American Lung Association. Reflecting on her visit to Daytop Village, a New York drug rehabilitation program, Mrs. Reagan said that she was stunned by the "magnitude of the drug problem" among today's youth. "Young people are smoking, shooting or sniffing while parents stand by feeling confused and heartsick," said Mrs. Reagan. "We've come to realize there simply aren't any soft drugs — they're all dangerous and damaging."

Citing music, humor, publications for drug users, and the widespread sale of drug paraphernalia as purveyors of the "social" drug use message, Mrs. Reagan urged parents, educators, and other concerned groups to work together in the fight against drug abuse. "You know," she told the conference participants, "when our children are young we inoculate them against polio and diphtheria and whooping cough — if only we could do the same for drug abuse."

*(Continued on page 2)*



The Miramar-Sheraton Hotel in Santa Monica, California is the site for ACM's conference: "Cocaine Today" slated for May 13 and 14, 1982.

## MRS. REAGAN ADDRESSES ACM CONFERENCE

(Continued from page 1)

Mrs. Reagan's words captured the theme of ACM's two-day conference. Held on December 4 and 5, 1981 at the Sheraton Washington Hotel, and attended by over 100 participants, the Conference presented the viewpoints of five key segments in the educational community on the impact of marijuana on the classroom. Principals and superintendents, teachers and counselors, parents (including official representation from the P.T.A.), students involved in an array of prevention efforts, and school board members discussed the concrete steps taken in their communities to address the problem.

The panelists characterized problem denial by both school administrators and parents, lax discipline, ambiguous codes of conduct, inconsistent enforcement of school rules and State drug laws, blame-placing by parents, and sensationalized press coverage of school drug problems as major roadblocks to effective drug abuse prevention.

### RECOMMENDATIONS

#### 1. *Inadequate Information: School Libraries*

Marijuana information in both school and public libraries is so outdated

that often there are no references to the negative consequences of use. Since these libraries may be the only resources for both students and staff, ACM is working with several national organizations, including the P.T.A., to find ways of providing copies of ACM monographs and brochures to every high school library in the country.

#### 2. *Media Coverage of School-Based Drug Abuse Prevention Activities*

Sensational press coverage about the drug problem on campus contributes to the school's tendency to deny the problem. At a meeting with staff from the Foundation for American Communications (FACS), a media sensitization effort was discussed. Since FACS sponsors ongoing media education seminars on topics of current interest, ACM will work with them to design an attractive press program on this issue.

#### 3. *Ban on Smoking in Schools*

As a direct result of the conference discussion on designated smoking areas in the schools, ACM approached the American Lung Association to propose a cooperative effort to ban smoking in public high schools.

## Youth Connection

Toni Thiboult, a popular 12th grader at Forest Hill High School in West Palm Beach, Florida is the perfect "All-American Girl." She has a part-time job, is active in school sports, and dotes on her younger brother and sister.

But, as part of the Class of '82, particularly in Southeast Florida, her "all-American" high school days are marked by experiences that her parents and teachers never faced and are just beginning to confront. Toni is literally surrounded by the victims of the marijuana generation. For these students, security guards patrolling the school corridors with walkie-talkies are as normal as football games and proms.

In this environment, how does a "straight student" survive and what, if anything, can that student do to improve the situation. Toni's own experience may suggest some answers.

For the past two years, Toni has been a member of the innovative "Students-Teach-Students" program of the American Lung Association of Southeast Florida. Students-Teach-Students trains teams of 11th and 12th graders to present both a smoking education program and positive role model to 5th graders. The objective is to help the younger students to overcome peer pressure to smoke cigarettes and marijuana.

The five-day program consists of four days of teacher-initiated instruction on the functions of the respiratory system. But, the highlight of the program occurs on Day Three when Toni and her teammates enter the classroom.

First, the team gives a slide presentation, followed by an exciting demonstration called the "Breathing Lung." This simulation not only shows the effects of one cigarette on the lung, but succeeds in capturing the 5th graders total attention. Next, a biopsy of a healthy lung is compared to one damaged by emphysema. After this deliberately dramatic episode, the team shifts emphasis and opens-up the class for discussion.

As role models, Toni and her teammates personify the excitement and challenge of growing up without the use of drugs. In providing these vulnerable 10- and 11-year-olds with an opportunity to reconsider their behavior, Toni and her teammates also have a chance to re-examine their own values regarding smoking. In describing the program, Toni says, "We hope that even though the students might not quit smoking or may even start smoking in the future, they will through our efforts and 'Students-Teach-Students' at least think twice."

## Cocaine Conference

(Continued from page 1)

### Accommodations

Rooms may be reserved at a special conference rate of \$70.00 single and \$80.00 double. Reservations should be made directly with the hotel no later than Wednesday, April 28, 1982 and participants should identify themselves with the conference at that time.

### Registration

To allow for maximum discussion, seating will be limited to 200 participants. The total conference fee is \$75.00 per person and includes all sessions plus a Thursday luncheon and coffee breaks.

### For More Information

Write: The American Council on Marijuana, 6193 Executive Blvd., Rockville, Maryland 20852 or call (301) 984-5700.

## Registration Form

I plan to attend "Cocaine Today"  
I am enclosing the Registration Fee of \$75.00

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

My total payment is \$ \_\_\_\_\_ Telephone: \_\_\_\_\_

Please make all checks payable to the American Council on Marijuana.

Send to: **The American Council on Marijuana**  
6193 Executive Blvd. • Rockville, MD 20852

## Publication Update

Two new publications are available from the American Council on Marijuana.

*Treating the Marijuana-Dependent Person* edited by Robin de Silva, Dr. Robert L. DuPont, and Dr. George K. Russell (\$2.95 per copy). This monograph summarizes several different treatment and referral approaches used effectively by therapeutic communities, private pediatricians, outpatient clinics, residential hospitals, public high schools, and the criminal justice system. Symptoms, diagnoses, specific program components, and problems are described so that techniques can be replicated or adapted for use by the reader.

*Cocaine Today* by Dr. Sidney Cohen (\$2.50 per copy) discusses the history, characteristics, and pharmacology of cocaine and describes patterns and modes of use, psychoses, and treatment. The monograph also includes a bibliography for further reading and a discussion of issues relevant to both the scientist and the layman.

To purchase ACM publications, please send titles, quantity, plus payment for the total order including postage and handling to ACM, 6193 Executive Blvd., Rockville, Maryland 20852. Postage and handling costs for 1 to 5 copies are an additional \$1.25, an additional \$2.00 for 6 to 15 copies, and orders for 16 copies or more will be invoiced separately. Bulk rates are available upon request.

Dr. Sidney Cohen, Clinical Professor of Psychiatry, Neuropsychiatric Institute, UCLA, and an active member of ACM's Scientific Advisory Board has collected and refined a number of myths associated with marijuana. A sampling from Dr. Cohen's mythology is reprinted below. If you have a favorite myth, send it to the newsletter so that it can be shared with ACM's membership.

### 1. The "If Alcohol and Tobacco Why Not Pot" Myth

The fact that our culturally sanctioned social drugs, alcohol and tobacco, are legal, is customarily listed as a reason for the legalization of marijuana. This is a bit surprising in view of the miserable record of these accepted "recreational" substances. It would seem more logical to cite their disastrous history as a reason for not adding new trouble to our old ones.

Unfortunately, both drugs entered the culture at a time when it was

## "Reading, Writing and Reefer" Producer Accepts Drug Abuse Prevention Award

Robert Rogers, senior producer of the acclaimed NBC documentary, "Reading, Writing and Reefer" received ACM's Drug Abuse Prevention Award at the educators' conference luncheon, which was also attended by First Lady Nancy Reagan.

In presenting the award to Mr. Rogers, ACM president Robert L. DuPont said that he "exemplifies the potential of TV for public education." Calling the film a "catalytic event," Dr. DuPont recalled that "for millions of Americans that night in 1978 was the first time they knew pot was a serious threat."

As he accepted the award, Mr. Rogers said, "One of the first people to notice that the program might be important was an ex-governor of California. "I said right then that a man that perceptive has to be going places!"

In response, Mrs. Reagan quipped, "I just wish you'd have warned me what you saw in his future; I might have been a little more prepared."

## Letter to the Editor

Dear Sir:

*I was able to help my son, a chronic user for 4 years, by educating myself and then him. I am convinced that is the answer for parents — replace anger and frustration with knowledge and confidence — and use "tough love."*

*Our son is now 21 and is again his intelligent, sensitive self, enjoying natural "highs" through hiking, mountain climbing, enjoying nature as he had before "pot." He is finally interested in college and is working toward that goal. We believe he is going to be okay in time.*

*Thank you for all you are doing in research and education.*

Name Withheld

## ACTION Awards Grant to ACM

ACTION, the Federal Agency for volunteer service, recently awarded a one-year grant to ACM to condense scientific information on marijuana and other drugs into 10 brochures for distribution to volunteer parent groups. The first brochure, "Cocaine Today," has been written and is being reviewed by a special Advisory Group convened for this project. Other titles in the brochure series include: "Marijuana and the Lungs," "Marijuana Today," "The Marijuana Controversy," "Treating the

Marijuana-Dependent Person," "A Pediatrician's View of Marijuana," "Marijuana and Driving," "Marijuana and Reproduction," "Marijuana: The National Impact on Education," and "Marijuana and the Brain."

The brochures should be available during the summer of 1982 and will be distributed free-of-charge by ACTION to parent group members identified through a comprehensive mailing list provided by the National Federation of Parents for Drug Free Youth.

## Marijuana Mythology

impossible to evaluate their untoward consequences. If we were a cannabis-using society and had to decide whether society should also incorporate beverage alcohol and tobacco, they would be unacceptable on public health grounds.

### 2. The "Booze and Cigarettes Are Worse Than Pot" Myth

It is an artifact of time that the hazards of tobacco and alcohol are better known than those of cannabis. Research on the two legitimized drugs has been going on for a long time while marijuana has been scientifically studied for only about a dozen years. What has come forth in that short period is not encouraging. Apparently, marijuana will do everything tobacco will do to the lungs, and everything alcohol can do in inducing dullness.

### 3. The "Crime Without a Victim" Myth

Since one is only harming oneself when a drug like marijuana is over-

used, the argument goes that enforcement measures are not a proper way to deal with the problem. Granted, the user is the primary casualty, but the family and others close to the victim can be grievously hurt. When the intoxicated victim starts a car, other victims emerge. Those who must care for, deal with, or pay the victim's bill are not only indirectly damaged, but it is evident that victims aplenty exist.

### 4. The "Disrespect for the Law" Myth

It is claimed that the illegality of cannabis gives rise to a disrespect for the law, especially by young people because they see the law broken casually all around them. If marijuana were legal on the same basis that alcohol and cigarettes are, juveniles would still have to commit an illegal act to use it, and would also see the law casually broken.

## Parent Power Line

W.L. Barton, President  
National Federation of Parents  
for Drug Free Youth

When faced with the problem of drug abuse in our family three years ago, my wife and I were at a complete loss as where to turn. Soon we learned that we were not alone; in fact, a number of our friends were in the same situation. We began to educate ourselves about the issue and asked other parents, the schools, police, and elected officials in our community to join us in addressing this problem. The more we reached out, the more aware we became of the vast numbers of families who were touched by drug abuse. Before long, we were in contact with parent groups in Georgia, California, New Jersey, Maryland, and Massachusetts. This phenomenal parent group movement was growing in living rooms and kitchens across the country, funded by grocery money and staffed by volunteers.

Soon it became impossible to provide information and assistance to groups nationally in this way. Consequently, in April, 1980, the National Federation of Parents for Drug Free Youth (NFP) was formed to educate parents, adolescents, and others about the dangers of marijuana and other drugs, and to promote, encourage, and assist in the formation of local parent groups throughout the United States. NFP is now an incorporated, tax-exempt organization with a 36-member Board of Directors drawn from 17 states and the District of Columbia. NFP has a tax-exempt umbrella under which all local parent groups can achieve automatic tax-exempt status. As a grass roots organization, NFP's current policy is not to seek government funding, but to raise funds through memberships and donations.

During the past year, NFP published the *NFP Parent Group Starter Kit* and the *NFP Press Kit*. We will soon have available an excellent publication on how to speak to the public about adolescent drug abuse.

What has been accomplished is the result of the hard work of thousands of parents, not just a few. For NFP to become more effective, we must continue to increase our base of strength. We need each other in this tough struggle. Together we have and will continue to make a difference. If you would like more information or would like to join the NFP, please write or call:

National Federation of  
Parents for Drug Free Youth  
9805 Dameron Drive  
Silver Spring, Maryland 20902  
(301) 593-9256

## Dr. Cohen and Johnston Keynote ACM Conference

### Dr. Cohen

In his conference address, ACM Scientific Advisory Board member, Sidney Cohen, M.D., discussed the effects of marijuana on the adolescent's mind, memory, and motivation. Observing that marijuana smoking can interfere with the formation of new memories, Dr. Cohen said that immediate recall is the most affected by cannabis intoxication.

Marijuana disrupts logical thought and the ability to concentrate and may lead to "magical thinking" where the smoker believes he is "performing extraordinarily well, when, in fact, if productivity and performance are measured they turn out to be below average."

According to Dr. Cohen, "the acutely intoxicated smoker" has reduced motivation and goal directedness — a condition which persists even when the adolescent is not under the influence of marijuana. "Interest in schoolwork wanes and grades suffer," Dr. Cohen said. "The youngster may drop out of school or be removed because of repeatedly cutting classes, absences, or a complete inability to keep up." However, Dr. Cohen told the audience that, in his opinion, "the condition is almost always reversible."

He also said that the chronically stoned juvenile marijuana user has little time to practice what he has learned or to become involved in other educational pursuits. Expressing concern that marijuana takes over the reward system during the formative years, Dr. Cohen said, "the incentive to learn, to study, to excel, fades because the rewards of the bedrugged state are so easily obtained."

Calling the parents and peer action groups the "most promising prevention programs in sight," Dr. Cohen urged the conference participants to persist in their efforts. "At last," Dr. Cohen said, "the sickness called 'permissiveness' has been identified, and the loving resolve to say 'no' and to set limits has been relearned."

### Dr. Johnston

"The proportion of seniors who report smoking pot on a daily or near-daily basis has begun to decline," said Lloyd Johnston, Study Director of the annual, national high school survey conducted by the Institute for Social Research at the University of Michigan.

Dr. Johnston attributed this decline to increased scientific evidence about marijuana, better informed parents and school officials, students' increased understanding of the health risks associated with use, visible negative impact of the drug on peers, and a "quieter" social climate. However, he

warned the audience that, "the downward trends are slow and starting from a very high base." As examples, Dr. Johnston quoted the following statistics on the Class of 1980:

- Sixty percent of seniors reported having had at least some experience with marijuana.
- Half of all seniors (49%) had smoked it in the last year.
- One out of every three (34%) were current users — that is, they had smoked it in the preceding month.
- Finally, 9% — or one in every eleven seniors — were still using on a daily basis.

Noting that the "high rates of daily use should remain of particular concern to health professionals, educators, parents, and policy-makers," Dr. Johnston concluded, "while there has been a definite turnaround in the last few years, the declines we have observed still pale in comparison to the extent of the problem which remains."

## PRIDE Conference Slated for April

PRIDE's Eighth Annual Conference, the National Parent Conference on Youth and Drugs, is scheduled for April 1, 2 and 3 at Georgia State University.

Opening the Conference will be former U.N. Ambassador Andrew Young, now mayor of Atlanta, followed by Dr. Keith Schuchard, co-founder and Research Director of PRIDE and author of *Parents, Peers and Pot*, who will keynote the conference activities with "The Future Productivity of American Youth." The impressive array of nationally-recognized speakers and workshop leaders for the three-day event includes Dr. Gabriel Nahas, Dr. Robert Heath, Dr. Carol Smith, Dr. Richard Hawley, Dr. Ian McDonald, Dr. Mitchell Rosenthal, Dr. Carlton Turner and Dr. Robert DuPont.

The conference will also showcase a continuous exhibition of media resources available in the form of films, slide shows, video tapes and written educational material.

Thursday evening the Annual Awards Banquet, featuring the Northside School of Performing Arts, will be at Peachtree Plaza ballroom.

In addition, on Friday, April 2 as a special salute to Atlanta's Dogwood Festival, PRIDE is planning a genuine Georgia barbeque at Georgia Plaza Park for the relaxation and enjoyment of conference-goers. Dogwood Festival tours of the city will also be offered.

The conference is co-sponsored by ACM, ACTION, Atlanta Junior League, National Institute on Drug Abuse, and National Parent Conference.

**the American  
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**announces:**

# **DANGER AHEAD: Marijuana on the Road**



This film was produced in conjunction with the National Association of Independent Insurers to bring this problem out of hiding.

Narrated by Jason Robards, the 22-minute film depicts the hazards of driving under the influence of marijuana, and under the influence of marijuana and alcohol combined. In documentary fashion, the personal experiences of teenaged and young adult users are explored as well as the opinions of medical experts. The film does not lecture, quote boring statistics or offer conclusive proof of the hazards involved. It presents information to help the marijuana user, or potential user, to make an informed decision. Filmed in New York, Chicago and Miami, it strives to educate young persons, first by showing their peers describing the hazards and then encouraging them to talk about the problem. Currently most teenagers are unaware that hazards exist.

A discussion guide for use in conjunction with the film and a resource list for additional information will be provided.

*If you are interested in renting or purchasing the film, please complete the coupon below and mail along with your check or money order made payable to:*

**The American Council on Marijuana**

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**FULL MAILING ADDRESS**

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SCHOOL OR ORGANIZATION \_\_\_\_\_

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Enclosed is my payment of \$20.00 to cover the cost of a 5-day film rental.

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Allow 30 days for processing.

Enclosed is my payment of \$195.00 to purchase the film.

I would like to receive information about the American Council on Marijuana and your publications list at no charge.

**The American Council on Marijuana**

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# ACM BOOKS TO ORDER:

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Cocaine Today Sidney Cohen	\$2.50	_____
Marijuana and the Brain Robert Heath	1.50	_____
Marijuana: Biomedical Effects and Social Implications Transcript Day 2, AMC's 2nd Annual Conference	5.00	_____
Marijuana Smoking and Its Effects on the Lungs Donald P. Taskin Sidney Cohen	2.50	_____
Marijuana Today: a Compilation of Medical Findings for the Layman, revised 1982 edition George K. Russell	3.00	_____
The Marijuana Controversy: Definition, Research Perspectives and Therapeutic Claims Carlton E. Turner	1.99	_____
Treating the Marijuana Dependent Person Robin DeSilva Robert L. DuPont	2.95	_____
Urine Testing for Marijuana Use: Implications for a Variety of Settings Margaret Blasinsky George K. Russell	2.50	_____
Available January 1982		
A Pediatrician's View of Marijuana Ingrid Lantner Rose Barth		
Marijuana and Driving Herbert Moskowitz		
Marijuana and Reproduction Carol G. Smith R. H. Asch		
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The American  
Council for  
Drug Education

Volume 16/85

Issue 4

# The Drug Educator

9 DEC 1985



## Council's Vice Chairman Speaks Out On Alcoholism

Dr. Nicholas A. Pace, Vice Chairman of the American Council, is featured prominently in a recent article by Pulitzer Prize winning writer Lucinda Franks entitled, "A New Attack on Alcoholism."

The article gives an excellent summary of the latest scientific research on alcoholism and provides a moving portrait of one family's efforts to address the problem. Dr. Pace, whose long involvement with the National Council on Alcoholism predates his active participation in the American Council, has been a leader in refining crisis intervention techniques for use with alcoholics. His methods and ideas on alcoholism, as well as the views of several other experts in the field,

## Aids Alert

The AIDS (Acquired Immune Deficiency Syndrome) virus can be transmitted to offspring by infected mothers during pregnancy, at birth, or possibly through breast-feeding. Babies with AIDS soon die of the disease. Between 1982 and mid-1985, AIDS was diagnosed in 160 children under 13 years old. About 70 percent of these cases were attributed to mother's contagion rather than to contaminated blood products.

To date, intravenous (IV) drug users are the second largest risk group for developing AIDS. A quarter of diagnosed cases of AIDS have a history of injecting narcotics, cocaine, amphetamines or other drugs. Sharing of contaminated needles or syringes is thought to be the major way drug abusers transmit the virus.

Men and women who harbor the AIDS virus (HTLV-III/LAV antibodies) may not have any symptoms of the disease and yet may

still be contagious carriers. Researchers now believe that most persons who have been exposed to AIDS and carry antibodies to the virus will not develop either AIDS or the less severe AIDS-related complex (ARC). However, they estimate that a half to a million Americans may already be infected with the virus and a projected 12,000 new cases of AIDS will be diagnosed in 1986. The latency period between the time the virus is acquired and the development of the disease itself seems to vary from a month to more than five years so the number of people who ultimately get AIDS will only be known with time.

Pregnant women who are at high risk for AIDS because they or their partners are intravenous drug users should be tested for AIDS antibodies. Infants born to mothers who are confirmed positive for AIDS antibodies should also be tested and monitored.

More information on AIDS can be found in an article entitled "The Epidemiology of AIDS: Current Status and Future Prospects," by J.W. Curran, W.M. Morgan and colleagues in the September 27, 1985 issue of *Science* magazine. Additional details about the availability and reliability of various tests for AIDS antibodies can be obtained from local health departments.

are highlighted in Ms. Franks' article.

Dr. Pace's opinions about the physician's role in treating the disease of alcoholism are revealing. He says, "Alcoholism is a complex and malignant medical disease involv-

*continued on page 4*

# Is Legalization the Answer?

The following article by Council Scientific Advisor, Sidney Cohen, M.D., is reprinted with the permission of the Drug Abuse and Alcoholism Newsletter (August, 1985) published by the Vista Hill Foundation, San Diego, California.

## A Modest Proposal

Why is it that, at a time when we seem to be making some progress or at least holding the line, thoughtful people are calling for the legalization of heroin, cocaine, marijuana and other illegal drugs? Despite the fact that surveys are showing decreases in marijuana, LSD and PCP and a leveling off of most others, why are some editorial writers and columnists suggesting legalization now? William Buckley typifies the thinking by putting out a column headed "It's time for U.S. to legalize drugs."

A part of the answer to these questions is our current cocaine predicament. We read every day of million (or is it billion) dollar busts; still there seems to be no end to the supplies. In fact, it appears that cocaine is the only drug that is being used by increasing numbers of people these days. It would help a little if the reporters would write in pounds and purity because the value is calculated as though the seized material had been broken down to grams and cut a few times. We see dead bodies, read of the enormous corruption and hear of prominent people getting into trouble with the drug.

Clearly, our attempts to stem the importation of illegal drugs has not worked sufficiently, as Buckley says. He then makes the undeniable point that the demand for cocaine on the American market drives the cocaine supply machine.

It is in the conclusion to the above facts that disagreement exists. Buckley says: "The one thing that could be done overnight is to

legalize the stuff. Exit crime and the profits from vice. In addition people must be educated about what dope does to you. And if people are allowed to kill themselves with tobacco and booze why not with heroin or coke?"

## A Response

First, a minor correction. We don't allow people to die from booze or cigarettes in ignorance. If they do, they never watch television, listen to the radio, do not read papers and magazines or even talk to other people. They die well educated about the effects of the prolonged, excessive intake of beverages that contain alcohol and of the risks of long term inhalation of the fumes of smouldering tobacco. And they die at the rate of 600,000 a year or 20 percent of the nation's deaths. The great majority knew that heavy drinking and smoking was bad for their health. That is the trouble with education. It may deter some but others do not or cannot change their consummatory behavior. It should not be derived from the above that nothing can be done about altering their destructive practices, but reciting the dangers is not always helpful.

Second, the fact that we are burdened with socially acceptable deadly substances does not make it logical to add a number of others. When alcohol and tobacco came aboard long ago, we had no way of evaluating their safety. The cost of coping with, caring for the casualties and otherwise dealing with our acceptable addictions is hardly an argument for adding other toxic substances to the list.

The major point to be made is that the seemingly simple solution of legalizing illicit drugs turns out not to be that simple. Just how would we manage cocaine, heroin, etc.; like alcohol? No sales to minors, no driving while on the nod, coke bars

to be closed on Election Day? Should physicians be asked to write prescriptions for heroin and cocaine, and if so, for what ailment? What about putting them in cigarette machines?

At the low selling price for cocaine, taxes included, certain problems would arise. Under present conditions the main reason why we do not have more cocaine addicts is price. After legalization the cost would be so low that it would be available to all. Then we would have a situation incomparably worse than our present plight with booze and cigarettes. The pharmacologic imperatives of cocaine make it the most addicting drug of all with heroin not too far behind.

If a drug like cocaine were available at a price most people could afford, the number of cocaine casualties would be enormous. Even now, with prices relatively high, a conservative estimate is that 20 percent of users (perhaps two million) are having serious problems with the drug. We do have some actual experience with a situation in which a cocaine-containing substance is readily available and cheap. (See: "What if cocaine were a dime a fix?" Drug Abuse and Alcoholism Newsletter, Vol. 14, April, 1985.) In the coca growing countries coca paste is sold fairly openly at a cost anyone can afford. In Bolivia, for example, one hit is less than the price of a tobacco cigarette.

The numbers of cocaine psychoses and mentally deteriorated and physically dilapidated people have never been counted, but they fill the psychiatric hospitals and clinics and wander about the countryside or subsist at home unable to function but smoking coca paste.

Before legalizing a drug like cocaine we should understand that the unlimited access to supplies will create a problem far beyond

our present situation. The rewards of alcohol and tobacco are minimal compared to the cocaine euphoria. The serious complications start sooner, within weeks or months of unrestricted usage.

Why not legalize and keep prices high? This would only invite the cocaine dealers right back to compete for customers.

When we turn to heroin, the story is different but still grim. No country has ever legalized heroin in the sense of making it available to anyone who wants it. At this point someone always asks about the British system. This question has been dealt with in "Heroin maintenance: A solution or a problem?" Drug Abuse and Alcoholism Newsletter, Vol. 3, 1977. To bring the British system up to date, it is now estimated that Britain has 65,000 heroin addicts and is approaching this country in the incidence of heroin dependent people. The pleasures of heroin during the first few months of addiction are great and well beyond those of cigarettes or alcoholic beverages. If it were legalized here, we can predict a surge of heroin use that would make our current concerns seem like the good old days.

#### The reasons for legalization

When legalization of one or more drugs is proposed, the following advantages are usually cited.

**1. The drugs can be taxed.** No doubt considerable revenue could be obtained but, as indicated, the taxes must not be too high else the cocaine and heroin dealers would re-enter the market. The cost of caring for legal addicts would wipe out any tax benefits.

**2. The criminal justice system could be reduced.** It is unlikely that much would be saved by cutting the drug enforcement, judicial and prison systems. Health costs, impaired job performance and the results of drug intoxication would exceed any savings.

**3. It would reduce crime.** This is probably true but for some dealers

and major distributors it would merely be a lateral movement into some other illegal career. While robberies and shoplifting may decrease, increased violence and accidents from cocaine people would increase.

**4. It would achieve better quality control of the merchandise.** This is true. It should be recalled, however, that when the English clinics were dispensing more heroin than they do now, the prevalence of hepatitis and other infections was just as high as in the United States. This was so despite the sterile heroin and sterile syringes that the English addicts received. The anomaly is resolved when one observes the London junkie preparing and administering his fix.

**5. The personal liberty issue.** It is asserted that each person has a right to do with his body what he pleases so long as no one else is harmed. While some may disagree with the first part of the statement, it is the second part that bothers me. Is it possible to do anything with drugs without impacting on others? The intoxicated state from any psychochemical can be a precarious one for those in the vicinity. Judgement is skewed and behavior can be impulsive, uncontrolled and aggressive. Driving while intoxicated is only one example. There are many others. And will the drug user who exercises his right also assume the responsibility for medical care and self-support when complications arise?

#### Alternatives to legalization

It would be unreasonable to oppose any proposal about dealing with our drug dilemma without suggesting some alternative course. I have suggested that the legalization of currently illegal drugs would literally be jumping into the fire but how can we get out of the frying pan?

No single, simple move, but a package of actions are needed. Some are already in existence but greater efforts are required.

We have no choice but to employ all of the following with serious, studious, determined efforts.

1. A program of well thought out, focused prevention activities is necessary. A general prevention effort hardly impacts on specific groups who needed targeted preventive approaches.

2. It is necessary to place increased responsibility on the user for his drug taking behavior. Despite all other causes of drug abuse, the final responsibility for use is the user. At the very least the current laws for possession and use must be enforced. The "social" user, just as much as the compulsive user, keeps the supply-demand process alive.

3. A number of our treatment procedures should be re-evaluated to improve their success rate.

4. A limited commitment of our Armed Forces to deter movement of psychochemicals across the national boundary exists. A drug like cocaine represents a national threat and it is logical to obtain more help to suppress smuggling.

5. The supplier nations of cocaine should be persuaded to air spray their coca bushes. Hand destruction will never solve the problem.

6. All seizable assets of the high level suppliers should be confiscated and laws regarding search and seizure, bribery, corruption and intimidation in drug cases must be strengthened.

7. Banks that launder drug money and firms who knowingly sell chemicals needed to process the plants into their active ingredients should be criminally prosecuted and put out of business.

#### Summary

The legalization of illegal drugs is somewhat like legalizing rape and murder. It solves the problem by redefining it. Drug abuse is in the

*continued on page 4*

## Science Summaries

- A new estimate from the Congressional Office of Technology Assessment says that disease and lost productivity due to smoking are costing the U.S. \$65 billion per year. Representative Fortney Stark observed, "Our economy is losing more than \$10 million an hour because of the smoking habit."
- Drs. Lloyd Johnston and Patrick O'Malley, the researchers who direct the annual high school survey on drug abuse, have found, "that use of cocaine, unlike other illicit drugs, tends to increase among young people after they graduate from high school, and that young people also see less risk in cocaine experimentation as they grow older." New statistics released by the National Institute On Drug Abuse reveal that one of every four people aged 18-25 has tried cocaine at least once. (ADAMHA News 9/18/85).
- *Advertising Age* magazine (9/23/85) recently commissioned a survey of 300 company advertising directors. Fifteen percent of those questioned said they knew of "cases in which cocaine had been used as under-the-table compensation to agency personnel."
- Southern Pacific Railway claims that since it began drug and alcohol screening of its employees last year, "on-the-job accidents and injuries attributed to human error have dropped by nearly 71 percent." (*Time* 10/21/85).
- In a voice vote, the Judiciary Committee has approved a new measure that would make it illegal to manufacture and sell "designer drugs."
- In Los Angeles County, cocaine is the most common drug found in babies born of drug abusing mothers. According to Dr. Michael Durfee, chief of the Department of Health Services'

## Dr. Jose Carranza Appointed To National Advisory Council On Drug Abuse

Scientific Advisory Board member Jose Carranza, M.D., was recently appointed to the influential National Advisory Council on Drug Abuse, a legislatively mandated group of drug experts that focuses on research issues and shares its observations with the National Institute On Drug Abuse.

Dr. Carranza is a practicing psychiatrist and a clinical associate

professor of psychiatry at the University of Texas Medical School in Kingwood. He has been an active member of our Scientific Advisory Board and brings substantial clinical expertise to his new appointment.

Dr. Sidney Cohen, another member of our Scientific Advisory Board, also sits on the National Council.

Child Abuse Prevention Program, the number of cases of neonatal withdrawal doubled from 1984 to 1985 and cocaine was found in 111 of the 203 cases treated. Other findings by the Perinatal Addiction Project of Northwestern Memorial Hospital, published in the September 12, 1985 *New England Journal of Medicine* linked heavy cocaine use to miscarriages or spontaneous abortions, a relationship that has also been found in another small study underway at the Jefferson University Hospital's Family Center in Philadelphia.

- A new study of students in the Southeast conducted by PRIDE in Atlanta, with the support of *Family Circle* magazine (9/24/85) found that there has been "an alarming increase in the use of pot in the 6th to 8th grades," with about 6% of those responding to the survey saying they smoke it. Other distressing findings showed that: "cocaine use is on the rise among high school students with 5% of 14-to-18-year-olds admitting use; pill popping appears to be the newly emerging and affordable high of high school students — 12% take uppers and 6% downers; and over 5% of 10-to-13-year-olds admit to getting drunk at least once a week."

Dr. Pace  
*continued from page 1*

ing a genetic predisposition and psychological complications, and for any physician to take a moralistic attitude toward alcoholism is inhumane since it condemns the alcoholic to deeper denial and, ultimately, to death." The article concludes with Dr. Pace's observations on recovery, "it is an uplifting experience to see a recovered alcoholic. They have made a fascinating journey from tragedy to triumph. With what we know now and are on the verge of knowing, I believe that this sight will soon be a common one."

"A New Attack on Alcoholism" appeared in the October 20, 1985 issue of the *New York Times Magazine*.

Legalization  
*continued from page 3*

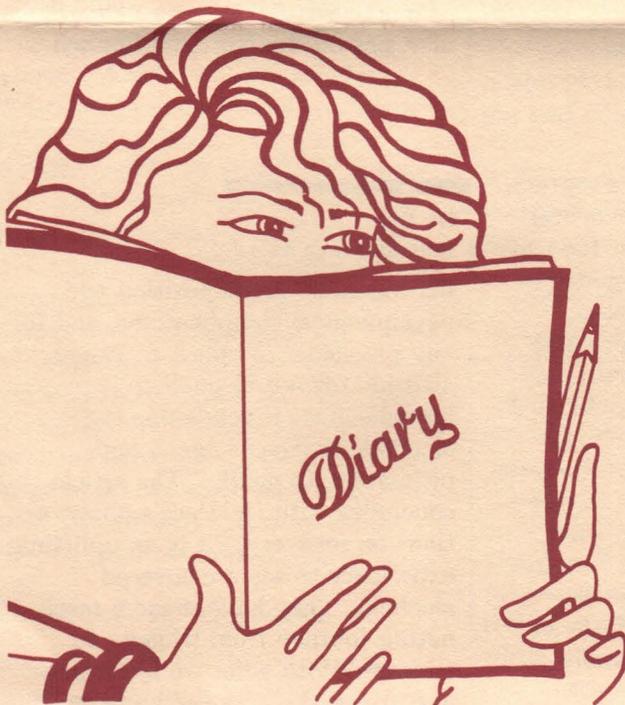
same category in that it is also detrimental to the individual and to society.

It would be easy to say, "Let's try it," but some of the consequences of legalization would be irreversible to too many people.

**the American  
Council  
for Drug  
Education**

**announces:**

# Cocaine Diary



This film was produced in conjunction with Simon & Schuster Communications to bring this problem out of hiding. **Cocaine Diary** dramatizes the impact cocaine has on the lives of an adolescent boy and his older brother-in-law. Through the characters of Chris, the teenager, and his girlfriend, Dimetra, the film portrays cocaine's immediate effects on relationships and behavior. The brother-in-law, who appears initially as a successful and glamorous figure, illustrates the long-term consequences of involvement with the drug. By the film's conclusion, his career and marriage are both deteriorating.

**Cocaine Diary** is an absorbing narrative that avoids sermonizing and lets the facts about cocaine dictate the story line. The film has been developed specifically for the 15-25 year old audience.

A discussion guide for use in conjunction with the film and a resource list for additional information will be provided.

*If you are interested in renting or purchasing the film, please complete the coupon below and mail along with your check or money order made payable to:*

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5820 Hubbard Drive  
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<b>Scientific Monographs</b>			
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• Cocaine Today: The Bottom Line	_____	2.50	_____
• Cocaine: A Second Look	_____	2.50	_____
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• Marijuana Smoking and Its Effects on the Lungs	_____	2.50	_____
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• Marijuana: The National Impact on Education	_____	2.50	_____
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• Marijuana and Driving	_____	2.50	_____
• Treating the Marijuana-Dependent Person	_____	2.95	_____
• The Marijuana Controversy: Definition, Research Perspectives and Therapeutic Claims	_____	2.50	_____
• Urine Testing for Marijuana Use: Implications for a Variety of Settings	_____	2.50	_____
• A Pediatrician's View of Marijuana	_____	2.50	_____
• Therapeutic Potential of Marijuana's Components	_____	2.50	_____
• Marijuana and the Brain	_____	1.50	_____
• Urine Testing in the Workplace	_____	3.00	_____
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• Marijuana: Biomedical Effects and Social Implications, Conference Transcript	_____	5.00	_____
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A School Answers Back	_____	5.00	_____
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<b>Films</b>			
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<b>"Wasted—A True Story"</b>			
	<input type="checkbox"/> Purchase	_____	395.00
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\*Quantity discounts are available on request.  
 \*\*Please add 10% postage and handling to your order subtotal, including all items except film and membership or donation. Minimum of \$1.75 for postage and handling.  
 \*\*\*Educational institutions may be invoiced; payment must accompany all other orders. Checks/money orders should be made payable to:  
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MEMORANDUM

THE WHITE HOUSE

WASHINGTON

December 14, 1981

FOR: ANN WROBLESKI  
FROM: CARLTON TURNER  
SUBJECT: American Council on Marijuana Meeting

Congratulations to you and the staff on Mrs. Reagan's appearance before the American Council on Marijuana on December 4. These appearances will do more to help the President's drug program than we can possibly calculate.

It is a pleasure to work with you and the staff of the East Wing.

Would you please send me a copy of Mrs. Reagan's remarks? I would like to pass them along to Ed Gray and our people.

Attached is a copy of an article from Reader's Digest by Peggy Mann.

Thanks.