

Connections

Improving our communities' health, safety, and productivity by reducing the incidence and impact of alcohol and drug abuse.

Council Honors Community Partners at Annual "Healthy Youth, Promising Futures" Event

The Greater Dallas Council on Alcohol and Drug Abuse celebrated 63 years of service at its annual breakfast on Thursday, November 5, 2009, at the Doubletree Hotel – Campbell Center. The ongoing theme, "Healthy Youth, Promising Futures" recognizes the Council's commitment to preventing alcohol, tobacco and other substance abuse among children and adolescents.

The Council was thrilled to have **Ebby Halliday** serve as the honorary event chair. Her stellar career as a Dallas business woman and philanthropist is known throughout the community. However, what may not be as well known is that Ms. Halliday was President of the Council's Board of Directors in the early 1970's.

This year, the Council honored community partners who made significant contributions to substance abuse prevention during the past year.

Burlington Northern Santa Fe Railway received the *Corporate Award*. BNSF provides essential financial support and a corporate spirit of cooperation with the Council's mission.

The *Community Award* was given to the **Dallas Independent School District**. DISD collaborates with the Council on numerous prevention and intervention projects by allowing access to their schools and students, and by working together on common goals. The District is involved with BuzzFree PROMises Dress and Tuxedo Giveaway, the Alliance on Underage Drinking (ALoud) and the Dallas Area Drug Prevention Partnership (DADPP). The Council currently conducts the research-based "Project Towards No Drug Abuse" curriculum in the Dallas ISD Alternative Education Program, carries out

Social Norms campaigns at Thomas Jefferson and W.T. White High Schools, makes prevention presentations and provides prevention materials throughout the District.

Cyndie Stanley received the *Volunteer Award*. Ms. Stanley is a key leader in the Alliance on Underage Drinking (ALoud), a community coalition that works to reduce the incidence and impact of underage and binge drinking through increased community involvement. Formerly a Youth Specialist with the City of Dallas, Ms. Stanley volunteered her time with ALoud and has become an enthusiastic and indispensable part of this program. Much of her work has focused on the BuzzFree PROMises Dress Giveaway and the "Those Who Host Lose the Most" public awareness campaign.

The W.T. White High School "Street Team" was given the *Agent of Change Award*. These stand-out students are conducting an innovative social norms campaign on their campus aimed at reducing underage drinking. As such, they are recognized as creators of a social revolution, correcting misperceptions about alcohol abuse and leading their peers to a healthier, safer and more productive lifestyle.

The Council was honored to have **Chris Raymer** as this year's keynote speaker. Mr. Raymer is an established expert on substance abuse treatment and recovery. He has worked for La Hacienda Treatment Center for 15 years, where he currently serves as the Recovery Services Director. Mr. Raymer is an internationally sought-after speaker; in 21 years of sobriety he has spoken in 45 states and nine countries. ☺



Ebby Halliday (left) with Debbie Meripolski, GDCADA's Executive Director



Nicole Lopez, BNSF



Dr. Michael Hinojosa, Superintendent of DISD



Cyndie Stanley



(L-R) Orlando Riddick, Principal of W.T. White, Debbie and several members of the W.T. White "Street Team"



Chris Raymer



Greater Dallas
Council on Alcohol
and Drug Abuse

www.GDCADA.org

Winter 2010

“Healthy Youth, Promising Futures” Event



Guests of sponsor Thompson & Knight Foundation



(L-R) Nancy Valant, Sylvia Hubbard and Steve Moore



(L-R) DISD's Dr. Robin Ryan, Dr. Suzie Fagg, Paige Collins and Dr. Michael Hinojosa



(L-R) Cyndie Stanley, Missy Wall, Jennifer Eagan and Kim-Cuong Than



Guests of sponsor Strasburger & Price, LLP

Special thanks to the 2009 Breakfast Planning Committee – Sandra Prater, Michelle Brown, Buff Amis and Lauren Arthur – for all of their incredible ideas, planning expertise and months of hard work that made the event possible and successful.



(L-R) Sandra Prater, Michelle Brown, Buff Amis and Lauren Arthur



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From the Executive Director's Office

"Finding our Founding Families"

Dear Friends,

The Dallas Committee for Education on Alcoholism (now the Greater Dallas Council on Alcohol and Drug Abuse) was founded in 1946 by nearly 200 committed, progressive community leaders and health-minded individuals. Sixty-three years later, the Board of Directors sought to reconnect with these founding families and showcase the current work of the Council as a testament to the undeniable legacy of their families.



"The ...Council... was founded in 1946 by nearly 200 committed, progressive community leaders and health-minded individuals."

Among the Council's founders is a long list of blue ribbon community leaders: **Stanley Marcus, T. M. Cullum Jr., Carr P. Collins, Karl Hoblitzelle, E.P. Simmons, Dr. Umphrey Lee, Al Badger, Judge Joe Hill, Margaret Armstrong Dalton, and Dr. Robert Byron Giles.** Many of them had such a great impact on our city that roads were named after them: **Harry Hines, J. L. Latimer, Mark Lemmon, and Woodall Rogers.** This is to name just a few, and the list reads like a "Who's Who of Dallas."

Our research began early in 2009, with the goal of bringing together some of the families at a Founders' Legacy Reception. Locating the families of these forward-thinking heroes proved to be a challenge, even with the assistance of the Internet. Often we lamented that our predecessors did not start this project 30 years earlier! On September 14, 2009, the Council's Board of Directors hosted a reception for those families we could locate, through the generosity of **Ann Margolin**, Dallas City Council Member, who allowed us to use her beautiful home, and with the help of **Chef Stephan Pyles**, who provided the delectable refreshments.

The Council's founders didn't know that the seeds they planted in 1946 would result in decades of service to hundreds of thousands of youth, adults and families for what has become the #1 preventable health problem in America. Today, the Council, many times larger and broader in scope, works to prevent problems with alcohol and other drugs before they occur, to intervene when they do, and to promote recovery for those who are already addicted. We tip our hats to the far-sighted, dedicated and courageous group of citizens who recognized that alcoholism is a public health problem and therefore a public responsibility. We are grateful for their vision, and know that they would be proud of our work today.

Debbie Meigsleski

P.S. If you have an affinity for genealogy and research, the Council welcomes your talents in locating additional founding families. Please call the office at 214.522.8600 and ask to speak with Hollie Higgins. ☎



Chef Stephan Pyles with Board Members Sharon King and Jim Gallegos



Family members and friend of founder, Dr. Robert Byron Giles, with Board members, Betsy Jessiman (left) and Ross Coulter (right)

World AIDS Day: Outreach Efforts Bring Awareness

On December 1, 2009, the Council's HIV Outreach Program observed World AIDS Day by offering testing and counseling at four different sites in three counties. The Council collaborated with Brookhaven Community College, Eastfield Community College and Health Services of North Texas' Denton and Plano locations to make the day a success. The program's Risk Reduction Specialists provided free HIV testing, condoms, literature and, when needed, treatment referrals. According to a 2007 Dallas County Health and Human Services report, an estimated 15,216 individuals are living with AIDS in Dallas, Collin, Denton and Rockwall Counties. This estimate reinforces the importance of the continued work of the HIV Outreach Program. The Risk Reduction Specialists provide services in schools, health clinics, night clubs, parks and anywhere else that high-risk groups are likely to gather. The program is committed to reaching individuals who are affected by substance abuse and HIV infection who may not be aware of available services. The awareness, treatment and education these individuals gain results in a healthier community for us all. World AIDS Day is one of several recognized awareness days the HIV Outreach Program will observe throughout the year. ☎

Winter 2010

T.J. and W.T. White High School Students Work Together

Students from Thomas Jefferson and W.T. White High Schools joined forces for a Street Team Retreat on September 24, 2009. The Street Teams are campus student groups dedicated to fostering change and to encouraging their peers to make healthy choices. The students learned new ways to move past flash judgments based on commonly held stereotypes and developed leadership skills as well. Scoot Crandall and Jim Campaign of Team Fort Collins (Colorado) led the activities with an emphasis on the progress both groups have made on their campuses. The Greater Dallas Council on Alcohol and Drug Abuse and the Dallas ISD Office of Safe and Drug Free Schools organized the event. During the retreat, the students brainstormed and planned strategies to continue to decrease drug and alcohol use on their campuses. ☺



Thomas Jefferson High School "Street Team"



W.T. White High School "Street Team"

Red Ribbon Rally Motivates Students

On October 2, 2009 Dallas-area students, teachers, staff and community members celebrated Red Ribbon Week together at Plano Convention Centre. The rally was sponsored by the Alliance on Underage Drinking (ALoud), Drug Enforcement Administration (DEA), Enviromedia, Greater Dallas Council on Alcohol and Drug Abuse, Green Oaks Hospital, Prevention Resource Center – Region 3 (PRC3) and Region 10 Education Service Center.



During the rally students attended sessions on alcohol, tobacco and other drugs and completed a service learning project. For their project, students learned about the adverse effects alcohol and other drug abuse can have on one's life. A speaker from The Bridge spoke to the students about what it's like to be homeless and addicted to alcohol and other drugs. The students then made fleece blankets for local homeless shelters and for those who are homeless or living in a shelter and are in recovery from alcohol or other drug addictions.

Special guests at the rally were former professional football players **Keith Davis** and **Devin Wyman** who spoke to the nearly 130 students about staying positive, following your dreams and setting personal goals. ☺

"Kick Butts" Event "Kicks Off" the School Year

It was the end of summer and time to brush the settled dust off books and backpacks and head to school. The North Texas Coalition Against Tobacco (N.TxCAT) reached out to Walmart Supercenter customers in Bedford by holding a "Kick Butts" back-to-school event to show the ill effects of using tobacco and the toxic ingredients found in tobacco products. In addition to the available prevention materials, the coalition issued a "Slam Dunk Tobacco" challenge where participants had to correctly answer tobacco trivia questions and make three basketball shots to receive a prize. More than 100 people attended the event. Those who attended learned new facts about tobacco and had a great time doing it. This is one of many events that N.TxCAT organizes to provide tobacco prevention and education to ultimately decrease tobacco use. ☺



“Emotional Sobriety”

International speaker and former Texas native Polly P. challenged her June audience to “become empowered by knowing yourself.” Attendees considered their own and character dependent on un-substances, cycles

“Become empowered by knowing yourself.”

faulty dependencies facts that often keep us healthy people, things, and more. Whether

you follow or even know Alcoholics Anonymous literature, Polly’s message applied to all individuals as the wisdom shared covered countless life situations.

Special thanks to Trey D. and Pat L. for co-chairing the stirring evening.

Additional recovery-oriented programs are slotted for 2010. If you would like to assist in planning such programs, contact Hollie Higgins at the Council (214.522.4999 ext. 232). ☎



Polly P., “Emotional Sobriety” speaker

Local Colleges, Universities and Community Coalitions Join Forces to Prevent Underage and Binge Drinking

The Alliance on Underage Drinking (ALoud) held its first College Summit on September 10, 2009. The Summit, held at Fellowship Bible Church in Dallas, brought together nearly 60 representatives from colleges, universities, and community coalitions throughout the North Texas Region. Participants learned about environmental approaches to preventing underage and binge drinking on campuses and in the community.

Why is this important? In a recent article from the Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention, Robert Zimmerman wrote that “Changing the environment that affects decisions about use of alcohol and other drugs has emerged as a key to reducing substance use problems among college and university students. The student environment, however, is not limited to the campus. Education, counseling, and campus-based prevention policies and



activities cannot succeed if a campus is surrounded by a community offering students easy access to alcohol and other drugs and tolerating conditions that encourage underage and high-risk substance use. Campus and community coalitions based on principles of environmental management are the answer. Research is making the case for campus and community prevention coalitions. The College Drinking Task Force of the National Institute on Alcohol Abuse and Alcoholism emphasizes that research strongly supports the effectiveness of prevention strategies that treat a college and its surrounding community as a single environment.”

Dr. Wright Lassiter, Chancellor, Dallas County Community College District, gave the keynote address. He challenged participants to work together to make our North Texas Community a safer and more productive place for college-aged youth. Expert higher education consultant, **Mary Hill**, noted that the conference was a great success and is using the ALoud College Summit as a model for other communities across Texas. ☎

Protecting Children Living in Volatile Drug Environments

On September 10, 2009, the Texas Alliance for Drug Endangered Children (TADEC) hosted its 2009 Statewide Conference in Plano. More than 200 multidisciplinary professionals from across Texas gathered to attend sessions on a variety of subjects related to Drug Endangered Children (DEC). **Lori Moriarty**, Senior Vice President of Education and Outreach for the National Alliance for Drug Endangered Children delivered the keynote address.

Topics addressed included Ethics and DEC, Prosecution and Medical Considerations for DEC, Current Drug Trends, Working with Children of Alcoholics and Addicts, a discussion of the Dallas DEC Pilot Program, a DEC Case Study, and more. Also on hand was **Dr. Nicolas Taylor**, CAC III of Taylor Behavioral Health, who delivered the closing address, “Treatment Planning and Accountability for Parents of Drug Endangered Children.”

TADEC leadership is extremely pleased that so many professionals from across the state will be able to utilize the information they have learned to establish DEC alliances locally and create safe, supportive and drug-free communities in which children will thrive. TADEC has been a Council program for two years. ☎



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Upcoming Events:

January:

- January 13: Alliance on Underage Drinking (ALoud) Meeting
- January 14: Texas Alliance for Drug Endangered Children (TADEC) Train the Trainer, Dallas
- January 19: Dallas Area Drug Prevention Partnership (DADPP) Meeting

February:

- February 7: National Black HIV/AIDS Awareness Day

March:

- March 6: BuzzFree PROMises Dress and Tuxedo Giveaway
- March 10: ALoud Meeting
National Women and Girls HIV/AIDS Awareness Day
- March 16: DADPP Meeting
- March 24: Texas Tobacco-Free Kids Day/Kick Butts Day
- TBD: Recovery Event
- TBD: "Those Who Host Lose the Most" Press Conference

April:

- Alcohol Awareness Month
- TBD: North Texas Coalition Against Tobacco (N.TxCAT) Public Service Announcement Contest

May:

- May 12: ALoud Meeting
- May 18: DADPP Meeting
National HIV Vaccine Awareness Day
- May 31: World No Tobacco Day

June:

- June 27: National HIV Testing Day

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GDCADA Connections

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4525 Lemmon Ave.
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