

almaca

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MARCH 1974

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the almacan

ASSOCIATION OF LABOR-MANAGEMENT ADMINISTRATORS AND CONSULTANTS ON ALCOHOLISM

**HELLO, DENVER,
HERE WE COME!**

**It's the MILE-HIGH city
in April for almaca**

If you've done it before, do it again. If it's new to you... try it, you'll like it!

The third annual convention of the Association of Labor-Management Administrators and Consultants on Alcoholism will be held at the Denver Hilton Hotel in the Mile-High City Thursday, April 25 through Sunday, April 28. Bigger and better than ever!

Social action is one of today's major themes. "Let labor and management look realistically at union and corporate social responsibility," is THE theme of the ALMACA nationwide get-together. The administrator or consultant who comes to Denver will receive a powerful message that will carry him through 1974 and beyond with renewed conviction about the job he's doing.

WHO AND WHERE FOR PRE-CONVENTION INFORMATION

Any questions? Write or phone Gloria Molenaar, 331 Middlefield Drive, Akron, Ohio 44312 — (216) 733-5085, or A.J. Sullivan, Convention Chairman, 225 Bush Street, San Francisco, California 94104 — (415) 894-4357. Room registration will be made directly with the Denver Hilton on a card to be furnished; identification with ALMACA is important to assure location in

the rooms already assigned to the Association.

FOOD, FUN, FROLIC AND FEES

The Hilton Coffee Shop is large and efficient, and provides excellent food. Aside from the speaker-lunches, paid for in the registration fee of \$40, you're on your own for meals . . . the hospitality and registration booth will have the scoop on Denver's dining spots, and will serve as a social blender if you want to get in on a safari for gustatory exploration.

WANT TO EXHIBIT, OR SHOW VISUAL AIDS?

Prime display space is available at reasonable cost, and can reach participants in the ALMACA Convention, that of the American Medical Society on Alcoholism, and the annual meeting of the National Council on Alcoholism, which follows the first two. Contact Neal Mehring, House Chairman, or Bob Scott, Forum IV Chairman, through Gloria Molenaar. Dan Lewis is coordinating for NCA. If you want to show films or slides, Neal Mehring is the man to get in touch with; he will coordinate your request with the visual aids manager, whose name will be announced.

AND HERE'S THE BIG, BIG PROGRAM

Thursday, April 25 — 2 p.m. - 5 p.m. Executive Committee Meeting, Frank Huddleston, ALMACA President, presiding.
7 p.m. - 9 p.m. Reception and Social Hour.

Friday, April 26 — 8:30 a.m. - 11:30 a.m. — Forums and Workshops.

Forum I — Industrial Programs — Chairman: Paul Sherman — I. T. & T., N.Y.

Forum II — Civil Government (all levels) Programs — Chairman: Riley Regan — U.S. Civil Service Commission, Washington, D.C.

Forum III — Military Programs — Co-chairmen: Jim Baxter, Captain, U.S.N. Washington, D.C., Ignacio Rodrigues, Captain, U.S.A.F., Air Force Academy.

Forum IV — Treatment Modalities and Evaluation Workshop — Chairman: Bob Scott — Beverly Manor Hospital.

12:00 Noon - 1:45 p.m. — Theme Luncheon — Labor Speaks Realistically — Chairman: Chuck Johnson, N.C.A., New York — Speaker: Pat Greathouse, V.P., United Auto Workers.

2:00 p.m. - 5:00 p.m. — Forums and Workshops. **Forums I, II, III and IV** continue also: **Forum V** — Uniform Data Reporting and Cost Benefit Analysis Workshop — Chairman: Bill Dunkin, M.C.A., New York. **Forum VI** — Evaluating Occupational Alcoholism Programs — Chairman: Don Sandin, Sandin and Associates, N.Y.

5:00 p.m. on — Free time. Use Hospitality Booth to help put something together!

7:30 p.m. - ? — Continuous showing of visual aids.

Saturday, April 27 — 8:30 a.m. - 11:30 a.m.

Forums and Workshop will resume their sessions and will be directed toward a conclusion. It is anticipated that Forums V and VI will have concluded their work on Friday afternoon.

New Forum — Forum VII — The Insurance Mess — A Problem Solving Clinic — Chairman: Jim Ray, Employers Insurance of Wausau.

12:00 Noon - 2:00 p.m. — President's Luncheon — Chairman: Ross Von Wiegand, V.P. ALMACA; President's Address: Frank Huddleston, Pres., ALMACA; Theme Speaker — Management Speaks Realistically; Introduced By: Ralph J. Becker, Chevron Oil Co., Denver; Speaker: Richard Terrell, Exec. V.P., General Motors Corp.

Plenary Session — 2:30 p.m. - 3:30 p.m. — "Let's Look at Some Recent Studies" — Speaker: Dr. Sidney Pell, E.I. DuPont & Co., Wilmington, Del.

3:45 p.m. - 4:45 p.m. — Summation by the Forum Chairman

5:00 p.m. - 5:45 p.m. — ALMACA Business Meeting — Election of officers; Committee reports; Secretary/Treasurer's report; Other matters proper to the meeting.

Evening free — Hospitality Booth open, and 7:30 p.m. - ? Continuous showing of visual aids.

Sunday, April 28 — 12:00 Noon - 2 p.m.

Joint Luncheon — The ALMACA Convention is being held fraternally with the American Medical Society on Alcoholism. On Sunday, April 28, the Annual Meeting of the National Council on Alcoholism begins. This luncheon will serve to bring these three groups together for two hours of social and professional exchange.

The ticket price for this Sunday luncheon has not been determined at this time. Tickets *must* be secured in advance, however. This problem can be resolved in one of three ways: 1. You may indicate an interest on your pre-registration card and we will then contact you. 2. Contact Ross Von Wiegand at the N.C.A.'s New York office (2 Park Ave., N.Y. 10016). He is coordinating the luncheon. 3. Purchase a ticket at the Registration Booth *prior to 8 p.m. Friday, April 26*. Sales will be closed at that time due to a firm guarantee that the three groups must make to the hotel.

MID-FLORIDA CENTER ELECTS STEEL

B. Brock Steel, of Maitland, Florida, has been elected president of the board of directors of the Mid-Florida Center for Alcoholics. He succeeds William G. Bledsoe, vice president of the First at Orlando Corporation, who headed the board in 1972 and 1973. Steel was second vice president in 1973 and a director the previous year. Active in real estate, he is a former Maitland city commissioner.

The Mid-Florida Center is the non-profit alcoholism program established in 1970 through the combined efforts of diverse community agencies and groups. Its comprehensive program includes operation of a special psychiatric hospital, an extensive outpatient program involving individual and group rehabilitative services, a halfway house for women, the Osceola Alcoholism Unit, and staff services in outlying population areas of Orange, Osceola and Seminole counties. To house its expanding services, the Center is planning a new building on North Orange Avenue.

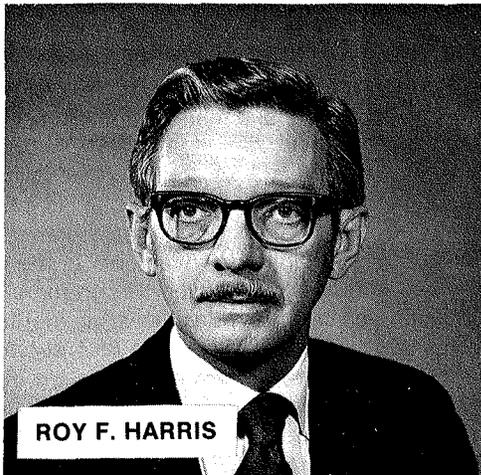
DRINKING DRIVERS KILL 2 OUT OF 3

About 28,000 people were killed in traffic accidents in 1973 either because they or the other fellow were drinking. That's half the traffic fatalities that this country saw. More staggering, if you will pardon the term, is the fact that 2 out of 3 of those alcohol-related deaths was caused by a tiny percentage of American drivers — the seven percent who habitually drive while drunk.

"Take away their licenses," you say. Well, we do — and they keep on driving. The U.S. Department of Transportation estimates that 80 percent of the drivers whose licenses have been suspended or revoked for drunk-driving offenses continue to drive anyway.

The driver with a minimum blood alcohol level of 0.10 percent, the "intoxication" level in many states, is seven times more likely to have a traffic accident than if he had passed up the drinks. The problem drinker, however, typically does not stop at the half dozen drinks after dinner or lunch that would bring his blood alcohol up to that level. A study cited in Alcohol & Health Notes showed that 60 percent of the drivers involved in the fatal accidents it researched had blood alcohol levels of 0.15 percent or more.

Alcohol-abetted highway tragedy has inspired a 7-year \$130 million program sponsored by the Department of Transportation and the National Institute on Alcohol Abuse and Alcoholism to search for new approaches to the problem. Slogans and stiff penalties don't seem to have worked, so the emphasis has swung to support of local community programs attempting to identify the problem drinker and steer him into rehabilitation programs while keeping him off the highway. *Source: Greater Hartford, Conn., Council Newsletter.*



DEADLY DRINKING DRIVERS



ATTORNEY CHAIRS ALMACA BY-LAWS COMMITTEE

Roy F. Harris, attorney with the Bechtel Corporation, and a veteran of 23 years with that company and its affiliated interests, has been appointed by ALMACA president Frank Huddleston to chart changes in the articles and by-laws, which will later be submitted to the voting members for approval. Some of the areas of interest are creation of local chapters and divisions according to job function, and conformity to requirements for IRS nonprofit designation.

AKRONITE SEEKS GUIDANCE ROLE

Michael P. Stone, 897 Stadelman Ave., Akron, Ohio 44320, is 26 and has his BA magna cum laude in cultural and social history. He seeks a post in guidance and behavioral rehabilitation counseling, and is now serving as counselor with a VA Hospital's drug rehabilitation center. Previous civilian and army experience includes drug and alcoholism counseling, direction of centers, teaching and research. According to a Firestone official, "he will certainly make someone a good man in this field."

WISCONSIN MAY REQUIRE "DANGER" LABEL ON BOOZE

Following Ted Gall's call for federal labeling of alcoholic beverages as "dangerous drugs", news comes from the retired U.S. Postal program deputy director that Wisconsin will be considering a labeling similar to that he proposed in the ALMACAN last month.

KENTUCKIAN SEEKS NEWS ON NEWSLETTERS

Alan C. Easley, occupational programs consultant with the Bluegrass Regional Mental Health — Mental Retardation Board, Box 1969, Lexington, Kentucky 40501, plans to start a newsletter to industry, agencies and the board's own comprehensive care staff. He would appreciate sample copies of other newsletters addressed to similar audiences. Can you help?

NYC LABOR GROUP OFFERS DISCUSSIONS

The Community Services Committee of the New York City Central Labor Council, AFL-CIO, and the Central Labor Rehabilitation Council of New York, aided by the NYC Affiliate of NCA, have been offering each Tuesday a two-hour discussion series which started in January and ended February 26, on the social role of trade unions, and alcoholism according to its varying aspects as a disease, psychiatric disorder, family and employment problem. Community resources, the labor-management approach, and the role of the union in a crisis situation were also covered.

INDUSTRIAL NURSES OFFERED ALCOHOLISM SEMINAR

The New York City Affiliate of the National Council on Alcoholism is offering, from February 4 through April 1, Monday evening sessions to industrial nurses on alcoholism in industry, medical management of the acute alcoholic, psychiatric aspects of alcoholism, family problems and community resources, and counseling the alcoholic and his family.

ALCOHOL AND DRUG CONGRESS IN SAN FRANCISCO SEPTEMBER

Announced at the annual meeting of the Alcohol and Drug Problems Association of North America (ADPA) in September was the first North American Congress on Alcohol and Drug Problems scheduled for September 1-6, 1974 in San Francisco. ADPA will be among several cosponsors, with funds to assist in planning made available by Special Action Office for Drug Abuse Prevention. The stated purposes of the Congress will be:

1) To present scientific findings about medico-social problems related to alcohol and other drugs. 2) To foster closer relationships, improved communications and collaboration among governmental and private voluntary and professional groups. 3) To encourage research and professional activity in the field. 4) To provide, through published proceedings, significant additions to the state of knowledge in biochemical, pharmacological, socio-cultural, psychological and medical aspects of these fields. Source: Greater Hartford, Conn., Council Newsletter

CALIFORNIA LAUNCHES STATE PROGRAM

On January 31, the governor of California issued a statement to state officials on the new state employee alcoholism program. According to Preston A. Martin, industrial program consultant of the state's alcohol management program, this represents a "significant move on a national level for a state the size of California to make this kind of effort."

The governor's statement designates the Office of Alcohol Program Management as coordinator of policy implementation, saying that alcohol abuse and alcoholism are recognized as major health problems, and that the state assumes responsibility for informing its employees of the problems involved, and for helping the employee with a problem.

"RECOVERY" AUDIOTAPES LAUDED AS WORKING TOOL

Ed Johnson of the Firestone Company thinks highly of a series of ten tape messages addressed to the alcoholic, recommending the series for inclusion as a working tool in company programs. Harold Sherman, "the man behind the plan," narrates the "Big Fight" series, which sells for close to two hundred dollars. Literature can be had from Human Development Associates, Inc., 941 Donaghey Building, Little Rock, Arkansas 72201.

GM SPOT CHECKS PROGRAM RESULTS

"In September, 1973, General Motors conducted a survey to determine if any notable improvements in the performance of alcoholic employees had occurred as a result of their involvement in the GM Alcoholism Recovery Program. A random sample of seventy-one employees was selected at four different locations. Each employee selected had at least six months' involvement in the program. The results obtained can be summarized as follows: This limited study revealed an 85.5 percent reduction in lost man-hours; a 72 percent reduction in sickness and accident benefits paid; and a 46.7 percent reduction in the number of sick leaves. Needless to say, we are pleased with these early results but much remains to be done."

From a talk given by Harry B. Brittan, General Motors Corporation, Arlington, Texas on January 16, 1974 at the "Labor/Management Seminar on Occupational Alcoholism" at Longview, Texas. Sponsored by the East Texas Chamber of Commerce.

BUFFALO DOCTOR DEVISES DRUNK QUIZ

It doesn't take much practice to tell if a skid-row bum is an alcoholic, but the diagnosis of the early stages of the disease is a difficult problem. To help detect the warning signals of potential alcoholism, Dr. Marvin A. Block, a specialist from Buffalo, N.Y., has come up with a list of 12 questions doctors should ask patients. "If he answers 'yes' to more than one of these questions, this person had better watch his drinking very carefully, for he has all the earmarks of the early alcoholic," Block said at a recent conference on alcoholism.

The suggested questionnaire: 1. Is the desire for a drink a frequent occurrence, with emphasis on the desire? 2. Is there a need for a drink at a certain time of the day, with the emphasis on the need? 3. Is there anticipation of drinking in the evening, as the day wears on? 4. Is alcohol used to help sleep? 5. Does frequent drinking go beyond ritual socializing? 6. Is there a desire to get "high" and thereafter to maintain that plateau through more drinking? 7. Is there disappointment when drinks are not served at a restaurant or a private party? 8. Is there criticism of one's drinking by anyone who cares about the patient? 9. Is there a resort to drink or more when there is discomfort of any kind as a means of relief from tension or from physical or psychological problems? 10. Is care always taken to have a supply of alcohol on hand just in case, or is there more than slight preoccupation with this consideration? 11. Does one seek out individuals who drink in the same pattern as he does and avoid non-drinkers as companions? 12. Does he resent anyone's comment on his drinking?

If a person has more than one 'yes' answer, Block said, "he would do well to consult a physician or other knowledgeable person at this point rather than wait longer." Block told specialists attending the conference that it is of no use to look for overt signs and symptoms of excessive drinking at the early stage. This UPI story picked up by the Alaska Region Council's newsletter.

NOTES FROM THE NOTEBOOK

The drinking man has every reason in the world to keep on drinking. Then he runs out of excuses. When he's on his last "but" he's hit bottom.

We keep hearing of ways to get back to "normal" or "social" drinking (see elsewhere this issue). But what's the point? If you want so desperately to get back to where you never were in the first place, the appeal of escape must be powerful indeed. Somebody said that if you drink a drink by sipping it over an hour you won't feel it. Then why drink it?

Alcoholism, the dishonest disease, disguises itself as the way to fun and fantasy . . . the painless path to eternal euphoria. Then the first hangover reveals the cheater for what it is . . . a malicious monster who demands an hour of agony for every minute of delight. The real hooker (no pun) is the way this dishonest disease forces its victim to become even more dishonest himself . . . lying, cheating and stealing to keep the disease alive. Honest ease comes when you disable the disease.

We saw "Days of Wine and Roses" on TV recently. Painfully graphic was the way our "hero" slid back down the life cycle from young adult to irresponsible teenager to whimpering, greedy child to mewling infant to snarling, snapping animal. From freedom to DT's in one easy (!) lesson.

In an industrial program, he may fight you all the way before he accepts the diagnosis. But what a friend you've got when you both see the diagnosis the same way! Isn't that why you're in the business?