

# ALMACANEWS:

## ALMACA PARTICIPATES IN NATIONAL ALCOHOLISM FORUM

A nine-day national forum on alcoholism, featuring an afternoon of discussion with ALMACA, was held in Washington, D.C. early in May.

A highlight of the forum, sponsored by the National Council on Alcoholism, was a banquet at which more than 50 public figures, including ALMACA President Sully Sullivan, told of their past experience with alcohol.

The celebrities, all recovered alcoholics, included former Astronaut Edwin (Buzz) Aldrin, actor Dick Van Dyke, Rep. Wilbur Mills, and actress Mercedes McCambridge.

The figures said they were dropping their shield of anonymity to show that alcoholism is a treatable disease, and to remove the stigma of alcoholism.

Another highlight was the Labor-Management luncheon co-sponsored by ALMACA and NCA.

U.S. Senator Harrison Williams, a speaker at the luncheon, detailed recent developments and accomplishments in the field of occupational alcoholism.

Another speaker, Daniel W. Collins, Assistant General Secretary-Treasurer and Director of Education of the United Transportation Union, discussed the impact of labor-management programs on occupational alcoholism.

Extracts of both speeches will be in a future issue of the ALMACAN.

Presentations on marketing programs and ideas for occupational programs were well-received at the Afternoon with ALMACA segment of the forum.

A large number of people visited the ALMACA booth at the NCA forum. The booth, manned by staff and volunteers from the Washington, D.C. chapter, distributed promotional material, including the new organizational application form and brochure explaining ALMACA's goals and benefits.

Two other meetings of significance to ALMACA members held at the forum were:

— A concurrent meeting on forming a new organizational Advisory Committee on Occupational Alcoholism. The purpose of the committee is to promote unite and reduce factionalism in the occupational alcoholism field. ALMACA president Sullivan, ALMACA director James Baxter, attended the meeting. A report on committee objectives is in a separate article in this issue.

— A meeting of the International Council on Alcoholism and Addiction was held to discuss a tentatively scheduled conference on Alcoholism and the Overseas Employee. The conference, which will probe the problems faced by organizations with international operations, is tentatively scheduled for November 7-8-9 in Toronto, Canada. Watch for further details.

## PAPERS SOUGHT FOR ANNUAL MEETING

There is still time to contribute a paper to be considered for presentation at the 1976 Annual meeting of the Association of Labor-Management Consultants on Alcoholism.

Response has been good, and all members are urged to submit papers on the theme of the conference, "ALMACA 76 — So Much To Do." Papers must be received by July 1 for the October 20-23 conference, to be held in San Diego, Calif.

Dr. Dale Masi, D.S.W. is Program Committee chairwoman for the 1976 meeting and all papers, inquiries regarding speakers, and panel participation should be directed to her at:

Graduate School of Social Work

McGuinn Hall, Rm. 112

Boston College

Chestnut Hill, Mass. 02167

Telephone: (617) 969-0100, Ext. 2306

Three copies of each paper are requested.

Registration fee for the Annual Meeting has been set at \$50. There will be two luncheons with speakers at a fee of \$10 each, and a dinner at \$15. The meals are optional. Participants in the conference are requested to pay their own expenses.

Host for the Annual Meeting is Richard O'Brien. Further information on the meeting will be announced in future issues of the ALMACAN.

## LEARNING FROM THE GREEKS IN TREATMENT OF ALCOHOLISM

A method of therapy based on an ancient Greek stoic philosophy that a person's perception of events and not the events themselves that is upsetting is being used in the treatment of alcoholism.

Rational Emotive Therapy (RET), developed at the Institute for Advanced Study in Rational Psychotherapy in New York City, is used to help the alcoholic learn to cope with discomfort.

Institute Director Edward Garcia told a recent Frederick, Md. counselors' seminar that people can control only their own perceptions, not outside events or the actions of others.

Mr. Garcia said if an alcoholic understands why he drinks, and that he is responsible for his own actions, he has taken a long first step toward overcoming his addiction.

RET helps a patient "build emotional muscle," said Mr. Garcia. People often will not change a bad situation because they fear the unknown alternatives, and "RET helps the patient realize he can cope with life's ups and downs without alcohol," he continued.

Under the RET method, recovery means bad feelings occur less often, and do not last as long. It does not mean a continued good feeling, Mr. Garcia said.

"When we ask a person to give up an addiction, to make any change, we are asking more than a change in behavior," he said. "We are asking him to change ideas, values, and his sense of self. We are really asking a person to suddenly become somebody else, to be different."

For further information, contact Mr. Garcia at the Institute for Advanced Study in Rational Psychotherapy, 45 E. 65th St., New York, N.Y. 10021.

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## CALIFORNIAN SEEKS MOVEMENT TO REDUCE USE OF ALCOHOL

A decrease in alcohol problems in the United States will result only from a large-scale change in social attitudes according to a University of California psychologist.

Dr. Don Cahalan told a recent alcoholism seminar in Seattle, Wash., that "a genuine social movement toward moderation that enlists the energies and hopes of large numbers of people on the grass-roots level" is the only means of significantly reducing alcohol problems.

Dr. Cahalan said two social indicators make him believe the change in American attitudes is possible.

First, he said, "an overwhelmingly large proportion of Americans pay at least lip service to the concept of moderation, and high proportions feel guilty or uneasy about their own or . . . others' heavy drinking."

Another indicator, according to Dr. Cahalan, is the existence of several cultural groups in the U.S. with a low incidence of alcohol problems — particularly the Jews and Chinese.

A change in basic values and attitudes also should be emphasized in the treatment of the alcoholic, especially regarding the importance of alcohol in their lives, Dr. Cahalan said.

"Too many of us are hoping for some magic treatment that will 'cure' the alcoholic," without this change, he said.

Dr. Cahalan is director of the Social Research Group and professor of behavioral sciences at the School of Public Health, University of California, Berkeley.

## FEEDBACK

Are you satisfied with the coverage the ALMACAN gives to news of interest to you? Would you like to see more of one thing — or less of another? Let us know.

Have some news about your chapter to share with the membership or need help on a special project? Let us know.

The ALMACAN — the association's newsletter you are now reading — gives you, the member, an opportunity to let us know how you feel, exchange information, or respond to the needs of other members.

Send your letters to the Editor, ALMACAN, Suite 410, 11800 Sunrise Valley Dr., Reston, Va. 22091.

## ADVERTISING REVENUES IN THE ALMACAN TARGETED FOR MEMBERSHIP BENEFITS

As part of ALMACA's continuing drive to expand membership benefits, revenues from advertising in the ALMACAN will be directed toward enlarging services to members.

Providers of services in the field of alcoholism will be able to convey their messages each month to a highly-specialized audience — the more than 900 members of ALMACA.

Advertising space is only \$35 per column inch, with special rates for repeat advertisers.

ALMACA has sent out a large mailing encouraging such advertising.

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## ADVISORY COUNCIL ON OCCUPATIONAL ALCOHOLISM FORMED

On Thursday, May 6, 1976 prior to the opening of the NCA Forum in Washington, D.C. a group of alcoholism professionals with a major interest in occupational alcoholism programs met to discuss issues, goals and problems in the field. This recently formed group has been named the "Advisory Council on Occupational Alcoholism".

The group is now in an active developmental stage but they have met previously to discuss the need for such meetings on four different occasions since the Congress for Alcohol and Drug Problems in San Francisco, CA in December 1974. The concept of this group is an outgrowth of an interest expressed by Dr. Harrison M. Trice at the meeting in San Francisco.

Those attending the May 6 meeting in Washington, D.C. were:

Mr. James A. Baxter (Executive Director, ALMACA)

Dr. John C. Clarno (Coordinator, Special Health Services, Caterpillar Tractor Co.)

Mrs. Josie B. Couture (National Task Force on "The Other Victims of Alcoholism, Inc.")

Mr. Richard M. O'Brien (President-elect, Occupational Program Consultants Association)

Mr. Don A. Phillips (Program Manager, Alcoholism and Drug Abuse, Civil Service Commission)

Mr. Richard I. Phillips (Occupational Programs Branch, NIAAA)

Mr. A. J. Sullivan (President, ALMACA)

Mr. Archer Tongue (Executive Director, International Council on Alcohol and Addictions)

Professor Harrison M. Trice (Chairman, Occupational Section, ADPA)

Mr. Ross A. Von Wiegand (Director, Labor-Management Services, NCA)

At a future date the membership **will expand** to include representatives from national and international agencies, associations, groups and organizations that relate **substantially** to occupational alcoholism programming.

Dr. Clarno was elected to serve as the Chairman of the Advisory Council and Mr. Don Phillips was appointed to serve as the Vice-Chairman. The Council is in the process of developing a statement of purpose and outlining and establishing objectives.

Essentially, the Advisory Council will serve to enhance occupational alcoholism programming by:

- Encouraging better coordination of effort.

- Eliminating duplication

- Identifying and examining needs and issues in the occupational field

- Serving as a vehicle for information exchange and,

- Identifying potential areas of impact for furthering the cause of occupational alcoholism.

These items are not inclusive of all objectives mentioned during the May 6 meeting but were some of the major points for discussion. More information will be available at a future date.

## RECOVERED ALCOHOLIC RECEIVES AWARD FOR SERVICES FROM NAVY

A recovered alcoholic who instituted a service-wide alcoholism prevention and treatment program has been awarded the U.S. Navy's highest civilian award for his work.

Richard Jewell, of Long Beach, Calif., received the Distinguished Civilian Service Award on March 19.

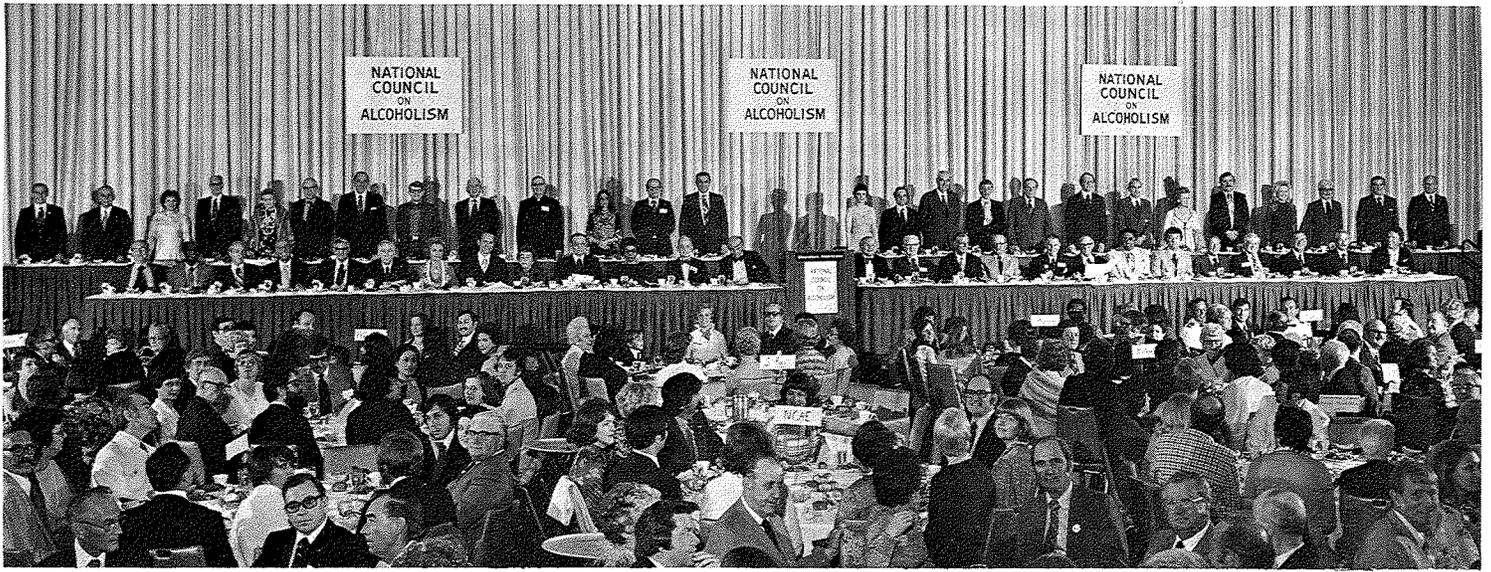
His ideas on alcoholism were used to develop a treatment program in the mid-1960's so effective it was used as a model for a Navy-wide program.

"I had the problem myself and beat it," Mr. Jewell said. "I knew others could, too. I'd been in the Navy and so took my ideas to them."

The Navy now has five major centers using Mr. Jewell's methods at naval bases nationwide, 14 smaller units at Naval hospitals, and many local facilities scattered across the globe.

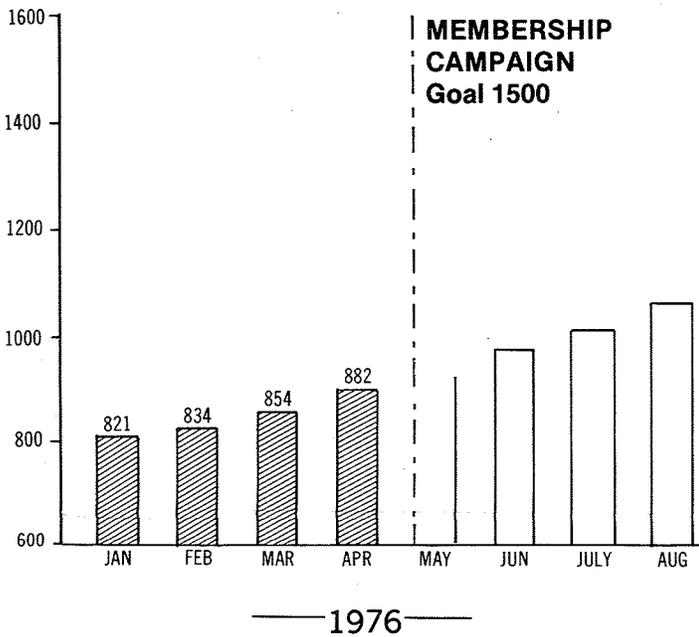
According to official figures, 70 percent of more than 12,000 alcoholics treated through the Navy facilities have been returned to duty.

Mr. Jewell retired from the Navy in 1957 and began his work as a volunteer counselor eight years later, after his own successful battle with alcoholism.

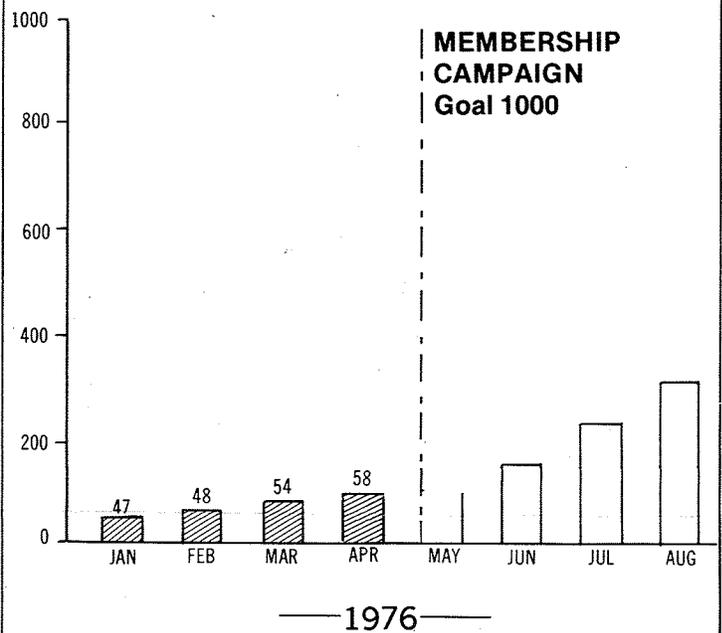


The Dias at the National Alcoholism Forum's Celebrity Banquet, May 8, 1976, Shoreham-Americana Hotel, Washington, D.C.

### INDIVIDUAL/ASSOCIATE MEMBERS



### ORGANIZATIONAL MEMBERSHIPS



To: ALMACA, INC.  
 Attn: 1976 Membership Drive  
 11800 Sunrise Valley Dr., Suite 410  
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