



**NCADD**

National Council on Alcoholism and Drug Dependence, Inc.  
Sacramento Region Affiliate

# The Next Steps

## Quote of the Quarter:

*"Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can."*

*-Douglas Pagels, A Wonderful Resolution for the New Year*

## The NCADD Staff Members

**CEO - Nikki Buckstead- Pane**

### Management -

Beth Herzer, MSW, RAS

- clinical supervisor

Stephanie Padilla

- programs manager

### Administrative Staff -

Cyndy Bennett - Case Manager

Josh Ditri - Office Clerk/Web Design

Monique Espitia - Case Manager

Susan Friedman - Bookkeeper

Diana Long - Office Manager

Jan Veal - Intake Coordinator

Amy Younger - Office Assistant

### Clinical Staff -

Arthur Apodaca, RAS

Mary Gough, RAS

Barbara Laymance, RAS

Don Light, CADC

Josh Schreiber, LCSW, RAS

## NCADD Board of Directors

Jo Ann Harris, J.D.

Jeffrey Henigan, CADCI

Taisiya Kulbidyuk

Elizabeth Mize, M.A., CADCI

Diane Truly

Joe Tucker, PPS

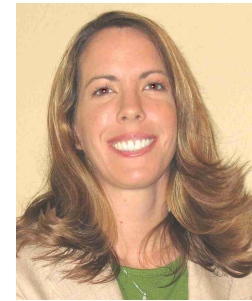
## NCADD's New Contact Info

2316 Bell Executive Road  
Sacramento, CA 95825  
(916) 922-9217

## From the Desk of the Director

Welcome to our first NCADD Sacramento Newsletter. Each new day brings new successes and challenges. We are pleased to be able to share some of our changes with you and will continue to do so throughout the year. NCADD has taken THE NEXT STEPS towards a better future – all of which have been very exciting. We have had a change in Director, moved to a larger facility, launched the *Choices Plus Recovery High School* program, expanded our staff, and if that wasn't enough to keep us on our toes, we are currently in the process of updating our

website and our Sacramento Region Alcohol and Drug Recovery Resource Guide. I would like to extend a tremendous thank you to the dedicated



**Nikki Buckstead-Pane, CEO  
NCADD Sacramento**

and knowledgeable staff of the NCADD and the Board of Directors for their contributions throughout these transitions.

## NCADD supports Proposition 36



*Pictured from left to right: James, Jane, Andrew, Scott, Crystal, Mary and Darrell*

On March 9, 2006, beneficiaries of NCADD Prop 36 testified to the Senate sub-committee regarding the importance of increasing Prop 36 funding.

In the 1<sup>st</sup> and 2<sup>nd</sup> year, more than 66,000 people received treatment, in lieu of incarceration, under Prop 36 in California.

An April 2006 study, published by the UCLA Integrated Substance Abuse Program researchers at the Semel Institute for Neuroscience and Human Behavior, reported that Proposition 36 saves tax payers money. The study finds that nearly \$2.50 in savings, for each \$1 spent, on drug offenders eligible for treatment. The study reported that total taxpayer savings were over \$299 million in the first two years of Prop 36. Savings

related to Prop 36 were mainly due to reductions in jail and prison times. Individuals are finally getting the treatment they need for their addictions, instead of spending time in jail, where no help is provided. Not only is Prop 36 treating addiction, and saving lives, but it is also saving California taxpayers money.

These alumni had the opportunity to share their experience and hopes with four Senate committee members. Alumni gave an emotional account detailing how Prop 36 allowed them to take steps to rebuild their lives by attending college, reuniting with their families and to become productive members of society. For the full report go to: [www.adpcahwnet.gov/default.html](http://www.adpcahwnet.gov/default.html)

## Celebrating "THE NEXT STEP"

When choosing a name for our annual awards ceremony, we made a list of all of the steps that NCADD had taken in the past year that were cause for celebration. Hence, THE NEXT STEP event was born.

With a tremendous amount of help from NCADD staff and dedicated volunteers, Pearson and Pease Events coordinated an all-encompassing party complete with award presentations, prize drawings, balloons, flowers, live music, good food and some "lovely parting gifts" for those in attendance.

The event was held on October 6, 2005 in the parking lot of the NCADD's new location on Bell Executive Road. Wells Fargo Bank sponsored the event.

Awards were given to the following recipients: Pam Smithston of Four Seasons Consulting, received the "Bernie Breining Educational Treatment Award" - presented by Toni Moore Sacramento County Alcohol and Drug Services Division. Dr. John McCarthy of Bi-Valley Medical Clinic received the Harold Cole Award presented by Melinda Avey - Chair of the Sacramento County Alcohol and Drug Advisory Board.



## Choices Plus Recovery High School

As part of NCADD's vision, we seek to bridge gaps between treatment and recovery. In an effort to continue to fill the gaps in our community, in August of 2005, we opened Choices Plus Recovery High School.

This innovative and unique program offers opportunities for success, for youth who desire to remain clean and sober, while attending school in a supportive, recovery environment. We are pleased to have so many vested partners in this program. All of whom have been incredibly supportive.

Our partners include:

- San Juan Unified School District
- Sacramento County Department of Health and Human Services, Alcohol and Drug Services Division
- California Department of Alcohol and Drug Programs
- Sacramento County Department of Human Assistance

Josh Schrieber, a Licensed Clinical Social Worker (LCSW) with ten years of experience is the counselor and case manager for this program.

## The Graduate's Corner

Less than 6 months from its inception, Choices Plus Recovery High School has its first graduate. We asked our star pupil for some personal insight into the program:

### What did you get from Choices Plus?

*"Choices Plus helped me with my recovery and gave me tools that I didn't get at other programs I had been to before. I had a great counselor and made new friends. I also found out things about myself that I didn't know before."*

### What's next for you?

*"I just took the California High School Proficiency Exam, then I plan to go to a Jr. College and on to UC Davis."*

### Do you have a message you would share with other youth?

*"Oh Yes! When I first went into the program I didn't want to go. It was a last resort because I'd tried other programs and they didn't work at all. Josh let me be myself—that's what the program is all about—that's what recovery is all about."*



## April is Alcohol Awareness Month

Alcohol Awareness Month, sponsored by the National Council on Alcoholism and Drug Dependence since 1987, encourages local communities to focus on alcoholism and alcohol-related issues. Alcohol Awareness Month began as a way of reaching the American public with information about the disease of alcoholism - that it is a treatable disease, not a moral weakness, and that alcoholics are capable of recovery.

An integral part of Alcohol Awareness Month has been Alcohol-Free Weekend, which takes place on the first weekend of April (April 7-9, 2006). During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous and Al-Anon to learn more about alcoholism and its early symptoms. Essentially, it is a community consciousness-raising effort about alcoholism and health related issues and may serve as a trigger to recovery. For more information: [www.ncadd.org](http://www.ncadd.org).

## NCADD gets Recognition

On March 24, 2006, Nikki Buckstead-Pane, CEO of the NCADD received recognition for her work in the community at a luncheon sponsored by The San Juan Unified School District for special partners in the community. Other recognition awards went to Debbie Avery, Sunrise Recreation and Park District, Katy Curl, Fair Oaks/Arden Library and Cindy Dodge, Health Services.