



The Indiana Association for Addiction Professionals

A NAADAC Affiliate

# Connections

The Newsletter for Addiction Professionals

## President's Message



### Bad News Good News

Perhaps you have heard the story about the parachutist who jumped from the plane only to discover that his chute did not open... That's the bad news. Fortunately, he had a reserve chute... That's the good news.

Unfortunately, it did not open either... That's the bad news. Much to his relief, he was falling toward a large bail of hay... That's the good news. His relief was short-lived when, as he got closer, he saw a large pitch fork sticking upright from the hay... That's the bad news.

He missed the pitch fork... That's the good news. The bad news... He missed the hay!

Fortunately, I have mostly good news to report to you. Mark your calendars for April 25-26. We have secured Dr. H. Wesley Clark, the director of SAMSHA as our plenary speaker followed by Dr. Bryce Hagadorn (University of Central Florida) who will continue the theme of families and addiction.

The plenary session on Saturday will be presented by Cynthia Moreno Tuohy, Executive Director of NAADAC followed by an additional session on Women and Addictions.

Early registration is encouraged. You will find a registration brochure enclosed in this issue of **Connections**.

This legislative session, an opportunity presented itself to introduce a licensure bill consistent with our long-standing position. We opted to withdraw the legislation upon the advice of our sponsor Rep. Peggy Welch (D) of

Bloomington, however, she has agreed to represent our future efforts. It was helpful to learn more about the legislative process and we were pleased to discover where support seems to exist. Minor modifications and inter-organizational discussions regarding scope of practice appear manageable.

Some bad news exists, however, namely the continuation of misinformation. See FAQ's on page six.

As always, IAAP leadership will continue to respond openly and honestly...which is the good news.

Only our best,

Stewart Turner-Ball

*See Certification Renewal and Spring Conference Information on page 7!*

## IAAP Central Office

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VACANT

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## Proposed Bylaw Changes

Dear IAAP Members,

These proposed Bylaw changes are being presented to you prior to the Spring Conference on April 25<sup>th</sup>-26<sup>th</sup>, 2008. Your attendance at the meeting is required for you to vote on the proposed changes. If you have any questions about the rationale for any of the proposed changes, you may call or email the Bylaws Chair, Ron Chupp, at 260-463-7144 or [rchupp@nec.org](mailto:rchupp@nec.org) for an explanation, or simply attend the Fall Conference.

The proposed changes are as follows:

### ARTICLE 3: MEMBERSHIP AND DUES

Section 2-c: Student Membership, which is available to individuals who are (~~full-time~~) students (~~(9)-3~~ **3** credit hours **with a valid student ID**) in any accredited college or university undergraduate (~~program~~) or (~~half-time (6-credit hours)~~ in ~~any~~) graduate program in (~~the~~) **a behavioral science or Human Services field.**

The amended section will read: "Student Membership, which is available to individuals who are students (3 credit hours with a valid student ID) in any accredited college or university undergraduate or graduate program in a behavioral science or Human Services field."

### ARTICLE 5: BOARD OF DIRECTORS

Section 3-a: IAAP members who (~~retain their membership in or join ICAADA, or who~~) are members of (~~Local Coordinating Councils~~) **any state or regional addiction membership organization** not affiliated with IAAP, **NAADAC, NBCC, or ASAM** are not eligible to serve on the IAAP Board of Directors or chair any IAAP committees.

The amended section will read: "IAAP members who are members of any state or regional addiction membership organization not affiliated with IAAP, NAADAC, NBCC, or ASAM are not eligible to serve on the IAAP Board of Directors or chair any IAAP committees."

### ARTICLE 7: MEETINGS AND QUORUMS

1. The Board of Directors will conduct **four** quarterly Business meetings per year (~~in the months of January, April, July and October~~).

**a. The agenda for every regular Business and Membership meetings must be mailed and/or emailed to every member of the Board of Directors and postmarked and/or dated no less than thirty (30) days prior to the date of the meeting.**

b. A Quorum of the Board of Directors at any quarterly Business meeting, Annual, General or Special membership meeting, or Emergency Board meeting will be one half of the current Board members, plus two, present in person.

c. No proxy votes will be allowed or accepted at any IAAP meeting for any reason.

2. The Board of Directors will conduct four General membership meetings per year on the dates of the quarterly Business meetings, one of which will be the Annual membership meeting.

**a. The agenda for every Membership meeting must be posted in the organizational newsletter and on the organization's website no less than thirty (30) days prior to the date of the meeting.**

b. General membership meetings will take place immediately prior to subsequent to the scheduled Business meeting, as determined by the Board of Directors.

c. A quorum of the membership for the General and Annual membership meetings will be twenty-five (25) members.

#### ARTICLE 8: COMMITTEES

Section 5 will add by insertion, section 5-i:

**Academic and Workforce Development Committee** composed of the chair and a minimum of four (4) additional IAAP members who are responsible for partnering with universities, colleges and other relevant organizations to develop academic standards and curriculum for addiction education, and to enhance opportunities for employment of addiction professionals throughout Indiana.

And will add two new sections:

**6. The IAAP President will serve as an *ex-officio* member of all standing Committees.**

**7. The following membership criteria and guidelines apply to all standing IAAP Committees.**

**a. All Committee members must hold IAAP Counseling Membership at the ICAC II level and have no current or pending Ethics charges.**

**b. Each Committee member will serve a term of three years, except for the Chair and Officers, who will serve two-year terms.**

**c. The Committee Chair will select eligible IAAP members to fill any vacant Committee positions.**

**1. All membership criteria and guidelines apply to any member selected to fill a committee vacancy.**

**2. The IAAP President must approve all members selected by the Chair to fill a committee vacancy.**

**d. The Committee Chair will appoint, from eligible Committee members, a qualified individual to complete the remaining portion of the term of any Committee Officer position that becomes vacant.**

**e. No officer or member of any IAAP Committee will received any compensation for service to the Committee, but the IAAP Board of Directors may authorize reimbursement of travel expenses for Committee business.**

**f. Any Committee member may resign at any time by presenting written notice to the Committee Chair.**

**1. The resignation will take effect on the date specified in the letter of resignation.**

**2. If no date is specified in the letter of resignation, the resignation becomes effective upon acceptance by the Committee Chair.**

**g. Any Committee member may be removed from their position if they:**

**1. Violate these Bylaws, Polices and Procedures,**

**2. Violate the IAAP *Code of Ethics*,**

**3. Fail to disclose a conflict of interest,**

**4. Engage in any conduct that is counter to the best interests of the Committee,**

**5. Engage in any conduct that is counter to the best interests of the Committee,**

**6. Have three unexcused absences from Committee meetings.**

**h. To remove a Committee member from their position:**

**1. Any Committee member may bring a request for removal of another member to the Committee, specifying which of the criteria in section 5 above he or she believes applies.**

**2. The committee Secretary must provide the member whose removal is being sought with written notice of the intention to seek removal, and the reason(s) for the request, and the place, date, and time that the committee will consider action on the request.**

**3. Notice must be sent no less than thirty (30) days prior to the date of the meeting wherein the Committee intends to consider action on the request.**

**4. The member must be given the opportunity to appear before the Committee in person or provide a written statement in defense of the allegations.**

**5. The Committee member may not be represented by legal council at the meeting.**

**6. The Committee must consider the member's response in considering their course of action.**

**7. The Committee will provide a written explanation of its final action to the member and to the IAAP Board of Directors.**

**8. The final action taken by the Committee on a request for removal can not be appealed to the IAAP Board of Directors.**

Only Our Best,  
Ron Chupp, Bylaws Chair

Go to [www.iaapin.org](http://www.iaapin.org) to download a copy of the Bylaws.



# Depressed Young Adults More Likely to Start Cigarette Smoking and Other Substance Use

## Depressed Young Adults More Than Twice As Likely To Begin Using Illicit Drugs Than Those Not Suffering from Depression

A new report indicates that young adults who have suffered from depression within the past year are at a higher risk of initiating substance use including cigarette smoking and use of alcohol or illicit drugs. The findings, based on the largest national survey on substance use and health, were reported today by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The release of this report coincides with the Great American Smokeout – a national observance in support of being free of tobacco use and addiction. The data from the report highlight the relationship between depression and the impulse to begin smoking in young adults.

*Depression and the Initiation of Cigarette, Alcohol, and Other Drug Use among Young Adults* indicates that 9.4 percent of people aged 18 to 25, or approximately 3 million young adults in the United States experienced one or more major depressive episodes in the past year.

The National Survey on Drug Use and Health (NSDUH), the source for this report, defines a major depressive episode as a period of two weeks or longer during which there is depressed mood or loss of interest or pleasure and the presence of at least four other symptoms that reflect a change in functioning. These include problems with sleep, eating, energy, concentration and self-image. This definition is consistent with the one used by the American Psychiatric Association.

“Today is the Great American Smokeout – a day when we pause to recognize ongoing efforts to draw attention to the health benefits of avoiding cigarettes,” said SAMHSA Administrator Terry Cline, Ph.D. “This study clearly reveals that too often people turn to cigarettes or other substances to try to deal with depression, creating a double jeopardy for their health and well-being.”

Among the report’s notable findings were that young adults experiencing major depressive episodes within the past year were:

- Approximately 60 percent more likely to have initiated cigarette use than those in their age group who had not experienced depression

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in the past year (12.7 versus 7.8 percent, respectively).

- Approximately 35 percent more likely to have initiated alcohol use than those in their age group who had not experienced depression in the past year (33.7 versus 24.8 percent).

- Twice as likely to have initiated use of an illicit drug as those in their age group who had not experienced depression in the past year (12.0 versus 5.8 percent).

- Twice as likely to start abusing pain relief medication than were their contemporaries who had not experienced recent depression (7.1 versus 2.8 percent).

The report is also notable because of the size of the database — nearly 135,000 interviews with persons aged 12 or older, including almost 45,000 young adults – and it was conducted during the course of the 2005 and 2006 NSDUH surveys. This database is one of the largest and most detailed of its kind.

The full report, including detailed information on demographic groups and types of substance abuse, is available on the Web at <http://oas.samhsa.gov/2k7/newusers/depression.cfm>. Copies may be obtained free of charge by calling SAMHSA’s Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727). Request inventory number NSDUH07-1115. For related publications and information, visit [www.samhsa.gov/](http://www.samhsa.gov/).

### CHEMICAL DEPENDENCY SOCIAL WORKER

Full time position available for a Chemical Dependency Social Worker. This position will provide services to adolescent, adult and geriatric clients, who are mentally ill, chemically dependent. This position requires a Master’s degree in Social Work from an accredited institution. Must have or be eligible for CADAC or ICAC certification.

The Samaritan Center is affiliated with Good Samaritan Hospital with their main offices located in the historic city of Vincennes, Indiana. Outreach offices are maintained in several locations around our service area. The Samaritan Center strives to be the preeminent mental healthcare provider in our region by providing quality behavioral health care to people in need. We offer competitive salaries and excellent benefits including health, dental and vision insurance, short and long term disability insurance, paid time off benefits, tuition assistance, generous 100% hospital-paid retirement income plan and more.

Please apply online at [www.gshvin.org](http://www.gshvin.org)

Or send your resume to:

**Good Samaritan Hospital**

Human Resources

520 S. 7th Street

Vincennes, IN 47591

Phone 812-885-3373 Fax 812-885-3961

# New Report Provides Startling Look At Substance Abuse On An Average Day In The Life Of American Adolescents

## Number of Adolescents Using Marijuana on an Average Day Vastly Exceeds Half of the Number of All Students Registered in New York City Schools

On an average day, nearly 1.2 million teenagers smoked cigarettes, 631,000 drank, and 586,000 used marijuana, according to the latest data, in a first-of-a kind report from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The report, which highlights the substance abuse behavior and addiction treatment activities that occur among adolescents on an average day, draws on national surveys conducted and analyzed by SAMHSA's Office of Applied Studies.

The report, *A Day in the Life of American Adolescents: Substance Use Facts*, presents a stark picture of the daily toll substance abuse takes on America's young.

Among the report's major findings is that on any given day during 2006 nearly 1.2 million adolescents ages 12 to 17 smoked cigarettes, 631,000 drank alcohol, 586,000 used marijuana. In addition, each day nearly 50,000 adolescents used inhalants, 27,000 used hallucinogens, 13,000 used cocaine and 3,800 used heroin.

To provide some perspective on these figures, the nationwide number of adolescents using marijuana on an average day equals more than half the total number of students enrolled in New York City's public school system during the 2006-07 school year.

"While other studies have shown that significant progress has been made in lowering the levels of substance abuse among young people in the last few years, this report shows many young people are still engaging in risky behavior," said SAMHSA Administrator Terry Cline, Ph.D.

Cline spoke at the Double Jeopardy CASACONFERENCE on co-occurring substance abuse and mental health disorder in young people at The National Center on Addiction and Substance Abuse at Columbia University.

"By breaking the data down and analyzing it on a day-to-day basis, we gain a fresh perspective on how deeply substance abuse pervades the lives of many young people and their families," Cline said.

The report also sheds light on how many adolescents ages 12 to 17 used illegal substances for the first time. On an average day in 2006:

- Nearly 8,000 adolescents drank alcohol for the first time;
  - Approximately 4,300 adolescents used an illicit drug for the first time;
  - Around 4,000 adolescents smoked cigarettes for the first time;
  - Nearly 3,600 adolescents used marijuana for the first time; and
  - Approximately 2,500 adolescents abused pain relievers for the first time.
- The report also analyzes the most recent available data to indicate how many people under age 18 were receiving treatment for a substance abuse problem during an average day in 2005. These numbers included:
- Over 76,000 in outpatient treatment,
  - More than 10,000 in non-hospital residential treatment, and
  - Over 1,000 in hospital inpatient treatment.

This report was drawn from SAMHSA's National Survey on Drug Use and Health, Treatment Episode Data Set and the National Survey of Substance Abuse Treatment Services, and contains many other important facts about adolescent substance abuse, treatment and treatment admissions patterns.

The full report is available at <http://oas.samhsa.gov/2k7/youthFacts/youth.cfm>. Copies may be obtained free of charge by calling SAMHSA's Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727). For related publications and information, visit [www.samhsa.gov](http://www.samhsa.gov)

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# Frequently Asked Questions

## What are the benefits of joining IAAP?

Advocacy of the addiction profession at both the State and National levels, reduced costs associated with certification, conferences, workshops.

## Do non-degreed addiction counselors have a place in IAAP?

*Absolutely*

## Do recovering counselors have a place in IAAP?

Yes. Many recovering counselors are already IAAP members, in fact, at least 50% of IAAP's leadership are *recovering*.

## Does IAAP support licensure of counselors not having a Masters degree in a Human Services field?

Yes; however, a Masters degree in this field is necessary to be able to practice independently though clinical supervision is suggested.

## Why is it necessary to obtain a Masters degree in a Human Services related field?

In order to provide counseling as a clinical social worker, marriage & family therapist, or mental health counselor, one must meet the current established standards in Indiana, which includes a Masters degree in the specific discipline of practice. IAAP believes addiction professionals must also operate within one's Scope of Practice. Additionally, Indiana Code 25 prohibits a non-Master-level clinician providing an assessment and psychotherapy.

## What is required to renew my certification?

60 hours of education and/or training in which 30 of those hours are in a specific addiction discipline (i.e. alcohol, drugs, gambling, sexual). The remaining 30 hours may be in other subject areas pertaining to human services and must include 4 hours of ethics training.

## Everything You Wanted to Know About A.P.I.T. Training

(In-depth view of initial certification steps)

### IVY TECH'S Future Addiction Professionals

**In-Service: April 4, 2008 10:00 AM to 1:00 PM**

**Ivy Tech Community College — Room # 2372**

**\$15.00 Fee (Free to Ivy Tech students and Alumni)**

**3 Approved Contact Hours, #515, IAAP/NAADAC**

#### **Speaker:**

**C. Albert Alvarez, LMHC, MAC, CGP, ICAC-II**

Future Addiction Professionals Faculty Advisor & Adjunct Faculty Instructor

Immediate Past President of Indiana Association of Addiction Professionals

#### **Agenda:**

- In-depth view of the addiction professional certification process
- Portfolio review and development assistance
- Details for credential: (APIT) Addiction Professional in Training

More information: [djohnston28@comcast.net](mailto:djohnston28@comcast.net)



# IT'S TIME FOR CERTIFICATION RENEWAL!

**IT'S EASY TO  
RENEW...  
JUST  
FOLLOW  
THESE STEPS.**

**Questions? Call  
317-481-9255**

**Follow these steps to renew:**

- Sign below (as agreement to IAAP recertification requirements)
- Submit the renewal fee of \$160.00 to IAAP Central Office by March 30th

**REMEMBER to maintain YOUR proof of the following completed course requirements**

- Completion of minimum of 60 hours training in the addictions or counseling field, 30 of which must be addiction specific.
- Completion of a minimum of four hours in ethics.

*There is NO clinical supervision requirement to renew your certification!*

*I affirm that I have completed all the requirements for IAAP recertification, and I will continue to adhere to the IAAP Code of Ethics in all professional situations and circumstances.*

**IAAP Central Office - PO Box 24167 - Indianapolis, IN 46224**

\_\_\_\_\_  
*Signature*



## 4th ANNUAL IAAP Spring Conference

*FRIDAY—SATURDAY  
APRIL 25—26*

**Conference Themes**

- Families and Addiction
- Women and Addiction

**Speakers:**

Dr. H. Wesley Clark  
Dr. Bryce Hagedorn  
Cynthia Moreno Tuohy, NAADAC Executive Director

**GREAT NEWS FOR STUDENTS!**  
Once again fees for IAAP Students will be waived.  
**Please note:**  
Registration still required.

Conference Fees:

Early Bird Registration—\$100.00 (*includes continental breakfast, lunch and CEU's*)  
After April 10th - \$125.00

Refund Policy:

Refunds will be issued, minus a \$15 service charge.

Online Registration:

Online registration will open March 10th a \$5.00 convenience fee will be added.

CEU's: Earn 9 CEU's for Friday & Saturday. IAAP is a NAADAC Approved Provider. All educational training programs are reviewed for content applicability to state and national certification standards.  
Provider #: 515

**SPRING CONFERENCE REGISTRATION**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



Make Checks Payable To: IAAP  
MAIL TO: PO Box 24167  
Indianapolis, IN 46224-0167

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