



From the CEO



Dee Ogle, CEO

Holidays and Addiction

Addicts and alcoholics often describe their addiction as cunning, baffling and powerful. It has the ability to destroy their careers, financial savings and relationships, hopes and dreams. During the holidays it can be particularly brutal, ready to bring potentially disastrous consequences into the lives of millions. For the part of the brain that controls addiction, the holidays are the perfect storm; family drama, money issues, parties, too little rest and too much temptation all lead people to the nearest coping mechanism.

So what can people do to avoid abusing drugs and alcohol and stay in recovery? Here are some tips that can weaken the power of addiction during the holiday season.

- Good self-care. Remember to slow down. Take some quiet time each day and work on an attitude of gratitude. Plan relaxation and meditation into your day, even for a few minutes, no matter how busy you are. Relax your standards and reduce overwhelming demands and responsibilities.

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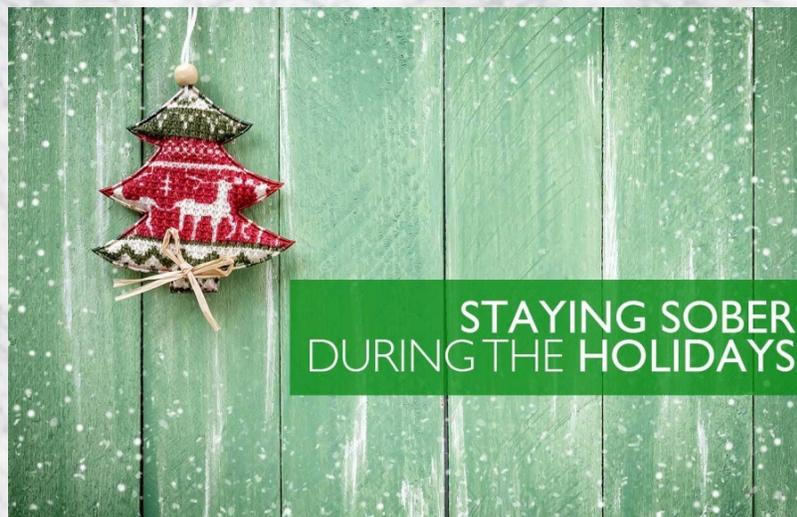
- Do you know someone who would like a copy e-mailed? Send us their e-mail so we can add them to our list.
- Not interested in receiving The Link? Let us know and we will remove your e-mail from our list.

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- Be prepared. You most likely know some of the uncomfortable questions you may be asked, the awkward family situations you could encounter. Think through your responses in advance, and come up with alternative plans to avoid difficult situations and people you don't want to see. This will reduce your anxiety and give you confidence that you can manage these events.
- Find support. Holidays are a good time to reach out more frequently to your therapist, sponsor, and spiritual advisor or support group. Spend time with fellow people in recovery. Let others help you realize your personal limits. Learn to say “no” in a way that is comfortable to you.
- Don't isolate. Holidays can be a time of loneliness and depression with other people; reach out to long lost friends or go to recovery events in your area. You can also invite a friends over, go to a movie, and volunteer to help out, or go online to find events for people in recovery.
- Find new ways to celebrate. Create new symbols and rituals that will help redefine a joyful holiday season.
- Release resentments. Resentment has been described as allowing a person you dislike to live in your head, rent-free. Resentments that gain steam during the holiday season can be disastrous.
- Discover inner peace. An important part of self-care is looking after your own spiritual needs. Reflect on all that you are grateful for. Count your blessings. Think about your purpose in life and pray for strength and guidance.



Disappoint your addiction—enjoy the holidays! Spend time with people who respect your desire to stay sober. Take extra care of yourself physically and emotionally. Have a sponsor who highly supports you. Recovery is serious work, but it is important to have fun. Laugh a little and a little more. Start seeing the humor in those things that annoy you. Take from the holiday season what is important for you and leave the rest.

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Intervention Division Project Link



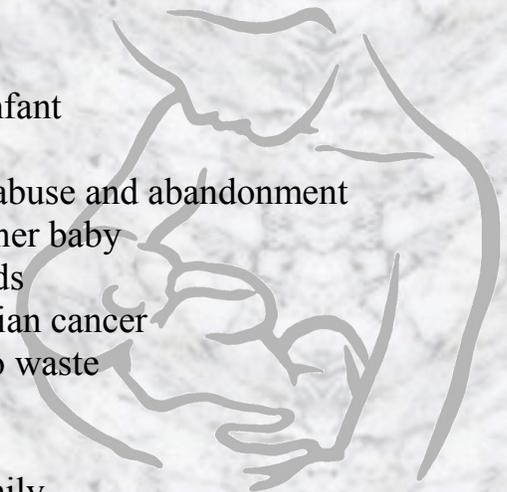
Karen Palombo,
PPI Program Manager

The Council on Alcohol and Drug Abuse-Coastal Bend, Pregnant/Postpartum Intervention Program (PPI) “Project Link” has partnered with CCISD and March of Dimes to provide a Breastfeeding Station at Ray High School.

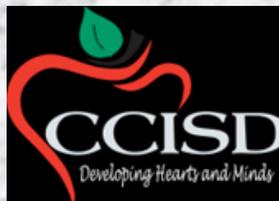
A Breastfeeding Station encourages, promotes and supports all breastfeeding mothers in their efforts to provide the best nutrition to their children.

The advantages of breastfeeding are numerous including but not limited to:

- Breast milk reduces the risk of allergic reactions in infants
- Studies indicate a higher IQ
- Breast milk protects against cancer and diabetes
- Breast milk transmits the mother’s immunities to the infant
- Breastfeeding reduces crying and colic in infants
- Breastfeeding promotes bonding and reduces cases of abuse and abandonment
- Breastfeeding allows mom time to cuddle and nurture her baby
- Mother’s milk changes to meet the baby’s specific needs
- Breastfeeding protects mothers against breast and ovarian cancer
- Protects the environment: no packaging, no plastics, no waste
- Saves money
- Makes traveling easier
- Allows mothers to spend more time with the entire family
- Allows mothers to miss fewer work or school days because baby is sick less often
- Helps uterus return to pre-pregnancy shape and size.



The Breastfeeding Station has equipped breastfeeding students with a place to pump and store breast milk. We know that Breastfeeding is the best thing any mother can do for their child and we as a community could assist with this HUGE first step at assisting mothers and infants.



The Council Link

THE YOUTH CONTINUUM OF CARE COALITION Community Coalition Partnership



Donine Schwartz,
Coordinator

Teens Who Drink

When parents provide alcohol to minors with the mindset that they are controlling how they get it and where they party, they are creating an unsafe and illegal environment for their children. Teenagers who drink tend to drive drunk and engage in other risky activities. Minors who consume alcohol don't want to get caught and certainly are not going to call a parent to come and get them. They are just going to drive home so this creates risks beyond drinking illegally.

The Youth Continuum of Care Coalition, Community Coalition Partnerships with Nueces and San Patricio Counties are placing “Seat reserved for adults who give alcohol to minors” decals on law enforcement vehicle’s back windows. Providing alcohol to someone under 21 can lead to a \$4,000 fine and a year in jail or both. Additionally, the violator will have their driver’s license automatically suspended for 180 days upon conviction.



This new campaign is designed to raise awareness of the dangers of underage drinking, what parents can do to keep their kids alcohol-free, and what consequences apply to adults who provide alcohol to underage kids. Research shows that teens who start drinking before their 15th birthday are four times more likely to also meet the criteria for alcohol dependence as adults. (<http://www.niaaa.nih.gov/>). In fact, new research shows that the serious drinking problems (including what is called alcoholism) typically associated with middle age actually begin to appear much earlier, during young adulthood and even adolescence.

The law enforcement in Nueces and San Patricio counties will keep the decals on from Christmas break until after graduation. They say with or without one of the signs, they will always keep a seat reserved for this crime.

Check out our website: www.ccpcoastalbend.org for information, current news, and list of coalition partners. Interested in joining the Coalition? Call Donine at 361-854-9199.

Community Coalition Partnership News

The mission of the CCP is to encourage community mobilization to implement evidence-based environmental strategies with a primary focus on changing policies and social norms in communities to prevent and reduce underage drinking and underage drug abuse across Texas. In addition to the prescription drop box projects, the Coalition is working on projects to ensure that I.D. requirements are being met by community alcohol and tobacco retailers.

The Council Link

THE YOUTH CONTINUUM OF CARE COALITION Tobacco Prevention and Control Coalition



*Melissa Hofstetter,
Program Coordinator*

On Tuesday, November 17, Corpus Christi Mayor Nelda Martinez read our Proclamation making November 19, 2015, Great American Smokeout Day in Corpus Christi. The TPCC staff was excited to part of the City Council meeting and to promote such a worthy event.

For the second year in a row, we promoted The Great American Smokeout with the Corpus Christi IceRays. On November 20, 2015, the TPCC joined forces with the IceRays, Nueces Youth Against Tobacco (NYAT), and The Council's Youth Prevention Universal (YPU) program to get the message out about the importance of quitting smoking.

Great American Smokeout



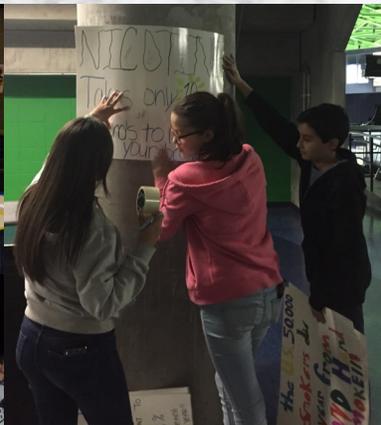
We passed out educational information, Quitline cards, promos, and free cessation resources. The YPU program held a poster contest and had fun giveaways. We were also able to drop the puck and throw out free t-shirts during Prize Patrol at intermission. NYAT created posters with tobacco cessation facts and hung them up all over the arena. With almost 3,000 people in attendance, our messages and ads on the jumbo-tron were delivered to many. Many thanks to NYAT, YPU, and the IceRays! This event was lots of fun and we were able to spread the word about the dangers of smoking and benefits of quitting.



The YCCC's Tobacco Prevention and Control Coalition focuses on preventing and reducing illegal and harmful use of tobacco products in Nueces County, with a particular emphasis on reduction of youth use. Efforts are made to promote community-based and environmental strategies that will have an impact on the social, cultural and economic processes of the community. The next meeting is Monday, December 14, 3:30—4:30 p.m. at First United Methodist Church, 900 Shoreline Blvd, Room 223. If you are interested in joining this group, call Melissa at 882-1008.

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Offering Hope and Healing for Those in Need

COUNCIL ON ALCOHOL & DRUG ABUSE - COASTAL BEND

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The Council on Alcohol and Drug Abuse—Coastal Bend is a private non-profit organization that serves a multi-country region with a continuum of care in prevention, intervention and treatment of the disease of alcoholism and other drug abuse for individuals, families and communities.

Programs include: Pregnant/Post-Partum Intervention, Adult Outpatient Treatment and Aftercare Treatment, Youth Outpatient Treatment and Aftercare Treatment, School-based Youth Programs (Botvin's Life Skills), Youth Continuum of Care Coalition (Community Coalition Partnership, Tobacco Prevention and Control Coalition).

Need someone to provide a program for your business, civic group or service organization? The Council will be glad to add you to our presentation schedule. Call Armando (with at least one month's notice) at the Council 361-854-9199.

We're on the web at
www.coada-cb.org

"Like" us on Facebook to get updates on events and issues.



Donate to help stop drug abuse and provide treatment options to those in need. Call 854-9199

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The Board meets monthly on the 4th Tuesday at 5:00 p.m. Meetings are open to the public.

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