


RICE PAPER

People
Need
People

ASIAN AMERICAN DRUG ABUSE PROGRAM Vol. 5 No.2 March/April 1981

Running a Therapeutic Community

by Phyllis Mickle

A therapeutic Community is designed to provide an individual the opportunity towards an alternative lifestyle other than the one he or she had been accustomed to living. This involves a lot of teaching, sharing, empathizing, and nurturing. A great deal of emphasis is placed on behavior modification, self-awareness, work habits, self-worth and self-confidence, as well as respect for self and for others. Also emphasized as part of our treatment program is recreational therapy, learning management skills, remedial education, and acquiring the necessary social skills in learning to deal with human interaction.

Implementing the above involves adhering to black-and-white policies and regulations, which, while seemingly trivial and unimportant, are a very significant and integral part of treatment. They help to strengthen coping and social skills, which, realistically, are a part of everyday life.

T.C. much emphasis is placed on the "gray" areas of life. In attempting to hook up and communicate the "gray" with the black-and-white a lot of conflicting

messages are picked up by the residents, which makes coordinating a T.C. difficult, frustrating, and filled with a lot of disappointments along the way.

As a woman Coordinator of a T.C. I feel the frustrations and disappointments to a greater degree because a woman's emotional make-up is quite different from that of a man's. As a woman I tend to relate and identify more with the changes a client goes through, and, sometimes, may over-identify with a resident's moods and feelings. This makes it difficult to keep my administrative priorities in check. The mother image sometimes allows clients to try and take advantage of certain situations. I find myself being overly protective at times. This can be detrimental to a client's growth because it may restrict him or her from learning to make independent decisions and to assume responsibility for his own life.

On the positive side I feel that a woman coordinator can convey a sense of deeper understanding towards the plight of a female client. Male clients, too, might benefit from feeling a sense of "mothering" which they might not receive from a male in an authority position.

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INTERNATIONAL YEAR OF DISABLED PERSONS

The United States is planning for the 1981 observance of the International Year of the Disabled Persons (IYDP). Activity and interest throughout the country are picking up. Thanks to the efforts of many private sector organizations, various government agencies concerned, and the Federal Inter-agency Committee for IYDP, the U.S. is no longer behind other nations in making preparations. In fact, many nations are now approaching us for guidance.

The U.S. Council for IYDP emphasizes both the United Nations' theme of "full participation of disabled persons in the life of our society" and the related idea of a "partnership".

Consistent with this theme, some 200 national organizations have joined with the Council as "IYDP Partners". More organizations are joining every day. The Council has been seeking their ideas and providing them with suggestions. The continuous dialogue between the Council and its Partners assures their purposeful involvement and will contribute significantly to the success of the Council's program.

A major U.S. Council program, the "Community Partnership Program" has announced by Council Chairman David T. Kearns on April 24, 1980 in Washington. Its success depends on the concern, creativity, and commitment of people in communities throughout America. The program calls on communities to commit themselves to goals reflecting community needs and to both short-term and long-term programs to achieve them. In California, the Governor's Committee for the Employment of the Handicapped is planning for activities in this field. Its communications sub-committee is asking each local committee for employment of the handicapped to appoint an IYDP coordinator for its area. This person will then contact other declared Partners to begin the local level planning. This will provide

a vehicle to filter ideas and news to the level where they can be acted upon.

The success of the IYDP clearly rests with each community and the efforts exerted there.



The official IYDP logo (herewith) represents two people holding hands in solidarity and support of each other in a position of equality. It is based on an original design presented by the French National Commission for IYDP. IYDP should highlight not only the problems and needs of all disabled person, but also their accomplishments. This is the feeling of DMC Director Brenda Premo, who is chairperson of both the California Association of Physically Handicapped IYDP committee and Orange County's ACCESS Task Force.

Due to the work of people like Brenda, Orange County is becoming a leader throughout the state as well as nationally in its planning and activities for IYDP.

Those wishing to get involved with IYDP should focus on an area of interest, i.e., legislation affecting the disabled. Whatever area might be your bag, you can help work together for the good of the whole community. The disabled and non-disabled can grow in understanding of the handicapped world, but it has to start with one person. You are one person.

WOMEN IN TREATMENT

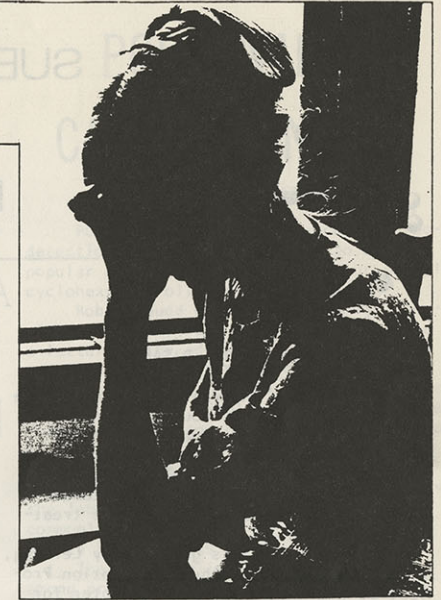
by Denise Yamamoto

One aspect of the drug abuse field that continually needs to be addressed is the issue surrounding the treatment of substance abusing women within existing programs throughout the nation. It has been said many a time that drug programs have not adequately met the needs and have/not implemented the changes necessary in treating women. This is partly due to the fact that many programs began with the male heroin abuser in mind and subsequently developed modalities accordingly. In contrast, the majority of substance abusing women are polydrug users and/or alcohol abusers. Many of the facilities available unfortunately cannot provide day care for mothers, services for the pregnant addict, and often do not have the view that there are particular problems that women face that need to be addressed concerning treatment issues, approaches, and activities specifically for women.

According to the data collection system for drug treatment programs (CODAP), women comprise only 31% of the total clientele. It is even less in the alcohol treatment population. This is striking when you look at the increase of substance abuse among women and problems directly related to the concerns of women, such as battering, rape, suicide, etc. This is reflective of the increasing problems we are all faced with in general due to the political, economic and social problems of our times. However, to not look closely and critically at these problems would be neglecting about half the nation's population.

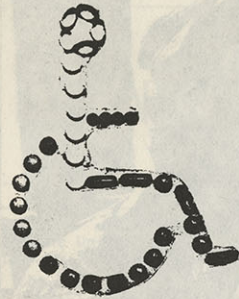
A lot of the attitudes we find in existing programs are not just reflective of the programs in and of themselves, but a reflection of how society in general views women and the importance it places in dealing with women in all facets of life. Similar to the negation of women's problems can also be on the other hand, the negation of women's problems can also be on the other hand, the negation of various cultural and socio-economic differences of individuals.

In looking at how we may improve existing programs and build off of the positive aspects many programs have, we can begin to slowly try to develop ways to improve services for women. Consciousness-raising groups have been found to be quite success-



ful at various programs often dependent on the views and attitudes of the substance abuse workers facilitating such groups and the ability to combat negative attitudes women clients often have of their own sex peer group. Recreational activities for women also can be used to develop a sense of cooperation and understanding among women and of themselves. In-service training can enhance treatment of women clients in raising the consciousness of staff workers and administrators of respective programs. Other positive aspects of dealing with this issue can be the development of consciousness among male clients. They are also often locked in various stereotypical and rigid roles that are reinforced through programs and various institutions along with roles that are defined for women.

Although services in the areas of alcohol and drug abuse are definitely going to be under attack in general, the attitude we have in dealing with problems surrounding women should not be overlooked. The problem of alcohol and drug abuse is a real problem and in order to adequately treat the total population it is the responsibility of existing programs to adequately deal with the particular needs and services offered to women.



SUBSTANCE ABUSE and DISABILITIES

A New Awareness

SUBSTANCE ABUSE AND THE DISABLED

This is the International year of the Handicapped. In this country there are some 4 million handicapped individuals. Along with the quite obvious problems presented by their physical limitations, there is also the problem of substance abuse and their ability to receive treatment for it.

How large is this group? Toby Leflang, Director of the Drug Abuse Prevention Project at the Community Service Center for the Disabled in San Diego, said that in his attempts to obtain reliable figures from both NIDA and NIAAA, have revealed a woeful lack of any such research. These studies are necessary both for the projection needs and the education of the general public.

The center did conduct its own study on 25% of its patients during a year, asking them if the use of any substance had caused them any physical, mental or emotional dysfunction. 27% of these patients responded yes. Mr. Leflang did indicate that these figures were probably not reliable for the handicapped population as a whole, as the group interviewed would be expected to have more than average share of problems. Still however, assuming that these figures were twice the average, one is still looking at a target group of over 500,000 individuals.

This group goes unnoticed for many reasons. Many of the treatment centers are not accessible to them so their choices are limited. Many do not seek treatment because of a lack of sensitivity among the service providers and a fear of stigmatization within their own communities. Outreach is minimal, possibly due to stereotypes that the handicapped are hard-working and depend-

able, trying to function in spite of their limitations and just don't have substance abuse problems. Also their drugs of abuse are more likely to be alcohol or prescribed medications and therefore their contact with the criminal justice system is minimal. Finally, since most of the treatment centers are in a hospital setting, they are segregated from the rest of the substance abusing population to a large degree.

What are the major problems in providing treatment for disabled? Pete Anderson, Executive Director of the Disabled Substance Abuse Task Force (DSATF), see 2 major areas, the first being physical barriers. Programs need to be physically accessible to the disabled. This includes ramps, laboratory facilities, parking, etc. modified for use by the disabled. For some there are some medical needs that would have to be available. Supplies such as literature translated into braille and interpreters for the deaf are also needed.

However, according to Mr. Anderson, the physical problems are minor compared to the attitude and sensitivity of treatment staff. Along with understanding and empathizing with the limitations of a disabled individual and how simple daily tasks to us can be complex and difficult for them to accomplish, there are other more subtle issues. He mentioned a staff's feeling or response to the emptying of a catheter or the self-stimulation of a bowel movement, 2 of the less pleasant but necessary daily routines for some of the disabled; the fact that the deaf use different language patterns than we do and how translated material (sign language)

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PCP ANALOG CAUSES CONCERN

PCP users may be beating common drug-detection systems by switching to a newly popular angel dust analog - PHP, or phenyl-cyclohexylpyrrolidine.

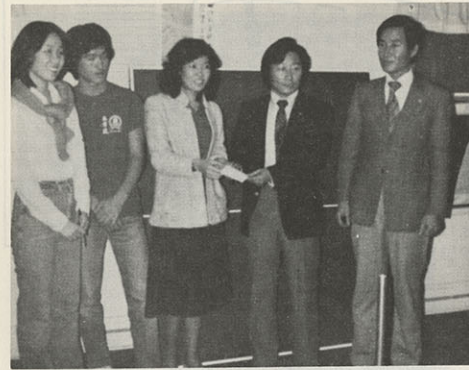
Robert Budd of Rancho Los Amigos hospital in Downey, Los Angeles County, in a letter to the editor of *Journal of the American Medical Association*, states that PHP "has quickly become a serious drug of abuse" among Los Angeles County Probationers. Fourteen months ago none of the urine samples of probationers analyzed by Budd's lab tested positive for PHP. It has since become more common than 13 of the 19 drugs the lab tests for. PCP remains the most commonly detected drug in the urine of LA County probationers.)

The increase in PHP use - especially among probationers - can be attributed to a number of factors, not the least of which is that the drug is chemically and pharmacologically similar to PCP. Its effects, potency and street price are about the same as those of PCP.

PHP, is like PCP, is cheap and easy to manufacture; the chemicals used in synthesizing the drug are more easily obtained.

The difficulty in detecting PHP may lead to serious problems in the emergency room, where apparent PCP overdose symptoms seen to be contradicted by negative lab findings for PCP.

Reprinted from: *California Rural Drug Abuse Network*



KYC Coordinator, Jane Kim accepting the donations from Mr. Chai & Kiwanis Club

The Kiwanis Club of Los Angeles, Korean Chapter, presented a donation of a new ping-pong table and \$60.00 both items will be used to facilitate the Korean Youth Center's recreational programs.

The president of the Kiwanis Club, Mr. Tae Ho Chai, also sponsored a forum on Korean youth recently which received a good response from the Korean community.

Mr. Chai expressed his organization's grave concern over the rising problems among Korean immigrant youth.

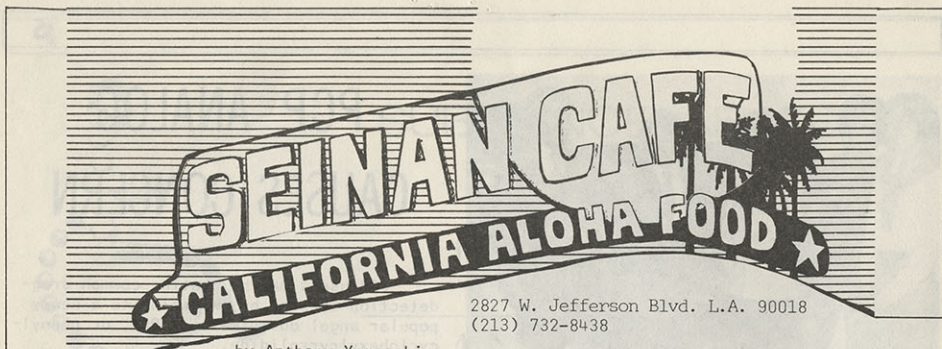
He said that the organization will continually support organizations like KYC which provides essential services for youth in our community.

KYC EXTENDS HOURS

The Korean Youth Center plans to extend the hours they will open. Starting in March KYC will be opening their doors on Friday and Saturday evenings. The old hours were 9 to 6 Monday thru Saturday. KYC's new expanded hours will be 9 am to 6 pm Monday thru Thursday, Friday and Saturday KYC will be open from 9 am to 10 pm.

KYC is seeking interested volunteers to help supervise the evening program. The volunteers will work in conjunction with staff members who will be covering the facility. For more information regarding the volunteer can contact Jane Kim or Jan So at (213) 293-6284 weekday morning.





2827 W. Jefferson Blvd. L.A. 90018
(213) 732-8438

by Anthony Yamasaki

If you haven't heard, AADAP has its own restaurant. For 24 years, Sib and Doris Okimoto operated Sib's Okazuya (asian fast food restaurant). Many community people used to frequent the restaurant, and among them were AADAP staff members who dug the Hawaiian/Asian food. Whether it was the Lau Lau, the combination plate, or the cha shu, we all seemed to have our favorite.

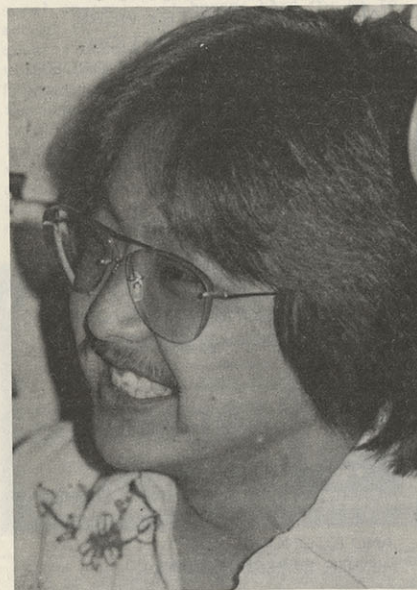
One day during the summer of 1980, Marlene, AADAP's Administrative Assistant spoke to Sib and Doris and discovered that they were planing to retire. The AADAP staff who were having lunch that day talked about the possibility of running the restaurant. Several good ideas were put on the boiler pot, the restaurant could provide ourselves with an avenue for economic development, it could also maintain a significant landmark, and possibly help to rejuvenate the sense of community in the area by bringing business back into the area, and actually in a sense we would be putting our philosophy into the streets. The discussions went on for a few days but the final decision was for us to "Go for it".

After the decision to take up the project was made, a great deal of work was needed to get it started. Not only did staff, clients and friends of the agency contribute, but Sib and Doris helped to start us off right by teaching "Big Bob" our lovable chief cook and bottle washer, how to make Sib's Lau Lau. Lau Lau is a traditional Hawaiian dish which is made up of spinach, pork, butterfish, wrapped in a Ti leaf, and steamed for three hours. AADAP's restaurant is determined to maintain the tradition established by Sib's Okazuya, as one of the few places in L.A. serving this special dish. (if you want lau lau you might do well to call before hand, it takes a long time to cook, and only a limited number are made up each day)

The place was initially listed in the telephone directory as AADAP's Restaurant. Manzanar Cafe (see article on pg. 8 & 9) and Tule Lake Cafe were names under consideration. Both were names of concentration camps where Japanese Americans were incarcerated during World War II. The name SEINAN CAFE was finally selected. Seinan was the name that the Japanese community that populated the area around the cafe had historically called this part of town.

A thorough cleaning of the restaurant took place. Repair work, painting, and equipment repair was a summer long project. Roger Yanigita worked on the layout and color scheme. Richard Tokunaga designed the menu cover. Residents with help from friends working at the Pacific Asian Consortium on Employment did much of the repairing and painting. It seemed like it would take forever, but we finally opened up our doors for business in October.

Since it's opening, along with Big Bob we have hired George Abe, former staff person at the Amerasia Bookstore, as our manager. George wanted me to tell all of our readers to come on down and try out the food. A lot of things have happened since we first opened our doors in October, we have just started a coffeehouse type sunday brunch. Opening up at 10 AM and serving till 3 PM, from 3 PM to around 5, there will be live entertainment/music, appetizers/coffee, and sharing good feelings in a warm relaxed atmosphere. George would also like to remind people that Seinan caters and is more than willing to help serve those of you who schedule lunch meetings but don't know where to go. Big Bob says, "We make it the way you like it, or we break your head". I'm just joking, he's a nice guy and always willing to please your palate. (for more info on the Sunday Brunch, see announcement on page 15).



PATRICK OGAWA is AADAP's new Executive Director

by Anthony Yamasaki

It has been said that there is nothing more constant than change. When that is applied to the dynamics of a substance abuse agency, the meaning really begins to hit home. In this issue of the Rice Paper we have some of the perverbial bad news good news opener. The bad news is that Ron Wakabayashi, AADAP's Executive Director, and one of the original founders of AADAP, resigned his position to take hold of the leadership of the Japanese American Citizens League, as it's National Director. The good news is that Patrick Ogawa, former Director of Prevention/Education and also a longtime AADAP staff member was confirmed by the Board of Directors

as Ron's replacement. Patrick will be taking over the reins as Executive Director effective on March 16.

Ron has already started the move to San Francisco, where the JAACL National Headquarters are located. Ron said in his farewell speech to the staff that he doesn't feel that he will have left AADAP. Taking on the new role as National Director, Ron feels that what he will be doing is expanding his ability to reach out and fight for the positive growth of the Pacific/Asian Community as well as the Japanese community.

Patrick, who I have shared a relationship as a client of his and later as a staff member working under his direction, will be a welcome asset to the agency. Pat recently called together the staff and thanked them for all the support he has received, since getting the position.



Ron & Jean on their way to San Francisco... Pictured here at a AADAP camping trip.

He acknowledged the fact that we will be going through a tough period of transition, not only because of the change in directorship but more so from the current trends in the budget cuts and current economic situation.

We, the staff at AADAP thank the Board for recognizing the tremendous job Patrick has done as Pat worked his way up through the ranks as a night case worker, counselor in the Residential Unit, Coordinator of the Outpatient unit, Director of Prevention/Education, and now as the Executive Director.



IN THE EARLY PART OF WORLD WAR II, 110,000 PERSONS OF JAPANESE ANCESTRY WERE INTERNED IN RELOCATION CENTERS BY EXECUTIVE ORDER NO. 9066, ISSUED ON FEBRUARY 19, 1942.

MANZANAR, THE FIRST OF TEN SUCH CONCENTRATION CAMPS, WAS BOUNDED BY BARBED WIRE AND GUARD TOWERS, CONFINING 10,000 PERSONS, THE MAJORITY BEING AMERICAN CITIZENS.

MAY THE INJUSTICES AND HUMILIATION SUFFERED HERE AS A RESULT OF HYSTERIA, RACISM AND ECONOMIC EXPLOITATION NEVER EMERGE AGAIN.

by Anthony Yamasaki

February 19, 1981 marked the 39th anniversary of the issuance of Executive Order 9066, which forced the evacuation and incarceration of 110,000 people of Japanese ancestry from the West Coast. I feel that it is fitting that each year the young and the old come together to pay tribute to those who suffered and that we remember the injustices of that act, perpetrated by the greedy, fear ridden, racist mentality of that era. It is also important that we remember that we are not "safe" from the effects of that injustice, or that we as a nation have learned from that experience.

The events of the last few months are painful reminders that shifting the blame for America's woes is the easiest thing to do. Too few people seem to acknowledge the fact, for example, that Japanese car imports bring close to a quarter of a million jobs into this country, and that it has been the inability of American car manufacturers to predict and adjust to the demands of the car buyers demand for affordable, fuel efficient transportation, that is causing their economic troubles, along with excessive

interests rates, another of America's economic problems, which have admittedly been fermenting for the past twenty years.

With all the uproar surrounding the hostage situation going on, it was a painful reminder that 39 years ago it was the Japanese who were bearing the brunt of the blame. The same cries of condemnation are being heard again. Although the hostages are back now, and much of the furor over the hostage situation has subsided, never the less, the incidents presented us with an illustration on how easy people can forget and how easy it is to get caught up in the moment. With such an emotionally traumatic situation hanging over our nations head, it took only slight manipulations by spokespersons and the media to play on peoples fears. We have fear over the current economic situation, the rise in gasoline prices, and when added to our existing frustration, it was easy to find ourselves shouting indignation after indignation, over a situation we care little about, and knew even less about, just a few weeks before.

Being a prodigy of the 60's, I came to the realization that history, the kind I was learn in school, lacked something

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that was important to me, that was a personal context. It became hard for me to accept things that I was being taught because I became aware of so many contradictions. One of these contradictions was the Executive Order 9066 and there were also the hundred plus anti-Asian laws and restrictions. Upon recognizing all of these inconsistencies, I preferred to buy into the Asian-American experience, which has a long history, born out of adversity and nurtured in the face of a hostile environment.

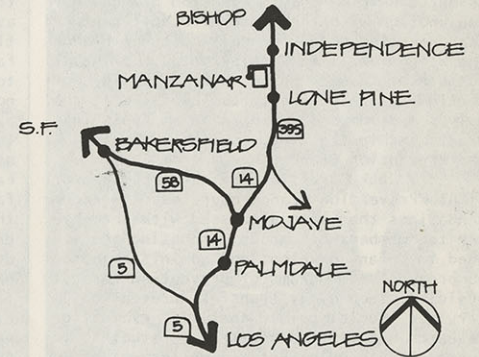


after a year, some could leave - but they had to leave their families behind.....

Over the past decade, I must admit that I had little time to reflect on anything more than saying "I got to get my shit together", and "getting my face fed". It took my mother's stroke to make me realize that should I lose her, I would also lose a valuable part of my heritage as well. When I talked with her about this she said "I thought you weren't interested in things like that." She was right, but it wasn't that I didn't care, but only because I spent most of the early 70's getting loaded and partying, and it took me the rest of the latter part of the 70's trying to get back on track. I remember another incident. It was when my mom donated a lot of material she had collected from that period (internment) to Ron Wakabayashi. Ron always seem to have a knack for having information and trivia about the Japanese American experience, his recent selection to lead the Japanese American Citizens League attests to that fact. Anyway, while running through the old letters, and a camp high school Annual, we discovered my mom's old I.D. card issued to her by the War Relocation Authority. I was surprised at how it made me feel. The thought of knowing whole

families, grand parents, women, and children were all locked up just because they were of a different race. It kicked up old reminders of how I felt being locked up in a jail cell with only a booking number for an identity. I often wondered if the shame and guilt of being interned was anything like the shame and the guilt that I felt the first time my family came to visit me when I was in Jail? The first time I couldn't deal with it, and I hung up the phone and walked away.

These few incidents didn't really teach me anything more about the camp experience but it did bring it down to a more personal level. A level at which I could feel in my gut the impact that it has had on me and my family. I am becoming more and more aware of the experiences that have shaped my identity as a Japanese American. Standing on the desert floor with the winds and the dust swirling around the base of the Sierra Nevada mountains which are silhouetted against the blue California skies, I can stand in front of the monument, look around at the piles of rocks marking the graves of those who died there, and truly feel that I have shared in the spirit of the Japanese American experience. That's the reason why I encourage those who are interested in joining the 12th Annual Manzanar Pilgrimage to join us on April 25. For more information please call the Manzanar Committee at (213) 662-5102. Hope to see you there.



DIRECTIONS
MANZANAR IS 9 MILES NORTH OF LONE PINE ON 99S
DRIVE PAST THE GUARD HOUSE TO THE DIRT ROAD
AT THE NORTH END
TURN LEFT AND FOLLOW ROAD TO CEMETARY

CMA PLANNING SYMPOSIUM II

by Patrick Ogawa

In July 1980, a three-day planning symposium was held in Washington D.C. attracting researchers, local program personnel, and state and federal representatives. The National Institute on Drug Abuse (NIDA) and the Center for Multicultural Awareness (CMA) hosted this prevention activity. The primary goal of this symposium was to develop strategies for enhancing the capability of ethnics of color to compete successfully for grant monies. Through various topic areas such as training, grant review procedures, and current directions in research and services, participants were able to make a series of recommendations to NIDA'S Prevention Branch. A ten-member work group, elected by the symposium participants, were to take these recommendations and meet with NIDA representatives to review and provide input into the multicultural prevention initiatives.

On January 21-23, 1981, the National Institute on Drug Abuse (NIDA), Division of Resource Development, Prevention Branch in conjunction with the Center for Multicultural Awareness sponsored the Multicultural Planning Symposium II in Washington, D.C. The purpose of this symposium was to provide for continuity of those efforts initiated at the July symposium and to begin an emphasis in grantsmanship training, as it relates to the Prevention Branch.

Dr. Jack Durell and Bernard McColgan of NIDA's Prevention Branch addressed the recommendations that were discussed with them by the ten-member work group, emphasizing the need to "plan, develop, and administer more comprehensive programs of prevention capacity building, technology transfer, prevention services, social policy analysis, evaluation research and pilot demonstration studies, to further the development and refinement of drug abuse prevention initiatives at the Federal, State, county and local levels."

In addition to this, discussions were conducted on current grant programs, Initial Review Groups, as well as the development of new initiatives such as the Pilot Demonstration Studies that would attract wide participation from local groups with diversified

cultural and ethnic backgrounds.

The three days was not long enough to accomplish all the objectives, therefore a 12-member group was elected out of the symposium participants to try and become a permanent advisory group to NIDA. A detailed write-up of all the workshop proceedings is forthcoming.

AADAP OFFERS JUVENILE DIVERSION PROJECT

For almost a year now, AADAP has been serving as a resource agency for the Centinela Valley Juvenile Diversion Project. Through this project, AADAP provides individual, group and family counseling for juveniles who are referred to us through law enforcement agencies and schools. Youth are referred to this diversion program for various reasons (i.e. delinquency, substance abuse, school and/or family problems, etc.) Treatment is short-term and primarily based upon intervention.

Working with the young person's family is frequently utilized as a part of the treatment plan. The child's symptomatic behavior, in many cases reflect the problem he/she is experiencing at home. Family therapy enables the counselor to make an assessment of the family in terms of dysfunction/dynamics within the family unit. Through family interaction, the counselor attempts to point out various patterns of verbal and nonverbal behavior which takes place within a counseling session. It is believed that these patterns of communication reflect upon an individuals; interpersonal functioning. Family therapy provides the opportunity for family members to develop and/or improve their communication skills. This process enables them to develop an awareness and understanding of themselves in reference to how they communicate with each other. The family in turn, learns to communicate more clearly and effectively. Working out of AADAP's OUTPATIENT SERVICES and at the Gardena Municipal Activities Center, AADAP provides this youth oriented service to central Los Angeles and to the Centinela Valley area. For more information about this project or the services offered please contact April Taketa or Tom Nishi Wednesdays from 3 pm to 8 pm at the Gardena Municipal Activities Center 327-0225 or call AADAP weekdays at 293-6284.

GRADUATIONS

by Alan Mizuno

Many of us remember the shy, quiet, introspective personality who walked through the doors of AADAP some two years ago. He spoke little and, many times, he reminded one of a lost little boy searching for some kind of meaning to the chaos and confusion surrounding his life.

In the months that followed, DOUG ISAACS sprouted a little bud, which grew too slowly as far as he was concerned--but it grew continuously. With time Doug learned to feel more comfortable with groups, participated in as many house functions as possible, and put a lot of energy into following the "Blind Faith" concept. After about a year of residential living and undergoing numerous "changes", Doug learned something about himself; he was still scared stiff about the thought of re-entry. After moving on into 3rd phase Doug found that he had to force himself into going to school at the Occupational center (interacting with a bunch of strangers always intimidated him). He went through some heavy changes then, but he kept on. He completed school and secured a job in a small print shop.

Many clients who get to the stage of working and/or going to school usually "lose it" at



Phyllis Mickle, Doug Isaacs, Tom Yamamoto

this point. They tend to get "chesty", full of false confidence and arrogance. Like a new toy which loses it's novelty after a while, many clients view treatment in the same vein. They put on the shelf that which they've worked hard to acquire. They stop interacting

with their peers; they have more important things to do than to go on a house outing; they're tired to help facilitate groups, etc.

Doug kept on being consistent, he worked to give away that which he secured for himself. Finally, on January 23, 1981, one day short of two years in the residential unit, Doug graduated from AADAP. He is currently sharing a 2-bedroom apartment in Hermosa Beach and works for a new and bigger print shop earning about 12,000 a year. Now, to me, that ain't so shabby!

Congratulations, Doug, you've earned our respect and admiration, and our best wishes fo out to you in your future endeavors and lifestyle. The growing bud appears to be in full bloom.....

Students of Physics will argue that inasmuch as they acknowledge the existence of matter, there also exists anti-matter. So it is with a T.C. For every Doug Isaacs, there is a CHARLOTTE NUNLEY.

While Doug chose to ride in the back seat, Charlotte came in determined to drive the whole damn bus! Inasmuch as she had no driver's license at the time and had little knowledge of the mechanical operations involved, needless to say she got into a whole lot of "fender benders".



Charlotte Nunley & Dean Lapin celebrate

Charlotte underwent many, many changes while going through the T.C.. Many times she had one foot out the door. Disappointments confronted her a nearly every turn. She "lost

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it", found it, and lost it again and paid dearly for it. One of the major setbacks occurred after she had been here for almost 2 years and had secured a position on the Screening Team with the Intake Unit. The job meant a lot to her, but, again Charlotte got loose and careless with her bus driving and was put back into 1st phase, after a cardinal rule violation.

It was very difficult for here to stay, especially while seeing her peers pass her by. But she hung. In fact she stayed for another 9 months and graduated the program on January 8, 1981, almost 31 months after she first came to AADAP.

At this point in time it might be safe to assume that Charlotte has not only secured a license to drive, but that she knows enough to fix the bus should it meet with minor mechanical problems. She also knows that she has to maintain the thing consistently in order for it to run properly.

For those who haven't checked her out lately, Charlotte has a cozy little pad in the Valley about 5 minutes from her work. She works as a Counselor with Penny Lane, a home for emotionally disturbed children. To say that she's come a long way is a gross understatement. And, yes, Char-Char, we all felt your changes. How could we not, you kept trying to wrestle the steering wheel away from us! But through it all you've definitely left an impressions on us-- and we all love you!

PARENT OUTREACH PROGRAM OFFERED

A series of seminars are being provided concerning family awareness, communication, and drug abuse information to those residing in Kenneth Hahn's Supervisorial District 2.

This program is a two part series designed to inform parents about the realities of substance abuse and the achievement of family awareness. The focus is upon what resources are available outside of the family. The presentation is part of the Parent/Youth Involvement Project, which is a project of the Prevention Unit at AADAP.

For more information, contact Kathy Ikemiyama or Mitchell Maki at (213) 293-6284.

DRUG USE BY STUDENTS DROPS IN 1980

According to a University of Michigan Institute for Social Research, the use of Marijuana, cigarettes, PCP and inhalants decreased in 1980. The report also showed a leveling off in the use of Cocaine by students. Of the 16 drug types surveyed 14 showed a leveling off or a decrease. The two exceptions were stimulants and methaqualone (Quaaludes).

The survey is conducted annually and is funded by NIDA. HHS (Health and Human Services, formerly Health, Education and Welfare HEW) Secretary Richard Schweiker said, "The Michigan researchers have confirmed that young people are beginning to recognize the serious health risks associated with drug and cigarette use, and more of them feel that their friends do not approve of this behavior. Although we are hopeful that this recent downward shift in drug use marks the beginning of a widespread change in attitudes toward drugs, documentation of continued extensive drug use among teenagers confirms that a serious problem remains".

The researchers found that, overall, drug use among high school seniors is extensive. In 1980, nearly 2/3's of this age group (65%) had tried an illicit drug, and nearly two out of every five (39%) had use an illicit drug other than marijuana.

The survey also examined when students had first tried various drugs. For Marijuana, alcohol, and cigarettes, most initial experiences took place before the 10th grade. However, first experiences with most of the illicit drugs occur during the last 3 year of high school. (information from the ADAMHA News)

High School Seniors' Use of 9 Drugs, 1975-1980
(Percentages)

	Ever Used			Currently Using			Daily Users		
	'75	'77	'79 '80	'75	'77	'79 '80	'75	'77	'79 '80
Marijuana	47	56	60 60	27	35	37 34	6	9	10.3 9.1
Inhalants	—	11	13 12	—	1	2 1	—	0	0 0.1
PCP	—	—	13 10	—	—	2 1	—	—	0.1 0.1
Cocaine	9	11	15 16	2	3	6 5	0.1	0.1	0.2 0.2
Heroin	2	2	1 1	0.4	0.3	0.2 0.2	0.1	0	0 0
Stimulants	22	23	24 26	9	9	10 12	0.5	0.5	0.6 0.7
Methaqualone	6	9	8 10	2	2	2 3	0	0	0 0.1
Alcohol	90	93	93 93	68	71	72 72	6	6	7 6
Cigarettes	74	76	74 71	37	38	34 31	27	29	25 21

Cont'd from page 1 RUNNING A T.C.

Many residents come into a T.C. feeling that the authority figures they have to concern themselves with do not really empathize with their needs. Women clients so often feel that their future goals are limited behind their gender. It can be a pleasant surprise to many of them to see that a woman -- especially an ex-addict--can succeed in the labor market instead of feeling relegated to being a second-class citizen.

I feel that some of the drawbacks in being a woman coordinator is that I feel there are times when a male staff or a male resident may feel the need to challenge me behind a "image" and the stereotype attributed to a woman. In a way, I find this challenge stimulating. I welcome it, and meeting it successfully mirrors my own self-confidence and self-worth. This is not to say that it has been easy for me. Initially, I found this challenges to be highly intimidating. It was difficult to assert myself behind my own lack of awareness and confidence in moving into what I felt was a Man's domain.

The rewards of the job are few and far between, and the pressures faced at work can be and many times is, brought into my home and personal life. This can become sticky and complicated at times, and it does create unnecessary pressures away from work.

Coordinating a T.C. is not an easy job. To succeed at it a person needs to be aware of his/her role not only as a coordinator but as a productive member of society trying to help others gain insight into a better lifestyle for themselves. One also needs to be aware of what the job represents to an individual. I personally feel that this job offers me the opportunity to realize my full potential as a person. It also allows me the freedom to extent the knowledge and experience I have gained (through the help of others). I believe in what I am doing; and I believe that there is no other job situation which can afford me the ingredients to appreciate my involvement in what I am doing for myself and others.

AADAP WELCOMES NEW STAFF MEMBERS

AADAP is proud to announce the addition of Aron Sato, MFT, and Nofosala Li, to the ranks of the OUTPATIENT SERVICES Unit. Both Aron and Nofosala started their new positions in March.

Cont'd from page 4

SUBSTANCE ABUSE AND THE DISABLED

can be meaningless; and that there can be a tendency towards pitying the patient, which can lead to messages of it's okay to use drugs or in the case of doctors to prescribe and/or over prescribe medication.

Along with other areas of sensitivity, Mr. Anderson covered the issue of residential treatment. He stated that a majority of the treatment is in hospital settings and that this segregates the clients. This leaves them with no (aside from treatment staff) non-disabled individuals to relate to in terms of substance abuse. This leads to stigmatization of the clients both self and outwardly induced. He would favor more integrated programs for those handicapped without extensive medical needs. The fear is that many programs may claim not to discriminate but are indeed reluctant to accept disabled clients.

The main issues of substance abuse and the disabled, narrow down to: physical accessibility, treatment staff sensitivity, outreach to clients, the sharing of resources and public education. With the intention of addressing these and other issues, the Community Service Center for the Disabled, the DSATF, the State Dept. of Alcohol and Drug Programs, the California Association of the Physically Handicapped, the Community Access Network and California State University at Long Beach are holding a conference April 14 & 15 of this year. It is titled "Substance Abuse & Disabilities - A New Awareness". It will be held at Cal. State Long Beach. Any interested individuals may contact Toby Leflang at (714) 293-3500 for more information.

A major part of this conference will be to establish a networking system among service providers. Though not everyone shares his views, Mr. Anderson feels that the resources are there to provide services to the handicapped, we just need to start sharing more of the information. He hopes to see the day when all of the programs can turn to one another for aid and reciprocate the aid at another time. This is how it should be anyway and hopefully that time is coming.

MENTAL HEALTH FUNDING AVAILABLE

The Department of Mental Health, County of Los Angeles is currently accepting Short-Doyle funding applications for fiscal year July 1981-82.

Some of these funds are to be used to provide mental health services in communities close to where the clients live. Contracts to appropriate community agencies are made for a variety of different services including programs to prevent unnecessary hospitalization, and to provide rehabilitation services.

Short-Doyle funds are available each year for new proposals. The amount budgeted is contingent upon the State's allocation to Los Angeles County.

For more information or assistance contact: Mr. Keith Umemoto or Dr. Ford Kuramoto at Hollywood Mental Health Service 5066 Santa Monica Blvd. Los Angeles, CA 90029 (213) 738-3201



Toll Free
(無料電話番号)

1-800-372-6641

WHEN YOU NEED TO KNOW

WHO

to call for human services

WHAT

public or private agency can assist you with your special problem

WHERE

to find information on any subject

WHEN

there is a special or ethnic event

HOW

to get help and assistance

Services are available in English, Spanish, Chinese, and Japanese.

SERVICE Mon-Thurs 9 AM - 9 PM
HOURS Fri-Sat 9 AM - 6 PM

PARENT YOUTH INVOLVEMENT PROJECT

By Julia Kim

The Los Angeles County Drug Abuse Program Office has funded AADAP to start a new program within the Prevention/Education Unit. This new program is the Parent/Youth Involvement Project.

The primary goal of this prevention project is to "enhance communication and participation between parents and youth, as well as developing programs which will educate and train the communities".

In conjunction with the County Parks and Recreation, we will work within Kenneth Hahn's Supervisorial District 2, bringing recreational programs, dance programs and educational tutoring to address the existing problems within the ethnic communities.

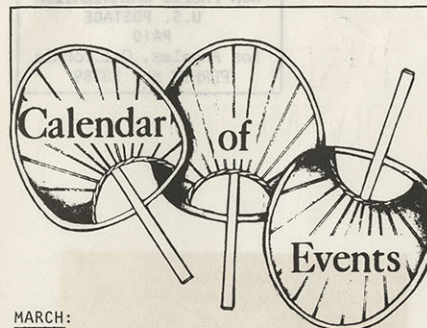
This project will also provide seminars for the various communities on parenting skills, family communication and substance abuse (prevention and treatment).

For more information, please call AADAP at (213) 293-6284.

HAWAII: ISSUES & PERSPECTIVES

Hawaii's Polynesian/Asian heritage, history, and society, are highlighted in the winter issue of the Amerasia Journal, now available from UCLA's Asian American Studies Center. Articles and perspectives based on the experience and attitudes of Hawaiians, Filipinos, Japanese and Chinese in Hawaii explores issues of ethnicity, race, class and labor in this 150 page publication.

Amerasia Journal's "Hawaii: Issues and Perspectives," is available for \$3.00 plus state tax from the Asian American Studies Center, 3232 Campbell Hall, University of California at Los Angeles, 90024. Published twice yearly, the journal subscriptions are \$6.00 annually.



APRIL:

- 1 : Japanese American Family Seminar sponsored by AADAP's Prevention/Education Unit. To be held April 8, 15 & 29 from 7-9 pm. Contact 293-6284 for more information.
- 4 : 3rd Annual Cultural Awareness Day sponsored by Asian/Pacific Supportive Service at Loyola Marymount University. 11:00 am - 4:00 pm. Contact Nancy Au at 642-2892 for more info.
- 3 : Tri-District Japanese American Citizens' League is sponsoring workshops
- 4 : on employment discrimination, youth, redress/reparations, aging and retirement, communication, and other community issues to be held at L.A. Hilton, 930 Wilshire Blvd., L.A. Registration is \$30 on Friday from 5:00-9:00 pm, make checks payable to East L.A., JACL, c/o California First Bank, 850 N. Wilcox Ave., Montebello, CA 90640 to the attention of Fuji Yamamoto, Tri District JACL.

Every second Tuesday of the month, Seinan Center will assist people with applications for social security benefits at 3228 W. Jefferson Blvd., from 1-4 pm. Call 734-2175 for more information.

MARCH:

- 9 : Japanese American United Information Community Exchange held at 1:00 pm at Union Church.
- 14 : Korean Youth Center (KYC) sponsored a snow trip to Wilson Mountain.
- 14 : Little Tokyo People's Rights Organization (LTPRO) held their 5th Annual Dinner at Little Tokyo Towers from 6:00-9:00 pm.
- 20 : Asian Pacific Planning Council (APPCON) Meeting at 2:30 pm at Asian Community Service Center.
- 21 : KYC will sponsor a workshop "Increase your Word Power" for building vocabulary to be held every Saturday until May 16th from 1-3 pm. Call KYC at 383-5218 for more information.
- 28 : National 2nd Annual Conference on
- 29 : Indochinese Education and Human Services at Anaheim's Inn-At-The-Park.

SEINAN CAFE OPENS SUNDAY

Seinan Cafe will be open on Sundays from 10:00 am - 3:00 pm and a coffee house type atmosphere with appetizers and live music will follow. "Big Bob Uno" has returned to the grill after a 1 month bout with the flu to prepare homemade butter-milk biscuits, chili cheese omelettes, omelettes filled with fried rice, lau lau, the giant homyu, and much more. Mr. George Abe, former staff of the Amerasia Bookstore, brings to the Cafe his managerial skills and a creative musical dimension. George is an accomplished taiko and shakuhachi performer.

The cafe is opened from Tuesday thru Saturday from 8:00 am - 3:00 pm. For Business luncheon or breakfast meetings or take out orders, call Seinan Cafe at 735-8438.

Credits

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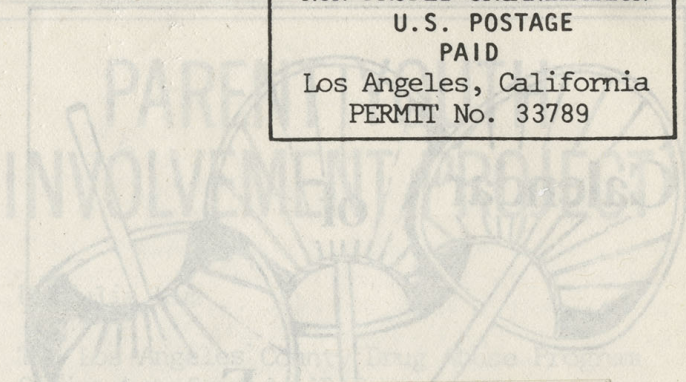
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1-800-372-0641

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HAWAII & ISLANDS PERSONALS
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