

Newsletter Date
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The Core

The Delaware Lawyers Assistance Program/Committee / 302-777-0124

. Making History

-Drinking doesn't make you forget your problems.

- Calendar
- Report finds differing drug, mental health problems in states



**MARCH MEETING CHANGED TO FRIDAY,
APRIL 18TH AT NOON**

Making History! The US House of Representatives moves us one step closer to victory in the fight against insurance discrimination Today, the US House of Representatives voted overwhelming to approve the Paul Wellstone Mental Health and Addiction Equity Act, H.R. 1424 by 268-148.

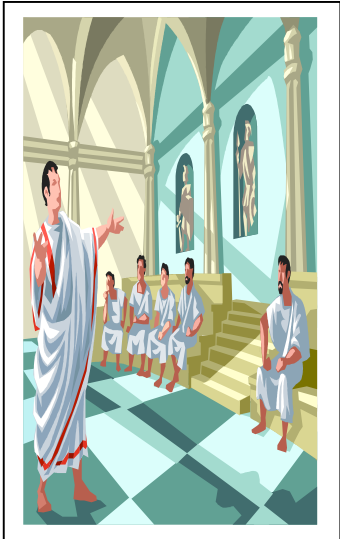
The historic vote came on the heels of a national mobilization in support of the bill by people in recovery from addiction, their families, friends and allies. There was a tremendous outpouring of thousands of calls to members of the House yesterday. Thanks for all of your advocacy!

Here's a statement from Faces & Voices' board chair, Merlyn Karst, about the victory. "The Paul Wellstone Mental Health and Addiction Equity Act of 2007 is the right solution to ending insurance discrimination facing people with alcohol and drug problems and their families," said Merlyn Karst, chair of the Faces & Voices of Recovery Board of Directors. "We urge the Congress to come together and hammer out the differences between the strong bill that the House passed today and the Senate-passed version of the "parity" legislation, S. 558. Now the hard work of addressing the disparities in the two versions begins. The American public is desperate for the strongest possible bill to reach the White House this year to end the discrimination that's keeping people with addiction from getting the help they need." We'll keep you posted about next steps, but wanted to let you know the good news and thank you for all of your advocacy

[Click here to visit the Faces and Voices of Recovery website.](#)



NEWS FROM The Lawyers Assistance Committee



THE IDES
OF MARCH

THERE IS NO COMMITTEE MEETING IN MARCH.

However, one is scheduled for Friday, April 18, 2008, at 12 Noon, The Delaware Bar Association Headquarters

PLEASE ATTEND – NEW BUSINESS AND SUB-COMMITTEE REPORTS ARE ON THE AGENDA.
THANKS!

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Drinking Doesn't Make You Forget Your Troubles, Researchers Say

March 3, 2008

Research Summary

Not only can't you drink your troubles away, but also ethanol actually reinforces memories, according to Japanese scientists.

AFP reported Feb. 29 that University of Tokyo researcher Norio Matsuki and colleagues tried to condition rats to fear by giving them shocks followed by immediate injections of either ethanol or saline. They found that the rats that received the ethanol injections froze with fear longer, and that their fear reaction lasted for an average of two weeks.

"If we apply this study to humans, the memories they are trying to get rid of will remain strongly, even if they drink alcohol to try to forget an event they dislike and be in a merry mood for the moment," the authors wrote.

The study was published in the Feb. 20, 2008 issue of the journal Neuropsychopharmacology.



Report Finds Differing Drug, Mental Health Problems in States

March 7, 2008

News Summary

A new federal report finds some significant differences in the addiction and mental-health problems affecting the 50 states, [Reuters](#) reported March 6.

The [report](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA) found, for example, that Vermont leads the nation in marijuana use and underage drinking, while Utah has the lowest percentage of young drinkers and marijuana users. On the other hand, however, Utah reported the nation's highest percentage of adults with serious psychological problems.

"This report shows that although states may be uniquely affected by serious public health problems like underage drinking, every state and region must confront these issues," said SAMHSA administrator Terry Cline.

The study provided state-by-state data on 23 categories of addiction and mental-health indicators. "Our hope is this report will allow people to do strategic planning to address specific issues," said Westley Clark, director of SAMHSA's Center for Substance Abuse Treatment.

According to the SAMHSA research, North Dakota had the nation's lowest level of past-month illicit-drug use among people ages 12 and older, at 5.7 percent, which Rhode Island had the highest level of current illicit-drug use at 11.2 percent. Past-year marijuana use among young adults in Vermont as 41.9 percent, compared to 18.9 percent in Utah. The rate of underage binge drinking was 28.5 percent in North Dakota, compared to 15.2 percent among Georgia Residents.

March brings Spring Training & March Madness!



This study is very interesting:

Youth Drinking Rates and Problems: A Comparison of European Countries and the United States

Do European young people drink less and experience fewer problems than their American counterparts? Until recently data did not exist to easily answer this question, but new research demonstrates that this is not the case.

<http://www.udetc.org/documents/CompareDrinkRate.pdf>



The Core

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PROGRAM/COMMITTEE

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What We Cannot
Do Alone!*

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NEW 12 STEP SUPPORT GROUP
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COMING SOON