Welcome Back Students!
Welcome back to school! We hope that you enjoyed the nice Christmas break and hope that your new semester is going well.

One important event that we want to invite you to is our Open House, which is on Monday, February 2nd from 4-6pm. Please join us at the Swinney House for this special occasion. We want everyone to take a tour of the house and join us for light refreshments.

Racial Harmony Day
Friday, January 23rd, was Racial Harmony Day at the UPAC center. The program was put together by the Diversity Committee, which includes Dr. Sally Hill-Jones, Angela Ausbrooks, and Dave Henton. The next diversity event is going to be aimed at social work students. We will be sure to let you know when that presentation will be.

National Children of Alcoholics (COA) Week
February 8-14
An estimated one in four U.S. children is exposed to a family alcohol problem. These young people are at an increased risk of a range of problems including physical illness, emotional disturbances, behavior problems, lower educational performance, and susceptibility to alcoholism or other addiction later in life.

That is why the National Association for Children of Alcoholics (NACOA) and its affiliates promote Children of Alcoholics Week 2004 from Sunday, February 8 through Saturday, February 14. The theme of this public awareness campaign, “A Celebration of Hope and Healing Across Generations,” proclaims the responsibility all share for the well-being of all children, but especially for those who struggle with alcohol or drug addiction in their families. NACOA envisions a society in which these vulnerable children have access to adults who can help them and are encouraged to seek help.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and the Center for Substance Abuse Prevention (CSAP) has put together a Children’s Program Kit, which gives treatment providers and others the benefits of years of research and hands-on experience by NACOA and others helping children of alcoholics and their families. It is aimed to help children make sense of what they've been experiencing, cope with the stresses of their families’ problems, and strengthen their potential for resilience. Take advantage of this free resourceful kit, which includes:

- Multi-age curriculum of educational activities
- Research-based tools to reach out to COAs
- Dynamic videos to illustrate concepts
- Program manual including start-up instructions and resources

Resources

Angela Ausbrooks recommended the following books that you might enjoy reading:

A Child Called “It” by David Pelzer

Tender Mercies by Keith Richards

Amazing Grace by Jonathan Kozol

National Clearinghouse on Child Abuse and Neglect

http://nccanch.acf.hhs.gov/index.cfm

For more links visit our website at: www.health.txstate.edu/sowk/ccf/ccf_links.htm

If you have a link to a website that you would like to share with us, email Michele at mb19@txstate.edu.