



Missouri Addiction Counselors Association

## The MACA Newsletter

April 2017

### From The MACA Office

By Ronnie Beaver, Executive Secretary

Just returned from the 2017 Spring conference and I just must say how wonderful it was to see so many “old” friends, and meet so many “new” friends.

We had about 90 participants, GREAT presenters, and sponsors in attendance. From reading some of the evaluations the speakers and their topics were well received. I believe MACA holds the greatest conferences at very reasonable cost. As our membership grows, the attendance increases, you will see more exciting times at future conferences.

During the conference we had 10 people join or renew their memberships to MACA. Dr. Ken Tombley won the drawing for a free one year membership. During the membership meeting the request was made for ideas on how to improve membership benefits and recruitment. All who were there were asked to submit their ideas to MACA board members. Our membership is our lifeblood, and we value each of you. The MACA Board appointed Dr. Michael Londe to fill the southwest board position left vacant by Dawn Dinwiddie’s resignation. Regional representative positions will be up for election in October. If you or someone you know would like to run for election, let us know. Must be a member of MACA.

The white elephant auction and raffle were a great success. Catherine Kluge won the waiver of conference fee drawing. Our big raffle winners were Donna Yates, who won the HP Notebook, and Kelly Payton who won the 32” TV. Congratulations to both winners, and to winners of both raffle prizes. Also, Tracy Sovar won the Kindle HD from the drawing sponsored by one of our sponsors, Jim Koen of Ignition Interlock. Ignition Interlock also sponsored the healthy fresh fruit break. Thanks Jim and company.

I hope to see everyone at the Fall conference which will be held October 13-15 at Inn at Grand Glaze, Osage Beach, MO.

## President's Corner

By Elaine Campbell, MACA President

Hi!

We had a great Conference. We had Awesome speakers! We received good education and new ideas.

I got to meet new people and see old friends. We gave away some awesome raffle prizes and lots of fun with white elephant auction. I am looking forward to the Fall Conference which is October 13<sup>th</sup>-15<sup>th</sup> at the Inn of the Grand Glaze at Lake of the Ozarks.

Unfortunately, we had a hard time getting sleep due to a Fraternity that decided to party and make a lot of noise. We have been assured it will not happen again! We are always looking for new members and speakers and people to serve on committees. A brief thank you for making our Conference a big success! We look forward to seeing you in October.

Elaine

## Conference Committee Update

By Andrea Hyde

**THANK YOU ALL!!! IT WAS GREAT!!!**

Tracy and I would like to Thank EVERYONE that was part of the 2017 MACA Spring Conference. Great presenters, great attendees and great sponsors (and their help). It was just plain GREAT!! Thanks to all the MACA Committees for all their work in putting the Conference together and keeping it running smooth.

**THANK YOU** to our SPONSORS; Center Pointe Hospital – Addiction Treatment Center—Alcohol Detection Systems—Missouri Alcohol and Drug Assessment Consulting, Inc.—Preferred Family Healthcare—Missouri Credentialing Board—Guardian Interlock—Linda Christian-Dinwiddie and Ronnie Beaver. THANKS to, Inn at Grand Glaze for their hospitality and food.

The ‘Fruit Break’ was healthy and a nice change. Thank you, Jim from, Guardian Interlock for sponsoring that!!

What fun we all had at the Auction/Raffle. Thanks to our Auctioneers, Clay and Randall. And, to Wendy, for her help. As well as, all who bought items and bought raffle tickets. Thank you to everyone who donated the auction as the money helps purchase the Raffle Prizes (which were great). Thank you to Elaine, Ronnie, Linda, Lavern, Jim, A’ndrea, Mae, Mark and many others that donated to the Raffle or Auction, it was really appreciated.

I heard lots of compliments regarding the presentations. Tracy and I have another great line of presenters for the Fall Conference, October 13, 14, and 15. Be there, at the Inn at Grand Glaze Lake of the Ozarks, this Fall, for another GREAT MACA CONFERENCE!

Check out the incentives for being a MACA member and join.

Remember; go to the MACA site for the Newsletter and Registration. Also, check us out on Facebook, leave comments and/or pictures.

A’ndrea Hyde  
Training and Education

**A Very Special Thanks to All of Our Sponsors**  
**At the Spring Conference 2017**

**Gold Sponsors:**

Missouri Alcohol and Drug Assessment Counseling, Inc.  
104 West Highway 28  
Owensville, MO 65066

Center Point Behavioral Health System  
4801 Weldon Spring Parkway  
St. Charles, MO 63304

Alcohol Detection Systems, Inc.  
122 N. Chestnut  
Le Roy, IL 61752

**Silver Sponsors:**

Preferred Family Healthcare, Inc.

Missouri Credentialing Board

Guardian Interlock

**Bronze Sponsors:**

**Friends of MACA:**

Linda Christian-Dinwiddie  
Ronnie Beaver

## **In Memory Of**

By Lavern Blackorby

## **In Memory Of**

I'm very happy to announce there has been no losses reported to me of any members or family of any of our membership.

But I do want to extend to all MACA attendees as well as members if you know to the birth, wedding anniversary, sobriety anniversary, graduation's, or death of a member of the counseling friends and family, or any other hard working member of the counseling field, please let either Ronnie Beaver or myself know and we will share it with all in the next quarterly newsletter.

I would also like to also take just a moment to thank all of you who attended the Spring Conference, and a very special thanks to the presenters. It was a great conference, all the attendees I talked with enjoyed the breakouts and had a great learning experience, in a relaxed atmosphere and had a lot of fun while earning their CEU's.

Please keep in mind that you are the reason we are able to and why we have these conferences. MACA has strived from our conception 45 years ago to provide an affordable, educational, and fun learning experience for all who attend. I would encourage each of you to bring a friend or co-worker with you to the Fall Conference which will be held Oct 13 thru 15, 2017, at the Inn of Grand Glaze.

If you have problems getting signed up for the conference or need information please feel free to contact Ronnie Beaver at (417\_ 554-1412 or email [maca@socket.net](mailto:maca@socket.net), Web: [missouriaddictioncounselors.org](http://missouriaddictioncounselors.org)

Hope to see you all at the Spring Conference  
Lavern Blackorby CRAADC, SQP-R  
MACA Newsletter

**MACA Board of Directors  
2016-2018**

**PRESIDENT**

Elaine Campbell  
Union, MO  
314-808-4299  
[Ejcampbell@hotmail.com](mailto:Ejcampbell@hotmail.com)

**SECRETARY/TREASURER**

Mae Lansford  
Owensville, MO  
573-263-1316  
[Mlansfo57@yahoo.com](mailto:Mlansfo57@yahoo.com)

**Board Member – Central**

Kelly Payton  
Owensville, MO  
573-437-6264  
[Kelly@jpayton.com](mailto:Kelly@jpayton.com)

**Board Member – Northern**

A'ndrea Hyde  
Vandalia, MO  
573-594-3107  
[twofrogs@windstream.net](mailto:twofrogs@windstream.net)

**Board Member – Western**

Lavern Blackorby  
Novinger, MO  
660-785-3107  
[lblackorby@pfh.org](mailto:lblackorby@pfh.org)

**MCB Representative to MACA**

Stacey Langendoerfer  
MCB Executive Director  
Jefferson, MO 573-616-2300  
[Stacey.langendoerfer@missouricb.com](mailto:Stacey.langendoerfer@missouricb.com)

**MACA Office**

Ronnie Beaver  
Executive Secretary  
PO Box 8613, St. Joseph, MO 64506  
417-554-1412  
[maca@socket.net](mailto:maca@socket.net)

**VICE PRESIDENT**

Tracy Sovar  
Owensville, MO  
417-293-9934  
[tsovar@semobh.org](mailto:tsovar@semobh.org)

**IMMEDIATE PAST PRESIDENT**

Linda Christian-Dinwiddie  
Marshfield, MO  
417-241-3202  
[ljchristian@gmail.com](mailto:ljchristian@gmail.com)

**Board Member - Eastern**

Randall Bacon  
Kirksville, MO  
660-342-1883  
[Randall\\_Bacon@yahoo.com](mailto:Randall_Bacon@yahoo.com)

**Board Member - Southeastern**

Al Crandall  
Farmington, MO  
573-756-2200  
[Alc101@charter.net](mailto:Alc101@charter.net)

**Board Member - Southwestern**

Dr. Michael Londe  
Joplin, MO  
417-781-2868  
[tricounseling@aol.com](mailto:tricounseling@aol.com)

**MACA Website**

[missouriaddictioncounselors.org](http://missouriaddictioncounselors.org)

## Still Drunk the Next Morning? Don't Drive

Submitted by; Jim Koen – Guardian Interlock

# Still Drunk The Next Morning? Don't Drive

---

ARE YOU DRUNK?

YES

NO

X

Posted on May 19, 2016 by Shelly Wutke [Leave a Comment](#)

When you go out for the night and drink, you probably give some thought to what will happen the next day. Maybe you have to work and you keep that in mind while you're drinking. Or, you just want to make sure you get to bed early enough to sleep it off, thinking you won't feel as horrible the next day if you do.

Sleeping it off is OK, as long as you don't plan on sleeping and getting up to drive. A lot of people have done this and, much to their shock, they discover they're still drunk the next morning. That's because they didn't allow their body enough time to process the alcohol.

Just to give you a rough idea, the average person takes approximately **two hours to process one drink**. That rule holds true whether you're drinking hard alcohol, beer, or wine. It also takes the **same amount of time to process that drink** even if you eat a big meal to 'soak up' the alcohol or have a cold shower to 'sober up.'

Imagine if you go out for dinner at 7pm and have 2 glasses of wine. You head over to the pub with friends and have 3 bottles of beer and one tequila shot, and your last drink was at one am. Your body would have started to metabolize the alcohol at dinner, but it would be 12 hours later by the time all of the alcohol leaves your system.

Even if you've metabolized a large portion of the alcohol by 8 am, you could still be register over .08 when you get behind the wheel to go to work or home. And if you're stopped while driving drunk, even if you didn't intend to, you'll receive the same jail time, fines, and ignition interlock program as anyone who made the decision to get behind the wheel drunk.

If you plan on going out for the evening, do these two things: choose a designated driver or call a ride share company to get you home, and plan on what you'll be doing if you're still drunk the next morning. You need to give your body time to work its way through all of the alcohol you drank, so if your plans involve driving, you might want to **find another way** to get to where you'd like to go.

## Breathalyzer Vs Blood Draw: The Supreme Court Makes Its Ruling

Posted on July 12, 2016 by Shelly Wutke [Leave a Comment](#)



Police take samples of breath to determine how drunk someone is while driving, but have you ever wondered how invasive a breathalyzer test really is? Is it something you'd find embarrassing or painful?

Most people would probably say no, but just like everything in life, there are opponents to the act of submitting a blood alcohol concentration (BAC) via breathalyzer. After several states made it a crime to refuse, a case to determine an individual's right to that refusal went all the way to the Supreme Court. Three drivers from **North Dakota** and **Minnesota**, states where you can receive a criminal charge if you refuse the breathalyzer, launched the case because they felt submitting a blood or breath test violates their Fourth Amendment protection against warrantless searches.

What the **Supreme Court** ultimately decided was that there was a fine line between submitting a breath sample and submitting a blood sample. A blood sample, involving the piercing of the skin, is much more painful, intrusive, and potentially embarrassing than a breath test. One judge stated that a breathalyzer was "no more demanding than blowing up a party balloon."

Long court decision short, that means that suspected drunk drivers can still be arrested and criminally charged for refusing to submit a breath sample, but they can't if they refuse to submit to a blood test.

The three drivers who took their cases all the way to the Supreme Court for consideration received far different outcomes. The penalty stands for the driver from Minnesota who refused the breath test. The driver from North Dakota who refused the blood test had their ruling reversed, and the other North Dakota driver who consented to a blood test under false pretenses will head back to state court.

Breath tests are a simple way for police to assess a drunk driver, and when people know they will be held accountable and there are repercussions to declining the test, they might think before they drink and drive.