



Missouri Addiction Counselors Association

The MACA Newsletter

August 2017

From The MACA Office

By Ronnie Beaver, MACA Executive Secretary

It's getting to be time for the Fall Conference. There are a few changes on notification and registration. First, you will find a "save the date" notice from MCB. Next, you will receive notice via Constant Contact. You will also find conference agenda, registration, and sponsor forms on our website at: missouriaddictioncounselors.org Registration fees will be: \$150 nonmembers, \$125 for members, if registered prior to October 1st, 2017, and \$175 after October 1st.

The elections for MACA Board will be this fall. I will be sending nomination forms to MACA members in mid-September. They must be returned to the MACA office no later than October 21st. As soon as the nominations are received, I will be sending ballot forms to all members by the 1st of November. The timeline for returning the ballots will be outlined in the elections forms. We hope to have a good solid return from the membership of nominations and ballots. If you are interested in becoming a MACA Board Member, please send your information and a short statement on why you want to serve the below contact. If you are nominating someone, please be sure the person you nominate is a MACA member, and have them send a brief bio to the office. Board members have a vital role in MACA and the direction it takes.

I hope to see you at our Fall 2017 conference. It will be October 13-15 at the Inn at Grand Glaze, Lake Ozark, MO. MACA offers many relevant topics, dynamic speakers, networking opportunities, and lots of fun at our conferences.

If you have any questions please feel free to contact me at: Ronnie Beaver, Executive Secretary, 417-554-1412. E-mail: maca@socket.net, and website: www.missouriaddictioncounselors.org

MACA

PURPOSE: The Missouri Addiction Counselors Association is a not-for-profit Professional Organization for counselors living in or working in the State of Missouri.

MISSION: MACA will actively engage in those activities which promote the integrity and professionalism of addiction counselors. MACA will provide continuing educational opportunities to addiction counselors, counselors-in-training, and other counseling disciplines. This is done by holding a Spring and Fall conference each year. There are 15 CEU's offered at each affordable conference. MACA will explore and pursue ideas and principles which advance the Professional recognition of Addiction Counselors in Missouri and surrounding states.

CONFERENCES and CONTACT INFORMATION: The 2017 Fall Conference will be held on October 13-15 at The Inn at Grand Glaze in beautiful Osage Beach, MO. 2018 Spring and Fall conferences will be held in April and October. Our CEU's are approved by the MCB (Missouri Credentialing Board) and are appropriate for LPC's.

Find out more about MACA and our conferences by contacting the following: Ronnie Beaver, Executive Secretary at 417-554-1412, maca@socket.net, or on our website at: www.missouriaddictioncounselors.org.

President's Corner

By Elaine Campbell, MACA President

Hi!

Hope everyone is having a wonderful summer!

We just had a board meeting on July 21, 2017, in Columbia and we have some new and exciting things planned for the Fall Conference, which is Oct. 13th-15th at Lake of the Ozarks at the Inn of the Grand Glaze.

This is election year and we will be nominating potential board members at the Conference or by mail. If you are interested, please let us know or be at the Conference.

We have a great line up for the Conference, which will include an Ice Cream Social on Friday and the Banquet on Saturday night. We also have the Raffle and White Elephant Auction at the Banquet.

I'm looking forward to seeing you in October.

Sincerely,

Elaine Campbell, MACA President

You Are Invited to Send in Articles

By Lavern Blackorby

Individuals wishing to write and have their article posted in the MACA newsletter are welcome to send your article to myself, lblackorby@pfh.org and cc: Ronnie Beaver at maca@socket.net. We also welcome articles on wellness relating to physical and or Mental Health issues. All articles will need to be submitted prior to the 15th of the month ending the quarter. All articles will be considered and screened for appropriateness.

Thank You

Lavern Blackorby

Membership Committee Report

By Mae Lansford and Elaine Campbell

Currently our membership is down and we need to bring it up. WE NEED NEW MEMBERS!

We have several incentives for our members. We do provide two conferences per year, in the Spring and again in the Fall. Member's fee for a conference is \$125.00 and you receive 15 CEU's if all scheduled sessions are attended, this can include a total of 6 hours of "ETHICS" if you choose to attend all the scheduled hours on Saturday.

Our Conferences are held at Lake of the Ozarks, at the Inn of the Grand Glaze, here in Missouri. We also give information and referrals to members for malpractice insurance and are looking at other incentives. You can contact MACA through <https://www.missouriaddictioncounselor.org> or feel free to contact any board member.

Conference Committee Update

By Andrea Hyde

AHHHH...COOL FALL WEATHER COMING!!!

MACA FALL CONFERENCE, OCT. 13, 14 & 15!!!

STARTING FRIDAY THE 13TH!!

There's another great line-up of presenters for the Fall Conference, Oct. 13, 14 & 15th. Our **POWER SPEAKER**, Duane Cummins. A few of the presentations will be; Inner Child by Dr. Londe, Families in Addiction by Dr. Hewitte and Behavior Challenges with Youth and Emotionally Immature by Mike Gissy, LSW. And of course; Ethics which includes Social Media. And, as always, interesting items at the Auction and the Raffle. And...the banquet.

We revised benefits of being a MACA Member. \$50 Membership fee and \$25 off Registration; if you register early. Also, if you have any other ideas to make it worth our while for being a member, let us know. We have some ideas, in the making.

Be there, at the Inn at Grand Glaze, Lake of the Ozarks, this fall for another **GREAT MACA CONFERENCE!** Remember; go to the MACA site for other Newsletters, the Agenda and Registration. If you make reservations at the Inn, tell them you're with MACA for your discount.

Some things coming up: Elections and Renewal of MACA membership. (you should be notified.)

Check us out on Facebook. Leave comments and pictures.

See ya, this Fall!

A'ndrea Hyde
CRADC CCJP: Northern Representative

In Memory Of

By Lavern Blackorby

In Memory Of

I'm saddened to announce the passing of another of our own, Ida Fleeer passed away on June 12, 2017, at St. John's Hospital in Springfield, Illinois. Ida had worked as an LPN and a Certified Alcohol Drug Counselor and most recently employed at Turning Point Recovery Center in Hannibal, MO. She will be greatly missed by us all.

I would like to 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 and 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 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, Web: missouriaddictioncounselors.org

Hope to see you all at the Fall 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

SECRETARY/TREASURER

Mae Lansford
Owensville, MO
573-263-1316
Mlansfo57@yahoo.com

Board Member – Central

Kelly Payton
Owensville, MO
573-437-6264
Kelly@jpayton.com

Board Member – Northern

A'ndrea Hyde
Vandalia, MO
573-594-3107
twofrogs@windstream.net

Board Member – Western

Lavern Blackorby
Novinger, MO
660-785-3107
lblackorby@pfh.org

MCB Representative to MACA

Stacey Langendoerfer
MCB Executive Director
Jefferson, MO 573-616-2300
Stacey.langendoerfer@missouricb.com

MACA Office

Ronnie Beaver
Executive Secretary
PO Box 8613, St. Joseph, MO 64506
417-554-1412
maca@socket.net

VICE PRESIDENT

Tracy Sovar
Owensville, MO
417-293-9934
tsovar@semobh.org

IMMEDIATE PAST PRESIDENT

Linda Christian-Dinwiddie
Marshfield, MO
417-241-3202
ljchristian@gmail.com

Board Member - Eastern

Randall Bacon
Kirksville, MO
660-342-1883
Randall_Bacon@yahoo.com

Board Member - Southeastern

Al Crandall
Farmington, MO
573-756-2200
Alc101@charter.net

Board Member - Southwestern

Dr. Michael Londe
Joplin, MO
417-781-2868
tricounseling@aol.com

MACA Website

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



Posted on May 19, 2016 by Shelly Wutke

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.

MACA Fall 2017 Conference

The MACA Fall conference will be held on October 13, 14 & 15, 2017 at The Inn at Grand Glaize, Osage Beach, MO.

A few of our presentations will be; Inner Child by Dr. Michael Londe, Families in Addiction by Dr. Hewitte, Behavior Challenges with Youth and Emotionally Immature, by Mike Gissy, LSW, and Ethics which will include Social Media.

Duane Cummins will be our Power Speaker on Sunday morning.

Registration Form:

http://www.missouriaddictioncounselors.org/Forms/2017_Fall_Registration_Form.pdf

Sponsor Form:

http://www.missouriaddictioncounselors.org/Forms/2017_Fall_Sponsor_Form.pdf

Conference Agenda:

http://www.missouriaddictioncounselors.org/Forms/2017_Fall_Agenda.pdf