



Missouri Addiction Counselors Association

The MACA Newsletter

July 2016

From The President's Corner

By Elaine Campbell, MACA President

Hi! Hope everyone is having a wonderful summer!

We just had a board meeting on July 22, 2016, in Jefferson City and we have some new and exciting things planned for the Fall Conference which is October 14th-16th. We are celebrating our 45th year operation and I am grateful to be a member of MACA.

We are giving gift bags with “lots of goodies” including a MACA Anniversary T-Shirt, MACA key chain, thermal cup, etc. to the first 50 participants who register early.

We will also have T-shirts available at the Conference for a small fee. We will have more exciting things going on and items to raffle (i.e. a vacation, computer, a Special Anniversary Edition Hoodie, etc.)

So register early and get a Gift Bag!

Sincerely,

Elaine Campbell, MACA President

Membership Committee Report

By Elaine Campbell and Mae Lansford

Our Membership is down and we need to bring it up. We need new Members! We have several incentives for members. We do two conferences a year in Spring and Fall. Members' fee for conferences is \$175 for 15 CEUS including “Ethics”. Our conferences are held at Lake Ozark, Missouri. We also give information and referrals to members for malpractice insurance and are looking at other incentives. <http://www.missouriaddictioncounselor.org/> or contact any board member! Come check out our conference and see what you think!!!

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 Linda or myself know and we will share it with all in the next quarterly newsletter.

I would 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 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 (now 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 October 14, thru 16 2016 at the INN At Grand Glaze, Lake of the Ozarks, Missouri.

If you have problems getting signed up for the conference or need information please feel free to contact Linda Christian-Dinwiddie at (417) 241-3202 or (417) 554-1412.
Hope to see you all at the Fall Conference

**Lavern Blackorby
Central Region
MACA Newsletter**

Lavern Blackorby CRAADC, SQP-R

Just for you at the MACA Spring Conference

From The MACA Conference Committee
Clay and Andrea Hyde

THE COOL WEATHER OF FALL WILL BE WITH US AT THE
MACA FALL CONFERENCE, OCTOBER 14, 15 & 16!!!

YOU BE WITH US, TOO!!

Missouri Addiction Counselor Association is **45 YEARS Strong!**
Let's **CELEBRATE**, all that have been part of these past 45
Years!

There's another great line-up of presenters for the Fall Conference,
October 14, 15 & 16. A few of the presentations will be on Mental Health,
Drug Court, Creative Group Therapy, Cognitive, Testimonies and of
course; Ethics. And, as always, interesting items at the Auction and the
Raffle.

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.

Check us out on Facebook. Leave comments and pictures.

See Y a, this Fall!

A'ndrea Hyde CRADC CCJP: Northern Representative

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 [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.

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