



Missouri Addiction Counselors Association

The MACA Newsletter

October 2016

From The President's Corner

By Elaine Campbell, MACA President

Hello!

Just returned from a wonderful conference where I learned from our workshops and had good interacting with other Counselors and visited with old friends. I want to thank everyone who attended the Conference and hope you enjoyed it as much as I did. I also want to thank all our sponsors (the Ice-Cream Social was awesome) and all our presenters. If you would like to present at a Conference contact Ronnie Beaver at the MACA office or Tracy Sovar (417) 293-9934, or Andrea Hyde.

We were sorry to see Linda resign the Executive Secretary job, but understand why and are happy to see Ronnie return to us and welcome her. We wish Linda good luck. She will remain on the board as immediate past president and will still be a part of MACA.

Hope you have fantastic holidays and hope to see you at the Spring Conference in April 2017.

Happy Holidays!

Elaine

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 sad to announce the loss of Co-worker, friend and Professional Counselor. The announcement of the passing of Kelly Van Vleck was reported to me on August 31, 2016. Kelly leaves behind her husband Tom of 20 plus years, her daughter Morgan 19, and two sons, Dalton 17 and Ethan 15. I hired Kelly on February 12, 1990, at Preferred Family Healthcare and she worked in several positions, she was a certified CRAADC, CCDP, as well as MARS. Throughout her professional carrier and was most recently a Program Director for Preferred Family Healthcare, Inc. in Trenton, Missouri. Kelly's first attended to MACA with her young daughter Morgan at her side as a relatively newborn infant. She will be greatly missed by all.

I am also saddened to report the loss of Larry Rickman 77 of the father of Dawn Dinwiddie MACA's Southwestern Board member. He was born on February 8, 1939, in Barry County, or what is now White River. She lost her father on October 15, 2016. He is survived by his children Rick and Jamie Rickman, Dawn and David Dinwiddie, and Heather and Dustin Hogan, one brother Joaquin Rickman, grandchildren Brittany and Adam Hogan, and Jae-Lynn Hogan. And a long-time companion Judy Overton and her children. He was a Navy veteran and served on an aircraft carrier for nine years. Please join us in sharing our sorrow over her and her family's loss.

Rose Cox has retired after 30 years of Mental Health Professional counseling and supervisor. She spent the last 15 years at WERDCC Gateway in Vandalia, MO. She has dedicated her professional career to helping dual diagnosed clients. She is looking forward to her retirement.

I do want to extend to all MACA attendees as well as members, if you know of any births, weddings or wedding anniversary, sobriety anniversary, graduation, 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 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 Fall 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. Plus we had wonderful Ice Cream break thanks to Guardian Interlock and Jim Koen.

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 Spring Conference which will be held April 21 through 23, 2017, 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 Ronnie Beaver at (417_ 554-1412 or email maca@socket.net, Web: missouriaddictioncounselors.org

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

From the MACA Office

Ronnie Beaver, Executive Secretary

It has been a while since I've written one of these articles. I am glad to be back with my MACA family. It was great to see everyone at the Fall 2016 conference, and hope to see more people in the spring.

We are in the process of moving the office back to St. Joseph, Mo. I hope to have all the bugs worked out soon, but until then, you can reach me at the same phone number: 1 417 554-1412, and/or at maca@socket.net. There will be some changes coming up that you should be able to find on our web site; missouriaddictioncounselors.org.

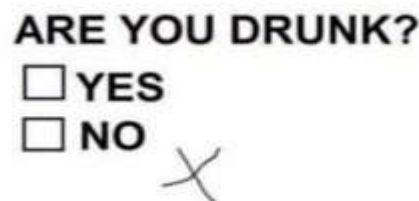
We will be working on our membership, so you might get a phone call from me, or a board member to find ways we can better serve you. MACA is only as good as our membership, speakers and sponsors so please feel free to contact us with your ideas.

Also, our newsletter comes out quarterly, and you are more than welcome to submit articles, notices of events, birthdays etc. We would love to hear from you. You can submit articles to; lblackorby@pfh.org.

Still Drunk the Next Morning? Don't Drive

Submitted by; Jim Koen – Guardian Interlock

Still Drunk The Next Morning? Don't Drive



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.

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 2016 MACA Fall 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. Can't leave out a Big THANKS to, Inn at Grand Glaze Lake of the Ozarks for their hospitality and food.

The Ice Cream was delicious!!

What fun we all had at the Auction/Raffle. Thanks to our Auctioneer, and the help, as well as all who bought items. Thank you to everyone who donated to the auction as the money helps purchase the Raffle prizes, (which were great) Thank you to Elaine, Lavern, Jim, A'ndrea, Mae and many others that that donated to the Raffle, it was really appreciated.

I heard lots of compliments regarding the presentations. Tracy and I have another great line of presenters for the Spring Conference, April 21, 22 & 23. Be there, at the Inn at Grand Glaze Lake of the Ozarks, this Spring for another GREAT MACA CONFERENCE!

We're looking at some incentives for the Spring Conference.

Remember; go to the MACA site for the Newsletter and Registration.

Also, checkout us out, leave comments and pictures on our Facebook.

Employment Needed

Posted below are the resumes of individuals looking for employment in our field in the State of Missouri.

October 17, 2016

To whom it may concern:

I am seeking employment that will utilize my skills as a Licensed Professional Counselor. I have certification as a Licensed Professional Counselor in the state of Missouri as well as national certification as a Certified Clinical Mental Health Counselor through the Board of National Certified Counselors.

I have work experience in varied milieus since 1981 which include working as a Behavioral Science Specialist, (91G), in the US Army as well as in the areas of crisis counseling, mental health treatment of offenders in Missouri Department of Corrections, substance abuse treatment, and co-occurring disorders. I have specialized in the areas of treatment of past abuse and Post Traumatic Stress Disorder in adults.

I look forward to meeting with you to discuss my possible employment with you or your agency. Please do not hesitate to contact me with any questions you might have regarding my stated goal.

Sincerely,

Donna K. Lay, NCC, LPC, CCMHC
1911 Hoglen Drive
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