

Inability to meet stress creates addiction--counsel

By LORI TAYLOR
Herald Staff Writer
The basic problem of women and men who are addicted to alcohol and drugs is an inability

to cope with stress, ADAPT worker Mary Simpson told members of the University Women's Club last week. Mrs. Simpson, who has been

a resident of Georgetown for 20 years, spoke to the club members about women and alcohol and drug abuse. She works with ADAPT, the Alco-

hol and Drug Addiction Treatment Program which is unique to Halton. ADAPT was originally established as a pilot project

by the Addiction Research Foundation, but which now operates separately, assessing of the alcoholic or drug addict who seeks treatment and

drawing up a thorough history which includes the person's drinking and drug history, medical, psychological, marital and family problems

and legal and employment history.

BEST SUITED

Once the assessment is complete, with the person's consent, ADAPT will try to find a treatment program best suited to that person's particular needs. This may be a community program such as Alcoholics Anonymous, a counselling program, or a medical program such as antabuse.

"A lot of people say antabuse is a crutch, but it's an important part of treatment drug because it takes away the alcoholic's choice and forces him or her to deal with the problems which led to alcoholism," Mrs. Simpson said.

There is a fine line between use of alcohol and abuse, she said, and she emphasized that she would be talking in general terms about alcoholics and drug addicts.

Should the alcoholic refuse treatment after the assessment is completed, he or she will still be the subject of a



MARY SIMPSON

follow-up, something which they agreed to before the assessment began. The follow-up will last about 18 months.

Referrals to ADAPT usually come from the family doctor, the family, industry, the Children's Aid Society, a

probation officer, or many other sources.

TIESTHAT BIND

The women's liberation movement "has loosened the ties that bind us to the kitchen and children and allowed us to look for self fulfillment outside the home," Mrs. Simpson said. "It's now a matter of choice, which is nice, and it should get rid of all our boredom, loneliness and frustration, but it hasn't," she said. "What it's getting down to is the way we handle stress."

Mrs. Simpson said, and she emphasized she was not talking about all doctors, that when women go to the doctor because they aren't feeling well, and they have other problems, with their husbands or their children, the doctor ends up thinking they're neurotic or menopausal.

"What we need is some head work," she said. "We don't need pills, we need some way to handle our stress."

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Youth drug problem a family concern

By CHRIS SAGAARD
Herald Staff Writer
Drug problems which may entangle young teenagers in the province's judicial process often begin at home, a Toronto drug counsellor says.

Speaking to about 25 parents during a Halton Hills public library-sponsored seminar on drug abuse among adolescents, Richard O'Brien of the Ontario Addiction Research Foundation said last Wednesday that the family's failure to "set effective limits" on a youngster's social activity or recognize his or her achievements could lead to drug use as a means of gaining status and recognition among peers. "You have to provide

something in his life which is at least as meaningful as using drugs," Mr. O'Brien said, adding that it's difficult for drug users to realize that taking drugs is wrong.

"They are completely clueless as to the consequences of their behavior, and will deny or ignore the dangers of the negative aspects of drug use."

Mr. O'Brien's discussion, which included a film on the psychological and physical effects of the various classes of drugs—hallucinogens, depressants and stimulants—noted that society has also become especially dependent on readily available commercial drugs to relieve everything from sore muscles to cold symptoms.



RICHARD O'BRIEN

"Society today has a very low tolerance for pain," he

said, "and will take anything that will make them feel better. We tend to mystify drugs, give them powers which they don't really have. A drug is a chemical which goes through the body, reaches a target area and does what it is supposed to do."

But while chemicals may bring relief to one part of the body, Mr. O'Brien warned, they are still foreign to the body's natural chemistry and could have secondary effects elsewhere.

DRUG EFFECTS

Depressants, such as tranquilizers, barbiturates, and alcohol, tend to slow down bodily functions and distort the person's perception of the world around him, while

stimulants, cocaine, amphetamines and caffeine have the opposite effect, speeding up the pulse rate, quickening respiration and even fooling an individual into thinking that he suddenly has more strength and power.

But the most popular drugs readily and often cheaply available to adolescents are the hallucinogens, drugs which tend to alter the user's perception of reality and heighten the individual's awareness of one or more of his senses.

Generally considered a mild hallucinogen, marijuana is probably the most commonly used drug among adolescents today, Mr. O'Brien said, and users are fooling themselves if

they don't believe it's habit forming.

Whether or not marijuana causes cancer is unknown, he said, but THC, the active toxin in marijuana, is "fat soluble" and will collect in the body's fat cells. Residue from one joint can remain in the body for as long as three days, he added, and the denser gases from burning marijuana are hotter and contain more tar than tobacco smoke.

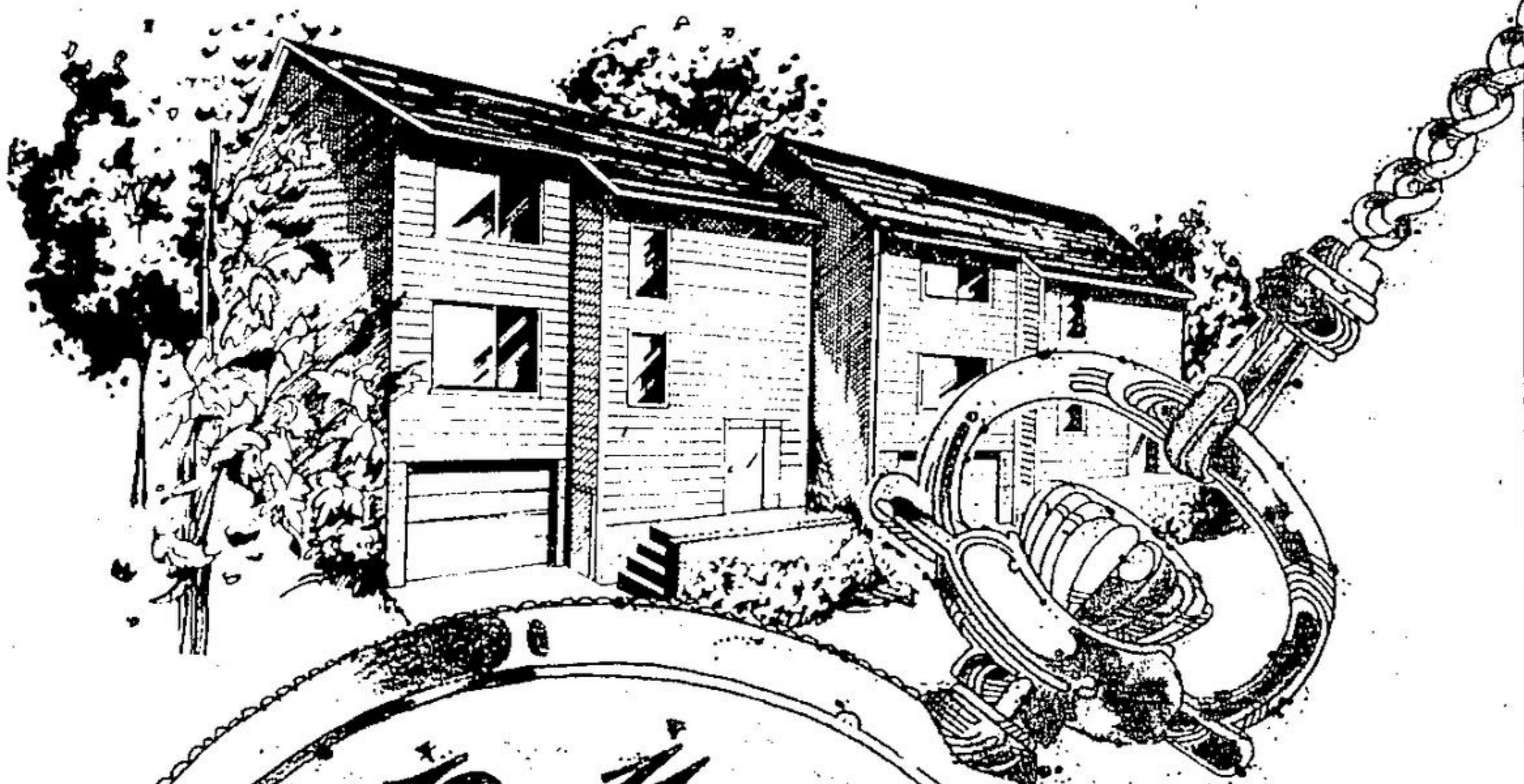
MICRODOTACID

Popularized in the late sixties by American academic Timothy Leary, LSD or "acid" is a remarkably cheap thrill, even in Georgetown. Droplets of the drug absorbed by small pieces of

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