

# CONNECTIONS

A NEWSLETTER ABOUT FAMILY RELATIONSHIPS & PERSONAL GROWTH

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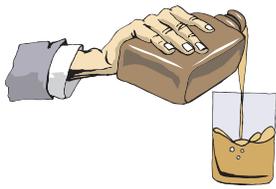
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## PRACTICAL SOLUTIONS



### 10 Signs of Alcohol Addiction

- 1 Tolerance**—requiring more alcohol to get the same effect.
- 2 Withdrawal symptoms**—body reactions when getting used to being off alcohol (e.g., nausea, shakes, sweats).
- 3 Blackouts**—not remembering what you did the night before due to alcohol. 
- 4 Isolation**—isolating yourself when you drink.
- 5 Family/Friend Concern**—people commenting on your drinking out of concern.
- 6 Physical Encounters**—getting in fights or throwing things out of anger when you drink. 
- 7 Emotional Abuse**—getting enraged, jealous, and/or unfairly critical during times you are drinking.
- 8 Fear**—children, spouse, and/or friends become afraid of you when you drink.
- 9 Out of Control**—feeling that your life is spiraling out of control. 
- 10 Trying to Stop**—attempts you make to cut down or stop do not seem to work.

"The way one drinks is as important as how much one drinks."

*Joanne Cunningham, Ph.D.*



FROM THE DESK OF

*Charlotte Shoup Olsen*



**Local Action plans in Kansas!**

Local action plans were reviewed prior to the Spring Action Conference (SAC) to determine counties and districts working in the strong marital and family relationship area for the next five years. They are: Crawford, Sedgwick, Harper, Wyandotte, Johnson, Sumner, Pratt, Dickinson, Smith, Marion, Harvey, Chase, Allen, Anderson, Butler, Franklin, Barber, Coffey, Ford, Osage, Miami, Gray, and District #3.

If a local action plan on family relationship education was missed for your area, please let us know. Feedback during SAC indicated that many of you across the state are using *Connections* materials in local outreach. Thank you for sharing that information.

Charlotte Shoup Olsen  
W. Jarod DuPree

### ***Answers to Questions from Kansas County Extension Agents***

**Question:**

**What is happening around the state of Kansas in regards to the federal marriage initiative that we have been hearing about for some time?**

**Answer:**

The Kansas City Metro area has been preparing for a community-wide initiative for a couple of years. They anticipate applying for federal funds as they become available in the future; however, the proposed major federal funding stream has not been approved at this time by Congress.

The steps that they have taken to build a coalition were presented at the February

2005 Agent Update. Also, Dr. Mike Duxler at Newman University in Wichita, has formed a Kansas Healthy Marriage Institute in which the planning group is initiating an August 14<sup>th</sup> Date Week. They have targeted several communities throughout the state to promote this initiative; however, no grant funding is currently tied to these efforts.

If you have interest in learning more about this Institute and its activities, you can contact Mike Duxler at [Duxlerm@newmanu.edu](mailto:Duxlerm@newmanu.edu). Also, a national organization called the Institute for Youth Development has some federal money to sub-contract, but it appears that universities are not eligible to apply.

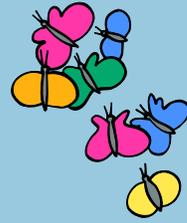
# Extension Spotlight

## Anna Mae Brown

Anna Mae Brown has been the Crawford County Extension Agent in Family and Consumer Sciences since 1990 (almost 15 years). She received her bachelor's degree in Home Economics from Kansas State University in 1973 with an emphasis in family and child development, preschool option. Right out of college she was a preschool teacher in Topeka and Parsons until she stayed home for several years raising her family's own "preschoolers" until they reached school age.

Family relationships and human development are Anna Mae's major program emphases. She particularly enjoys teaching couple relations and parenting and in the new 5-year action plan, she has added programming goals for enhancing the quality of life for older adults. Anna Mae has been the coordinator for 12 consecutive Parent Universities, an impressive commitment to her county. She also holds monthly childcare provider trainings, approved by KDHE, using the Better Kid Care video services. Personal and Family Communication, CoupleTALK, and Choose Life Balance are other programs she frequently teaches. "I always say that the most challenging aspect of being a County Extension Agent is the same thing that also makes the job enjoyable—variety."

Anna Mae believes that "knowledge has no value unless it is shared with others." Thus, she enjoys the opportunity to share knowledge and resources with families in her community. "It is rewarding to see families applying this knowledge to enrich their lives." She also commits time to her profession, serving in leadership roles in the American Association of Family and Consumer



"Our early childhood collaborations with other agencies in our county have been very successful. Our coalition sponsors a parenting class in conjunction with all child-birth classes at both hospitals in our county. I enjoy teaching many of those classes."

*Anna Mae Brown*

Sciences (AAFCS) at the district and state levels. Currently she has a national position, serving as secretary / treasurer of the National Family Relations / Human Development Division of AAFCS. She also enjoys mentoring college students and new Extension agents as part of her professional commitment.

Anna Mae's husband (a K-State grad) will soon be taking early retirement after 32 years as the agriculture education teacher at Girard High School. They have three grown children (all K-State grads) and are the proud grandparents of a 2-year-old grandson. "I love being a grandma!" Furthermore, "our family's blood bleeds K-State purple!" Her hobbies are sewing, needlework, and reading. During retirement in the far distant future, she hopes to spend more time with family and hobbies.



## PERSONAL INVOLVEMENT



# Co-Dependency

The word co-dependency stems from the idea of chemical dependence. Chemical dependence has two main criterion:

**1** The chemical is socially and/or occupationally harmful to the user (e.g., legal problems, relationship problems, work problems).

**2** There is a presence of tolerance and withdrawal symptoms.

### TOLERANCE

Requiring more of a substance to get the desired effect.

### WITHDRAWAL SYMPTOMS

The body having a hard time adjusting to not having the chemical in your body (e.g., shakes, nausea, heart attack).



Co-dependency suggests that another person helps the person stay dependent on the chemical through direct and indirect means. For example, a wife may indirectly help a husband stay dependent by not bringing up his drinking problem. A husband may directly help his wife stay dependent by continuing to buy a lot of alcohol on the weekends so she can drink rather than having the two of them argue all weekend.

Although co-dependency is usually associated with chemical addiction, co-dependency really is present in many types of relationship problems. For example, a wife

may not bring up that her husband has an anger issue because she is afraid of commitment and knows that the anger keeps them comfortably distant. Thus, the wife helps the husband remain, in a way, dependent on his anger (the anger works for him) and helps her be dependent on keeping a distance. Or, a husband may help his wife remain distant by encouraging her to seek out friendships on the weekends so he doesn't have to go on dates with her (they may both be dependent on emotional distance). If one really examines what co-dependency is, one may define co-dependency as the need to keep one's self, relationship, and/or family in their comfort zone in an area that is slowly harming the individual and relationships in that family.

Here are some questions to help us deal with our own co-dependencies:

- What issues are we afraid to bring up with our spouse?
- What things do we do or say to remain comfortably distant?
- What things do we do or say when a spouse or child tries to get close to us or help us that pushes them away?
- How do we use anger, silence, time, and/or other interests in order to get back or achieve our own needs at the expense of others?

Hopefully, identifying some of our *co-dependent* areas can help us begin to identify how to change a co-dependent cycle into one in which relationships are healed, distances are shortened, and quality of life is improved. As one wise man once said, "Sometimes we need to comfort the afflicted; sometimes we need to afflict the comfortable."

## Alcohol and Marital Violence



### First Year of Marriage Sets a Pattern

Couples who argue a lot during their first year of marriage are more likely to have violence erupt in later years if the husband is a heavy drinker and the wife is not, a new study says. Dr. Brian M. Quigley of the Research Institute on Addictions, State University of New York at Buffalo and his associate, Kenneth E. Leonard, focused on the relationships between husband violence, marital conflict, and the couple's drinking patterns in the first three years of marriage, in research now called the Buffalo Newlywed Study.

"We wanted to see if drinking at early stages predicts violence later on. We know that drinking is used as a way to cope with emotions or depression associated with violence, but that's not the whole story," Quigley told reporters. "As it turned out, the couples in which the husband was a heavy drinker and the wife not were most at risk for experiencing violence," said Quigley. "That could be a result of arguments over the amount consumed, money spent on alcohol, legal problems or lack of intimacy," he said.

The researchers used questionnaires and interviews in a three-year study of 414 couples. They found that violence in the first year of marriage predicted whether more violence would take place in the next two years.

### Arguing About Drinking

Even when no violence occurred in the first year, how much the couple argued predicted the extent of violence in future years. Violence was also more likely to happen over the course of the marriage when couples argued a lot.

How much the husband drank before marriage also affected whether violence would occur in the first year of marriage, but the amount both the husband and wife drank during the first year predicted violence in the second and third year.

"It is probable that these inappropriate drinking patterns lead to conflict in the marriage. The conflict may be over the drinking itself or over problems associated with the drinking, for example, hangovers, loss of jobs, legal problems," Quigley told Reuters Health.

But couples who rarely argued or had verbal conflict in the first year of marriage were much less likely to have violence in later years, whether the husband was drinking or not.

Charlotte A. Watson, executive director of the New York State Office for the Prevention of Domestic Violence, said "It's not alcohol which causes violence. There are men who batter sober, there are men at the other end who batter when under the influence. Domestic violence has a lot to do with the notion of power and control, and who's got power and who's obeying."

The study's results appear in the July issue of *Alcoholism: Clinical & Experimental Research*.



# Resources

## Substance Abuse In Families and Communities

### *Strengthening Families Program For Parents and Youth 10 - 14*

*Publisher:* Iowa State University

*Description:*

A parent, youth and family skills-building curriculum designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills and to build family strengths.

<http://www.extension.iastate.edu/sfp/>

### *Join Together*

*Publisher:* Boston University School of Public Health

*Description:*

Join Together, a project of the Boston University School of Public Health, is a national resource for communities working to reduce substance abuse and gun violence.

<http://www.jointogether.org/home/>

### *Lessons from the Field: Community Anti-Drug Coalitions as Catalysts for Change*

*Publisher:* Annie E. Casey Foundation (2000)

*Description:*

This report provides analytic insights into the organization, operation, sustainability, and impact of community anti-drug coalitions across America. The study involved in-depth case studies of eight highly-effective community coalitions and a cross-site analysis that examines characteristics shared among them, such as leadership, outcomes, planning, institutionalization, and diversification of funding sources.

<http://www.aecf.org/publications/data/lessons.pdf>