

Rice Paper



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People Need People

Responding To The Needs Of The Tsunami Survivors: People Need People

By Chanchanit Martorell, Executive Director, Thai Community Development Center, Hamid Khan, Executive Director, South Asian Network, and Rahimah Shah, Administrative Assistant

On February 14, 2005, the Asian American Drug Abuse Program, Inc. launched a blood drive, spearheaded by Dean Nakanishi, our Administrative Director. The blood drive was AADAP's response to the aftermath of the horrific Asian Tsunamis of December 26, 2004. The devastation which ravaged Indonesia, Thailand, India, Sri Lanka, Malaysia, and the eastern shores of Africa claimed more lives than all 20th Century tsunamis combined. In a collective effort with the Red Cross, approximately 100 AADAP employees lined up to donate their blood to the very needy. With an outpouring of support, staff more than willingly gave money to our fellow overseas brothers and sisters, both young and old. We raised \$2,648 and chose to give the funds to Oxfam America, a Boston-based international development and relief agency and an affiliate of Oxfam International. Working with local partners, Oxfam delivers development programs, emergency relief services, and campaigns for change in global practices and policies that keep people in poverty.

The community effort has not only been to help those overseas, but to graciously extend civil and social rights services to those left behind here in the United States, as well. With this human tragedy heavy on many hearts, Asian Pacific Policy and Planning Council (A3PCON) organized a press conference on January 12, 2005 in collaboration with the South Asian Network, Thai Community Development Center and Coalition to Abolish Slavery and Trafficking. In addition to the tragic event of December 26, 2004, all



organizations brought other concerns to the table. One of the highlights of the press conference brought to the forefront by South Asian Network's Executive Director, Hamid Khan was the necessity of the viable relief of Temporary Protected Status. If granted by the Citizenship and Immigration Services, TPS would grant legal status and give work authorization to undocumented migrants from designated countries, enabling them to work lawfully in the United States and send much needed money home to assist with rebuilding and family stabilization. In partnership with A3PCON, South Asian Network got the Los Angeles Department of Mental Health to establish a hotline to offer free supplies to the affected areas.

The Thai Community Development Centers' Executive Director, Chanchanit Martorell, also spearheaded strong and important ideas on reconstruction efforts of Tsunami-hit countries. According to Chancee Martorell, the year long moratorium granted by United States, Japan, Germany, France, Italy and Canada may offer short-term gain; however, the concern is of more financial hardship in the future, as the cost of servicing debt payments rise with time. The main goal is to call on rich countries to suspend debt repayments and to cancel enough debt to make repayment feasible in the

Tsunami Survivors continued on page 3...

"SHOWTIME 2005!"

Live from Little Tokyo, at the George and Sakaye Aratani Japan America Theater in Los Angeles, AADAP will host its twelfth annual benefit concert, "Showtime." This year, Daniel Ho and Kilauea will reunite to headline the event:

"Changing Lives and Saving Families" Showtime 2005

AADAP's "Showtime" continued on page 3...

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**People
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The RICE PAPER is a bimonthly publication of the Asian American Drug Abuse Program, Inc.

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The End Of An Era

By Jeanne Shimatsu, Community
Prevention Coordinator

Diane is leaving AADAP. After 20+ years, Diane is leaving AADAP. How do you capture 20 years of service? There are enough achievements and milestones in Diane's career to fill a novel. In many ways, AADAP's growth from a small, grassroots agency into a secure and respected CBO, parallels Diane's growth as a precocious, streetwise volunteer into a hard-hitting and seasoned Prevention Director.

I can envision Diane as a young adult volunteer "back in the day", (circa mid 1980s when hair was big and spiky, make-up was intense, and people were jamming to the tunes of Madonna and Chaka Khan) flying down Crenshaw Blvd. in her old, blue compact car with one pajama leg dangling from the car's broken trunk. Diane was colorful and brilliant, much like her tie-dye clothes and flowing skirts as she read poetry, wrote articles, protested at rallies, attended support groups and always extended a helping hand, whether it was the clothes from her back or a couch to crash for the night.

Drug prevention was real for Diane. Between 1984 through 1991, she served as a

Prevention Specialist, Intake Counselor and Counselor with Outpatient, and Early Intervention Counselor with Prevention. Her experiences in these different positions influenced Diane's belief that empowerment of self, family, and community is vital in preventing and treating substance abuse.

In the early 1990s, Prevention had an opening for the Director position. This turned out to be the position that Diane would hold and build upon for over a decade. The intensity she applied on the front line of work was transferred to growing budgets, contracts and programming, expansion of services, serving on boards and steering committees. It was these numerous tasks and growing responsibilities that contributed to the white hairs on Diane's jet-black mane. After a decade under Diane's guidance, Prevention Unit grew from a staff of 6 to a staff of 34. Diane was coordinating over 25 contracts at a unit budget of more than \$2.7 million.

One very special event that changed Diane's life forever was the birth of her son Shea. He quickly became Prevention's baby, and of course, Diane's number one priority and love of her life. Between Shea, AADAP, and her advocacy projects, Diane's hands were overflowing. You had to be a Type A personality and slightly obsessive perfectionist in order to juggle the load that Diane shouldered. At times she drove her Coordinators batty with her high expectations, and the Coordinators in turn, had their share of spats and disagreements that required officiating from Diane. However, our family spirit and commitment to the cause always outweighed moments of dysfunction and the Unit prospered with Diane at the helm.

Diane is hardworking almost to a fault, very bright, and seriously intense, with a talent for sarcastic humor. Despite her diminutive frame, she wouldn't hesitate to go toe to toe with someone thrice her size or loaded with an alphabet of academic degrees. She's developed a knack for navigating the confusing and intimidating world of politics. It could be that she thrives on the game, the challenge. We've observed and learned through her example. One thing that she always reminded us – never let title, position, or rank intimidate you. Everyone is a peer and an equal. This motto speaks to Diane's roots, and faith in community and constituency rights.

It boggles the mind to know that on top of her responsibilities with AADAP and her roles with A3PCON and APIs/CAN, Diane also currently serves on the State of California Commission on Asian and Pacific Islander American Affairs as a Commissioner appointed by Governor Davis in June 2003 and a member of the California Highway Patrol Citizen's Oversight Committee (COC) appointed by Commissioner Brown on January 21, 2005.

Included are a few thoughts about Diane from staff and community colleagues in honor of her dedication to AADAP and out of respect to the relationships that have grown over the years.

What a woman! What a human being!
I'll miss you! — Ramona Ramirez

I have always been amazed at the way she speaks at functions and conferences. I can listen to her forever. Her passionate drive to help youth and the API community is admired and commendable. — Shiral Torres

I met Diane when we were both around 15 years old. I knew she was unique (not just because of her moccasin boots and armful of bracelets), but because she was so passionate about people, smart, outspoken and deeply caring. She continues to be an amazing friend and an inspiration to me. — Jane Yamashita Shirk

When I first met Diane she used to surf. What happened to the surfboard? I want to buy it to remember her. Much love. — James Stinson

Hip, supportive, giving, caring, helpful, loyal, thoughtful, moral, cool, upstanding and free spirited...Di — Amy Ota

Diane is an amazing woman. She is very smart, sweet, beautiful, hard-working. I'm not sure if they ever met, but I really wanted my son to marry her ;-)) That's how amazing I think she is. — Jude Narita

As Diane moves on to new challenges in state policy and advocacy, AADAP would like to thank her for the contributions she has made over the years to support programs that give voice to people and help uplift communities.

So, although Diane is leaving AADAP... AADAP will always be a part of Diane.

Transitional Housing For Young Adults

By Byron Shinyama, Olympic Academy Director

The need for transitional housing has been a widely accepted truism for many years. A report by the California Department of Social Services in June 2002, estimates that between 24 to 50 percent of former foster/probation youth become homeless within the first year of emancipation. The report concludes that the “housing needs of emancipated foster care youth indicates that they are a vulnerable population.” It goes on further to state, “Assistance provided them as they emancipate from care can interrupt the cycle of poverty, homelessness, substance abuse, violence and criminal activity that can often burden former foster/probation youth.” Another recommendation coming out of the City of Los Angeles Workforce Investment Board Youth Council’s Crossroads 2002 Symposium cites the need for an “increase in post-release transitional housing options, particularly for young women.”

Some Olympic Academy graduates also face returning to a family or community environment that is dangerous and unhealthy. All the gains made in rehabilitation are placed at extreme risk at these times. Transitional housing would be a short-term temporary alternative to returning to an environment when there is a high risk of relapse or substantive threat to the life and safety of the individual.

Even though graduation from the Olympic Academy has given the young adult a fresh outlook on life, the confusion of learning a different lifestyle is often compounded by the simple fact that at eighteen years old, a young person, for the most part, is not equipped to live independently without outside support, financial or otherwise. For many, this outside help comes from parents, for others, this help is not possible. Those who come from dysfunctional family systems are often

forced to take on responsibilities they are not able to handle.

After graduation from the Olympic Academy, the young adults who are determined to need additional support due to family issues, dangerous neighborhood conditions or other factors, would move out of the Olympic Academy and into the transitional housing facility. During this time, they will be able to learn how to live as independent, sober adults.

As time goes by, we anticipate more of a pressing need for this type of housing, and we continue to explore different alternatives and opportunities to assist those Olympic Academy graduates that may need support after graduation from the program.

Tsunami Survivors continued from page 1...
future. This way money can be spent towards reconstruction and poverty reduction in the impoverished countries already experiencing the impact of crushing debt before last year’s deadly Tsunami.

Kay Buck, Executive Director of Coalition to Abolish Slavery and Trafficking addressed the historical and ongoing trafficking of women and children from the affected areas. The problems are compounded as mere survival becomes a dire issue.

Many developing countries do not have the resources and will need substantial assistance. In disaster situations, the State and its authorities are responsible not only for being prepared to effectively provide immediate assistance to disaster victims and to maintain basic services following an event. It is also the State and other wealthy countries’ responsibility to assist those migrants who are now left behind and no longer have a home country to return to. UNESCO’s IOC and the U.S. should help the effort in implementing the U.N.’s global tsunami hazard mitigation plan before the next Asian tsunami disaster strikes. According to reports from the World Health Organization, the recent tsunami in South Asia has left more than a half million people seriously

injured. Medical and rehabilitation services for new amputees, access to wheelchair and prosthetics in devastated communities, and replacement of lost disabilities services are key issues in tsunami-impacted areas. People with disabilities are among the most neglected populations worldwide, and will likely be overlooked in the wake of the tsunami disaster, due to the urgent needs of all people affected by the tragedy. In order to identify and meet the demand for health, rehabilitation, accessible housing, and the many other needs of both those who are and who are not physically challenged throughout South Asia, a thorough assessment of the situation is essential. It is the responsibility of the global community to reach out and respond to those who are in need, because in the end, people will always need people. ☒*

AADAP’s “Showtime” continued from page 1...
The benefit concert, scheduled for Thursday, September 22nd, will raise money to help AADAP provide treatment and substance abuse prevention services to individuals and families. For every dollar spent toward prevention and treatment programs, there is an estimated 700% return to the public in savings as a result of the reduction in crime and reduction in health care costs.

Your support will make a difference to save families and save communities. Approximately \$11 billion is spent by the State of California to deal with the problems created by substance abuse and addiction. With your generous financial support, the potential for addressing these consequences are tremendous.

Your support and donation to AADAP, a 501(c)3 nonprofit organization, will have the benefit of “Changing Lives and Saving Families” by addressing the consequences of substance abuse and addiction.

Save the date to save a life. “Showtime” is September 22nd at the Japan America Theater in Downtown Los Angeles.

To reserve your sponsorship now or for more information, call (310) 376-2236. ☒*

AADAP's 27th Annual Dinner Dance: What It Takes To Get Here

By Evelyne Kim, TC Director

For many, meeting objectives to achieve goals are behavioral in nature and lie in thinking patterns that have been ingrained in us since early infancy. Through positive reinforcement and measures that led to negative consequences, we developed the necessary skill sets to fulfill plans that we have made. Meeting our goals requires discipline, consistency, and a commitment to our plans.

In adulthood, we become aware of the awards and benefits that come with achieving our goals. With every accomplishment, our confidence and self-esteem grows. At some point in our lives, we come to know what is expected of us, as we learn to accept and adjust to conditions that go into realizing our goals.

For the seven individuals who graduated from the TC (Therapeutic Community) and OA (Olympic Academy) programs, and who were honored at this year's 27th Annual Dinner Dance Celebration, their skill sets in accomplishing and meeting goals took approximately two years to develop.

Some in recovery are quite familiar with the value systems needed to achieve goals. Others have never known or been exposed to work ethics or a positive value system. Yet, despite predispositions that came with each of these graduates, all of them lacked the initial desire and commitment to complete their respective treatment goals and objectives. Most of them never completed anything in their lives.

For clients who enter AADAP's TC or OA programs, the building blocks underlying their treatment lie in value clarification, decision-making, attitude, self-direction, and lifestyle. These five tenets are the foundation in each client's treatment plan who goes on to complete and graduate from these two residential programs.

As addicts, their behaviors are largely determined by negative values. This, in turn, leads to decisions that bring about negative consequences. In time, the addicts' attitude towards how they view themselves and their

relationship with other people and events becomes a negative one. Eventually, their self-direction in life becomes misguided, leading to a lifestyle that is founded on false pride and fabrications.

Living in a TC or an OA environment is not easy. Clients are forced to deal with themselves and one another on a daily basis. It is a grueling process! But with every group, treatment paper, and learning experience, as well as a host of other treatment activities, including the fostering of a family concept, clients work through changing the values that brought them to AADAP.

Value Clarification is the first step towards effecting change. If a client has a street mentality, his or her value system will reflect this. (S)he needs to evaluate and look at the role street values played in his or her life, and whether or not they are willing to change any of them.

In the beginning, clients will hold onto their street values, because it is all they know. But as they observe their peers who have bought into the treatment process, a gradual trust in the process begins to develop. Positive results further reinforce their trust in the TC experience. Over time, negative values begin to change into positive ones.

For example, clients will come to learn that confronting a fellow peer who deviated from house rules and norms is not "snitching", as seen by street standards, but as a constructive form of confrontation in holding one accountable for his or her actions. It is a demonstration of care and concern, as opposed to one of snitching.

The residents, willingly or not, raise each other's level of consciousness for their actions and behavior. This is one of the many aspects of the TC and OA programs. As residents confront each other on what makes them feel annoyed or angry, hateful or depressed, sad and lonely, etc., they learn that decisions they make affect one another and themselves.

Decision-making requires thought and awareness into intentions and possible hidden agendas. Through groups and seminars on the many nuances involved in the decision-making process, clients learn that, if they don't want to face the consequences behind poor decisions, they need to learn to make decisions that are right for where they want to go in life.

As clients develop positive values, (i.e. work ethics, accountability, education, family, etc.) and learn to make decisions that bring about beneficial results, their attitudes and perspectives on life begin to change. Having a healthy and positive attitude sets the tone for developing a self-direction that helps to create a healthy lifestyle.

As we search for the silver lining behind every dark cloud, we find potential in turning our bad experiences into fruitful ones. Our journey through life must have direction if it is to lead anywhere. And the direction it takes us is determined by the attitude we carry.

For James R., Sharon Y., Sharon B., Rayme J., David S, Lisa T., and Nicole S., these seven graduates have struggled to find a new meaning in their values and in the types of decisions they make. In the beginning, they did not see the direction they needed to follow to get to graduation. Yet, as they progressed along in their treatment plans, they began to lay the foundation that has ultimately given them the tools to succeed.

Family Matters

Family Matters is an open forum for everyone to participate. Because AADAP is committed to the family concept, we invite all of you to share your ideas and thoughts. You can write AADAP c/o Rahimah Shah or call her at AADAP.

Then And Now

By Cierra H., Olympic Academy Client

Back then family tried to help me out,
Tried to help me see drugs weren't the answer.
Now I see I should've listened to them.
Back then I only cared about myself.
Was like *#@% what everybody else thought.
Now I realize I was selfish to do the things I did.
Didn't think about no one but myself,
Then had nothing going for myself.
Always on the road,
Put school, schoolwork on a hold.
My life was in a fold.
That's the difference between then and now.
Then I didn't care,
Wasn't aware and was all about myself.
Now, I actually care and I'm actually aware
Of where my life is headed and care
More about my family.

Graduates Of 2004

**James R.
Sharon Y.
Sharon B.
Rayme J.
David S.
Lisa T.
Nicole S.**

New Beginnings

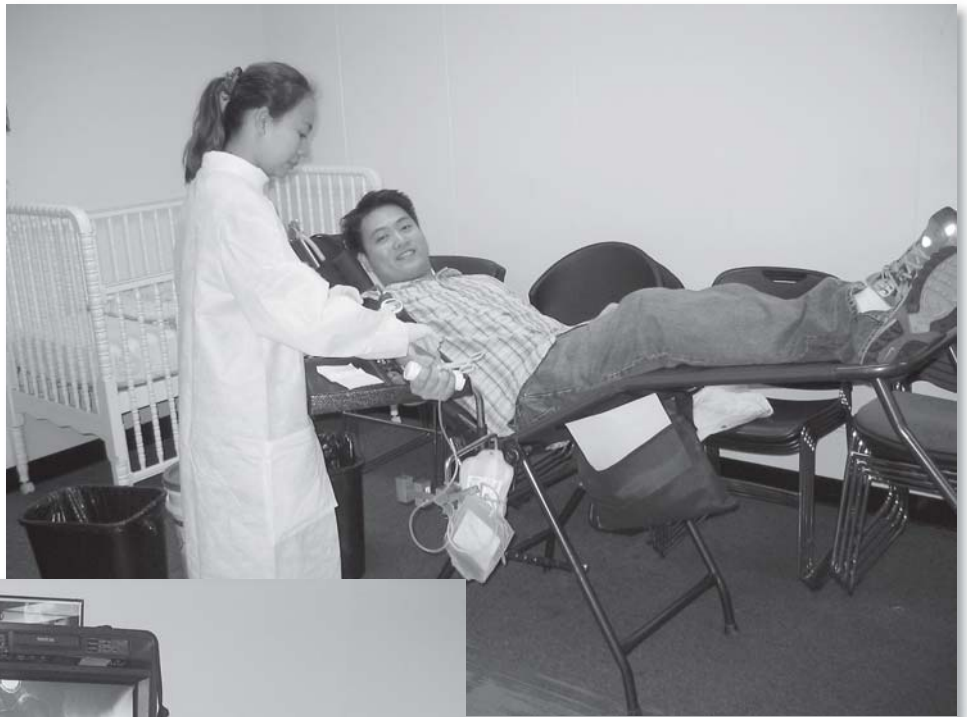
By Evelyne Kim, TC Director

*Labeled as misfits of the world.
Unable to reveal their true selves,
Hiding behind facades and walls of defense,
Protecting through pipes and needles overdosed
with false pride, deception, and lies.*

*Shattered with jagged pieces of a dream.
Loss of innocence and hope,
A pain that chokes, suffocates, and confines.
Finally being sick and tired of being sick and tired.*

*Seeing through the veil of fabrications at rock bottom.
Starting over again...
A renewed spirit filled self-direction,
No longer scared to own life.*

*Finding their way and place through confrontation and raising of self awareness.
Overcoming the hurdles that eventually become the compass
to restoration and recovery.
At last becoming liberated from the old tapes that bound them,
Creating positive ways for New Beginnings.*



**"This is a breeze!" Francis Tan,
Network Technician**

Thanks AADAP's



**"I'm keeping my cool." Chance Kenny,
Data Entry Clerk**



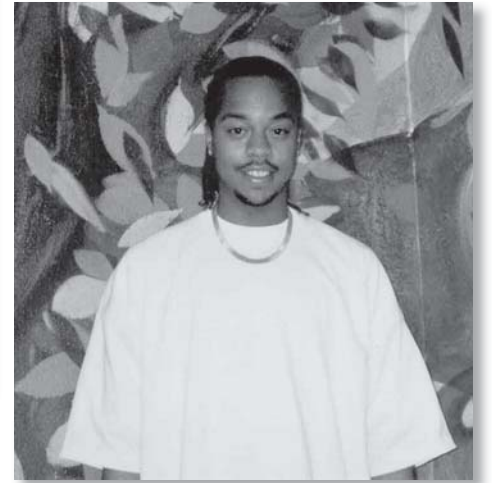
**Left to right, Gwen Lo, Clinical Social Worker, Mariko Yamada, Youth Outpatient
Coordinator & Chance Kenny, Data Entry Clerk refresh themselves after giving blood.**



“No Pain, No Gain!” Thanks to Michael L., from our TC

Resident’s Corner

The resident’s corner is a regular feature in the Rice Paper. It is written to give the reader a bird’s eye view of recovery and treatment in the T.C.



Jeremy M.

Jeremy M. Accepted At Tuskegee University A Dream Come True!

By Jeremy M., Youth Outpatient Graduate and Sam Joo, Prevention Director

Ever since I can remember, I’ve always wanted to go to college. I was told by many people college is the best time in life. My dream college when I was younger was USC. I had always dreamed of being a Trojan. This was my dream college because I was into football and I loved their team. As I got older my feelings about football and USC changed.

I have always loved going to school because it picked my brain and I enjoy learning new things. As I got older the lifestyle I chose almost made me incapable of achieving any of the goals I had set for myself as far as school. I was hanging out and using drugs, which caused me to go to jail constantly. I was skipping school, which caused my grades to deflate tremendously. When I got on probation it set me back on track. I checked into a new school called Hillcrest

A Dream Come True! continued on page 8...



“Hey! That wasn’t so bad after all!” Thank you Danny R., from our TC

For Supporting Blood Drive!

Donors of April/May '05 AADAP Wishes To Thank All Of Our Friends And Supporters!

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IN-KIND DONATIONS

Carmen Stuart

Gloria Mitchell

Helene Maidan

Maeve Inouye & Leona Takahashi

Sadaye Tambora


A Dream Come True! continued from page 7...
Academy, which was a very small environment, and I started receiving counseling at AADAP.

Hillcrest is where I met a piece of my inspiration to stay in school. The Math and Science teacher, Mr. Williams, noticed my strength in math and named me one of the best math students at Hillcrest. Mr. Williams kept me out of trouble and stressed the issue of going to college. He also told me if someone like me can go to college then there is still some hope in the black community. He kind of pushed me away from the troublemakers and encouraged me to go to visits at the local colleges with him. He started a class called "College Summit", where we studied for the SAT's and filled out college applications. He told me since I was good in math I should apply to some colleges specializing in engineering, and the University of Tuskegee was the top one.

When I applied to Tuskegee I was sure without a doubt I would get accepted. I was so sure that I didn't apply anywhere else. When they finally sent me a response, I new I was accepted before I

read it. The biggest issue for me after I got accepted, was to stay out of trouble and stay clean. By continuing to attend AADAP's Youth Outpatient Treatment program and with the support of my family and those involved in the Juvenile Drug Treatment Court program, I was able to achieve my goal of staying clean and getting off probation. Without Judge Irma Brown, Probation Officer Ed Sykes, and the staff at AADAP helping me along the way, this opportunity would not have been possible.

When I go to college I really don't know what to expect. I know it's going to be shocking but I'll try my best to maintain. I really believe I can succeed and go on to living a prosperous life. My plans are to use my skills to the best of my advantage, to get a job in the engineering field, with the best salary possible. Then, I can go on to being a family man. I will be able to be a provider for my family and guide my children in the best direction that will be beneficial for them. Thank you to all those who helped me and special thanks to my mother.

Jeremy M. is a graduate from AADAP's Inglewood Juvenile Drug Court program. 

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