



SCAADAC News

South Carolina Association of Alcoholism and Drug Abuse Counselors

Fall 2006

From the President

by Donny Brock, BS, NCAC II, CAC II

As you read this Newsletter, you will notice that we are requesting nominations for our awards as well as elected officers. I always feel excited when our association recognizes addiction professionals for their extraordinary efforts that reflect our passion to support recovery from chemical dependency. There will also be announcements including our upcoming SCAADAC Conference in Charleston that is shaping up to be the best we have ever produced.

On a personal note, my term of office is nearing its end. It seems like a good time to look forward. I submit to you some random thoughts. My opinions are not ground breaking nor original but perhaps some of you will read something you like or dislike enough to motivate you to take a leadership role in our process of change.

Work force development will be the most urgent issue of the next ten years. We expect a majority of our state's public sector Agency Directors, Clinical Supervisors, Treatment Directors, and Certified Counselors to retire or otherwise leave the field during this period. The success or failure of our efforts to transfer their knowledge and expertise to the next generation of clinicians and leaders will for better or worse impact the quality and level of services they deliver. The demographic changes in our field present us with some challenges and opportunities. Recruitment and retention are the most obvious of these. We must aggressively address these two issues. Continuing with only in house training and education won't do it. No amount of in house training and education will provide a work force large enough to meet the treatment service demands. Programs to target recruitment of college and graduate students on campus are an idea whose time has come.

Continuing in that vein, we must incorporate Evidence Based (or Best Practice) Models into our treatment paradigms. Doing so will create clinical systems that will decrease the time required for new counselors to become effective. We cannot forget, however, that counseling is not just about structure but is also an art. No model will teach young counselors how to establish an appropriate therapeutic relationship nor does it take the place of clinical reasoning or intuition. Clinical supervision models that integrate both aspects, the structure and the art, are the key if we are to continue to improve our effectiveness.

Following the lead of NAADAC, South Carolina only recognizes as addiction professionals those holding a CAC certification granted by SCAADAC. It does not recognize certification granted by IC & RC. Nationally there has been a movement to merge these two certification bodies thus allowing portability of certification state-to-state. Reciprocity has always been a sticky issue but perhaps it is

time for us to identify other methods to allow certified addictions counselors to move to our state and readily obtain our CAC credential. This act along could allow our treatment providers to more aggressively recruit counselors from beyond our borders in an effort to maintain a clinical work force large enough to serve our state.

Those who support prevention, treatment, and recovery need a louder and more united voice if we are to be successful in the coming era. Perhaps in the future Prevention Specialists and Counselors can join forces to build an organization of Addiction Professionals. It is my belief that if these two groups joined forces our ability to advocate for individuals, communities, and practitioners alike would be increased tenfold. At the grassroots level, organizations such as Faces and Voices of Recovery have to be supported. The most effective advocates for increased funding of services and a more positive public perception of addictions treatment are those individuals who have been the beneficiaries of addiction treatment.

Perhaps you agree with some of these ideas; perhaps you don't. Either way we need you to be a part of the process of shaping our field's future. We need your imagination, energy, and skills. We need you to look beyond your caseload and individual organizations. We need leaders. There is plenty to do and plenty of opportunities for everyone to be a part of the changes that await us.

Come join the fun!

Awards Nominations

Each year, SCAADAC honors two individuals for their service to and professionalism in the field of Addiction Treatment in South Carolina, the Counselor of the Year and the Addiction Professional of the Year. While the Counselor of the Year must be a Certified Addiction Counselor, the Addiction Professional can be anyone who works in the field of Addiction.

This is a great opportunity to recognize those individuals who have positively impacted your professional life. Anyone can submit a nomination for these two awards. The form which is included in this newsletter is pretty simple and really doesn't take that long to fill out. Most folks are intimidated by having to write the narrative. They seem to think it needs to be worthy of a Pulitzer Prize. The truth is that a simple listing of what it is about the nominee that has made a positive impact on you, your agency or the field of addiction in South Carolina is all it takes.

Take a few moments and do some service to the field of Addiction Treatment in South Carolina by nominating someone for the Addiction Professional of the Year or the Counselor of the Year!



SCAADAC 2006 Fall Conference and Third Annual Best Practices in Addiction Treatment Symposium



*November 5-7, 2006
North Charleston, South Carolina*

Sponsored by: the South Carolina Association of Alcohol and Drug Abuse Counselors (SCAADAC), Southeast Addiction Technology Transfer Center (SATTC), the Southern Consortium Node on the NIDA Clinical Trials Network, and the SC Department of Alcohol and Other Drug Abuse Services (DAODAS)



Schedule:

All events are scheduled at the Convention Center, accessible from the Embassy Suites

Sunday, November 5, 2006

- Noon Registration
- 1-5 pm Conflict - the Brain - and How to Romance to Better Relationships (4 Hours)

Monday, November 6, 2006

- 8:00 am Registration/Exhibit Set up

All Day Sessions:

- 9 am-4:45 pm Co-Occurring Disorders and Adolescents (6 Hours)
- 9 am-4:45 pm The FACE Screening: A Key to Recovery and Prevention of Addictions (6 Hours)

Partial Day Sessions:

- 9:00-10:30 am Counselor's Guide to Treating Clients with Depression/Anxiety (1.5 Hours)
- 10:45am-12:15pm Pharmacotherapy of Addiction (1.5 Hours)
- 1:45-4:45 pm Motivational Interviewing: Precontemplation and Beyond (3 Hours)

Breaks and Lunch

- 10:30-10:45 am Break
- 12:15-1:30 pm Annual Membership Banquet/Awards/SCAADAC General Membership Meeting
- 3:15-3:30 pm Break

Tuesday, November 7, 2006

- 9:00 am Registration Opens

All Day Sessions:

- 9 am-4:45 pm Co-Occurring Disorders and Adolescents (6 Hours)
- 9 am-4:45 pm Fetal Alcohol Spectrum Disorder (FASD) (6 Hours)
- 9 am-4:45 pm Fun Therapy (6 Hours)

Breaks and Lunch

- 10:30-10:45 am Break
- 12:15-1:30 pm Lunch on your own
- 3:15-3:30 pm Break

2006 Fall Conference

By: VaDonna Bartell, President-Elect

Please mark your calendars for the Fall Conference being held again at the North Charleston Convention Center November 5-7, 2006. We are being co-sponsored by DAODAS, Southern Consortium of the Clinical Trials Network, and ATTC.

We have a great line-up planned with the opening session being NAADAC's own Cynthia Moreno-Tuoey providing us with an afternoon of inspiration. Cynthia is NAADAC's Executive Director.

The Clinical Trials Network from MUSC will provide us with several sessions from psychopharmacology, strategies to enhance motivation, and common disorders found in treating substance abuse. Other topics being offered is "Having Fun with Therapy", Using the Face Screening to Predetermine Dependency, and Fetal Alcohol Syndrome.

Come join us for a great time of learning, networking, and building great relationships with friends both new and old. Hope to see you there!

Conference Sponsors/ Exhibitors

Conference sponsors and exhibitors are welcome. Exhibitor setup begins at 8 am on Monday, November 7 and exhibitor breakdown is no later than 6:00 pm on Monday. For more information or to register as a sponsor/exhibitor, see form in this brochure or visit SCAADAC's web site at www.scaadac.org or call the SCAADAC Office at 803-779-0343.

SCAADAC Extends Special Thanks to the Following Organizations for Providing Presenters at this Year's Conference:

- DAODAS
- The Southern Consortium Node of the NIDA Clinical Trials Network, MUSC
- SATTC



2006 Fall Conference Sponsor & Exhibitor Registration

November 5-7, 2006 • North Charleston, SC

Conference sponsors and exhibitors are welcome. Exhibitor setup begins at 8 am on Monday, Nov 6.

Company/Organization Name: _____
 City: _____ State: _____ Zip: _____
 Telephone: _____ Fax: _____
 Company Representative: _____
 Title: _____
 Product/Service: _____ Date: _____
 E-mail Address: _____

- Yes, we will participate as a **Lunch Sponsor** for a fee of \$500 that will be applied toward conference expenses, such as coffee breaks or luncheon and receive exhibit space, five-minute promo spot, recognition in the Conference Program, and complimentary registration for one company representative.
- Yes, we will participate as an **Exhibitor** for a fee of \$200 and recognition in the Conference Program and receive a five-minute promo spot.
- Yes, we will participate as a **"Take One" Advertiser** for a fee of \$100. Advertiser materials will be laid out on a table for counselors to peruse and take. Exhibit Times: Setup Begins at 8:00 am on Monday, November 6th. Breakdown takes place at 5:00 pm, Monday, November 6th.

Deadline to Respond: For inclusion in the conference program that is distributed to all registrants the morning of the seminar, please respond by October 19, 2006. Take One advertisers need to have catalogs, brochures, etc., shipped to the SCAADAC office no later than October 26, 2006.

Hotel Accommodations: All workshops and meetings are scheduled at the Convention Center which is accessible from The Embassy Suites Hotel Airport/Convention Center, 5055 International Boulevard, North Charleston, South Carolina 29418.

Two-room suites are being held for SCAADAC conference participants at the special rate of \$105. This rate includes suite accommodations with hot, made to order breakfast. This block is being held until October 5, 2006. Reservations may be made by calling 1-800-EMBASSY or by calling the hotel directly at (843) 747-1882. Check-in time is 3pm and check-out is 12 noon.

The Embassy Suites Hotel Airport is located 10 minutes north of downtown Charleston. From the airport, follow International Blvd two miles to the Embassy Suites Charleston Convention Center complex, the hotel will be on the right. From 1-26 East, exit on Montague Avenue and turn right. Travel a half mile and turn right on International Boulevard. The hotel is three blocks ahead on the left.

SCAADAC's Tax ID#: 58-2315279—Return this form with check or purchase order to SCAADAC, 1215 Anthony Avenue, Columbia, SC 29201.



2006 Fall Conference and Annual Business Meeting Registration Form

November 5-7, 2006 • North Charleston, SC

Name: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

E-Mail: _____

SCAADAC Member Number: _____ PO #: _____

SCAADAC's FIN is 58-2315279

Discounted registration if received by October 19, 2006

Full Conference Sunday through Tuesday:

- \$300 for Nonmembers \$150 for SCAADAC Members
 Registration received after Oct. 19, Add \$25

One Day Only:

- \$150 for Nonmembers \$75 for SCAADAC Members
 Sunday Only Monday Only Tuesday Only (*Check Day*)
 Registration received after Oct. 19, Add \$25

Please check all attending:

Sunday, November 5 (4 Hours)

- Conflict—the Brain—and How to Romance to Better Relationships (1:00-5:15 pm)

Monday, November 6 (6 Hours)

All Day Sessions (Choose One):

- Co-Occurring Disorders and Adolescents (9:00 am-4:45 pm)
 The FACE Screening: A Key to Recovery and Prevention of Addictions (9:00 am-4:45 pm)

Partial Day Sessions (Choose Each):

- Counselor's Guide to Treating Clients With Depression/Anxiety (9:00-10:30 am)
 Pharmacotherapy of Addiction (10:45 am-12:15 pm)
 Motivational Interviewing: Precontemplation and Beyond (1:45-4:45 pm)

Annual Business Meeting/Luncheon/Awards (12:15-1:30 pm)

- I WILL attend the Annual Business Meeting/Luncheon
 I WILL NOT attend the Annual Business Meeting/Luncheon

Tuesday, November 7 (6 Hours)

All Day Sessions (Choose One):

- Co-Occurring Disorders and Adolescents (9:00 am-4:45 pm)
 Fetal Alcohol Spectrum Disorder (FASD) (9:00 am-4:45 pm)
 Fun Therapy (9:00 am-4:45 pm)

Return this form with check or purchase order to SCAADAC, 1215 Anthony Avenue Columbia, SC 29201.

Look Who's Certified!

Congratulations to the following counselors who completed their certification process in April 2006:

Certified Addictions Counselor I

Kelley Alston

Denise Gambrell

Amy Graham

Rita Macon

Laura Romeo

Violet Sweat

Visit
SCAADAC's
 website for up
 to date job
 listings and
 other
 information.

www.scaadac.org

A Paradigm Shift at the Round Pen

by Lewis Foster

(Lewis N. Foster is a Certified Clinical Supervisor in the treatment of addictions. He is employed by Rubicon, Inc., in Hartsville, SC and is assigned to the Billie Hardee Home for Boys to run the adolescent drug abuse prevention, education and treatment program on the group home campus. He uses horses in therapy with the boys. He is certified in Equine Assisted Psychotherapy.)

Six of the adolescents at the Billie Hardee Home for Boys began pulling together as a team to manipulate and power play their way around the home. Their threats, tough words, loud angry voice tones and open defiance of rules toward authority figures prompted the Treatment Coordinator to ask for help from the Equine Assisted Psychotherapy (EAP) Team.

The EAP Team, consisting of a therapist and horse trainer with support from other front line staff, discussed the situation and developed a treatment intervention to bring about a paradigm shift in the gang process. Three Mustangs were chosen as assistants and the six boys were invited to join the EAP Team at the round pen.

Safety concerns were addressed and they were divided into three teams. A Mustang was assigned to each team. Simple instructions were given. "Go catch your horse." With fear, anxiety and tension surfacing the teams climbed into the round pen and cautiously approached the Mustangs.

Due to the stress Leon, the leader of the "campus gang" was not thinking clearly or managing his emotions well. His Mustang jumped, he let go of the lead rope, the horse entered the space of another of the horses who protested, and the first horse began kicking. Instantly all the boys left their horses and the EAP Team watched the bottoms of twelve Reebok's clear the round pen.

All the boys were coached back into the round pen except for Leon who defiantly refused to participate. The horse trainer mounted a Mustang in the round pen and rode over to Leon attempting to help him deal with the fear. Leon remained defiant and became disrespectful. He was directed to go and ask the therapist (Lewis Foster), who was standing outside the round pen, for a conference.

Leon slowly moved to the side of the round pen where the therapist was standing and asked to talk with him motioning towards the building where the therapists' office was located. The therapist began walking towards the building but did not stop when they came near the door. Leon was asked what he wanted from his experience at the group home, as the therapist began walking up the path towards the highway.

Leon was unable to verbalize any needs. The therapist asked what Leon thought he needed to change as a result of being sent to the Boy's Home by the Department of Social Services for getting into legal trouble. Leon was unable to identify anything that he needed to change. When asked why he needed to be at the home he could give no specific reasons, but said he just needed to be at the home.

As they came to the white picket fence near the entrance to the home, about an eighth of a mile away from the round pen, the therapist asked Leon again what he needed from this treatment experience. As before Leon was unable to think of anything that he needed. The therapist invited Leon to look to his right down the road in the direction of Darlington, SC and then to his left in the direction of Florence, SC.

The therapist scraped the toe of his cowboy boot across the dirt path drawing a line separating the group home and the highway right-of-

way. Leon was asked to consider himself discharged. The therapist pointed up and down the road while telling Leon that he is now free to do what he wants. Leon protested.

As they stood between the road and the white picket fence, talking about what Leon needs to change, he was unable to identify anything. The therapist told Leon to remain outside the white picket fence and to consider himself free while the therapist returned to the round pen to talk with the horse trainer, Jim Hardee.

Leon did as instructed and the therapist walked back to the round pen, out of sight of Leon. The group sat in a circle and all were informed of the ordeal with Leon and the therapists' his opinion that Leon needed to go some place where he could get help, because, Leon doesn't know of anything he needs from this program.

The group was invited to share how they had attempted to help Leon. Many ways were discussed and all agreed that their efforts made no difference. When asked if they thought Leon needed to be moved to another home. They voiced concerns about Leon going someplace else and shared that they wanted him to remain at the Billie Hardee Home for Boys. The horse trainer and therapist shared concern about how they had been unable to help Leon.

The boys were asked if they were willing to take responsibility for Leon if he remained at the Boy's Home. Each of the boys, except one, said that they would take responsibility for Leon and work to help him. The one boy didn't like Leon and wanted no part of trying to help him. So he remained with the group but was not included in the intervention.

With the boys listening, the therapist and the horse trainer discussed the possibility of the boys taking responsibility for Leon over the next week, and agreed that the experience could be good for all. So, the therapist explained the conditions under which this could take place.

The boys were stroked for their willingness to work to help a peer. They were informed that over the next week any points (in the point economy system at the Boy's Home) that Leon lost they would loose too. Also, any points that Leon earned over the next week they would earn as well. If Leon lost 15,000 points then each of the group members who agreed to help Leon for the next week would loose 15,000 points.

Boys began to protest arguing that the conditions were not fair, because all of them were on a higher level than Leon. Their willingness to help a peer for the next seven days was stroked and they were invited to collect Leon from the front entrance of the home.

With some resistance they left to get Leon. As the horse trainer (Jim Hardee) and the therapist (Lewis Foster) waited for the group to return with Leon the horse trainer looked at the therapist and said, "Foster, we are dangerous." Both laughed in celebration of how well the



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intervention had unfolded, recognizing that there must be angels perched on our shoulders providing divine intervention.

The paradigm shift was successfully implemented and now we had a "Campus Gang" that was productive rather than destructive.

The group returned with Leon and the therapist explained the conditions to him. When all verbally said that they understood the conditions the group ended with plans of meeting again in seven days.

The therapist went immediately and shared with the staff the outcome of the group so that all could be singing out of the same songbook.

Twenty-four hours later Leon entered another boy's room without permission and lost 250 points. The group lost 250 points and Leon immediately requested a conference with the therapist. He asked the therapist to change the conditions because the boys were angry with

him and he didn't want them upset with him. The therapist was understanding, but let Leon know that earning or loosing points is up to him. They agreed to talk about this in the group in six days. Leon left the session with a confused look on his face. The next day Leon lost another 250 points.

When the group met for the second time the boys reported that they had seen changes in Leon and all had earned extra points over the week that they can use to purchase privileges. Everyone was happy and Leon was smiling. All agreed to continue helping Leon.

The group was invited to the round pen and the same exercise from the week before was performed with excitement and success. Leon and his teammate held their horse.

The Beginning

Swimming With Snakes

by Lewis N. Foster

(Lewis N. Foster is a Certified Clinical Supervisor in the treatment of addictions. He is employed by Rubicon, Inc., in Hartsville, SC and is assigned to the Billie Hardee Home for Boys to run the adolescent drug abuse prevention, education and treatment program on the group home campus. He uses horses in therapy with the boys. He is certified in Equine Assisted Psychotherapy.)

There have been times when my work with a horse trainer has led to a need to understand a different language of psychology. For example, I might say that the adolescent is acting out emotions rather than using them as information. The horse trainer would say that the adolescent has snakes in his head.

We're out on a therapeutic trail ride and one adolescent with no experience decides that the leader is not going fast enough so he pulls his horse from the line of ten or so horses and starts to trot towards the front of the line. Now, when one horse trots all the horses want to trot. They're social animals and don't want to be left behind. All the horses try to catch-up and the first horse thinks they're trying to pass him, so he speeds up. With this, the inexperienced adolescent panics and dives off his horse. This frightens the horse more and he moves to a full run.

All the other horses see the one horse at a full run and think there must be a reason to be at a full run (maybe there's a snake) so all the horses start to run. Half the boys on the horses panic and make glorious dives from the back of the horses and land in the dirt. The adolescents with experience manage their horses and pull them to a halt. The boys on the ground will have to walk back to the stables, because, their horses want stop running until they get back to the barn, home safe.

All the boys look at the new inexperienced adolescent and say, "that boy has snakes in his head!"

I look at them and say that he is sequencing behaviors that set him up to be a failure. He's not thinking clearly, having difficulty managing emotions and stress, and his short and long-term memory isn't working well. He

thinks he has to do everything right the first time, even when he has never done it before.

The boys and the horse trainer look at the therapist and say, "Yea, he has snakes in his head."

They speak with experience.

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Back at the barn we process the trail ride and everyone takes the time in a non-judgmental way to educate the new adolescent so that this doesn't happen on the next therapeutic trail ride. The mistake is forgiven and everyone dons his swimming gear and heads to Hurricane Creek Beach, (the pond).

The first boy to arrive makes a glorious dive into the pond and all the others follow. The late afternoon swimming fun is under way and all goes well until one of the boys says in a panic, "There's a snake!"

What happens when a snake gets mad?
It throws a hissssyy-fit!

Sure enough, there's a Yellow Belly Water Snake moving along the side of the pond looking for a frog or lizard or egg or insect to eat. Several of the boys have left the pond and are running back to the stable, home safe. All but one of the other boys is standing on the edge of the pond watching the snake. I have my video camera catching all the action.

Hey Robert, are we venomous?
Why do you want to know?
'Cause I just bit my tongue.

The snake realizes he's being watched so he cuts his trip short and makes a straight line to his hiding hole at the opposite end of the pond. The horse trainer educates them on the habits of the Yellow Belly Water Snake and one by one all return to the swimming fun. One boy tells the others that he read on the Internet that there are 2,700 species of snakes and the one in the pond is not poisonous and has no fangs. Several jokes about snakes began to surface from the boys in the pond. They laughed their way back to being relaxed.

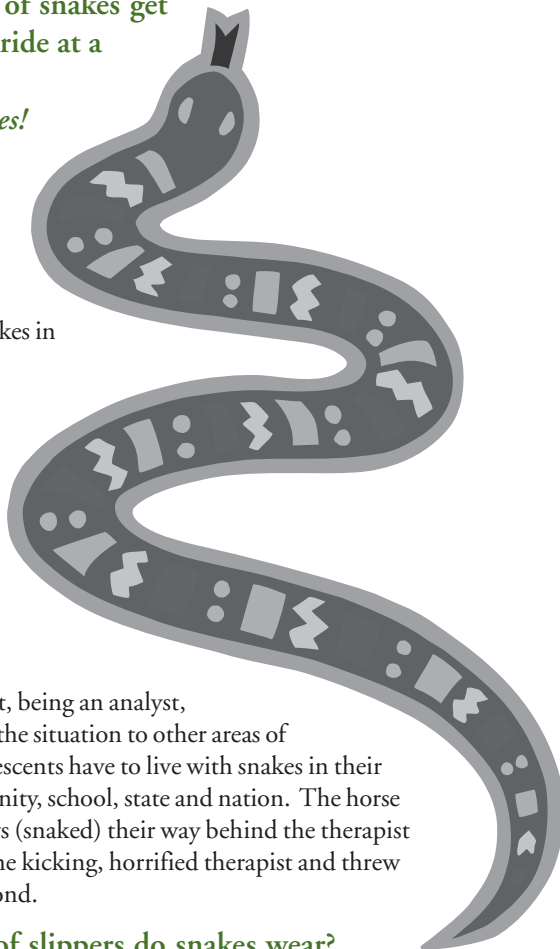
What kinds of snakes get to hug the bride at a wedding?
Garter snakes!

The boys who ran to the stable said that the ones who stayed in the pond have "snakes in their head."

What do you call a snake without any cloths on?
Snaked!

The therapist, being an analyst, started linking the situation to other areas of life where adolescents have to live with snakes in their family, community, school, state and nation. The horse trainer and boys (snaked) their way behind the therapist and captured the kicking, horrified therapist and threw him into the pond.

What kind of slippers do snakes wear?
Water moccasins!



SCAADAC Budget

Jul 06

Ordinary Income/Expense	
Income	
Association Ordinary Income	
Revenue - Other	
Donations	350.00
Exhibitors/Sponsors	2,200.00
Interest Income	
Money Market	13.00
Wachovia Assn. Checking	15.00
Mailing List Sales	600.00
Newsletter Ads	150.00
Educational Program Fees	
Fall Conference	22,000.00
Trainings	1,200.00
Grants	
DAODAS	15,000.00
Morehouse School of Medicine	2,500.00
Membership Dues	
Organizational Dues	1,500.00
Membership Dues - Other	17,000.00
Total Revenue and Gains	
Total Association Ordinary Income	62,528.00
Cost of Goods Sold	
Costs for Educational Programs	
Fall Conference	
Audio-visual	4,000.00
Board Meeting	850.00
Brochure	1,200.00
Food and Beverage	6,500.00
Handouts	1,500.00
Meeting Room	1,500.00
Refunds	450.00
Speaker Sleeping Rooms	500.00
Supplies	1,200.00
Affiliation Dues	525.00
Assn. Bank Charges	125.00
Association Mailing/Postage	1,000.00
Association Office Supplies	250.00
Association Telephone and Fax	550.00
Awards	150.00
Board Meetings	50.00
Contract Labor	
Website Design & Maintenance	1,250.00
Contract Labor - Other	10,200.00
Exhibit Fees	250.00
Legal	200.00
Membership Dues—NAADAC	525.00
National Meetings	
National Conference	1,500.00
Newsletter	
Newsletter Mailing	400.00
Newsletter Printing	2,500.00
Nominations/Elections	1,000.00
Printing & Photocopying	1,500.00
Trainings	4,000.00
Reimburse Cert Comm	6,000.00
Total Association Expenses	49,675.00
Net Ordinary Income	7,753.00



SCAADAC

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South Carolina Association
of Alcoholism and Drug Abuse Counselors

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SCAADAC Office:

Administrator: Marie B. Queen, marie.queen@queencommunicationsllc.com

What SCAADAC Region Am I In?

The following is a listing by County of the four SCAADAC Regions and the Regional Representative. The e-mail addresses of the Regional Representatives are listed with those of the other members of the Board of Directors.

Region I – Regional Representative: David Martinson
Anderson, Cherokee, Greenville, Oconee, Pickens, and Spartanburg

Region II – Regional Representative: Tia Cooper
Abbeville, Chester, Edgefield, Fairfield, Greenwood, Kershaw, Lancaster, Laurens, Lexington, McCormick, Newberry, Richland, Saluda, Union and York

Region III – Regional Representative: Lewis N. Foster
Chesterfield, Clarendon, Darlington, Dillon, Florence, Georgetown, Horry, Lee, Marion, Marlboro, Sumter and Williamsburg

Region IV – Regional Representative: Lindsey C. Hamilton
Aiken, Allendale, Beaufort, Bamberg, Barnwell, Berkeley, Calhoun, Charleston, Colleton, Dorchester, Hampton, Jasper, Orangeburg