



**MCFARLAND RADAR (Relevant
Alcohol & Drug Awareness
Resources) COALITION**

AODA PREVENTION

NEWSLETTER

MARCH 2023

March is National Women's History Month

National Women's History Month encourages for us to annually honor the women who came before us and fought for equality amongst all races and genders.

History

As recently as the 1970s, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. In 1979, Molly Murphy MacGregor, was invited to participate in The Women's History Institute at Sarah Lawrence College, which was chaired by noted



historian, Gerda Lerner and attended by the national leaders of organizations for women and girls. When the participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a "National Women's History Week."

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week 1981. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women.

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

Revolutionary Women in Addiction Treatment

Marty Mann:

- Founder of the National Committee for Education on Alcoholism
- The organization was successful in communicating the three tenets of its core message, which still today encompasses drug dependence and addiction:
 - Alcoholism is a disease, and the alcoholic is a sick person;
 - The alcoholic can be helped, and is worth helping;
 - Alcoholism is a public health problem, and therefore a public responsibility.



Nora Volkow:

- Director of the US National Institute on Drug Abuse (NIDA) since 2003, she has led the organization's efforts to prioritize research on the biological basis of addiction
- Her work in neuroscience research at Brookhaven National Laboratory revealed many new discoveries about addiction. For example, she found that many of the brain changes caused by alcohol addiction could be reversed after months of abstinence
- Under Nora's leadership, NIDA has helped to develop the first medication approved in the US for alleviating the physical symptoms of opioid withdrawal.



Betty Ford

- Her alcohol use and prescription drug use increased significantly after leaving the White House. It reached the point where, in 1978, the family felt the need to stage an intervention. They forced Betty to confront her addiction to alcohol and pain pills. She underwent a monitored detoxification and then entered Long Beach Naval Hospital for alcohol and drug rehab.
- While at the hospital, Betty shared a room with other women, worked cleaning restrooms, and participated in therapy. Her experience affected her profoundly. She fully disclosed her addiction and her treatment to the public after being released.
- Recognizing that she had the power to make changes, as a former First Lady, and realizing after her experience that no recovery facility existed that was specifically designed to help women with their unique addiction treatment problems, Betty helped establish her own addiction treatment center.
- The Betty Ford Center treats men as well but focuses on helping women with their particular issues around drug and alcohol abuse.



Ways to Celebrate Women's History Month

- Explore the history of women's rights.
- Be aware of issues women still face today.
 - Although women have made progress, there are still areas where women face obstacles because of their gender.
- Post on social media to spread awareness of Women's History Month.
 - An easy way to celebrate is to share articles, infographics, inspiring quotes, videos, and other women-centric content on your social media
- Host an event to celebrate women.
- Watch movies directed by women and with female leads
- Decorate your space with empowering quotes by women
- Support women-owned businesses.
 - Women-owned businesses are on the rise, but women still represent the minority of business owners. March is a perfect time to show your solidarity with these tenacious leaders, entrepreneurs, and service providers
- Join a women's volunteer club.
 - Joining a club not only gives you opportunities to give back to the community, it also lets you build lifelong friendships
- Raise money to help women and girls who need help.
 - Start a fundraiser to rally your friends and family behind a worthy cause! Together, your community can make a measurable difference and invest in a brighter, more equal future for women and girls.



McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.