



# Family Matters

Newsletter  
Spring 2007  
(VOL. 1 No. 1)

It's About Childhood & Family, Inc. [www.iacaf.org](http://www.iacaf.org)

## Who We Are

It's About Childhood & Family, Inc. is a not-for-profit clinical and resource center dedicated to enhancing the quality of childhood and family life in our communities. Our mission is to advocate for all children by providing innovative, child-centered, and solution-focused mental health programs with a commitment to a collaborative approach to change. We believe that children should not be defined by labels, but instead by their strengths and talents.

It's About Childhood & Family, Inc. offers a range of professional services directed towards strengthening the child, family system, and the larger community.

315-382-0541

## SERVICES

- Play & individual therapy
- Couple, family, & group therapy
- Parent education & support groups
- Psychoeducational assessments
- Consultations, workshops, and training programs for schools and other community agencies

## Message from the Director

Welcome to the first edition of the Family Matters Newsletter. First, I would like to thank our Board of Directors, staff, and volunteers who have committed their time and energy to promoting our overall mission. During 2006, I was able to present to over 150 parents and professionals throughout Central New York on issues related to use of mental health diagnoses and medications with children as well as promoting viable options for families. In addition, there were a few appearances on local television (WIXT-9 and WCNY). During the year, we had internationally known authors and professionals speak at our annual conference and lecture series, which are highlighted inside. 2007 promises to be an exciting year with a number of projects under way, including expansion of our medication-free program, a community building initiative, and new website design. In October we welcome best-selling author Mitch Albom as our featured speaker at our annual Bids for Kids event. In addition, we have experts from across the country presenting at our annual 2 day conference.



## IACAF Awarded Community Foundation Grant

In February 2006, It's About Childhood & Family, Inc. was awarded a \$2500 grant from the International Center for Study of Psychiatry and Psychology (ICSPP) to study medication-free program for parents with children exhibiting ADHD behaviors. In the Spring, 30 families from throughout Central NY participated in education regarding ADHD/medication and parent training sessions.

In December 2006, IACAF was awarded a \$4000 grant from the Central NY Community Foundation to expand the program. Parents are often given inadequate/inaccurate information and limited options, making it extremely difficult for them to make an informed decision regarding the child's treatment. One of our main priorities will be to address this issue. In addition to offering services to more families, educational presentations will also be made at local school districts and parent groups.

# IACAF 2006 Year In Review



## Author David Kirby speaks at O.C.C.



IACAF sponsors David Kirby, Author of *'Evidence of Harm'* (Mercury in Vaccines and the Autism Epidemic: A Medical Controversy) for lecture at Onondaga Community College in August 2006. In *Evidence of Harm*, Journalist David Kirby explores the chilling possibility that a vaccine additive may be fueling an apparent epidemic of autism, ADD, speech delay, and other disorders in America's children. Kirby explores both sides of this controversy, which has pitted families and their allies against the federal government, public health agencies, and powerful pharmaceutical giants. This disturbing, important book examines both the personal stories of families and the unfolding political drama in the courts and halls of congress. *Spectrum Magazine*, the nation's largest and most influential autism publication, named David Kirby as "PERSON OF THE YEAR" for 2005. *Evidence of Harm* was the winner of 2005 Investigative Reporters and Editors Award For Outstanding Investigative Reporting in a Book. The paperback edition has been selected as one of four Reading Group Gold titles for the Winter 2006.

## IACAF Welcomes Author Robert Whitaker

The author of *Mad in America*, Robert Whitaker, presented in Curtin Auditorium of Onondaga County Public Library on October 17, 2006. He has won numerous awards as a journalist covering medicine and science. In the past few years, he has won the George Polk Award for Medical Writing and a National Association for Science Writers' Award for best magazine article (which appeared in *Fortune*). Mr. Whitaker also wrote "The case against antipsychotic drugs: a 50-year record of doing more harm than good." an excellent summary that appeared in the scientific journal *Medical Hypotheses* (Volume 62, Issue 1, January 2004). In 1998, he co-wrote a series on psychiatric research for the *Boston Globe* which was a finalist for the Pulitzer Prize for Public Service.



## 2006 IACAF Conference featuring Dr. Peter Breggin

May 17 & 18 2006 was the 2nd annual conference sponsored by IACAF. Speakers included:

**Peter Breggin, M.D.** - founder of ICSP, author of dozens of scientific articles, professional books (e.g., "Toxic Psychiatry", "Talking Back to Ritalin", "Reclaiming Our Children", "Your Drug May Be Your Problem"), many dealing with psychiatric medication, the FDA and drug approval process, the evaluation of clinical trials, and standards of care in psychiatry and related fields.

**David Stein, Ph.D.** - practicing clinical psychologist and professor at Longwood University (VA). He is also involved in research on effective parenting and has authored five books, including "Ritalin Is Not the Answer". For over 25 years he has conducted workshops providing realistic, practical, and effective alternatives to Ritalin.

**Michael Gilbert, Psy.D.** - director of IACAF. Presented on study evaluating a medication-free approach for parents with children exhibiting ADHD behaviors, which is being conducted by IACAF in Central NY.

**Chris Mercogliano** - a teacher at the Albany Free School for over 30 years and co-director since 1985. His writings have appeared in numerous publications, including journals and newspapers. Chris is the author of "Making It Up As We Go Along" and "Teaching The Restless: One School's Remarkable No-Ritalin Approach to Helping Children Learn and Succeed."

## 2006 Annual Fundraisers



### June 17th 2006 - Golf Fore Kids

Green Lakes Golf Course  
Captain & Crew Format  
Event Chairperson - Dan Gilbert

### November 4th 2006 - Bids for Kids

Marx Hotel and Conference Center  
Silent Auction - Wine Tasting  
Event Co-Chairpersons - Kelly Wheelless & Meghan Platt

## Raise \$ for IACAF with GoodSearch.com



What if **It's About Childhood & Family, Inc.** earned a penny every time you searched the Internet? Now it can! **GoodSearch.com** is a new Yahoo-powered search engine, with a unique social mission... every time you use **GoodSearch**, money is generated for **It's About Childhood & Family, Inc.**

**GoodSearch** donates half its revenue, about a penny per search, to the charities selected by its users. The pennies quickly add up. For example, if 100 IACAF supporters searched just four times a day, we would receive an estimated \$1,460 per year to help fund our programs.

What's great is that you use **GoodSearch** just as you would any search engine. Again, it's powered by Yahoo!, so you get proven, high-quality results.

Just go to [www.goodsearch.com](http://www.goodsearch.com) and be sure to enter **It's About Childhood & Family, Inc.** as the charity you want to support. The more people who use this site, the more money we'll earn so please spread the word!

<http://www.goodsearch.com>

## Research Spotlight - Drug Effectiveness Review Project (2005)

At a time when millions of children are taking drugs for Attention Deficit Hyperactivity Disorder, the most comprehensive scientific analysis of the drugs to date has found little evidence that they are safe, that one drug is more effective than another or that they help school performance. The 731-page report was done by the Drug Effectiveness Review Project (DERP), based at Oregon State University. The group analyzed 2,287 studies - virtually every investigation ever done on ADHD drugs anywhere in the world - to reach its conclusions. Main findings from this review include: "No evidence on long-term safety of drugs used to treat ADHD in young children" or adolescents, and "Good quality evidence ... is lacking" that ADHD drugs improve "global academic performance, consequences of risky behaviors, social achievements" and other measures.

The Oregon State University Drug Effectiveness Review Project is online at [www.ohsu.edu/drugeffectiveness/](http://www.ohsu.edu/drugeffectiveness/)

## BOOKS & WEBSITES

visit [www.iacaf.org](http://www.iacaf.org) for additional resources....

Peter Breggin, M.D. - Talking Back to Ritalin, Toxic Psychiatry, Reclaiming our Children

Grace Jackson, M.D. - Rethinking Psychiatric Drugs

David Stein, Ph.D. - Ritalin is Not the Answer

Robert Whitaker - Mad In America

William Glasser, M.D. - Quality Schools, Choice Theory

[www.icspp.org](http://www.icspp.org)  
[www.breggin.com](http://www.breggin.com)

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## Board of Directors

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EXECUTIVE DIRECTOR  
Michael Gilbert, Psy.D.

## SAVE THE DATES

May 19 2007 Making Tracks for Celiacs  
R.O.C.K'n Upstate

June 16 2007 Golf Fore Kids  
Westvale Golf Course

June 27 2007 IACAF Night at Chiefs Baseball

October 19 2007 Mitch Albom  
Bids For Kids

October 22 & 23 Annual Conference

visit [www.iacaf.org](http://www.iacaf.org) for more information.....