

# Alcohol, drug aid



*Steve Nelson of the Johnson Institute in Minneapolis is in the business of teaching individuals and communities how to talk more openly about their drug and alcohol problems. Nelson was in Old Harbor recently to conduct a workshop. "One of the dynamics of the disease of drug and alcohol addiction revolves around the taboo. . . (that) people don't talk about the problem," he said. "People don't talk about their feelings, so there's a lot of pain. A lot of people are very much alone with it, and I teach people and communities. . . what to do to break those taboos so they can start talking about their pain and loneliness and start helping their loved ones who are in trouble with alcohol and drugs." The Johnson Institute teaches its principles throughout the United States and around the world, said Nelson.*