

NEPENTHE

Newsletter on Drug and Alcohol Issues published by the University of Washington Alcoholism and Drug Abuse Institute and the Washington State University Alcoholism Training and Research Unit

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AN EDITORIAL COMMENT...

For a number of years, the University of Washington and Washington State University have benefited from the provisions of a State law which supports medical and biological research at these two institutions. Funds derived from license fees, penalties, and forfeitures in connection with Class H licenses or licensees are distributed to the two institutions each biennium. At the University of Washington, the *Alcoholism and Drug Abuse Institute* is supported directly by these funds (generally known as *Initiative 171 funds*). Washington State University also conducts a program of research in alcoholism supported through its share of this biennial allocation.

In 1953, the State Legislature established at the University of Washington Medical School "a State Toxicological Laboratory under the direction of the State Toxicologist whose duty it will be to perform all necessary toxicological procedures requested by all coroners and prosecuting attorneys." The Legislature revised its initial allocation of Class H revenue to the two universities to the effect that \$100,000 per biennium would be allocated for ongoing support of the toxicological laboratory.

On March 6, 1976, Governor Dan Evans signed *Senate Bill 3149*. This bill increased the biennial allocation to the State Toxicological Laboratory from \$100,000 to \$150,000 and stated, "the funds so provided shall take priority over disbursements of any other sums from said medical and biological research fund."

In essence, this act will have as a result a \$50,000 biennial decrease in the amount available within the two universities

under *Initiative 171* for medical and biological research in alcoholism.

At both campuses, faculty members who are engaged in alcoholism research are concerned that a very unfortunate solution to the funding dilemma of the toxicological laboratory was taken. Given the severity of alcoholism as a medical and social problem facing the people of the State of Washington, it is unfortunate that the State Legislature would choose to decrease vitally needed research funds in this problem area.

INSTITUTE SPONSORS THIRD ANNUAL SUMMER CONFERENCE

The University of Washington *Alcoholism and Drug Abuse Institute* will sponsor the third annual summer conference, to be held on the University of Washington campus on July 29 and 30 (Thursday and Friday). The title of this summer's conference is *ALCOHOLISM AND OTHER DRUG DEPENDENCIES - 1976: A LOOK AT THE NORTHWEST SCENE*. The purpose of the conference is to bring together researchers and treatment personnel from the Northwest area (Washington, Oregon, Idaho and British Columbia), to share information concerning ongoing research and treatment projects. In comparison to the two previous summer conferences, the 1976 conference will sponsor speakers from the Northwest region, to present symposia and papers on topics of local interest. While the program has yet to be finalized, potential topics include: *research on the fetal alcoholism syndrome; adolescent drinking problems; the Skid-Road alcoholic; a comparison of local treatment programs in the alcohol and drug problem areas; alcohol and drug problems among*

NEPENTHE (ni-pen the), N. (L. Gr. *nepenthes*, removing sorrow: ne-, not + penthos, sorrow, grief) 1. a drug supposed by the ancient Greeks to cause forgetfulness of sorrow; 2. anything causing this state.

selected minority groups; the interface between A.A. and professional workers; current status and evaluation of Senate Bill 29; and other similar topics. The Program Committee will soon be extending invitations to guest speakers to present papers and symposia on the above topics.

Call for Papers. The Program Committee for the 1976 summer conference would like to extend an invitation to all readers of *NEPENTHE* to submit a proposal to present a paper at the July meeting. Original papers may be either data-based or theoretical in nature, as long as they pertain to the general area of alcohol or drug problems. Papers presenting problems or research unique to the Northwest area will be given preference. If you would like to submit a paper for consideration, please submit five copies of a one-page abstract describing your presentation to: Professor Alan Marlatt, Alcoholism & Drug Abuse Institute, 3937 15th N.E., NL-15, Seattle, WA 98195. The deadline for submission of abstracts is June 1. Individuals who submit proposals will be informed of the Committee's action by June 25.

ADAI SYMPOSIA

Dr. Stephen M. Pittel, Director of the Berkeley Center for Drug Studies, will present two symposia at the University of Washington on Friday, May 7, 1976. Beginning at 9:00 a.m. he will speak on "ADDICTS IN WONDERLAND...THE RE-ENTRY PROCESS." At 1:30 p.m. he will present a talk on the subject "THE HIPPIES: THEN AND NOW." Both talks will be held in the Health Sciences Building, Room BB1002. Members of the public are invited.

Dr. Pittel was recently interviewed on the CBS television program "Sixty Minutes" concerning the data which he will be presenting in these symposia.

Research in Progress: *EFFECTS OF VALIUM AND NICOTINE INGESTION DURING PREGNANCY ON OFFSPRING DEVELOPMENT* (Funded, in part, by the University of Washington Alcoholism and Drug Abuse Institute)

Valium (diazepam) is the most widely used tranquilizer in the United States, often taken by pregnant women to reduce pregnancy-related anxieties and tensions. Nicotine, along with alcohol and caffeine, is one of the most widely used, freely available drugs ingested by pregnant women.

While numerous studies have documented the deleterious fetal effects of maternal nicotine ingestion, diazepam has until recently been thought to be relatively benign in its effect on the fetus. However, in 1975 five articles appeared in the

medical literature, all indicating diazepam as a possible teratogen and recommending against its use by pregnant women. One study not only confirmed that diazepam crossed the placental barrier, but found diazepam in a variety of fetal tissues, at concentrations considerably higher than those found in the mother. These concentrations were high enough to be comparable to the levels found damaging to cell cultures *in vitro* in another study. Two studies found significantly higher diazepam use in mothers of infants with cleft lip and palate and at least one animal study showed a higher incidence of fetal resorption, significantly decreased birth weights, and significantly more cleft palates in mouse offspring whose mothers were fed diazepam in large doses on even a single day, or in lower doses on several days.

Although no behavioral studies have yet appeared on the effects of maternal diazepam ingestion, one study on smoking relates heavy nicotine ingestion during pregnancy to reading and arithmetic retardation at seven and ten years. No studies of earlier behavioral deficits in offspring of heavy smokers have been reported, although heavy maternal smoking has repeatedly been related to decreased birth weight of offspring and a higher incidence of stillbirths, miscarriages, and prematurity.

Studies in our laboratories have been concerned with drug and alcohol use by 1500 pregnant women interviewed during pregnancy. Eleven percent of this sample were heavy smokers (daily nicotine use over 16 mg.) and 2% used Valium during pregnancy. Offspring of these women will be compared to controls using the Bayley Scales of Infant Mental and Motor Development plus a battery of observational scales and anthropomorphic measurements in order to study possible early behavioral sequelae to maternal ingestion of diazepam and/or nicotine.

-- Ann Pytkowicz Streissguth, Ph.D.
-- Donald C. Martin, Ph.D.

NCA CHOOSES SEATTLE AS DEMONSTRATION CITY

The National Council on Alcoholism recently announced its choice of the greater Seattle area as one of twelve cities chosen nationally to participate in an occupational alcoholism program development project. The National Council, acting with a grant from NIAAA, has decided to invest approximately a quarter of a million dollars over the next three years in efforts devoted to developing joint labor-management programs within Washington businesses to be responsive to alcoholism among workers. The local project is expected to begin in September, 1976, following the appointment of two principal staff persons.

The original NCA grant application to NIAAA includes the following: *This project calls for the mobilization of the top*

business and union leadership in ten cities as volunteers in the task of influencing their peers in major corporations and unions to adopt and promote employee alcoholism programs. The co-chairmen and members of NCA's Labor-Management Committee will use their peer outreach to enlist co-chairmen for each city--one at the chief executive/chief operating officer level in a corporation, the other an influential labor leader."

Interested individuals are encouraged to contact Ms. Barbara Starr, Executive Director of the Washington State Council on Alcoholism (206 -- 454-3413).

USEFUL REFERENCES CONCERNING OCCUPATIONAL ALCOHOLISM

Recently, several very useful reference works have been published dealing with the field of occupational alcoholism programming. Two of them have been issued by the Human Ecology Institute, 7334 Chapel Hill Road, Raleigh, North Carolina 27607. They are both authored by Becky Hayward and are entitled: "OCCUPATIONAL PROGRAMMING: AN ANNOTATED BIBLIOGRAPHY" and "OCCUPATIONAL PROGRAMMING: A REVIEW OF THE LITERATURE."

Another useful reference work that has recently appeared is edited by Richard L. Williams and Gene H. Moffat. This work is entitled OCCUPATIONAL ALCOHOLISM PROGRAMS and is published by Charles C. Thomas, 1975.

HEROIN USE INCREASES

The recently published "Heroin Indicators Trend Report" indicates that "Heroin use has been getting progressively worse since 1973." Dr. Robert DuPont, Director of the National Institute on Drug Abuse, suggests that while the indicators of increasing abuse are only indirect, "they give a solid data base on the broad national trend of heroin use."

Indicators reported in this publication include:

1. Medical examiner reports on drug-related deaths
2. Emergency room reports on drug-related episodes
3. Hepatitis reports
4. Reports on the drug retail price and purity levels
5. State and local law enforcement reports on drug law arrests
6. Drug abuse treatment program admission records

During the period from July 1973 through June 1975, medical examiners in

24 major metropolitan areas provided data concerning drug-related deaths. Such deaths that were related to heroin rose from 363 during the first quarter of fiscal 1973 to 512 in the last quarter of 1975. With regard to heroin related emergency room episodes in the first quarter of fiscal 1973 there were 4,636; by the last quarter of 1975, there were 6,546.

This report is available free from the National Institute on Drug Abuse, Division of Resource Development, Forecasting Branch, 11400 Rockville Pike, Rockville, Maryland 20852.

Research in Progress: BIOGENIC AMINES AND FUNCTION OF THE BRAINS OF ALCOHOLIC RATS AND THEIR OFFSPRING (Funded, in part, by the University of Washington Alcoholism and Drug Abuse Institute)

Dr. Walter Makous of the Department of Psychology has been funded for his study of: 1) the effect of alcohol on various transmitter substances in the brain; and 2) the effects of cross fostering in offsprings of rats exposed to alcohol during pregnancy. This very important series of studies will attempt to look at the different effects of alcohol on different areas of the brain--research which has been greatly neglected in the past. While other investigators have noted great changes in these transmitter substances in the presence of alcohol, and still others have observed that different brain areas respond differently to alcohol, there is no series of investigations correlating alcohol's chemical changes in different brain areas.

In addition, Dr. Makous will be studying the effects of alcohol administered to pregnant rats on the neurologic development and brain chemistry of the offspring. He will go on to observe the differential effect of alcohol on development of offspring when the mothers only received ethanol during nursing and will also attempt to determine whether or not an enriched environment soon after birth can compensate for some of the slow development observed in the offspring of mothers fed alcohol during gestation or nursing. These studies have the potential of adding to our knowledge of how alcohol manifests its effects on the brain and how the fetal alcohol syndrome may relate to various factors.

CAS "HEADLINER"

The Center for Addiction Services in Seattle has begun publishing a new newsletter with the title: "CAS HEADLINER." Appearing under the editorship of Ms. Carol Defenderfer this newsletter presents information concerning current research issues having to do with addiction, major policy questions (e.g. the use of criminal sanctions vs. decriminalization), information concerning various drugs that are subject to abuse, and current happenings occurring within the Center for

Addiction Services itself.

This newsletter is a valuable addition to the references made available to drug workers and policy makers in the greater King County area. For more information contact Ms. Carol Defenderfer, Editor, Center for Addiction Services, 200 Broadway, Seattle, WA 98122.

ALLIANCE FOR INNOVATIVE EDUCATION

Working on behalf of the Drug Abuse Prevention Office in the State of Washington, personnel from the Human Services Training Institute in Spokane are assisting various individuals and groups in the state to explore several alternatives for skill acquisition and external degrees for workers in this field.

Two meetings of representatives from a number of community colleges and universities, as well as personnel from the Council on Post-Secondary Education and drug treatment agencies, have been held thus far. Preliminary planning is now occurring for a conference to be held this Spring dealing with external degree possibilities within the State of Washington for drug abuse treatment workers.

Interested individuals are encouraged to contact Ms. Jan Monti, Human Services Training Institute, West 1115 Broadway, Spokane, WA 99201

NIAAA RESEARCH PRIORITIES

According to the Chief of Extramural Research for the National Institute on Alcohol Abuse and Alcoholism, a prioritization of research interests has been developed by NIAAA. Albert Pawlowski indicated that the prioritization includes emphasis on the following behavioral and social science investigations:

- The Role of the Alcoholic in his or her Family*
- The Use of Couples or Family Therapy to Treat Alcoholism*
- The Effects of Media on Drinking Habits*
- The Drinking Problems of the Elderly*
- The Reasons Why Women Become Alcoholics*
- The Ritual Use of Alcohol in Different Cultures and Ethnic Groups, e.g. the differences between the Irish and the Jews*
- The Control of Drinking Among Youth, such as ways to get them to drink in a more responsible way*
- The Natural History of the Development of Alcoholism*

Grant applications may be obtained from the National Institute on Alcohol Abuse and Alcoholism, Room 6C-03, Parklawn Bldg., 5600 Fishers Lane, Rockville, Maryland 20852.

Research in Progress: *The Effect of Chronic Alcohol Administration on the Microsomal Ethanol Oxidizing System in Rabbit Livers (Funded in part, by the University of Washington Alcoholism and Drug Abuse Institute)*

Dr. Thomas Hinds of the Department of Pharmacology has been funded for a project which attempts to look at possible pathways for alcohol metabolism in addition to the usually studied systems. Dr. Hinds, in a previous grant from the Alcoholism and Drug Abuse Institute, observed that one of the systems of alcohol metabolism behaved in a manner opposite to that which had been reported in prior research in the literature. He has hypothesized that this metabolic system (the microsomal ethanol oxidizing system in the liver--or MEOS) may behave differently after chronic alcohol administration than it does when alcohol is first given. These findings may have a very important impact on our understanding of alcohol tolerance and the interaction between alcohol and other drugs (such as barbiturates).

UPDATE ON MARIJUANA DECRIMINALIZATION

South Dakota and Minnesota are the latest states to scrap criminal penalties concerning possession of small amounts of marijuana. With the recent signing of new laws by their governors, the two states join Oregon, Alaska, Maine, California, Colorado and Ohio....making a total of eight states thus far to adopt marijuana decriminalization. In both South Dakota and Minnesota jail sentences are replaced by non-criminal fines and violators are issued traffic ticket-like citations instead of being arrested,

Several other states are presently considering marijuana decriminalization bills, including Arizona, Florida, Hawaii, Illinois, Iowa, Kansas, Maryland, Michigan, Massachusetts, New Jersey, New York, Pennsylvania, and Wisconsin. In the Congress, three proposals are still pending from last year. Two bills have been introduced in the House of Representatives: H.R. 561, which calls for removal of all criminal penalties for marijuana possession, and H.R. 6108, which provides for a maximum \$100 civil fine. Both were introduced by Representative Edward Koch (D-N.Y.) with numerous co-sponsors.

In the Senate, the Marijuana Control Act of 1975 (S. 1450) calls for a maximum of \$100 civil fine, and was introduced by Senator Jacob Javits (R-N.Y.) and co-sponsored by Senators Cranston (D-CAL), Brooke (R-MASS), Nelson (D-WIS), Haskell (D-COLO) and Turney (D-CAL).

The Superior Court of Connecticut held on February 24, 1976, that the state's

marijuana law is unconstitutional because it "arbitrarily and irrationally classifies marijuana with far more dangerous drugs"-- the amphetamines and barbiturates. The Court concluded that this classification violated the equal protection provisions of the U.S. and Connecticut Constitutions.

This is the first case to hold that it is unconstitutional to classify marijuana with the amphetamines and barbiturates. The State Supreme Courts in Illinois and Michigan previously held that marijuana cannot constitutionally be classified with the "narcotic drugs."

THE DRINKING AND DRUG PRACTICES SURVEYOR

The SURVEYOR is a newsletter on alcohol and other drug research issues published by the Social Research Group in Berkeley, California. It is primarily intended as "a medium of communication between researchers interested in general population studies of alcohol and other drug practices and problems."

The standard subscription rate is \$5.00 for four issues. Interested individuals should contact the Social Research Group, School of Public Health, University of California, 1912 Bonita Avenue, Berkeley, CA 94704

CALL FOR PAPERS

The International Council on Alcohol and Addiction is currently planning for its 22nd International Institute on the Prevention and Treatment of Alcoholism to be held in Vigo, Spain, June 7-16, 1976. The Epidemiology Section of the ICAA will conduct a series of sessions particularly focusing on two topics:

1. The Relation Between Levels and Patterns of Consumption and the Occurrence of Alcohol Problems at Individual and Aggregate Levels.
2. Alternative Conceptualizations of Alcohol Problems and Their Pragmatic and Ethical Implications

Robin Room, Chairperson of the Epidemiology Section, has recently issued a call for papers for this conference section. For additional information, please write to: Robin Room, Chairperson, Epidemiology Section, ICAA, 1912 Bonita Ave., Berkeley, CA 94704.

DARVON (PROPOXYPHENE) ABUSE

Copies of a paper entitled *Darvon (Propoxyphene) Abuse* authored by Gerard Herrman, Marc A. Schuckit, and William M. Harvey are available from the Alcoholism and Drug Abuse Institute.

NIDA BUDGET UP 11 PERCENT

The President's proposed fiscal year 1977 NIDA budget reflects an increase of 11 percent of federal funds for this problem area. The President has requested that Congress appropriate 247.8 million dollars for drug programs; during 1976, \$222.2 million was the estimated expenditure level.

For both FY 1976 and FY 1977, a significant drop from the expenditure level of FY 1975 (\$283.4 million) is evidenced.

Four specific programs and their budget allocations during FY 1977 follow:

1. Research--Development of new knowledge on the causes, diagnosis, treatment, control and prevention of drug abuse, extramurally through grant and contract support of basic, clinical and applied research, and intramurally through research at NIDA's Addiction Research Center. FY 1977 budget is for \$34 million compared to \$31.6 million in FY 1976 and \$26.7 million in FY 1975.
2. Training -- Support for drug abuse training grants, contracts and fellowships. This budget reflects a phase-out of all training activities except for a national training center and post-doctoral research fellowships. This FY 1977 request is for \$4 million. In FY 1976 the expenditure level was at \$3 million, with the FY 1975 expenditure at \$11.7 million.
3. Community Programs -- Support through project grants and contracts for community based drug abuse treatment and rehabilitation, demonstration and prevention programs; funds allocated to state through a formula grant program. Project grants and contracts in FY 1977 is requested at \$160 million (\$138 million spent in FY 1976; \$193.7 million in FY 1975). For grants to the states, the FY 1977 budget is for \$35 million, compared to the same amount in FY 1976, and \$35.8 million in FY 1975.
4. Management Information -- Support for NIDA staff to plan, coordinate and analyze drug abuse programs. FY 1977 budget request is \$14.8 million compared to \$14.7 million in FY 1976 and \$15.4 million in FY 1975.

SUBMISSION DATE FOR RESEARCH FUNDS

The Alcoholism and Drug Abuse Institute will accept research protocols for funding from members of the University of Washington faculty until June 1, 1976, the next deadline for submission. Information concerning the Small Grants Program and procedures to be used in making application for research funds are available from the Alcoholism and Drug Abuse Institute, (Mail Stop NL-15) 543-0937.

DRUG TREATMENT AGENCY EVALUATION

University of Washington faculty members associated with The Social Welfare Design Laboratory (School of Social Work) have begun work under contract with the Center for Addiction Services to design and implement an evaluation project. This investigation will include ten individual treatment agencies in King County, all of which receive federal funds through contract with the Center for Addiction Services.

Associated with the project at the University of Washington are Roger A. Roffman (Assistant Professor), David Hawkins (Research Assistant Professor), and Thomas Wickizer (Research Associate). Initiated in January of 1976, the anticipated period of the contract will extend through December of 1977. Funded by the National Institute on Drug Abuse, this overall project has as its goal providing timely and adequate feedback to agency administrators and local and state policy makers concerning the efficacy of drug treatment and its cost-effectiveness, with the major purpose being enhanced program planning and development. The overall Director for the project is Mr. Karl Fischer, Director of Research and Planning at the Center for Addiction Services.

NEPENTHE STAFF

Roger A. Roffman, Assistant Professor, School of Social Work, University of Washington, and Aldora Lee, Coordinator of the Alcoholism Certificate Program, Washington State University -- co-editors.
Staff: Jane Ramsey and Edna Glenn

Research in Progress: "NEED PATTERNS RELATED TO THE TREATMENT OF ALCOHOLISM"
(Investigator: Professor Edith Heinemann, School of Nursing, UW)

In this descriptive study, the influence of four factors and selected demographic characteristics of alcoholic clients were investigated for their influence upon completion or termination of a treatment program. These factors were: 1) self concept, 2) social support system, 3) socio-economic status, and 4) physical well being. Self concept was measured by means of the Tennessee Self Concept Scale, social support system by means of a modification of Jourard's Self Disclosure Scale, socio-economic status by means of Hollingshead's Two Factor Index and physical well being by means of a scale of weighted symptoms common to alcohol-related pathology. Included in the study were 184 clients from five different alcoholism agencies in the greater Seattle area. Of these, 25 (13.5%) terminated treatment prior to its completion. Significantly, higher rates of termination were found in persons in the age range 21 to 30, among persons of ethnic minorities, and in people of the lowest socio-economic class. The agency in which a person was receiving treatment also was significantly related to early termination of treatment.

A prominent finding was that clients experienced multiple and serious health problems. Impaired physical health was given as a reason for entering a treatment agency by the majority of clients, and it was related significantly to terminating treatment prior to its completion.

While physical symptoms, ethnicity, youth, low socio-economic status and the agency a person had entered related significantly to termination of treatment, low correlations suggested the influence of other variables upon this behavior, and the need for further study.

--Edith Heinemann

"THE DREAD TOMATO ADDICTION"

(Reprinted from Astounding Science Fiction, February 1958)

YOU MUST agree that the conclusions reached are perfectly logical -- even if somewhat peculiar.

Ninety-two point four per cent of juvenile delinquents have eaten tomatoes.

Eighty-seven point one per cent of the adult criminals in penitentiaries throughout the United States have eaten tomatoes.

Informers reliably inform that of all known American Communists, ninety-two point three per cent have eaten tomatoes.

Eighty-four per cent of all people killed in automobile accidents during the year 1954 had eaten tomatoes.

Those who object to singling out specific groups for statistical proofs require measurements within a total. Of those people born before the year 1800, regardless of race, color, creed or caste, and known to have eaten tomatoes, there has been one hundred per cent mortality!

In spite of their dread addiction, a few tomato eaters born between 1800 and 1850 still manage to survive, but the clinical picture is poor - their bones are brittle, their movements feeble, their skin seamed and wrinkled, their eyesight failing, hair falling, and frequently they have lost all their teeth.

Those born between 1850 and 1900 number somewhat more survivors, but the overt signs of the addiction's dread effects differ not in kind but only in degree of deterioration. Prognostication is not hopeful.

Exhaustive experiment shows that when tomatoes are withheld from an addict, invariably his cravings will cause him to turn to substitutes - such as oranges, or steak and potatoes. If both tomatoes and all substitutes are persistently withheld - death invariably results within a short time!

The skeptic of apocryphal statistics, or the stubborn nonconformist who will not accept the clearly proved conclusions of others may conduct his own experiment.

Obtain two dozen tomatoes - they may actually be purchased within a block of some high schools, or discovered growing in a respected neighbor's back yard! Crush them to a pulp in exactly the state they would have if introduced into the stomach, pour the vile juice and pulp into a bowl, and place a goldfish therein. Within minutes the goldfish will be dead.

Those who argue that what affects a goldfish might not apply to a human being may, at their own choice, wish to conduct a direct experiment by fully immersing a live human head* into the mixture for a full five minutes.

**It is suggested that best results will be obtained by using an experimental subject who is thoroughly familiar with and frequently uses the logic methods demonstrated herein, such as:*

- (a) The average politician. Extremely unavailable to the average citizen except during the short open season before election.*
- (b) The advertising copywriter. Extremely wary and hard to catch due to his experience with many lawsuits for fraudulent claims.*
- (c) The dedicated moralist. Extremely plentiful in supply, and the experimenter might even obtain a bounty on each from a grateful community.*

THE END

-Mark Clifton