

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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BOURNE TO KEYNOTE SUMMER CONFERENCE

Dr. Peter Bourne, Special Assistant to the President and recently confirmed as Director of the White House Office of Drug Abuse Policy, will present the keynote address at the upcoming sessions. Sponsored by the U.W. Alcoholism and Drug Abuse Institute, this fourth annual summer conference has as its theme: "Policy Alternatives in the Control of Alcohol Abuse, Drug Abuse, and Smoking." More than two hundred people are expected to come to the U.W. campus for this meeting, to be held from July 27-29, 1977.

Among the additional speakers will be Dr. Daniel Horn, Director of the National Clearinghouse for Smoking and Health, and Tom Swafford, President of the National Council on Alcoholism. Dr. Lois Whitley, Director of Prevention, and Dr. Richard Bucher, Executive Assistant to the Director, will represent NIAAA and NIDA respectively.

Heroin decriminalization, approaches to minimizing highway accidents and deaths associated with alcohol abuse, reducing the hazard and addictive properties of cigarettes, and several papers concerning the impact of the Uniform Alcoholism and Intoxication Treatment Act will be among the 40 plenary and section papers to be presented. Two panels will be mounted, focusing on perspectives of law enforcement professionals on policy and the use of deferred prosecution in relation to certain offenses.

The conference program is included on the final pages of this issue of *Nepenthe*. For additional information and/or registration materials, contact: Short Courses Registration, (206) 543-9233. The conference fee is \$45. Students may register at the door for \$5.

"MEDICAL COMPLICATIONS OF ALCOHOLISM: DIAGNOSIS, PATHOGENESIS, AND PROGNOSIS"
VISITING LECTURER

Dr. Charles S. Lieber, Professor of Medicine

and Pathology, Mount Sinai School of Medicine, will visit the University of Washington campus on Tuesday, August 9th, as a visiting lecturer. His talk, to begin at 4:00 p.m. in Health Sciences T531, will focus on his research dealing with medical complications from alcohol abuse. The public is invited and there is no fee. Dr. Lieber's visit is sponsored by the Alcoholism and Drug Abuse Institute.

PRESCRIPTION AND NON-PRESCRIPTION DRUG ABUSE IN A SAMPLE OF ALCOHOLIC WOMEN

At the recent National Conference on Drug Abuse meetings held in San Francisco, Liz Morrissey from the Alcoholism and Drug Abuse Institute presented a paper with the above title. The paper was co-authored by Marc A. Schuckit. The following is an abstract of the paper.

Although there are increasing numbers of studies of alcoholic women and of drug abusing women, little data has been presented describing drug use patterns of women who have alcohol-related problems. Existing evidence indicates women are likely to obtain drugs of abuse legally on a prescription basis. It has been hypothesized that alcoholic women would be likely to secure drugs legally for purposes of abuse but this hypothesis has not been systematically investigated.

This paper describes the use of prescription and non-prescription drugs in a series of 300 women interviewed within 24 hours of admission to a county alcohol detoxification center. Over 1/4 of the women had abused barbiturates, amphetamines, or both, and 15% met diagnostic criteria for drug abuse based on the occurrence of major life problems related to drug use. One quarter had obtained drugs of abuse legally, with over 1/2 of the women securing prescriptions for tranquilizers or barbiturates during the same time they were drinking alcoholically. The high incidence of depression (18%) and of suicide attempts (40%) in this sample of women provides evidence of the potential dangers involved in the simultaneous abuse of

Nepenthe (ni-pen-the), n. (1. 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.

drugs and alcohol.

Because women have been found to be 'secret alcoholics,' the identification of these problems in women is rendered clinically more difficult.

Copies of this paper are available by writing to the Institute.

NIAAA POSTDOCTORAL RESEARCH TRAINING GRANT

Dr. Schuckit recently received word that the interdisciplinary program for research training in alcohol and alcohol abuse which was sponsored jointly by ADAI and the Department of Psychiatry & Behavioral Sciences was funded for a three year period. A maximum of four stipends will be available in year one and six each in years two and three. The postdoctoral fellows will come from a variety of health-oriented disciplines including psychology, epidemiology, biostatistics, social work, genetics, biochemistry, anthropology, physiology, and sociology. Each fellow will attend a core curriculum course on the theories of causal factors in alcoholism presented by Dr. Schuckit and the faculty preceptors. Concurrent with this, each fellow will spend two weeks with 2-4 potential faculty sponsors to determine in which research area he or she wishes to be involved. Research seminars under Dr. Martin's direction will consist of discussions and presentations of individual projects. Faculty preceptors who will work with the fellows include Drs. Schuckit (Program Director), Joan Martin (Research Coordinator), Gary Cox (Statistician), Ruth Little (Epidemiologist), John Chiles, Joseph Becker, Douglas Bowden, Jennifer James, Sharon Landesman-Dwyer, Michael O'Leary, Alan Marlatt, Donald Martin, Paul Pastor, Murray Raskind, Roger Roffman, and Ann Streissguth.

NIAAA RESEARCH CENTER GRANT

ADAI, and the Departments of Psychiatry & Behavioral Sciences, Pediatrics, Nursing, Social Work, Epidemiology, Psychology, and Biostatistics have recently submitted a proposal to NIAAA for one of the 4-6 five year Research Centers which they plan to fund this year. The title of the proposal is Center for Studies on the Etiology of Alcoholism & Alcohol Related Disorders, and it would provide research funding for six major faculty projects, provide seed monies for pilot projects for new or young investigators in the field, fund and build a computer system, staff and support a library on alcoholism, provide monies for guest lecturers of national prominence, and fund annual symposia on

relevant topics in the field. Drs. Schuckit, Streissguth, Little and Martin and their fantastic staffs are to be commended for working nights and weekends to get the proposal together with only a few weeks lead-time. In addition, the faculty who submitted individual research projects for consideration all did commendable jobs on very short notice.

NOTES ON RESEARCH IN PROCESS

Recent awards given to U.W. faculty as a part of the Alcoholism and Drug Abuse Institute's small grants program will support a variety of important research studies in the coming months. Each year, a substantial portion of the Institute's budget is reserved for this program which seeks to encourage increased attention to the problems of substance abuse among University researchers. Funds are awarded on the basis of peer review of research proposals in order to ensure that the proposed studies are of high quality and direct relevance to the field. For more information about the small grants program, contact the Institute (543-0937). The following have recently been funded:

ALCOHOL AND NERVE CELLS--The relationship between the effect of alcohol and the dizziness and lack of balance felt by many drinkers will be the subject of a study carried out by Joseph Kimm in the Medical School. He will use an animal model to look at the effect of alcohol on single nerve cells in the vestibular (or balance) area of the brain and the cerebellum.

In a second grant, Drs. John Edwards and R. Morrissey have been funded to study the effect of alcohol on specific nerve cells. The action and extent of damage of alcohol in the nervous system is not well understood, and it is hoped that their research will further knowledge about the electrical and physiological action of alcohol on the intact nervous system.

RELAPSE IN SMOKERS--Drs. Stanton Thalberg and Judith Gordon-Marlatt have received support to investigate methods for stabilizing the effect of programs to help cigarette smokers stop smoking. They hypothesize that the high frequency of relapse to smoking reported in most studies can be lowered by designing a longer treatment program to facilitate alternate ways of handling behaviors other than smoking. A treatment program testing this hypothesis will be established.

ALCOHOL AND THE CELL MEMBRANE--Two investigators from the Medical School, Drs. Edwin Bierman and D. William Erkelens have been funded for an experiment to evaluate the effects of alcohol on cell membranes, especially as regards the

Transportation of lipoproteins. This research has potential importance in furthering our understanding of the action of alcohol regarding the future development of hardening of the arteries or atherosclerosis.

ALCOHOL IN THE AMERICAN REPUBLIC--Dr. William J. Rorabaugh at the Department of History has received support for his analysis of the critical years of 1790 to 1840, during which the consumption of hard liquor, primarily cheap whiskey rose to an unprecedented high before falling sharply under the impact of the temperance movement. It is hoped that some of the lessons learned historically will be of value to our understanding of present-day interactions between alcohol, the American people, and government.

STUDIES OF THE ALCOHOLIC SPOUSE--Sex differences in alcohol progression and adjustment to an alcoholic spouse is the subject of a research project being carried out by two sociologists, Dr. Joseph Weis and Ann Sundgren. This investigation will attempt to gather more information on the "progressive disease" concept of alcoholism and whether or not stages are different for men and women. The investigation is a natural outgrowth of the earlier work done by Joan Jackson at the University of Washington.

DRUG ABUSE & ANESTHESIA--The characteristics of the interaction between barbiturates and opiates like heroin is the focus of a study carried out by Drs. Horita and Andry in the Department of Pharmacology. An animal model will be used to expand upon the recent findings that in certain doses morphine can act as a stimulant, rather than as a depressant. Through studying this paradoxical or unexpected response, the investigators hope to further their knowledge of drug interactions and the mechanisms through which they produce their effects.

I.Q. AND ALCOHOLISM. Drs. Little and Herman of the Department of Psychiatry have received funding to investigate the intellectual and neuropsychological development of children raised by alcoholic fathers. The study will attempt to test the hypothesis of many clinicians that alcoholism in the father is detrimental to child development as far as intellectual and adaptive functioning are concerned.

RELAPSE IN MALE ALCOHOLICS--A prospective long-term study has been funded to evaluate various aspects of return to drinking in a group of male alcoholics. The study is designed to investigate the importance of job stability, family stability, level of assertiveness, aggressiveness level, and hostility level to the maintenance of sobriety. If any variable or combination is found to be a significant determinate of

relapse, it may lead to new treatment and post-treatment techniques which compensate for these problems.

ETHNO-PHARMACOLOGY SOCIETY FORMED

Volume 1, Number 1 of EPS, the newsletter of the Ethno-Pharmacology Society, was issued in the Spring of 1977. Edited by John C. Kramer, M.D., Associate Professor of Psychiatry and Pharmacology at the U.C. School of Medicine (Irvine), the newsletter is to be published quarterly. Membership in the Society, which includes a subscription to the newsletter, costs \$5 per year. Write to: The Ethno-Pharmacology Society, 4181 Brisbane Way, Irvine, CA 92715. The purposes for the Society were described in the following article from its first newsletter issue:

"The Ethno-Pharmacology Society--What and Why?" "When the small group met in the Founders' Room at the University of California Medical Center in San Francisco in May, 1976, our purpose was to establish a society whose objective was to enhance communications among people interested in cultural and historical aspects of drug use. It had become evident that interest in the area had grown. It was evident that the anthropologists and ethnobotanists had been joined by drug abuse specialists, pharmacologists, historians and others as students of the subject. The problem was that members of each discipline were often unaware of work being carried on by people in the others. The new society would help bridge the gaps. The name, The Ethno-Pharmacology Society (EPS) was chosen because it seemed most descriptive.

The work of the society would be to hold scientific meetings and to produce publications--a newsletter almost certainly, a journal if possible. Other activities might follow."

PACIFIC NORTHWEST BELL'S ALCOHOLISM PROGRAM

Alcoholism in private industry has been a major concern of employers for a number of years. It has been estimated that at least one person in twenty currently employed in the private sector has a drinking problem. Companies have dealt with the situation in a number of ways. Some have tried to ignore the problem. Others have been quick to terminate the employee involved. More enlightened companies have developed policies aimed at treating the disease and retaining the employee. A few have provided a permanent in-house counseling service designed specifically to treat the problem. Pacific Northwest Bell has had such a program since 1969.

Gordon Hampton, the Rehabilitation Counselor in charge of Washington and Idaho PNB alco-

holism counseling, described the program as a four-step process. The first stage is one of early detection. Explaining that alcoholism is a progressive disease, Mr. Hampton stressed this point. The main element that is apparent in this first step is education. An effort is made to train supervisory personnel to recognize how deteriorating work performance may be attributed to heavy drinking. In addition to this, a company-wide campaign encourages employees to seek out advice if they feel they may have a drinking problem. Mr. Hampton explained that when the program began, most referrals came through supervisory channels. Now, however, as a direct result of the emphasis on self-referral, many more employees are seeking help on their own.

The second step in the program involves confrontation. Many times a person with a drinking problem denies it until increased pressure makes such a denial impossible. Pacific Northwest Bell's policy reflects the thinking that a necessary step in any treatment plan involves the acceptance of the situation by the problem drinker. It is recognized that the company is in a unique position to influence the employee to accept the problem of alcoholism. The third step involves a genuine offer of help. Assistance is given in directing the employee to appropriate treatment resources. This is usually determined after a comprehensive diagnosis of the problem is arrived at by the Medical Department. Treatment is often covered by the insurance policies held by most employees. Sick leave and disability payments are arranged when possible, and if the employee is without resources, a no-interest company loan can be arranged. An implicit assumption in this process is the idea that the employee is a valuable member of the company. Assurance is given that the position held by the employee will be held open while treatment is in progress.

The fourth major concern in the program addresses the issue of follow-up care. The employee is encouraged to participate in local AA chapters. This policy is based on the assumption that alcoholism is seldom cured. Pacific Northwest Bell recognizes AA as an effective community resource in dealing with this problem. Much of Mr. Hampton's work is concerned with the mechanics of this follow-up approach. Records regarding the employee's work performance are reviewed for 18 months following treatment. If after that period of time evidence supports the conclusion that satisfactory progress has been maintained, the formal rehabilitation service is discontinued. There is, however, an informal network of employees who have been helped by the service and who continue to participate in AA. This informal network offers ongoing support and encouragement for the continued sobriety of the employee. Mr. Hampton was quick to point out that the privacy of the employee is respected at all times. It is only when the private drinking habits of the employee affect his job performance that the company becomes

involved. Through the establishment of the informal network, a more personal support system can be offered.

Mr. Hampton considers the Pacific Northwest Bell program to be a successful one. Of the approximately 250 people who have been through it over the last seven years, over 70% have been judged to be rehabilitated. Since the average person referred to the program has 21 years of experience with the company, this figure of 70% represents a wealth of knowledge and experience that would have been lost to the company had it not been for this program. There are some obvious financial savings represented in these figures. Mr. Hampton, however, felt that the program should also be seen as the fulfilling of a responsibility that the employer assumes when an individual contributes a large portion of his life's work to a company. The program is an active and tangible example of how this responsibility can work both for the good of the company and the welfare of the employee.

ALCOHOLISM TRAINING OPPORTUNITIES AT
SEATTLE UNIVERSITY

Three new courses have been added to the Seattle University Certificate Program in Alcohol Studies, bringing the total to eleven courses taught by alcoholism specialists. The new courses are Alcoholism Schools Workshop, Group Dynamics in Alcoholism Treatment, and Advanced Counseling in Alcoholism.

The Schools Workshop presents methods and skills in teaching Alcohol Information Schools (AIS), Orientation to Alcoholism Recovery (OAR) or Alcohol Depth Education (ADE), and court referral schools for those driving while intoxicated (DWI). It was initiated at the request of graduates of the Certificate program who found that a part of their new duties was to teach these schools.

This and the other two new courses are part of the curriculum being planned for a new Advanced Certificate. They are being added to existing courses on Alcoholism among Minorities, Agency Administration, and a special summer session on alcohol and Youth. Other courses are being planned.

The basic Certificate program is a 20-credit curriculum comprised of a survey (Symposium) course on alcoholism, and courses on Counseling Alcoholics, the Physiology and Pharmacology of Alcohol, the Law and Alcohol, Personal and Social Rehabilitation of the Alcoholic, and two different field experiences.

The Director of the program since its inception in 1973 is James E. Royce, S.J., Ph.D., who has been teaching the survey course (Symposium) since the school year

1949-1950. His address is: Alcohol Studies Program, Seattle University, 12th and East Columbia, Seattle, WA 98122.

KING COUNTY DRUG REHABILITATION EFFORTS

The Center for Addiction Services is an umbrella agency coordinating drug services in King County. The agency seeks to organize existing drug treatment programs into a comprehensive network of services in an effort to eliminate service gaps and prevent duplication. The Center provides a central intake and screening service that attempts to match each client with the appropriate treatment modality. Though the primary objective of CAS is one of referring clients to existing community resources, some direct services are offered by the organization. An example of such a service is the Vocational Rehabilitation Unit directed by Joyce Pipes.

In focusing on the re-entry phase of treatment, the Rehabilitation Unit acts in two capacities. The first can be defined as essentially client-oriented. The purpose here is to provide a basic framework within which the client can begin to identify his vocational objectives, learn how to develop a resume, and become familiar with the major steps in finding and keeping a job. This is accomplished through a workshop format. There are 18 two-hour sessions offered in this program focusing on such topics as client self-assessment, educational testing, interview techniques, survival skills both on and off the job, community resources, sexuality, and nutrition.

The second major function of the Rehabilitation Unit is the coordination of existing community resources. A large part of this effort concerns post-treatment job training and placement. An effort is made to help the client connect up with appropriate community resources based on the client's self-assessment of vocational goals. This may involve the utilization of state or federal programs offering educational opportunities, job training or placement in public programs. An effort is also made in the private sector through such agencies as the King County Cooperative and the United Way.

The Rehabilitation service was begun in 1974. Recent federal guidelines specifying the obligation of treatment programs to provide re-entry plans for their clients has facilitated much of the Rehabilitation Unit's activities. Bob Groeschell, who has recently completed a study for the King County Drug Commission, has highlighted some of the problems that an ex-drug user experiences after treatment. In his review of recent King County drug statistics, he drew a profile of the major characteristics of the treatment

population. He found that most are young, 74% between the ages of 20-34. Seventy-nine percent are unemployed at the time of treatment. Thirty-eight percent are of a minority population, and 60% are male. He combined this data with Labor Department statistics, which indicated that the age group between 18-25 have historically high unemployment rates, to make the point that the employment problems facing clients after treatment are severe.

In his review of recent literature, Mr. Groeschell was able to identify 15 major clusters of problems that lead to the relapse of clients following drug treatment. Both Mr. Groeschell and Ms. Pipes felt that it was crucial for all treatment plans to include from the beginning a comprehensive re-entry procedure. Such a plan would have to address in some way or another the 15 major problem areas that were identified in his report.

Mr. Groeschell recommended that two committees be set up to facilitate the re-entry of all clients that become involved in drug treatment in King County. The first group would be an advisory committee made up of representatives from business, labor, and treatment personnel. This advisory committee would recommend various re-entry policies based on a realistic assessment of community resources and treatment procedures. In the second group, a core committee made up of present CAS staff and representatives from the various treatment communities would be directly responsible for the execution of all re-entry plans. The committee would be involved in the coordination of services and take an active role in initiating the re-entry phase of treatment planning. They would also see to it that follow-up services are provided whenever needed.

Mr. Groeschell pointed out that such a plan would not necessarily cost any more money. He said that there are no less than 153 agencies within King County that could, under existing financial arrangement, provide services to the post-treatment client.

NEW JOURNAL PUBLISHED: "ALCOHOLISM: CLINICAL AND EXPERIMENTAL RESEARCH"

Beginning in January 1977 with the issuance of Vol. 1, No. 1, Alcoholism: Clinical and Experimental Research became one of the newest of professional publications in the alcoholism field. Cited as the official journal of The American Medical Society on Alcoholism and The Research Society on Alcoholism, both component members of The National Council on Alcoholism, the journal is to be published quarterly. Subscriptions may be attained through writing to the publisher: Grune & Stratton, Inc., 111 Fifth Avenue, New York, NY 10003 (\$33 per year

in the U.S.).

Dr. Frank A. Seixas, Editor of the new journal, introduced the first issue with the following comments concerning its purposes:

"In a scientific world glutted by journals, how can anyone presume to bring out an entirely new scholarly journal? Can there be a need for it? Will there be any original and new material with which to fill it? Will anyone read it? The editor, the editorial boards, and the organizations that are sponsoring this journal answer with a resounding yes to all these questions.

Alcoholism is a disease, but it has become fashionable to whisper such words, and to pretend that it does not produce morbidity and mortality, nor that its symptoms do cluster, nor that one can, with profit, study the entire complex, linking it to the action of the drug alcohol on the brain and body of man (which in this sense includes also woman).

Clinicians and experimenters alike require a journal which will focus on those aspects of alcoholism which relate to the clinical world and relate clearly to the actions of alcohol, and in part also to the emotional and physical condition of the host who is affected by it. They require this material in order to improve their acumen in distinguishing the alcoholic from the social drinker, and in moving him to appropriate treatment. They require this information to assess public health proposals. They want this information in solid articles where data are presented that can be examined, that can be statistically sound, and that relate to real problems encountered in the real clinical world.

Alcoholism clinicians recognize many impacts on their world of the world of *belles lettres* in addressing drunkenness and states of ecstasy. They also realize that other drugs are used with alcohol, and have many problems similar to those of alcoholism. They recognize that many alcoholic people have other psychiatric diagnoses, and that alcohol itself affects the psychiatric state. Yet they feel that the number of people with alcoholism is so vast, and the problems of alcoholism in themselves are so monumental, that in concentrating on this section of this field of knowledge, much can be gained.

The journal will represent the American Medical Society on Alcoholism (AMSA) and its views, and also the views of the newly forming Research Society on Alcoholism (RSA). In a larger sense, it will represent also the National Council on Alcoholism, the voluntary health agency of which AMSA is the first component, and RSA at the time of this writing is a budding provisional component, hoping to become a full-fledged component by the time you

read this. *Alcoholism: Clinical and Experimental Research*, however, hopes to be open to new ideas, to scientific imagination, and to those who can seize upon serendipity.

We hope that the limitations which we will impose will guide us toward work that soberly views its responsibility to the human lives which comprise its subject matter. Yes, we are looking for the new and the promising, but no, we are not looking for the facile, the merely witty, or the unthoughtful flash in the pan.

This is a tall order and we hope to lean heavily on our colleagues who are working toward the same goals, and whose expertise in the many special fields of alcoholism is unique.

In this issue, we will be presenting a major series of new papers on the metabolism of ethanol, another on the underemphasized brain damage which alcohol induces, and a special article on psychoanalysis and Alcoholics Anonymous (AA). During the coming year, psychiatric disease and alcoholism, evaluation in alcoholism treatment, the alcoholic physician, and many other topics will be addressed in the round. Some will recognize subjects presented at the annual meeting, and, indeed, these will form the backbone of the journal. However, there is room for a small number of other selected contributions, and we hope you will consider this, when new material, helpful for the field, turns up.

We are competing with nothing but ignorance and we want to be part of helping all in the field to present their wares, as long as those wares be genuine, high quality, and utilitarian. We are trusting you, the reader, to guide us to the best, so that we can all move forward toward the understanding and then the control of alcoholism.

ADAI PAPERS PRESENTED AT NCA CONFERENCE

Several papers describing research findings from work done at the Alcoholism and Drug Abuse Institute were presented at the annual National Conference on Alcoholism meeting in San Diego this past Spring. Reprints are available by writing to the Institute.

"Minor in Possession of Alcohol: What Does it Mean?" -- Marc A. Schuckit and Elizabeth R. Morrissey. The importance of arrests for "minor in possession of alcohol" (MIP) was evaluated through a personal interview with almost 700

adolescents arrested for an alcohol-related problem. Subjects with multiple MIP citations tended to have serious antisocial and drug problems as well as more pervasive involvement with alcohol. A single MIP arrest did not correlate closely with other alcohol-related difficulties. The implications of these findings are discussed.

"The Elderly as a Unique Population - Alcoholism" - Marc A. Schuckit and Paul A. Pastor, Jr. The elderly present a unique picture with regard to alcoholism. While the elderly display a rate of alcohol problems only slightly lower than those seen in younger populations, the special medical and social needs of the elderly can complicate the problem, making diagnosis and treatment especially difficult. In the area of diagnosis, for example, popular diagnostic criteria may be inapplicable to many elderly persons. In addition, many elderly alcoholics, unlike their younger counterparts, first experience alcohol problems later in life. If alcoholism is correctly diagnosed and if accompanying social and medical needs are met, these "late-onset" elderly alcoholics appear to have a good prognosis. We are, however, only beginning to understand mechanisms of and modes of intervention for elderly alcoholism. Far more resources and efforts need to be directed to this heretofore neglected but nonetheless important area.

"The Relationship Between Mothers' Drinking Habits and Childrens' Home Environment" - Arlene S. Ragozin, Sharon Landesman-Dwyer, and Ann P. Streissguth. As part of a larger study, mothers were interviewed during pregnancy about their consumption of alcohol, nicotine, and other drugs prior to and during pregnancy. Sixty infants born to heavy social drinkers, infrequent drinkers, and abstainers were observed at 15 months of age in their homes to determine whether maternal drinking habits during pregnancy were related to quantitative and qualitative differences in the rearing environment of offspring. A standardized observation-interview instrument, the Caldwell Home Observation for Measurement of the Environment, was administered to assess six aspects of environmental stimulation: emotional and verbal responsiveness of the mother, avoidance of restriction and punishment, organization of the environment, provision of appropriate play materials, maternal involvement with the child, and opportunities for variety in daily routine. Home stimulation scores were correlated with scores on the Bayley Test of Mental Development. Since stimulation scores are known to relate to infant and childhood tests of mental functioning, the study will help to separate the relative contributions of prenatal exposure to alcohol and of postnatal

environmental factors to offsprings' intellectual development.

"Effects of Maternal Alcohol and Nicotine Intake on Newborn Behavior" - Sharon Landesman-Dwyer, L. Susanne Keller, and Ann P. Streissguth. Naturalistic observations of 135 newborn were recorded to assess the effects of prenatal exposure to alcohol and nicotine on ongoing behavior and patterns of sleep-wake cycles. The dimensions of behavior recorded in real time and sequence were: eye movements, vocalizations, facial expressions, head position and movements, body movements, tremors, and responses to different modalities of external stimulation. Subjects were observed for 60 minutes in the newborn nursery, and subsequently during the administration of a standardized neonatal examination.

Offspring of heavy social drinkers differed from control subjects in the following areas: amount of REM, tremors, hand-to-mouth activity, head position preference, amount and type of vocalizations, visual alertness, and diversity of behavioral repertoire. In addition, some "at risk" infants had extremely disorganized patterns of behaviors. Prenatal exposure to nicotine appeared to influence activity level primarily, by increasing proportion of time newborns spent in waking states. These findings will be discussed in relation to central nervous system integrity, and possible alcohol withdrawal effects.

LINK BETWEEN PARENTAL ALCOHOL/NICOTINE USE AND YOUTHFUL HYPERACTIVITY?

Drs. Sharon Landesman-Dwyer and Arlene Ragozin, both affiliated with the Alcoholism and Drug Abuse Institute, have proposed a grant to study the possible correlation between parental alcohol and nicotine use and the development of hyperactivity in offspring. The study would be exploratory, since this hypothesis has not been evaluated previously. An abstract of the proposed research follows:

Hyperactivity is a serious, prevalent, and predominantly male childhood behavioral disorder, associated with excessive overactivity, inattentiveness, and difficulties in social adaptation. Little is known about the etiology of this syndrome. However, data confirming a relationship between hyperactivity and increased obstetrical complications, deviant temperamental characteristics in infancy, and minor physical anomalies are indicative of the biological and congenital nature of at least one type of hyperactivity.

Recent retrospective findings that hyperactivity may relate to maternal smoking or to maternal alcoholism are

provocative-since both nicotine and alcohol are known to be prenatal behavioral teratogens in humans. No study, however, has simultaneously assessed the contribution of these two agents to the development of a hyperactive syndrome in children. Thus, the primary objective of the proposed study is to measure the behavioral effects of prenatal exposure to moderate amounts of alcohol and nicotine, alone and in combination.

A prospective, short-term longitudinal design will be used to follow 120 male offspring of women whose ingestion patterns were studied during pregnancy. A group of 30 clinically diagnosed hyper-

active boys will be included for comparison purposes. The primary outcome measures will be continuous behavioral variables derived from detailed naturalistic observations in the home environments, at two ages. Behaviors in semi-structured and free play situations will be compared. Supplemental data will include maternal ratings of temperament and assessment of minor physical anomalies. Also, the postnatal environment and family medical history will be studied, since these factors have been hypothesized to influence the expression of hyperactivity.

"Policy Alternatives In the Control of Alcohol Abuse, Drug Abuse, and Smoking"
Fourth Annual Summer Conference
U.W. Alcoholism and Drug Abuse Institute
July 27, 28, 29, 1977

Tentative Program

WEDNESDAY, JULY 27

8:00 - 9:00 a.m.	Registration
9:00 - 9:30 a.m.	Welcoming Remarks
9:30 - 10:00 a.m.	Keynote (Dr. Peter Bourne)
10:00 - 10:30 a.m.	Coffee Break
10:30 - 11:30 a.m.	Harvey R. Levine "Establishing Criteria for Legislative Classifications of Controlled Substances"
	Paul Whitehead "Knowledge and Public Policy: Priorities in the Control of Alcohol-Related Damage"
	Victor Weingarten Title to be announced
11:45 - 12:45 p.m.	Don Cahalan "The California Alcohol Problem-Minimization Experiment: A Progress Report"
	Gio B. Gori "Reducing the Hazard and Addictive Properties of Cigarettes"
	John C. Kramer "Social Benefits and Social Costs of Drug Control Laws"
12:45 - 2:00 p.m.	Lunch
2:00 - 2:30 p.m.	Major Address (Peter Bensinger) Title to be announced
2:45 - 3:45 p.m.	Michael Rosenthal "Partial Prohibition of Non-Medical Use of Mind and Mood-Altering Substances: What Is Its Place In Their Control and Regulation?"
	Pat Stromberg (Chairperson) Deferred Prosecution Panel
	Captain Clark Elster (Chairperson) Law Enforcement Panel
4:00 - 5:00 p.m.	David T. Kirk "Identification and Control of the Problem-Drinking Driver"
	Ron Bayer "Heroin Decriminalization and the Ideology of Tolerance: A Critical View"
	G. Alan Marlatt "Modeling as a Determinant of Alcohol Consumption: Implications for Presentation of Drinking in Advertising and the Media"

THURSDAY, JULY 28

8:30 - 9:00 a.m. Coffee
9:00 - 9:30 a.m. Major Address (Dr. Daniel Horn) Title to be announced
9:45 - 10:45 a.m. Robert G. Pinco
"Non-Prescription Drug Abuse: A Myth or a Serious Societal Problem?"
Stephen M. Pittel
"Aftercare: Essence or Afterthought?"

9:45 - 10:45 a.m. Philip Richardson
"Controlling Illicit Drug Use Through Increasing Criminal Penalties: The 1973
New York State Drug Laws"
Ronald W. Fagan
"Police Practices on Skid-Row: An Empirical Examination of Erikson's 'Constancy'
Hypothesis"

10:45 - 11:15 a.m. Coffee

11:30 - 12:00 Noon Major Address (Dr. Richard Bucher) Title to be announced

12:00 - 1:30 p.m. Lunch

1:30 - 2:00 p.m. Major Address (Joseph L. Nellis) Title to be announced

2:15 - 3:15 p.m. Andrew M. Mecca
"Criminal Justice Interface: State of the Art and Future Implications"
Roger E. Vogler
"A Policy-Change to Facilitate Self-Referral Among Early Stage Alcohol Abusers"
Andrew Sorenson
"The Impact of Television Commercials for Over-the-Counter Drugs on Pre-School
Children"
Roger Dunham
"The Problem of Selection Biases In Evaluating Alcoholism Treatment Programs:
A Statistical Solution"

3:30 - 4:30 p.m. David J. Pittman
"Barriers to Effective Implementation of the Uniform Alcoholism and Intoxication
Treatment Act"
Charles L. Newman
"Jails and Drug Treatment"
Alfred Crancer, Jr.
"A Proven Approach to Reducing Alcohol Abuse on Highways"
Joanne Harms
"Effects of Mandatory Short Term Jail Sentences on Drinking Drivers"

FRIDAY, JULY 29

8:30 - 9:00 a.m. Coffee
9:00 - 9:30 a.m. Major Address (Tom Swafford) Title to be announced
9:45 - 10:45 a.m. James F. Rooney
"Adolescent Alcohol Use and Problems: Legal, Personal, and Parental Controls"
James P. LoGerfo
"Impact of Formulary Change on the Prescription of Psychotropic Drugs for
Medicaid Recipients in Washington State"
Morton Wagenfeld
"Triangulated Investigations: An Approach for Investigating the Extent of
Heroin Use"

10:45 - 11:15 a.m. Coffee

11:15 - 12:15 p.m. Bradford Greene
"Outbreak and Treatment of Heroin Abuse in SMSA's: Diffusional vs.
Functional Explanations"
Michael Musheno
"The Impact of Decriminalization on Processing for Public Inebriates"
Marc G. Kurzman
"A Plan for Decriminalization of All Controlled Substances Utilizing Education
and Chemical Dependencies Evaluation As Alternatives to Incarceration"