

# 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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## NEPENTHE PUBLICATION SCHEDULE

During the 1978-79 academic year, *NEPENTHE* will be issued on the following dates:

- October 20
- November 17
- December 15
- January 19
- February 16
- March 16
- April 20
- May 18

Individuals or organizations wishing to submit announcements may do so by mailing them to: Editor, *NEPENTHE*, c/o Alcoholism & Drug Abuse Institute, 3937 15th Avenue North East, Seattle, WA 98105, at least two weeks prior to the publication date of the issue in which the announcement is to appear.

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## U.W. ALCOHOLISM & DRUG ABUSE COURSES: 1978-1979

### FALL QUARTER, '78

Nursing 488  
*"Effects of Alcohol in Health & Disease"*

Edith Heinemann, Professor. 3 credits. Intensive inquiry into the effects of alcohol on the total person with emphasis on the physiological effects, utilizing case studies, research reports and audio-visual materials. The focus will be on studying methods used in the assessment of patients, in patient management, and in evaluation of therapeutic intervention. Open to students in other disciplines. (Prerequisite, permission).

Nursing 490  
*"Practicum in Nursing of Alcohol & Other Drug Dependent Persons: Prevention, Management & Rehabilitation of the Acutely Ill"*

Kathleen Smith-DiJulio, Instructor. 2-6 credits. Guided practicum in the analysis of nursing management of persons with alcohol and other drug dependencies. Major components of this course include the critical assessment of patients by means of physical examinations and nursing histories, the implementation and the evaluation of therapeutic interventions in the care and rehabilitation of patients, and an analysis of preventive methods employed with specific groups of people. Weekly conferences provide guidance to learning. Students, in counsel with advisors, will determine the extent of their study by specifying objectives and number of credits. (Prerequisite, permission).

### Nursing 491

*"Practicum in Nursing of Alcohol and Other Drug Dependent Persons During Post-Acute Stages of Illness"*

Nada Estes, Associate Professor. 2-6 credits. Guided practicum in providing counseling experiences for people with alcohol or other drug-related problems. Students will function as primary or co-therapists in the application and evaluation of selected therapeutic interventions. Weekly conferences provide guidance to learning, based on analysis of audiotapes, videotapes, process recordings of students' experiences with clients. (Prerequisite, permission).

### WINTER QUARTER, '79

### Nursing 489

*"Alcohol Problems in Family and Society"*

Nada Estes, Associate Professor. 3 credits. This course focuses on the analysis of significant problems experienced by the family in the presence of alcoholism, with emphasis on socio-cultural and psychological influences and related physiological implications. Theories of prevention and counseling are examined. Case studies and clinical presentations are utilized, and serve to synthesize learning in the process of nursing intervention. (Prerequisite, permission).

### Nursing 490

*(See Fall Listing)*

### Nursing 491

*(See Fall Listing)*

### Social Work 543

*"Psychotropic Drugs in Therapy and in Recreation"*

Roger Roffman, Assistant Professor. 3 credits. This course is intended to provide the practitioner with information concerning the intended and unintended consequences accompanying the use of psychotropic (drugs which change consciousness) drugs, including alcohol. Psychotherapeutic drugs used in medical practice will be considered with the intention of enabling the human services worker to appreciate the role such drugs play in altering client mood and behavior. Attention will be given to the choices of drugs--licit and illicit--as well as patterns of use, as a function of sex, ethnicity, and life stages. (Open to students in other disciplines).

Social Work 532

"Social Work with Alcoholics and Their Families"

Fred Hanneman, Associate Professor. 3 credits. One out of 10 people who drinks alcohol is likely to become alcoholic. Social workers come into constant contact in many settings with clients whose lives are being affected by alcohol. It is therefore essential that social workers become knowledgeable about this disease and its treatment. The objectives of the course are to know alcoholism, to be able to assess where the client is in his/her alcoholism, to become skilled in intervention with the alcoholic and his/her family, and to become familiar with the various treatment resources that exist in the community. (Open to students in other disciplines with permission).

SPRING QUARTER, '79

Nursing 505

"Selected Topics of Psychosocial Nursing: Research Advances in Drug Problems"

Kathleen Smith-DiJulio, Instructor. 2 credits. An in-depth exploration of major theoretical, psychosocial, physiological and legal issues related to prevention of drug problems, drug addictions, and rehabilitation of drug abusers as these relate to major categories of drugs of abuse. The course is conducted as a seminar. Implications for research and health care are scrutinized throughout the course. (Prerequisite, permission).

Nursing 490

(See Fall Listing)

Nursing 491

(See Fall Listing)

Social Work 504

"Social Problems & Social Welfare: Drugs and Alcohol"

Roger Roffman, Assistant Professor. 3 credits. This course provides a survey of major policy issues which have emerged as our society attempts to control the availability and consumption of mood-changing chemicals. While it is not possible in one academic quarter to thoroughly deal with the many political, economic, social, and cultural components associated with the development of policy in this field, we will have the opportunity to consider some of the most important contemporary issues. Some of them include: the economic implications of alcohol and drug-taking, the principal regulatory laws concerning drug and alcohol availability and consumption, pertinent organizations in the public and private sectors, current policy issues facing the national and state governments in regulating drug and alcohol availability and use, and the role of the criminal justice system in controlling use and abuse. (Open to students in other disciplines).

Pharmacy 310

"Drugs in Our Society"

Roy Hammarlund, Professor. 3 credits. This course is designed to develop a general knowledge of drugs and an understanding of their appropriate use. Discussion of drug problems and methods for their control. (For non-majors only).

Pharmacy 311

"Drugs in Our Society: Special Projects"

Roy Hammarlund, Professor. 2 credits. The student undertakes a worthwhile, in-depth project on some aspect of drug abuse prevention or education, and submits a satisfactory report in the form of a term paper on the findings of the study. (For non-majors only. Prerequisites: Pharmacy 310, which may be taken concurrently, and permission).

SUMMER QUARTER, '79

Pharmacy 310

(See Spring Listing)

Pharmacy 311

(See Spring Listing)

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ADAI SMALL RESEARCH GRANTS DEADLINE

The next deadline for U.W. faculty and/or graduate students seeking funding through the ADAI Small Grants program is *OCTOBER 15, 1978*. Guidelines for the submission of research proposals may be acquired from the Institute.

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VAILLANT LECTURE

The Ripley lecture series in the Department of Psychiatry is sponsoring Dr. George E. Vaillant, Professor of Psychiatry at Harvard Medical School. His talk is Thursday, October 19th, from 12:00-1:30 p.m. in T-739, entitled, "Is Alcohol a Symptom or a Disease--the Evidence from Prospective Studies."

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RAINIER OUTREACH & CRISIS SERVICES

According to John S. Tinnea, Director of the Rainier Outreach & Crisis Services, the program has experienced many changes in its eight years of existence. The agency, called The Brotherhood until last year, originally came into existence to treat the "hippie drug scene", and has evolved as the whole drug treatment system has evolved. Once a "crash pad", ROCS is now a professional drug treatment program with a total staff of 15.

The youth program offers presentations on drugs--primarily illicit drugs--to junior and senior high schools. Staff also work with parents offering Parent Effectiveness Training (PET) programs to help open communications in the family.

Among the new services at ROCS is a minority outreach program aimed at reaching minorities other than Blacks. Whereas white and black people have generally taken advantage of drug treatment programs, other minorities (primarily Hispanic, Asian, & Samoan) do not tend to participate. ROCS seeks to understand

(Continued Page 3)

whether people of these cultural backgrounds do not get involved with drugs or refrain from seeking help outside the family due to cultural preferences. Are they seeking help from elders? Do elders have the skills to effectively help with drug problems?

Another new program seeks to help people learn the necessary skills to deal with crisis situations, skills such as knowing how to verbally diffuse a potentially explosive situation.

The Med-Ed Project (Medication Education Project for Seniors), co-ordinated by Jay Schneider, is still in its beginning stages. This project began in late 1977, with the first 6-7 months being spent in research. Currently, eight staff members are assigned to this effort. Recognizing the need for sensitivity in dealing with the elderly and prescription drug-taking, ROCS staffers are not saying that drugs are bad or that doctors make misjudgments. Rather, they stress that sometimes service providers are ill-informed about the needs of the elderly and may not have all the information needed when prescribing medications. Problems may be created, for example, when a patient is seeing several specialists, with each prescribing different drugs that may have unintended and undesirable interactions. Also, elderly clients may not remember the names of other drugs they are taking and therefore neglect to inform the doctor.

During September, ROCS will be issuing a Med-Ed information packet to help focus on some of these problems. The packet will be given to each senior client (60 and over) and will include emergency resource information; a card about the properties of each drug (including over-the-counter drugs, alcohol, and products such as cough medicines) they are currently taking; the do's and don'ts of drug-taking; information to take to the doctor; information to get from the doctor; and a chronology chart containing a drug history of all drugs ever taken and why use was discontinued.

In June of 1978, ROCS began making presentations to elderly clients at places such as senior centers and churches. They hope to teach an awareness of drugs that are commonly used, such as laxatives. The program emphasizes the positive values, acknowledging that at times the elderly client will not buy or use valuable prescription drugs because of the cost.

In training service providers such as doctors, social workers, and nurses, this agency hopes to raise their awareness about the unique needs of the elderly. Perhaps the laxatives prescribed are not needed--the elderly do not need to move their bowels once a day. Also, the elderly do not need 5 hours sleep a night. Perhaps, instead of sleeping pills, they need something to fill their time. The point is to avoid drug usage where possible and to make appropriate referrals to community resources.

In conjunction with these presentations, the project is preparing a Med-Ed handbook for service providers. The book, designed by and for lay people, has been edited by representatives of the professional medical community and should be finished by October of this year.

A brochure on the project should be available by the time this article is printed, and Public Service Announcements are in the planning stages. Further, the agency plans further research activities concerning the elderly and drug misuse. For further information on Med-Ed in particular, or Rainier Outreach and Crisis Services in general, contact: Rainier Outreach and Crisis Services, 4407-A Rainier Avenue South, Seattle WA 98118. Phone: (206)723-1883.

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LIQUOR SALES & REVENUE: 1976-1977

For the first time since Washington State's liquor control system was established in 1934, total revenue exceeded \$100 million in the fiscal year ending June 30, 1977. A net profit of \$72.7 million was realized (7% more than in the previous year), and an additional \$57.8 million in sales taxes were assessed (3.7% higher than fiscal year 1976). Based on the state's drinking-age population, the profit for the state averaged \$43.30 per person.

Of the \$99 million available in fiscal year 1977, the following amounts were distributed:

State General Fund	\$70,285,912.16
265 City Governments	21,596,556.42
39 County Governments	5,405,573.99
DSHS	1,729,269.72
Local Government--	
Rapid Transit	23,221.89

Of the funds going to the General Fund, \$41.7 million went to the common schools. The cities and counties use liquor revenue to help pay for law enforcement, fire protection, and other public services.

In terms of the rates of consumption of alcoholic beverages by residents in the state, the WSLCB estimates the following:

	FY 1977 Sales In Gallons	Percentage Increased Over FY1976	Apparent Adult Per Capita* Consumption In Gallons
<u>Spiritous Liquor</u>	7,369,231	3.49	3.17
<u>Wine</u>	9,801,235	8.30	4.22
<u>Malt Liquor</u>	86,521,203	1.91	37.26

\*Based on an estimated state population of 2,321,990 people who are old enough to consume alcoholic beverages.

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NEW NIAAA/RUTGERS MONOGRAPH:  
BEHAVIORAL APPROACHES TO ALCOHOLISM

Behavioral Approaches to Alcoholism, edited by G. Alan Marlatt and Peter E. Nathan, has recently been published by the NIAAA and the Rutgers University Center of Alcohol Studies. The authors of the twelve papers in this book had initially presented at the 1975 annual conference of the U.W. Alcoholism & Drug Abuse Institute, and later expanded their work for the purposes of inclusion in the volume. In their totality, these contributions represent a comprehensive overview of recent advancements in behavioral studies concerning alcoholism. The volume is available for \$6.00 from:

Publications Division  
Rutgers Center of Alcohol Studies  
P.O. Box 969  
Piscataway, New Jersey 08854

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THE CHEMICAL DEPENDENCY PROGRAM

The Chemical Dependency Program, a small community alcohol agency offering individual counseling, a variety of groups, and a drug and alcohol information series, has been serving the gay community for four years. Although the program originally had a more general counseling focus, it is now certified by the state as both a drug treatment and alcohol program with emphasis on addressing the unique needs of women and sexual minority people. The agency "offers treatment to gay people as human beings who have problems with alcohol/drugs, not sexual treatment orientation," providing the positive support their clients don't get in the general population.

Sexual minorities make up 95% of the agency's clientele, with women and men equally represented. However, the percentage of women seems to be rising. Non-gay women, and sometimes non-gay men, also use the agency. Each person contracts with the counselor for the treatment he/she will receive. Approximately 10% of their cases are court-referred. The program's six full-time staff members provide chemical-free outpatient treatment, comprised of several phases. During the first phase, the client has individual counseling with a particular counselor and attends support and information groups. Emphasis is changed quickly, however, so that the person is less dependent on individual counseling with more time being spent in problem-solving groups. Emphasis is on clients being members of a program, not clients of a particular counselor.

The agency at present is serving 75-80 people per week. Counselors are busy and few people miss their appointments. Although the clientele is generally at poverty level, increasing numbers of middle-class clients are seeking service.

The counseling programs are funded by two different sources. An NIAAA grant funds the alcohol project, while the drug project is funded by the King County Division of Human Services. The agency also provided outreach and educational services.

Fees are based on a sliding scale, and no one is refused service due to inability to

pay. In addition, group educational sessions are held each week which are open to all interested persons. For more information, call 323-8992, or write to the Chemical Dependency Program, 1812 E. Madison, Seattle, Washington 98122.

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ADAI PUBLICATIONS

The ADAI recently published two bibliographies of interest to researchers and students. Copies can be obtained by contacting the ADAI, 3937 15th Avenue N.E., NL-15, Seattle, Washington 98105. Telephone: (206) 543-0937.

These are:

Smoking During Pregnancy: A Bibliography.  
By Sharon Landesman-Dwyer (Department of Psychiatry), Irvin Emanuel (Department of Epidemiology & Pediatrics), & Susanne Keller (Department of Psychiatry). ADAI Technical Report No. 78-15.

and

Fetal Alcohol Syndrome & Teratogenic Effects of Alcohol: A Bibliography.  
By Ann P. Streissguth (Department of Psychiatry). ADAI Technical Report No. 78-16.

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ADAI REFERENCE LIBRARY

The ADAI has a reference library for the use of its staff and other investigators and students of alcohol and drug problems. The collection currently numbers approximately 350 books and 40 journals and newsletters (and growing). Donations of books and journals (or journal reprints) in the areas of alcohol and drug abuse, especially those published by UW researchers, are gratefully accepted; any recommendations of titles which should be purchased for the library are also welcome.

ADAI librarian, Nancy Sutherland, is on hand to assist in finding information and in use of reference materials. She is familiar with the ins and outs of the UW library's collection of alcohol and drug abuse materials, and can provide special reference and bibliographic services to faculty and students. Contact Ms. Sutherland at the ADAI (543-0937) with questions about alcohol and drug literature, or suggestions for library acquisitions.

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NIAAA ASSOCIATE DIRECTOR  
URGES INCREASED RESEARCH FUNDING

G.C. Salmoiraghi, the Associate Director for Research at the NIAAA, has recently advocated an annual national expenditure for alcoholism research of \$270 million at a minimum. Speaking before the Interagency Committee on Federal Activities for Alcohol Abuse and Alcoholism, Salmoiraghi declared that there was a "gross imbalance" in the manner in which the federal government funds research in different problem areas. He contrasted the \$16.1 million currently appropriated for NIAAA research with the \$2.7 billion allotted to cancer, heart, dental, and

other research programs within the National Institutes of Health. Given the indications that from 10% to one-third of the nation's health care costs can be directly attributable to alcohol abuse and alcoholism, Salmoiraghi urged that a greater research investment in this area be made. He suggested that the funding of alcoholism research be--at a minimum--10% of the total federal health research investment.

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SURVEY OF ALCOHOLICS ANONYMOUS MEMBERSHIP

The results of a 1977 worldwide survey of the membership of AA were recently reported in Warsaw at a meeting of the International Congress on Alcoholism and Drug Dependency. Reported by Dr. John L. Norris, Chairman Emeritus of the AA Board of Trustees, the survey found that there had been a major increase in the percentage of young people joining AA. There was also a continuation of the trend for more women to become members of the organization.

This research is the fourth conducted by AA since 1968 and included a sample of 17,000 AA members drawn from the United States, Canada, Finland, West Germany, France, and Latin America.

Whereas individuals aged 30 or under comprised 7.6% of the AA membership in 1974, the current survey found 11.3% of AA members falling within this age category. The proportion of women in AA was 22% in 1968 and has risen to 29% in 1977. Nearly one-third of the AA members who have joined the program since 1974 have been women, an indication that the trend in increased representation of women is likely to continue.

This survey also examined the extent to which addiction to other drugs characterized the members in AA. It was discovered that 18% of AA members indicated that they had been addicted to a drug other than alcohol. Forty-three percent of the individuals under the age of 30 indicated such an addiction (28% of women and 14% of men).

It also appears that the referral patterns into AA from outside counseling and treatment agencies have been increasing. Twenty-four percent of the new AA members entering since 1974 had been referred by counseling and treatment agencies. This is a significant increase over the 14% who had been so referred prior to 1974.

Norris reported that about half of those who enter AA do not remain for the traditional 90 days of regular meetings. Approximately 50% of those who do remain involved for that first 90 day period eventually stay sober for the following year.

The North America growth rate of AA membership appears to be increasing by about 9% annually. It is believed that more than one million alcoholics have achieved sobriety through AA, with the membership of U.S. and Canadian groups being approximately 404,000 people in 1977 (the 1974 membership was 331,000). Additional information concerning this survey can be obtained by writing to:

The General Service Board  
Alcoholics Anonymous  
P.O. Box 459  
Grand Central Station  
New York, NY 10017

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FEDERAL FUNDING FOR ALCOHOLISM  
IN THE STATE OF WASHINGTON

A recent study conducted by Macro Systems, under contract with NIAAA, was designed to provide a comprehensive analysis of federal agency activities pertaining to alcohol abuse research, prevention, treatment, and training. The study reviewed funding programs conducted in 22 federal agencies and indicated that a total of 2,115 active projects had been conducted in fiscal year 1977. The total federal dollar amount for these activities was \$313.3 million in fiscal year 1977. It is believed that this is an underestimate, since there are significant alcoholism funding programs conducted by the military, federal employee alcoholism programs, the Social Security Administration, and the Health Care Financing Administration--none of which were included in this research. Therefore, the \$35.8 million spent by the Armed Services to combat alcoholism is not represented in these figures.

The State of Washington benefited to the tune of \$7,372,000 in fiscal year 1977. \$3,947,000 of that total amount came from NIAAA, with an additional \$991,000 coming from the National Institute on Drug Abuse. \$235,000 was allocated by the National Institute of Mental Health and \$68,000 was budgeted by the National Institute of Arthritis, Metabolism, and Digestive Diseases. A total of \$273,000 came into this state from the National Institute of Child Health & Human Development, and \$490,000 was budgeted by the Rehabilitation Services Administration. The Veterans Administration reports spending \$1,290,000 in the State of Washington in fiscal year 1977 and the Department of Transportation targeted \$48,000 for expenditure in this state. Finally, the Law Enforcement Assistance Administration budgeted \$26,000 for activities dealing with alcoholism in the State of Washington for the fiscal year 1977.

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UPCOMING CONFERENCE:  
WOMEN IN CRISIS

The first national "Women in Crisis" conference will be held at the Americana Hotel in New York City from May 17-19, 1979. The full title of the conference is "Women in a Multiple Bind: Women and Mental Health, Women and Alcoholism, Women and Drug Abuse, and Women and Justice." The conference is sponsored by the Project Return Foundation as well as the School of Social Welfare, State University of New York at Stonybrook. For information, contact: Jane Valez, Conference Administrator, "Women in Crisis", 444 Park Ave. S., New York, NY 10016.

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