

REPORT

Newsletter on Drug and Alcohol Issues published by the University of Washington Alcoholism and Drug Abuse Institute

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ADAI TO DEVELOP TRAINING PROGRAM

The Alcoholism and Drug Abuse Institute has been awarded a contract by the Department of Social and Health Services to develop a model training program for community health professionals in medicine, nursing, social work, pharmacy, and public health. The program is the first of its kind in the state. It will focus on detecting alcohol and drug abusers and motivating them to deal with the problem, using community treatment resources.

The program is being designed jointly by university and community professionals from each discipline. Dr. Robert Hillman, a hematologist and specialist in health education, will co-ordinate the committee which is composed of Dr. Peter Coggan, from the U.W. and Dr. James Smith of Schick's Shadel Hospital in the area of medicine; Nada Estes (U.W.) and Sandy Ciske (Northwest Treatment Center) for the Nursing Program; Roger Roffman (U.W.) and Lorie Dwinell (Madison Therapy Associates) covering Social Work; Dr. Joseph Romano (U.W.) and Evelyn Benson (Mission Pharmacy) in the Pharmacy Program; and Dr. Mary Durham (U.W.) and Betsy Bryant (V.A.) in the area of Public Health.

Workshops, planned in Seattle, Tacoma, Yakima, and Spokane, will be conducted by practitioners from the local community and U.W. faculty, and will cover techniques of identification and referral, treatment protocols, legal issues, and working with the family. As a permanent reference for the training, a resource book will be developed, containing services available in each geographic area, including all state-approved treatment facilities and Alcoholics Anonymous.

While the training program will supplement education of U.W. students, its main goal is to stimulate continuing education of professionals already in practice, helping them to deal efficiently with the alcohol or drug-abusing patient.

*** PROGRAM EVALUATION WORKSHOP ***

The ADAI will present a two-day workshop on the evaluation of alcoholism and drug abuse treatment programs this spring. The date was previously released as April 9-10, but has been re-scheduled for MAY 7-8, 1981.

Faculty will include: Marilyn Bergner, Associate Prof. of Health Services at U.W.; Jack Mahler, Executive Director of Northwest Treatment Center; Catherine McIntyre, Evaluation Co-ordinator of the U.W. Pregnancy and Health Program; Paul Macbeth, Ph.D., Clinical Director of Human Services

Associates Inc, and Elizabeth Morrissey, Acting Asst. Prof. and Research Scientist for the ADAI.

Participants should bring problems from their own agencies to be worked through and discussed, and will receive a two-volume manual on evaluation of treatment programs for future reference. Extension credit will be available.

For more information, contact Elizabeth Morrissey at the Alcoholism and Drug Abuse Institute, (206) 543-0937.

ALCOHOLISM AND DRUG ABUSE IN THE
NORTHWEST: DEVELOPING PREVENTION
STRATEGIES

Dr. Elizabeth Morrissey and Prof. Roger Roffman are co-coordinating a skill-building conference that focuses on special populations, (youth, women, elderly, minorities) curriculum development, intervention in the schools, media, and working with families. It will be sponsored by the ADAI on September 17-18, 1981.

The conference is designed to provide a forum to discuss and/or demonstrate the latest primary and secondary prevention strategies, with researchers and prevention specialists presenting the results of their efforts to implement and evaluate the impact of programs. The format will allow for panel presentations, short workshops, (three to four hours) and individual papers.

Preference will be given to submissions which describe the components of a prevention program, discuss useful strategies in program implementation, or present results of an evaluation of a prevention effort.

Those wishing to participate as presenters should submit the following information to the institute by APRIL 1, 1981: a. names, titles, addresses of presenters; b. type of presentation (individual paper, panel, or workshop); c. length of presentation; d. presentation title and brief description of content (250 words or less.)

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**** ADAI RESEARCH FORUMS ****

"Approaches to Problems in the Evaluation of Alcoholism Treatment" is the title of the forum for March. Dr. Enoch Gordis, director of the Elmhurst Hospital Alcoholism Treatment Program, and Professor of Clinical Medicine at Mt. Sinai School of Medicine, will be the guest speaker. Dr. Gordis will discuss such problems as unreliability of reports of alcohol consumption, high attrition rates, and methods Elmhurst has used to analyze the outcome of their patients and program.

The forum will be held from 3:30 to 5:30 in the U.W. Health Sciences Building, room T-530, on Thursday, March 12, 1981.

In May, the Institute is presenting "Premature Aging, Alcoholism and Recovery." The speaker is Oscar A. Parsons, Ph.D, of the Oklahoma City Center for Alcoholism and Drug Related Studies, and Vice Chair of the University of Oklahoma's Department of Psychiatry and Behavioral Science. Dr. Parsons will cite work from the laboratories and comment on the characterization of alcoholic deterioration as premature aging in the central nervous system.

It will meet from 3:30 to 5:00, Thursday, May 7, 1981, in Health Sciences room T-733.

Report From China....

A source for alcohol-related problems is the banquets where beer, wine, and mao-tai (60-70% alcohol) are used for frequent toasts. As one Chinese colleague put it, "China does not have alcoholism, but it does have a mao-tai syndrome! "

ADAI SMALL GRANTS AWARDS

From October 1980 Review Session

Drugs of the benzodiazepine family are among the most heavily prescribed chemicals in history. Dr. Arthur Camerman, (Medicine and Pharmacology) was awarded a grant directed to determine what the basic mechanisms of action are in benzodiazepines, and which molecular features are responsible for each of their different pharmacological activities: anxiolytic, hypnotic, muscle relaxant, and anticonvulsant.

"Social Drinking and Cognitive Performance" is the title of a grant awarded to Dr. Earl Hunt (Psychology) and Dr. Peter Coggan, (Family Medicine). The project will examine drinking patterns and measures of cognitive performance both currently and early in adult life.

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The quality of mother-infant attachment appears to be a powerful developmental event influencing the child's social and cognitive growth. Dr. Cynthia S. Herman, Shari Dunkleman, and E. Louise Phillips of the Pregnancy and Health Program have received an award to study the attachment process in families where maternal alcohol use is a concern.

A morphometric facility is being established to quantitate changes in the brain. Dr. J.W. Sundsten and Dr. J.W. Prothero (Biological Structure) have received funding for an experiment with this facility and normal post-natal rats, 1-4 weeks old. The results are expected to have an important bearing on the morphological basis of the neurological findings in the human infant Fetal Alcohol Syndrome.

Progress of Alcohol-Related Bills at December's Session of Congress

<u>Continuing Appropriations</u> (H.J. Res. 644)	Maintains funding for NIAAA and NIDA through June 5, 1981.	Passed by Congress Dec. 15, signed by President Dec. 16. (Public Law 96-536)
<u>Warning Labels</u> (HR-8047) (Brown)	Would require warning labels on alcoholic beverage containers.	Introduced by Rep Brown, who plans to reintroduce in 97th Congress.
<u>Renewal of NIAAA Program Authorities</u> (S-440)	Extends authorizations for NIAAA for two fiscal years; Authorizes National Commission on Alcoholism and Other Alcohol Related Problem.	Signed by President Jan. 2. (Public Law 96-180)
<u>Budget Reconciliation</u> (HR-7765)	Extends Medicare coverage to alcohol detoxification in free-standing facilities.	Signed by President Dec. 5. (Public Law 96-499)
<u>Renewal of NIDA Program Authorities</u> (S-544)	Extends authorizations for NIDA for two fiscal years.	Signed by President Jan. 2. (Public Law 96-181)

ANDERSON SPEAKS AT NOVEMBER FORUM

Dan Anderson, director of Hazelden Treatment Center, spoke at U.W. Health Sciences Building on November 14, 1980, on the topic of Applied Research in Chemical Dependency. After admitting his personal bias to comprehensive alcoholism treatment as opposed to behavior modification, straight psychiatric care, or short-term detoxification, Dr. Anderson outlined what he sees as the greatest future needs in the field.

His main concern was for a common language and a standard set of terms, beginning with the concept of alcoholism itself. There is now a vast discrepancy in the once synonymous terms alcoholic and problem drinker. Each treatment facility and research institute may have their own definitions, and because of this, he warned, information is rapidly growing ambiguous.

Dr. Anderson also noted the necessity of standardized descriptions of service programs and standard assessment schedules for admission to treatment centers. The length of detoxification, the subsequent programs and what help they should offer, should all fall into a common, comparable structure, he said; at this time, they do not. Anderson warned against comparative data, saying that first, treatment centers have to agree on what normal drinking is, then standardize their assessment skills. Hazelden, for example, uses the Killsey-Pomeroy technique to discern honest answers, usage patterns, alcohol and drug history. But another treatment center may have entirely different techniques, terms, and methods for measuring a patient's progress, and this can lead to confusion when studying what is most effective or developing new treatment programs.

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SMALL GRANTS DEADLINE

Grants ready for review in spring must be turned in no later than MARCH 1st, 1981. Grants for the summer review session are due at the Institute by JULY 1st, 1981.

There are still a few openings in the March 13, 1981 Workshop on Aging and Drug Therapies. The workshop leader is Joy B. Plein, Ph. D, Professor in U.W.'s school of Pharmacy. The workshop is scheduled from 9:00 a.m. to 4:00 p.m. in HUB 309. For more information, contact the Alcoholism and Drug Abuse Institute, (206) 543-0937

NEW BOOKS IN THE ADAI LIBRARY

- ALCOHOLIC KORSAKOFF'S SYNDROME by Nelson Butters and Laird S. Cermak. New York: Academic Press, 1980
- ALCOHOLIC WOMEN IN TREATMENT by Eileen M. Corrigan. New York: Oxford University Press, 1980
- BIOCHEMISTRY OF ALCOHOL & ALCOHOLISM ed. by LJ Kricka and PMS Clark. New York: Halstead Press, 1980
- BIOCHEMISTRY AND PHARMACOLOGY OF ETHANOL, VOL.S 1 and 2 ed. by Edward Majchrowicz and Ernest P. Noble. New York: Plenum, 1979
- DRUG AND CHEMICAL RISKS TO THE FETUS AND NEWBORN ed. by RH Schwarz and SJ Yaffe. New York: Alan R. Liss, Inc., 1980
- DRUGS AND THE YOUTH CULTURE ed by Frank R. Scarpitti and Susan K. Datesman. Beverly Hills: Sage, 1980
- DRUGS, RITUALS, AND ALTERED STATES OF CONCIIOUSNESS ed. by Brian M. DuToit. Rotterdam: AA Balkema, 1977
- ESCAPE FROM CUSTODY by Robert Strauss. New York: Harper & Row, 1974
- MARIJUANA RESEARCH FINDINGS: 1980 ed by Robert C. Petersen. Rockville: NIDA, 1980
- PHARMAKOKINETICS OF PSYCHOACTIVE DRUGS ed by L.A. Gottschalk and S. Merlis. New York: SP Medical Publications, 1976
- SUBSTANCE ABUSE AND PSYCHIATRIC ILLNESS ed by Edward Gottheil; A.T. McLellan and K.A. Druely. New York: Pergamon Press, 1978
- THE TRANQUILIZING OF AMERICA by Richard Hughes and Robert Brewin. New York: HBJ, 1979
- ALCOHOL AND DRUG PROBLEMS IN WOMEN ed. by Oriana J. Kalant. New York: Plenum, 1980
- QUANTITATIVE EXPLORATIONS IN DRUG ABUSE POLICY ed by I ving Leveson. New York: SP Medical Publications, 1979
- MARIHUANA: THE FIRST TWELVE THOUSAND YEARS by Ernest L. Abel. New York: Plenum, 1980
- HEROIN, DEVIANCE, AND MORALITY by C.W. Lida and A. L. Walker. Beverly Hills: Sage, 1980

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Dan Anderson (cont.)

Anderson appealed to researchers, calling for more information on measuring ego development in recovery, and the concept of loss of control. He also pointed out that for an illness characterized by denial, we have no information on the subject. He asked for studies on the special needs of women alcoholics; whether their self-esteem was generally lower than men, and what might be the most effective method of treating the differences.

In Anderson's opinion, the most underserved categories are youth, minorities, women, gay/lesbian population, rural alcoholics, physically handicapped people, and chemically dependent mentally ill.

Other areas he mentioned for possible research were learning disabilities, (possible correlations between marijuana use and dyslexia,) and the concept of the will. "We study disturbances of the emotions," he said, "we study disturbances of the physiology, we study disturbances of the emotions--can we study disturbances of the will?"