

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

ISSUE NO. 8

OCTOBER, 1975

With this issue, *NEPENTHE* goes into its third year of publication and looks forward to a readership of approximately 1,000 individuals in the State of Washington. As has been the case in the two years past, *NEPENTHE* is published cooperatively by the University of Washington Alcoholism and Drug Abuse Institute and the Washington State University Alcoholism Studies Program. This latter organization in May, 1975 initiated publication of a second newsletter, "News About Alcoholism in Washington State," which will deal quite specifically with service delivery and policymaking issues and events in this state. The two universities hope that in their collaboration on these two newsletters, information that will be timely and useful to a variety of individuals whose interests lie in the fields of alcoholism and other drug dependencies will be available and will be read. We invite your feedback and response.

"Effects of Maternal Alcohol Intake on Newborn Sleep and Behavior" -- Sharon Landesman-Dwyer, Dept. of Psychiatry & Behavioral Sciences.

"Investigations of Naloxone at an Ethanol Antagonist" -- Stephen C. Woods, Ph.D., Depts. of Psychology and Medicine

"Alcohol-elicited Pica: A New Behavioral Assay of Toxicosis, Tolerance, and Physical Dependence in the Rat" -- Denis Mitchell, Dept. of Pathology.

"Reversibility of Cognitive Deficit and Psychosocial Functioning with Abstinence in Recovering Alcoholics" -- E. J. Schau, Ph.D., M.R. O'Leary, Ph.D., and W. H. Hague, M.D., Department of Psychiatry and Behavioral Sciences.

"Alcoholism and Social Behavior" -- Shirley Feldman-Summers, Ph.D., Department of Psychology.

CURRENTLY FUNDED RESEARCH INVESTIGATIONS AT THE UNIVERSITY OF WASHINGTON

Approximately \$50,000 was awarded to eight scientists at the University of Washington by the Alcoholism and Drug Abuse Studies Board in June, 1975. Funds for this research are intended to support both basic and applied studies in the physical and social sciences which pertain to alcoholism and other drug dependencies. The following studies have been recently funded:

"Cerebellar Mechanisms in the Development of Physical Dependence to Sedative-Hypnotic Drugs" -- Lawrence M. Halpern, Ph.D. and Diane Andry, Ph.D., Department of Pharmacology.

"Analysis of Opposite Effects of Peripherally versus Centrally Administered Amphetamine on Central Nervous System Function" -- Douglas M. Bowden, M.D., and Robert O. Friedel, M.D., Dept. of Psychiatry & Behavioral Sciences.

NOTES ON RESEARCH IN PROGRESS: NEWBORN SLEEP AND BEHAVIOR AS EFFECTED BY MATERNAL ALCOHOL INTAKE

Dr. Sharon Landesman-Dwyer, an Instructor in the Psychiatry and Behavioral Sciences Department at the University of Washington, is currently conducting a research investigation with funding from the Alcoholism and Drug Abuse Institute.

This study, being conducted in collaboration with the ongoing pregnancy and health study at the University of Washington School of Medicine, is providing the first observations of sleep-wake patterns and behavioral responses to environmental events in newborns. Up until now, little has been known about the effects of maternal alcohol intake on the neuro-behavioral development of offspring.

Seventy-two neonates (36 whose mothers drank heavily prior to or during pregnancy and 36 whose mothers drank little or not at all) are being observed on the second day of life for five hours. Basic behavioral states, recognized as reliable and valid measures of individual differences throughout infancy, are being recorded continuously. In addition, specific

Nepenthe (ni-pen thi), 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.

behavioral responses to a variety of stimuli are being recorded whenever they occur. These detailed naturalistic observations will be analyzed in terms of known facts about central nervous system organization and maturation in early life.

RESEARCH PROJECTS BEING CARRIED OUT BY THE ALCOHOLISM AND DRUG ABUSE INSTITUTE

The Alcoholism and Drug Abuse Institute has three basic research goals: the stimulation of good research in the drug and alcohol field at the University of Washington, similar stimulation of the alcohol and drug treatment communities, and production of high quality research within the Institute. The program of investigations being carried out by the Institute staff directly or indirectly foster each of these three goals.

The research group within the Institute consists of the Director, Marc A. Schuckit, two Research Associates, a Research Technicians, and four work/study students. Together this group represents experience in the disciplines of psychiatry, sociology, social work, psychology and anthropology. The projects being carried out include both alcohol and drugs and range from clinical investigations to laboratory work.

Research training in an inherent part of all projects. Several basic clinical descriptive studies are being carried out with the clinical staff of alcohol and drug treatment centers. The clinicians work with the research staff of the Institute to help develop questionnaires, interviews, or other data collection instruments to be used in answering important clinical questions. The impetus for beginning these clinical studies usually came from the treatment center themselves through discussions during visits of the Institute staff to facilities in the community.

Research training on the campus is progressing through work with work/study students from various fields. In addition, volunteers from both the community and campus participate in studies and have the opportunity of learning how research is done by actually doing it.

One series of laboratory experiments involving self-administration of drugs into the brain in rats is being carried out. These studies, involving both morphine and alcohol, grew out of clinical observations which led to avenues of research on a number of biochemical fronts which could only be studied within an animal model. Data from the animal experiments will in turn be used to generate ideas for more clinical investigations which will hopefully enhance the future quality of treatment efforts.

Current Institute research projects include: a study of the interaction of drug use, alcohol use, academic performance and psychiatric illness in a group of college students; an outline of the general characteristics and levels of psychiatric illness in a sample of adolescents referred by courts to a community alcohol

treatment center; a series of studies looking at possible morphine or alcohol receptors in the brains of rats; a prospective investigation of alcoholism in individuals age 65 and over; a study of alcohol and psychiatric histories of women on Skid Road; an investigation into the interrelationships of psychiatric illness, drugs, alcohol, and crime; development of a short form of the Quantity/Frequency/Variability Alcohol Index developed by Cahalan; a look into the interaction between self-concept and drug use in a college group; the psychiatric and historical characteristics of a large series of individuals presenting for treatment for drug abuse; and the prediction of alcoholism through family history and historical data in a population of young men. Other studies are currently in the planning stages and the Institute staff are eager to expand work with interested individuals in both the University and treatment communities.

We hope to report progress and selected data from these studies in future issues of *NEPENTHE*. It is hoped that our multi-disciplinary Institute staff will be able to make important contributions in the fields of alcoholism and drug abuse while teaching other individuals basic research skills.

THE AUGUST, 1975, DOMESTIC COUNCIL DRUG REVIEW TASK FORCE REPORT TO PRESIDENT FORD

In April 1975, President Ford directed the Domestic Council, under the leadership of the Vice-President, to undertake a priority review of the overall Federal effort in the prevention and treatment of drug abuse, and to make recommendations concerning ways to make the Federal drug abuse program more effective in the future.

A task force, consisting of high-level representatives of eleven Federal departments and agencies having responsibility in the drug abuse area, was created and charged with the responsibility to prepare a Presidential White Paper on Drug Abuse.

The Task Force made the following findings:

1. "Not all drug use is equally destructive, and we should give priority in our treatment and enforcement efforts to those drugs which pose the greater risk, as well as compulsive users of drugs of all kinds."
2. The current "widespread recreational use" of marijuana involves a "relatively low social cost" which justifies "deemphasizing simple possession and use of marijuana in its law enforcement efforts..."
3. Urban residents smoke marijuana at higher rates than rural residents.
4. Marijuana smoking is greater among those with higher levels of education and income.
5. Casual marijuana users (individuals who smoke marijuana less than once a week and who are not involved with other drugs) should not be referred by Courts and/or parents to drug treatment centers, because "it seems clear that these people do not have a serious drug problem." When treatment facilities are full, this is a poor utilization of resources and

these occasional marijuana users should not be occupying treatment slots.

A COMMUNITY MENTAL HEALTH CENTER'S APPROACH TO CHEMICAL DEPENDENCY

6. Ranking various drugs (excluding alcohol and tobacco) according to their potential for harm both to the individual and to society, "marijuana is the least serious..." and "Federal efforts in both supply and demand reduction should be directed toward those drugs which inherently pose a greater risk to the individual and to society--heroin, amphetamines (particularly when used intravenously) and mixed barbiturates--and toward compulsive users of drugs of any kind."

7. "It is clear that there are significant adverse side effects of supply reduction efforts: young, casual users of drugs are stigmatized by arrest; the health of the committed users is threatened by impure drugs; black markets are created and with them significant possibilities for corruption of public officials; and crime rates increase as users attempt to meet the rising cost of scarce, illegal drugs."

8. "...no supply reduction effort can be completely effective. Even if we were willing to drastically restrict civil liberties--which we are not--or spend enormous sums on supply reduction efforts, some drugs would continue to flow into illicit markets..." "We should stop raising unrealistic expectations of total elimination of drug abuse from our society.."

The Task Force did not make any recommendations concerning legislation, although their treatment of marijuana could easily be interpreted as laying the groundwork for a subsequent Ford endorsement for decriminalizing marijuana possession.

1976 NIAAA BUDGET REQUESTS

The following chart indicates the respective budget allocations by category in the Administration, Senate and House versions:

Research: President's Request \$9,947,000;
House Bill \$11,008,000; Senate \$13,000,000.

Training: President's Request \$6,958,000;
House Bill \$6,067,000; Senate \$7,067,000.

Community Programs: President's Request \$45,451,999; House Bill \$64,908,000;
Senate \$73,908,000.

Grants to States: Presidents Request \$45,600,000; House Bill 52,000,000;
Senate \$60,000,000.

Management and Information: President's Request \$7,143,000; House Bill \$7,143,000;
Senate \$9,143,000.

Total: President's Request \$114,199,000
House Bill \$141,126,000
Senate Bill \$163,126,000

Mental Health/North began modestly in 1968 with a small staff and smaller budget. In 1975 it provides comprehensive mental health services through a staff of 30 professionals and para-professionals with a budget of over \$300,000. Three full-time staff now have special responsibility for the two chemical dependency programs of the clinic. Joanna Lintner, a MSW from the University of Washington, coordinates the clinic's alcoholism program. Mike Rona, whose background is psychology, is an alcoholism counselor and directs the clinic's new alcoholism education program for adolescents. Make Sharpe, who has a degree both in philosophy and theology, as well as ten years of counseling experience, is Mental Health/North's drug abuse program coordinator and counselor. With clients who present substantial polydrug abuse the two programs coalesce.

The Alcoholism Program

The history of MHN's contractual arrangements for alcohol services is similar to those of other mental health centers. In 1970, the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment and Rehabilitation Act passed Congress, creating the National Institute on Alcohol Abuse and Alcoholism to administer all federally-funded alcoholism programs. To receive its share of formula grants under the act, each state was required to develop a service-delivery plan. This was to include services for the prevention and treatment of alcohol abuse commensurate with the extent of the state's problem. The legislative initiative for the act is remarkably recent. The findings of the 1968 Alcoholic Rehabilitation Act had been implemented partly through the Community Mental Health Centers Act, which was amended to fund alcoholism services, but the appropriations were negligible and the 1970 act was the first real recognition of the necessity of a massive federal effort.

Seattle's Central Alcoholism Agency was a product of the approved state plan. It received strong federal funding to provide residential treatment centers and alcoholism information and referral centers, and to supplement the staffs of mental health centers. MHN, as a certified center, contracted with CAA in the spring of 1973 for alcoholism counselors. The clinic now contracts similarly with the King County Division of Alcoholism Services, which administers the federal funds - 75% of which underwrite MHN's alcoholism program. This program provides diagnostic and referral services, outpatient treatment, and education and prevention programs. A referral network has been developed between the clinic and the residential treatment centers and the community alcoholism centers, and with the Shoreline School system, King Co. Probation Services, the courts, businesses, community organizations, and other social agencies in the catchment area.

Approximately 20% of all the clinic's current active clients are individuals considered to have alcohol-related problems serious enough to interfere with many aspects of their lives. However, the clinic's function as a community mental health center is viewed as serving mainly those

clients who do not require hospitalization for detoxification, though emergency cases are also seen. The relatively small number needing immediate detoxification services are appropriately referred to Harborview and from there to a residential treatment center, if this service is indicated. Such clients often return to MHN for follow-up care.

Over half the clients seen within the alcoholism program have serious, complex abuse problems symptomatic of what MHN counselors refer to as the "middle stage" of the progressive abuse pattern. Its characteristics go beyond the "early" stage of drinking to relieve tension, the gradual development of physiological tolerance, preoccupation with the drug, occasional memory lapses, lying about drinking, and making vain attempts to stop. The "intermediate" stage often involves grandiose and aggressive behavior, physical deterioration, indefinable fears and resentments, persistent self-pity, inability to initiate action, and often legal and financial difficulties. Only a very small minority of clients are categorized as in the "late" stage in which physical and mental deterioration is severe. Most are middle income--with yearly incomes between eight and twelve thousand. There is a relationship between this fact and the motivation on the part of many of these clients to initiate contact to obtain help with a problem which has reached a point of unacceptability in terms of middle class norms. Some clients come under Title XIX funding, and a few are affluent. Half of all the current alcoholism clients are self-referrals, 20% are referred from residential treatment centers, and other referrals come equally from social agencies, the courts, and hospitals and private professionals.

As a suburban clinic with very small minority group representation in the catchment area, the caseload is 96% white. Seventy percent are employed, and the occupational spectrum is unusually wide. Approximately 63% of clients in the past year have been male, though the 1976 projected caseload reflects the clinic's interest in increasing its availability to female alcoholics. Sixty percent of all clients fall within the age group 26-45, the median client having completed high school. Forty-four percent are divorced or separated, and equal proportion are single or widowed.

The 135 alcoholism cases admitted during the past year are only a partial measure of the group served by the program, since spouses, children, and relatives of a client are often seen as part of a comprehensive treatment plan. Individual, group, and family counseling are all options for these clients.

(This report will be continued in the next issue of *NEPENTHE*.)

MENDELSON AND MELLO TO VISIT THE UNIVERSITY OF WASHINGTON

As part of the Alcoholism and Drug Abuse Institute's efforts in promoting research in alcohol and drug abuse in the University and general treatment communities, a series of programs featuring guest speakers will be carried out throughout the year. We are pleased to announce that on Thursday and Friday, November 13th and 14th, Dr. Jack Mendelson and Dr. Nancy Mello will give a series of seminars on campus under the sponsorship of the Alcoholism and Drug Abuse Institute. Probably topics for discussion will include both clinical and research areas with specific topics most likely covering a comparison of the effects of marijuana and alcohol, the interaction between alcohol and sexual and aggressive behaviors, the use of animal models in the study of alcoholism, and the effects of alcohol on the brain and body tissue.

Drs. Mendelson and Mello have performed research in animals, including rats, monkeys, and human beings. Their investigations have also included alcohol and other drugs of abuse with the result that their presentations will span areas of both clinical and research interests for drug abuse and alcoholism. Information on specific topics and the time and place of presentations will be sent to interested agencies and faculty members in late October.

THE COSTS OF MARIJUANA PROHIBITION

With the current economic crisis which confronts many city and state governments, an increasingly important consideration in the debate over marijuana policy is the cost involved in attempting to enforce the current marijuana prohibition. The questions arises, "Are the marijuana laws worth what they are costing us?"

Enforcement costs include the police, prosecutorial, judicial, penal and probationary personnel involved in marijuana law enforcement. Obviously it is difficult to accurately separate these marijuana related costs from the overall costs of administering our criminal justice system.

Two state studies have attempted an analysis of their costs of enforcing these laws. While conditions differ in each state, these costs analyses should be useful, in absence of more specific data, in estimating marijuana enforcement costs elsewhere.

A. California

The May, 1974 report of Sen. George Moscone's Senate Select Committee on Control of Marijuana, entitled 'Marijuana: Beyond Understanding' concluded that when all marijuana arrests were felonies, each ended up costing the state \$1,630. After the law was modified in 1968 to permit first offenders to be handled as misdemeanors, at the discretion of the judge, the cost per arrest dropped slightly to \$1,340.

The Committee found that California was arresting nearly 100,000 persons annually on marijuana charges, resulting in a cost in excess of \$100 million dollars in law enforcement resources.

B. Illinois:

In July, 1975, the Illinois Economic and Fiscal Commission, established by the state legislature, published an evaluation of state drug abuse programs. This report concluded that the average cost per arrest (not limited to drug arrests) was \$1,139. Examining the drug law enforcement in particular, the report concluded that marijuana arrests involving possession of an ounce or less accounted for 44% of all drug arrests in 1974 resulting in law enforcement costs to the state of \$15,490,000.

CONTINUING EDUCATION IN ALCOHOLISM AND OTHER DRUG DEPENDENCIES

The University of Washington Alcoholism and Drug Abuse Institute this year is initiating a continuing education program for interested groups and organizations in this state. An interdisciplinary faculty at the University wishes to be responsive to training and education needs that may exist among practitioners in various disciplines whose interests lie in the fields of alcoholism and other drug dependencies. Courses, seminars and workshops (credit and non-credit) will be constructed to meet the training needs of groups that wish the Institute's assistance. For further information, please contact: Division Head for Training and Education, Alcoholism and Drug Abuse Institute, University of Washington, 3937 15th N.E., NL-15, Seattle, WA. 98195

UW SCHOOL OF SOCIAL WORK: COURSES IN ALCOHOLISM AND OTHER DRUG DEPENDENCIES

The School of Social Work is currently in the final year of a three-year federally funded training project in chemical dependencies. Course offerings for the 1975-1976 academic year include:

Social Work 530-531: "Introduction to Human Services Practice" Six credits (open to 1st year MSW students only)

This is a specialized sequenced practice course with an integrated practicum component. This course focuses on practice skills necessary for intervention with alcohol or drug dependent individuals. (S.W. 530 - Winter; S.W. 531 - Spring)

Social Work 533: "Advanced Human Services Practice" Three credits (Prerequisite: S.W. 541-Alcohol or N488 and instructor's permission)

This advanced practice skills course deals with clinical methods in working with alcoholics and other drug-dependent individuals. (S.W. 533 - Spring)

Social Work 541: "Special Topics in Human Development: Alcohol" Three credits (open to MSW students and others by permission of instructor)

Functional and dysfunctional consequences of alcohol for the individual, group and society are explored in this course. Physiological and sociological approaches to the study of alcoholism are included, with students being exposed to a broad range of critical issues in the field.

(S.W. 541 - Winter)

Social Work 504: "Social Problems and Social Welfare: Drugs and Alcohol" Three credits

This course provides a systematic approach to understanding "chemical dependencies" as a major social problem and field of service. Social policy regarding the definition of and response to alcoholism and other drug dependencies is examined.

(S.W. 504 - Spring)

Social Work 541: "Special Topics in Human Development: Psychotropic Drugs in Therapy and Recreation" Three Credits

This course is intended to provide the practitioner with information concerning the intended and unintended consequences accompanying the use of drugs other than alcohol. Psychotherapeutic drugs commonly used in medical practice will be considered from the point of view of enabling the human services worker to appreciate the role such drugs play in affecting client behavior.

(S.W. 541 - Spring)

SEATTLE'S POLYDRUG TREATMENT AND RESEARCH UNIT

Although the Seattle Polydrug Treatment and Research Unit is no longer seeing patients, it is far from an inactive entity. The program is currently involved in completing data analysis gathered from over 250 patients seen in Seattle as well as over 1,000 patients seen by the 12 national centers. The Seattle program is funded by a grant from the National Institute on Drug Abuse to Dr. Albert S. Carlin of the Department of Psychiatry and Behavioral Sciences at the University of Washington.

A major interest of the project is the development of polydrug patient typologies. Recognizing that a major difficulty in understanding and treating patients is a lack of specificity in the drug abuse concept, an effort is underway to devise and validate types of patients. The types are based on the clinical impressions gathered both locally and nationally. The Seattle program is emphasizing two specific typologies--the streetwise-nonstreetwise dimension of drug users, and the self-medicating-social recreational purposes of drug use. Results of this investigation should aid clinicians in the ongoing effort to tailor treatment modalities to types of problems.

Other work currently going on at the Polydrug Treatment and Research Unit also has implications for treatment. A recently completed

study of "non-patients" suggests that efforts to provide treatment to unwilling patients may prove to be futile. The study focused on the degree of life disturbance and emotional problems of high-rate drug users who are not interested in treatment. The results showed that these people experience very little discomfort in their lives and therapeutic interventions would be inappropriate for them. The implications for court ordered treatment of drug offenders are obvious.

A study which has less obvious results is one which concerns itself with the neuro-psychological consequences of polydrug misuse. In conjunction with other Polydrug Research Centers across the country, an investigation has been launched to determine just how harmful the long-range effects of drugs are on cerebral activity. Preliminary results are inconclusive, but it appears that the relationship is far less clear-cut than was once thought.

Other issues which are being addressed include: outreach and casefinding, sex differences in patterns of drug use and abuse, and implications of parenteral versus oral administration of drugs. In short, the center is concerned with finding the answers to the questions:

- Who uses polydrugs?
- How do they use them?
- What motivates people to use drugs?
- What are the qualities of drugs which make them reinforcing?

The goal of these investigations is to remove speculations about drug use from the realm of "clinical impression" and "common knowledge" by basing statements on clear and quantifiable data.

GAO REPORT FAULTS V.A. ALCOHOLISM EFFORTS

On September 2, 1975 the General Accounting Office submitted to Congress a 33 page report concerning alcoholism treatment efforts in the Veterans Administration. Criticizing the Veterans Administration for failing to establish overall program goals for the 71 alcoholism treatment units operating in its hospitals, the GAO called on the VA to establish measurable program objectives and to develop effective evaluation approaches. Additional studies concerning the service delivery needs for employed alcoholic veterans were also recommended. In the past four years (1971-1974), the Veterans Administration has spent \$94,638,000.00 in direct medical care and administrative costs for its alcoholism treatment unit program.

Copies of the GAO report may be obtained by sending a \$1.00 check or money order to the U.S. General Accounting Office, Distribution Section, P. O. Box 1020, Washington, D.C. 20013. Governmental officials, non-profit organizations, the press, college libraries, faculty and students, may obtain single copies free by writing to: U.S. General Accounting Office, Distribution Section, Room 4522, 441 G Street N.W., Washington, D.C. 20548.

U.W. SCHOOL OF NURSING: COURSES IN ALCOHOLISM & OTHER DRUG DEPENDENCIES

As of July 1, 1975 the Alcoholism Nursing Program at the University of Washington School of Nursing began its second three-year period of functioning. A total of 23 students are enrolled in the program as of Autumn Quarter, 1975. Ten of these are seniors in the School's Baccalaureate program, eleven are Masters' students and five are studying on the Post-Masters' level.

Knowledge and competencies in the field of alcoholism nursing are attained by means of: theory, practice and research courses. The following is a description of course offerings for the academic year 1975-1976.

Nursing 488: "Effects of Alcohol and Its Relation to Health and Disease" Three credits

This course provides for intensive inquiring into the effects of alcohol on the person with emphasis on the physiological and pathological consequences. Case studies, research reports, films, slides and videotapes illustrate essential content. The focus is on studying methods used in the assessment of patients, in patient management and in the evaluation of therapeutic interventions.

This course is open to senior and graduate students in other disciplines. It is offered as a daytime course Autumn and Summer Quarters and as an evening extension course Winter Quarter.

Nursing 489: "Alcohol Problems in Family and Society" Three 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.

This course is open to senior and graduate students in other disciplines. It is offered as a daytime course Winter Quarter and by extension in the evening Spring Quarter.

Nursing 490: "Practicum in Nursing of Alcohol and Drug Dependent Persons: Prevention, Management and Rehabilitation of Acutely Ill" Two to six credits

This course provides guided practice in the analysis of nursing management of alcohol and drug dependent persons. Major components of this course include the critical assessment of patients by means of physical examination and nursing history, the implementation and evaluation of therapeutic interventions, an analysis of preventive methods employed with specific groups of people, and rehabilitation of alcohol and drug dependent persons.

With the exception of a two credit unit on prevention, this course is open to nurses only. It is offered Autumn, Winter, Spring and Summer. Nursing 488 is a prerequisite.

Nursing 491: "Practicum in Nursing of Alcohol and Drug Dependent Persons During Post-Acute Stages of Illness" Two to six credits

Guided practicum in providing counseling experiences for people with alcohol and drug related problems. Students will function as primary or co-therapists applying and evaluating selected therapeutic interventions. Weekly seminars provide guidance to learning, based on analysis of audiotapes, videotapes, and process recordings of students' experiences with clients.

This course is open to non-majors upon permission. Nursing 489 is a prerequisite.

Nursing 600 and 700 provide the vehicle for research of problems in Alcoholism Nursing.

Persons interested in obtaining further information may write to:

Edith Heinemann, Program Director
Alcoholism Nursing Program, SC-78
School of Nursing
University of Washington
Seattle, WA 98195

WORKSHOP: WORKING WITH ALCOHOLIC CLIENTS AND THEIR FAMILIES

December 3, 4, 5
Wednesday, Thursday, Friday
9:00 a.m. - 4:30 p.m.

\$45.00

Lorie Dwinell, M.S.W.

This workshop will be practice focused, exploring the dynamics of alcoholism and its impact on the individual, on the family, and on the social systems surrounding the alcoholic client. Topics to be included are: pharmacological, physiological, socio-cultural, and psychological aspects of alcoholism; the impact of alcoholism on the family; the adolescent alcoholic; depression and suicide in alcoholic populations; assessing the presence of alcoholism and influencing the alcoholic or members of the family to seek effective help; and approaches to treatment and community resources.

Films, video tapes, handouts, simulations, and lectures will be employed in teaching this course, which is especially geared to the needs of helping professionals.

Lorie Dwinell, MSW, is a lecturer at the School of Social Work, University of Washington. Since 1973, she has been associated with the school's Chemical Dependencies Project, specializing in alcoholism. She has been a popular trainer in both public and private agencies dealing with problems related to alcoholism.

For registration information, contact:
Short Courses Registration, DW-50
University of Washington, Seattle, WA 98195.

THIRD REGIONAL ADDICTION INSTITUTE

To be held on November 6th and 7th, 1975 in Arlington, Texas is the Third Regional Addiction Institute sponsored by the Texas Commission on Alcoholism, the State Program on Drug Abuse, the North Central Texas Council of Governments and the University of Texas at Arlington. This Institute will provide an opportunity for professionals to explore strategies of dealing with the addictive client, particularly in the area of treatment modalities. For further information, contact: John J. Litrio, Director, Human Resource Center, Graduate School of Social Work, University of Texas at Arlington, Arlington, Texas 76019.

WAR AGAINST SMOKING IN SWEDEN

It appears that planners and policymakers in Sweden have the intention of eradicating smoking in that country, and will begin a massive campaign aimed at preventing the use of tobacco throughout their lifetimes of infants being born this year in that country. Among the approaches to be utilized are increasing the prices of cigarettes, restricting cigarette advertising, banning smoking in public places, and considerable antismoking education for mothers and children in school.

TELECOURSE ON CHEMICAL DEPENDENCIES

Currently in the planning stage is a University of Washington telecourse on chemical dependencies. An interdisciplinary faculty comprised of representatives of the School of Social Work, Department of Psychology, Department of Psychiatry and Behavioral Sciences, the Alcoholism and Drug Abuse Institute, the Department of Chemistry, the Department of Pharmacology, and several city agencies will offer instruction in this twenty half-hour program course. Initial airing of this telecourse will be in the spring of 1976. Three University extension credits will be awarded to individuals who successfully complete the course's requirements. The intention of this telecourse is to provide to the public in a readily accessible manner current and accurate information concerning alcohol, other psychoactive substances, and efforts to prevent and treat abuse. For additional information, please contact Roger A. Roffman, Assistant Professor, School of Social Work, University of Washington.

NEPENTHE STAFF: Roger A. Roffman, Assistant Professor, School of Social Work, UW and Aldora Lee, Coordinator, Alcoholism Certificate Program, WSU -- co-editors. Staff: Ann Blalock and Jane Ramsey. For further information regarding NEPENTHE, contact Jane Ramsey at 543-0937.
