
ADAI NEWS

Spring 1993

ALCOHOL & DRUG ABUSE INSTITUTE, UNIVERSITY OF WASHINGTON

DIRECTOR'S COLUMN

The Alcohol and Drug Abuse Institute is alive and well! As many of you know, Dr. Hank Samson, who served as the Institute's Director over the past eight years, has left the University and is currently at Bowman Gray School of Medicine, Wake Forest University in Winston-Salem, North Carolina. Under Hank's direction, the Institute grew and evolved into an important resource to the University. The challenge that I assume as the Institute's Director is to maintain the momentum developed under Hank's leadership and to extend the base of the Institute's function, scope, and influence at the University, state, and national levels.

First, for some background, I received my doctorate in clinical psychology from the University of Washington Department of Psychology under the mentorship of Alan Marlatt. I hold faculty appointments in both the Departments of Psychiatry and Behavioral Sciences and Psychology. I have been actively involved with ADAI in a number of capacities over the years, ranging from being a recipient of a Small Grant which supported my dissertation research, to serving as Acting Director during Hank's sabbatical leave. I have worked in a number of clinical, research, training, and administrative roles over the past 12 years at the Addictions Treatment Center of the Seattle Veterans Affairs Medical Center. Most recently, I have served as the Center's Assistant Director and Director of an Interdisciplinary Fellowship Program in Substance Abuse Treatment. My training and professional experiences will bring a clinical, clinical research, and interdisciplinary training perspective to ADAI that will complement the work of the current research scientists and will broaden the scope of consultation and liaison that the Institute will be able to provide to the research, educational, and treatment communities. This is also consistent with the Seattle VA Medical Center becoming a finalist in competition for designation as the Center of Excellence in Substance Abuse Treatment and Education within the national VA system and with the recent report in *U.S. News and World Report* that the University of Washington School of Medicine ranked fifth nationally in drug/alcohol care in a survey of medical school deans.

(see Director, page 3)

RESEARCH AFFILIATE SPOTLIGHT

ADAI Research Affiliate Betsy Wells serves as Chief Investigator for a study that explores an "alternative" treatment for substance abuse problems. Acupuncture is being used increasingly to treat addictive behaviors. It has been used to assist smoking cessation, alcoholism treatment, and cocaine abuse treatment in correctional, detoxification, and treatment settings across the country. Some research suggests that acupuncture is effective in reducing cravings and substance use. It is also thought to help drug users to focus better on other aspects of their treatment, such as group and individual counseling. However, not enough studies have been done to verify that it is acupuncture, and not other non-specific factors, that accounts for the success of programs that use acupuncture.

The Washington State Division of Alcohol and Substance Abuse and the King County Division of Alcoholism and Substance Abuse Services are funding a one-year pilot project to assess acupuncture's effectiveness and to investigate the feasibility of conducting large-scale clinical trials in King County treatment programs.

Three treatment centers are collaborating on this project: two methadone programs, Evergreen Treatment Services (ETS; Director, Ron Jackson) and the methadone program of the VA Addiction Treatment Center (Outpatient Director, Don Calsyn), and one detoxification program, the King County Detoxification Center (Director, Marcia Wood). The goal at ETS and the VA is to test the feasibility of using acupuncture in the initial stage of methadone treatment to decrease withdrawal symptoms, increase client retention in treatment, and decrease drug use by methadone clients. At Detox, the goal is to test acupuncture as an adjunct to the current regimen of medical detoxification with both primary alcohol users and opiate addicts. The study will examine acupuncture's effects on acuity and duration of withdrawal symptoms, need for medication, and premature discharge from treatment.

(see Spotlight, page 2)

(Spotlight, continued)

Standard acupuncture treatment for addiction usually involves placement of needles in five ear points which are called shen men, kidney, liver, lung, and sympathetic. This study compares the standard procedure to one in which needles are placed at non-specific points in the ear that are not believed to be helpful for addiction treatment. The project employs six acupuncturists, supervised by acupuncturist Rachel Diaz, to cover daily clinic hours at the methadone clinics and twice-daily treatment at Detox. At ETS and the VA the study will ultimately involve 60 people who are new admissions to methadone maintenance. They are randomly assigned to specific or non-specific acupuncture. At Detox, 60 alcohol and 60 opiate users are being randomly assigned to receive specific acupuncture, non-specific acupuncture or no acupuncture. To increase the likelihood that the acupuncture procedures used in this study can be replicated, the acupuncturists use a point finder that measures electrical resistance in the body. When the probe touches an acupuncture point, a light flashes.

The state DASA and King County DASAS hope that this study will provide data on which to base future funding of acupuncture services in Washington. Dr. Wells hopes that the experience gained in this pilot project will lead to further studies of acupuncture.

SMALL GRANT AWARDS

The following proposals were awarded funding by ADAI during the Spring 1993 award cycle:

Validation Study of the Seattle Alcohol Consumption Questionnaire, submitted by Stephan D. Fihn, M.D., M.P.H., F.A.C.P., Associate Professor, Department of Medicine

Severity of Injury, Cost, and Alcohol Status in Trauma Patients, submitted by Richard K. Ries, M.D., Associate Professor, Department of Psychiatry and Behavioral Sciences

A Reevaluation of the Management of Neonatal Abstinence Syndrome, submitted by James A. Taylor, M.D., Assistant Professor, Department of Pediatrics

The next deadline for Small Grant proposal submission is October 15, 1993. Contact ADAI at 543-0937 for a copy of the Guidelines.

NEW RESEARCH AFFILIATES

We'd like to welcome several new Research Affiliates to ADAI.

John S. Baer, Ph.D. is a Research Assistant Professor in the Dept. of Psychology. His interests include the prevention of alcohol problems in college students; etiology of alcoholism; and stress response dampening as a predictor of risk of addiction.

Bonnie Brannon, Ed.D. is a Research Assistant Professor in the Dept. of Psychiatry and Behavioral Sciences. She is interested in the effects of organizational and interpersonal variables on the primary prevention of alcohol abuse.

Heather Carmichael Olson, Ph.D. is a Research Assistant Professor in the Dept. of Psychiatry and Behavioral Sciences. Her research interests include the behavioral teratology of alcohol; fetal drug effects, especially the impact of prenatal cocaine exposure; and the efficacy of comprehensive services provided to chemically dependent pregnant women and their children, including the design and evaluation of family support services and therapeutic child care.

William H. George, Ph.D. is an Associate Professor in the Dept. of Psychology. His main interests include the effects of alcohol on social, sexual and aggressive behavior; the determinants of alcohol use and abuse; and the treatment of alcoholism and alcohol expectancies/beliefs.

William H. James, Ph.D. is a Research Assistant Professor and the Director of the Center for the Study and Teaching of At-Risk Students (C-STARS) in the College of Education. He is interested in the etiology, treatment and prevention of substance abuse among ethnic minority populations.

HEALTH SCIENCES OPEN HOUSE

ADAI participated in the 25th UW Health Sciences Open House on April 16-17, 1993 with a display of materials and handouts under the general theme of "Underage Drinking." Within the first hour and a half, over 1000 high school and junior high students attended ADAI's exhibit. Materials were provided by the Seattle Seahawks, the Washington State Substance Abuse Coalition and the Liquor Control Board. Our hope is to have a more interactive exhibit for the next Open House in 1995. Any suggestions? Call Ellen Downey at the Institute, 543-0937.

RECENT PUBLICATIONS ON SUBSTANCE ABUSE BY
UNIVERSITY OF WASHINGTON RESEARCHERS

Spring 1993

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(Director, *continued*)

My background will also serve to shape a number of goals and directions that the Institute may take in the future as we begin to reassess the mission, role, and function of ADAI. I would like to share some of these possibilities only briefly, with further elaboration in future newsletters. Within the Institute's mission of facilitating and conducting research, one goal is to increase collaboration with county and state agencies, providing research expertise to applied treatment settings. This collaboration has begun with a proposal jointly submitted by ADAI and the King County Division of Alcoholism and Substance Abuse Services to NIDA to develop and evaluate an "attrition prevention" program to decrease attrition while clients are awaiting admission to state-funded treatment programs. Another recent project funded by the State Division of Alcohol and Drug Abuse (DASA) will evaluate five demonstration projects that provide specialized treatment to mentally ill substance abusers. It is hoped that such joint ventures can provide an increased base for applied clinical research while providing county and state treatment agencies valuable information for program development and policy decisions.

A second goal is to facilitate a greater focus on interdisciplinary research and collaboration among ADAI research scientists and researchers on campus. A project currently under development exemplifies the possibilities. With impetus from the Washington state congressional delegation, ADAI is serving as the lead organization in developing research into the impact of the timber industry downturn on alcohol and drug use and related social problems in Clallam and Grays Harbor Counties. A working group composed of ADAI research scientists and faculty from the College of Forest Resources and the WAMI Rural Health Research Center has begun to determine the parameters of a collaborative, interdisciplinary research approach. Through the coordinating efforts of the state Division of Alcohol and Drug Abuse, four state agencies (DASA, Office of the Superintendent of Public Instruction, Traffic Safety Commission, Department of Community Development) are providing seed money to gather necessary information to develop a more fully elaborated proposal to seek federal support for both service delivery and research. A variety of research opportunities in the areas of epidemiology, prevention, community medicine, health services, economics, and other areas may evolve from these efforts. In addition to attempting to provide information to policymakers for inclusion in the Clinton Timber Summit legislative package that will be sent to Congress, the interdisciplinary efforts of ADAI and other university and state departments may serve as the foundation for a

Program Project grant application. Individuals interested in this possibility should contact me to discuss it further.

A third goal, related to ADAI's mission of research dissemination, is to continue the development of symposia or workshops on topics that are relevant to the interests and needs of University faculty and students. An example is the recently completed workshop on Alcohol, Drugs and Interpersonal Violence co-sponsored with the School of Social Work. Unlike many previous ADAI programs that involved the presentation of results from completed research, one purpose of the recent workshop was to familiarize participants with research in varying stages of development, both to provide general information about campus-wide research and to seek collaboration with others.

While there has been a flurry of activity at the Institute over the past three months, a number of things remain constant. The Small Grants Program continues to provide support for all forms of research related to alcohol and drug abuse. The Library and Information Services are available to assist research activities. The ADAI research scientists continue to conduct important research in a variety of areas. The goal of the present newsletter is to help those of us at the Institute to achieve our goal of keeping the University community informed about these many activities. Our hope is that it will be informative, provide an overview of ADAI activities, and highlight the work of the many Research Affiliates who contribute to the University's well-deserved reputation as a national leader in basic, applied, clinical research and training in alcohol and drug abuse.



NEW ADAI STAFF

Recently joining ADAI's staff as a Research Scientist is David B. Rosengren, Ph.D., also affiliated with the Department of Psychiatry and Behavioral Sciences. At the VA Medical Center, he continues to serve as Project Coordinator Representative for the Executive and Steering Committees for Project MATCH. Dave brings clinical expertise to ADAI's increased involvement in clinical research projects. Welcome, Dave.

Also new is Sharon Pei, who works as a Library Technician for both ADAI and the Quaternary Research Center Library.

PROFESSIONAL ACTIVITIES

Brent Baxter presented "The Effectiveness of Deferred Prosecution in Reducing DWI Recidivism: An Update" (co-authored with Phil Salzberg and Jeanne Kleyn) at the Fifth Annual Interagency Alcohol Traffic Safety Conference in Silverdale, WA, December 1992; and "Deferred Prosecution: How Effective Is it?" at the DASA Public Policy Forum in Tumwater, WA, May 20-21, 1993.

Dennis Donovan served as Chair of the Site Visit Team and Special Review Committee for Program Projects, NIAAA, in Washington, D.C., January 6-8, 1993. He attended Steering Committee Meetings of Project MATCH in Charleston, SC, January 28-29 and in Bethesda, MD, May 19-21, 1993; and the Meeting of the NIAAA Alcohol Treatment Assessment Handbook Task Force in Bethesda, MD, May 18, 1993. Locally, he presented "Alcohol and Drug Issues" to a Hearing of the Washington State Senate Health and Human Services Committee in Olympia, January 14, 1993; and is a member of the Research Subcommittee of the Citizens' Advisory Council on Alcoholism and Drug Addiction, DSHS, in Olympia, beginning January 1993.

Jeanne Kleyn served as a grant reviewer for the Education Policy Committee of the American Foundation for AIDS Research (AmFAR) in Marina Del Rey, CA, April 23-26, 1993.

Barbara Leigh served on the Alcohol Psychosocial Research Review Committee (Prevention and Epidemiology Subcommittee), NIAAA, February and June, 1993; and gave an invited plenary address, "Alcohol Use and Unsafe Sex: An Overview of Research and Theory," at a conference on *HIV and Alcohol Impairment: Reducing Risks* at the University of California, San Diego Extension, April, 1993.

Jeanette Norris presented "Gender Comparisons and the Experience of Rape" at the Western Regional Meeting of the Society for the Scientific Study of Sex, held in Seattle, April 16, 1993.

David Rosengren served as Project Coordinator Representative to the Executive Committee for Project MATCH, January-March, 1993; and attended the Steering Committee Meeting of Project MATCH in Charleston, SC, January 28-29, 1993.

Nancy Sutherland met with a focus group for CSAP's PREVline Electronic Bulletin Board on February 27, 1993; and attended a meeting of the Alcohol and Other Drug Thesaurus Advisory Committee, NIAAA/CSAP, April 16-17, 1993, both in Rockville, MD.

LIBRARY ACQUISITIONS

The ADAI Library is now receiving the new journal *Addiction Research*. Published quarterly by Harwood Academic Publishers, this international, multi-disciplinary journal is an outlet for research that is primarily psychological and social. Editors are John B. Davies, Ernest Drucker, Robin Room and Douglas Cameron. For a copy of the editors' Instructions to Authors, contact the Library (543-0937).

Also new is the *Substance Abuse Funding News*, a biweekly newsletter from CD Publications. *SAFN* posts current grant and contract announcements and offers a summary of issues related to federal and private funding for substance abuse research, treatment and prevention.

Another library source for funding information is the *Guide to Federal Funding for Anti-Drug Programs*, a two-volume notebook with descriptions of funding programs offered by federal agencies.

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