DCARE CONNECTION

Linking people and information for positive change

Volume 5, Issue 2  Dartmouth Center on Addiction Recovery and Education  Spring 2009

***Registration Now Open***

The Fifth Annual

Dartmouth Symposium on Substance Use:

Examination of the U.S.
Minimum Legal Drinking Age

8:30- 4:30 May 1st, 2009
Alumni Hall, Hopkins Center
Hanover, New Hampshire

James McCordell, PhD
Former President, Middlebury College
Proponent of reconsidering 21; Chair, Amethyst Initiative.

David Jernigan, PhD
Bloomberg School of Public Health, Johns Hopkins,
Author, WHO Report “The Global Status of Youth Drinking”

Ralph Hingson, ScD, MPH
Director, Division of Epidemiology and Prevention
Research, National Institutes on Alcohol Abuse and Alcoholism

C. Everett Koop MD, ScD
U.S. Surgeon General, 1981-1989

Alan Green MD
Chair, Dept of Psychiatry, Dartmouth Medical School

Amy Wallace MD
Director, Substance Abuse Services
VA Medical Center, White River Junction VT

Co-Sponsors

DCARE, C Everett Koop Institute, Dartmouth College Health
Office, DMS Department of Psychiatry,
Dartmouth Greek Houses: Bones Gate, Delta Delta Delta,
Epsilon Kappa Theta, Sigma Phi Epsilon

To register and for detailed information
www.dartmouth.edu/~dcare
dcare@dartmouth.edu
Karen Earls at 603-646-9215

***Save the date for the Third Annual***

Addiction Medicine Conference for
Healthcare Providers
Waterville Valley, September 16th, 2009

DCARE ~ NE Institute on Addiction Studies ~ NH Med Society

How about a little lipstick on that neuron?

Dermatologists beautify skin with microspheres, chemical peels, and botox injections. Shouldn't it be equally acceptable- and likely of more real value- for physicians to enhance brain function with drugs that, say, increase physical performance, improve cognitive function, or simply provide pleasure? Debate is beginning to brew over neuro-cognitive enhancement or “cosmetic neurology”, a term coined by University of Pennsylvania neurologist, Anjan Chatterjee. Cosmetic neurology is the prescription of drugs to alter brain function in positive ways in the absence of disease or pathology.

Students, truck drivers, military personnel and others have long recognized that amphetamines can give them a performance edge; the pleasurable high of alcohol is familiar to most people; and caffeine acceptably stokes the engines of the working world. When does drug use become drug misuse? Traditionally we think of appropriate drug use as use of a legal substance for an accepted purpose in a manner that does no harm. Misuse or abuse is often perceived as any use of an illicit substance, use of a legal substance in a manner that risks harm to self or others, or use of a prescribed substance for a purpose other than that for which it is prescribed.

Given these traditional perceptions, it will be an interesting challenge to reframe the prescribing of drugs for the very same purposes that people have illicitly used those drugs in the past, if and when pressure mounts to maximize human potential through chemical means, as many medical ethicists expect it will.
LEARNING OPPORTUNITIES

**March 26th, 9am-4pm, Alcohol, Drugs, Disability and Recovery 101**, Pavilion Auditorium, 109 State St., Montpelier, VT. [www.friendsofrecovery.org](http://www.friendsofrecovery.org) or (800) 769-2798

**March 27th, 10am-12pm, Recovery Day at the Vermont State House**, Vermont State House, Room 11. 1:00-3:30pm, FOR-VT Annual Meeting, Capitol Plaza Hotel and Conference Center, Montpelier, VT. [www.friendsofrecoveryvt.org](http://www.friendsofrecoveryvt.org)

**March 27th, Seeking Safety: An Evidence-Based Practice for Trauma and Substance Abuse**, Tom Fox Memorial Chapel, nhtiad@gmail.com or Dianne @ (603) 271-6101

**March 31st, 9am-4pm, Making Change: Dealing with Addiction**, for professional and volunteer staff working with youth. Johnson State College, Johnson, VT by Robert Bryant. www.secondgrowth.org

**April 6th, 9am-4pm, Substance Abuse & Child Maltreatment**, Auditoria E and F, DHMC, (603) 650-3428 or www.dhmc.org

**April 10th, 9am-4pm, Ethics and Boundaries for Treatment and Recovery Support Services**, VT. Dept of Health, Conf Rm 2B, 108 Cherry St., Burlington, VT. (800) 769-2798

**April 30th, Advanced Ethics Training**, VAPA Annual Meeting, Capitol Plaza, Montpelier, VT. two-boys@comcast.net


**May 8th, Ethics and Confidentiality Issues for Substance Abuse & Mental Health Counselors**, Fox Memorial Chapel, Concord, NH. nhtiad@gmail.com, Dianne (603) 271-6101

**May 8th, 9:00 am-4:00 pm, Planning for Success- Client Led Recovery Planning**, Coolidge Hotel, White River Junction, VT. (800)769-2798


**May 21st, Psychiatric Treatment for Patients with Dual Diagnosis**, Grand Rounds, New Hampshire Hospital, Concord NH. (603) 271-5414

**June 18th, Advances in Addiction Treatment**, Grand Rounds, New Hampshire Hospital, Concord NH. (603) 271-5414

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New England Institute of Addiction Studies

**Summer-Fall Conferences**

**June 1st-3rd**, New England School of Prevention Studies, Roger Williams University, Bristol RI

**June 1st-4th**, New England School of Addiction Studies, Roger Williams University, Bristol RI

**September 14th-17th**, New England School of Best Practices in Addiction Treatment, Waterville Valley Conference Center, Waterville Valley, NH

**September 16th**, Third Annual Addiction Medicine Conference for Healthcare Providers, co-located with the School of Best Practices, co-sponsored by DCARE, and the NH Medical Society.

[http://www.neias.org/SATneias.html](http://www.neias.org/SATneias.html)

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**Initial Training on Addiction**

May 6th ~ August 12th ~ November 18th 8:30am-4:00pm

**Families and Addiction**

May 7th ~ August 13th ~ November 19th 9:00am-12noon

Each session is a separate, stand-alone workshop open to all interested persons.

Sponsored by the NH Bureau of Drug Alcohol Services Held at Thomas Fox Memorial Chapel, Concord, NH. AODTrainingCoordinator@dhhs.state.nh.us or Shannon Quinn at (603) 271-5889

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**Learning Across the Net**

**March 30th** Dual Diagnosed Treatment

**April 6th** Substance Abuse Among the Elderly

**April 6th** Clinician Self-Care for Addiction Counselors

**April 13th** Motivational Interviewing

**April 20th** Advanced Group Substance Abuse Counseling

4-5 weeks courses from the Brown University Center for Alcohol and Addiction Studies [www.browndlp.org](http://www.browndlp.org)

**Pathways to Prevention**

Website of the

**U.S. Substance Abuse and Mental Health Service Administration (SAMHSA)**

**Free online courses:**

~ With CEUs for professionals

~ Of general interest to the public [www.pathwayscourses.samhsa.gov](http://www.pathwayscourses.samhsa.gov)

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To track legislation in Vermont & New Hampshire

[http://www.leg.state.vt.us/database/database2.cfm](http://www.leg.state.vt.us/database/database2.cfm)  
[http://www.gencourt.state.nh.us/ie/](http://www.gencourt.state.nh.us/ie/)

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DCARE Connex 2
2009 Publications by DMS Faculty
Tobacco, Alcohol & Other Substances


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EYE on LEGISLATION

Vermont and New Hampshire

Similar proposals to watch in both states:

Decriminalization of marijuana

Vermont H 217, S 71, H 150. Several bills would change penalties for possession of up to one ounce of marijuana from criminal to civil and extend a requirement for education and service to minors found in possession.

NH HB 555. Would change penalties for possession of up to one ounce of marijuana from criminal to civil and extend a requirement for education and community service to minors.

Lowering the minimum legal drinking age

Vermont H 77. Would lower the minimum legal drinking age from 21 to 18.

NH HB 588. Would lower the minimum legal drinking age to 18. Defeated 17-0 in Committee.

Increasing tobacco taxes

Vermont H 0401. An act relating to an increase in the tax rate on tobacco products. Would increase the tax on tobacco by 50% as a public health strategy to reduce consumption.

NH HB 638. An act increasing the tax on tobacco and dedicating certain tobacco tax revenues to the comprehensive cancer plan fund.

Increasing specific alcohol taxes

Vermont H 0197. Establishes taxes to be paid by bottlers and wholesalers on malt and flavored malt beverages and requires the adoption of rules related to promotion, marketing, and sales of flavored malt beverages.

NH HB 166. Would increase the tax on beer and dedicate increased revenues to the Alcohol Fund to support prevention.

Other substance-related legislation of interest:

Vermont H 111. An act relating to children’s access to tobacco products. Increases civil penalties for the sale of tobacco to persons below the age of 18 and for the purchase or attempted purchase by persons under the age of 18.

Vermont S 7. An act prohibiting lighted tobacco products in the workplace. Passed Senate March 20th

NH HB 648. An act relative to the use of marijuana for medicinal purposes. Would make marijuana available to registered users for therapeutic purposes by prescription.

NH HB 0525. An act prohibiting smoking in vehicles in which passenger restraints are required. Would protect children from second-hand smoke. Defeated March 24th
Policy Frames Possibility

Whether we teach, provide clinical care, raise our families and/or volunteer in the community, our work is shaped by ambient policies. Improving policy, improves our effectiveness.

Some resources for substance policy activism, whatever your perspective:

- [www.drugpolicy.org](http://www.drugpolicy.org): A national organization that seeks “to advance policies and attitudes that reduce the harms of both drug misuse and drug prohibition, and to promote the sovereignty of individuals over their minds and bodies.” May clarify and energize thinking by challenging it (thesis, antithesis, synthesis).