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# DCARE CONNECTION

*Linking people and information for positive change*

Volume 5, Issue 2

Dartmouth Center on Addiction Recovery and Education

Spring 2009

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\*\*\*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 1<sup>st</sup>, 2009

Alumni Hall, Hopkins Center  
Hanover, New Hampshire

**James McCardell, 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](http://www.dartmouth.edu/~dcare)

[dcare@dartmouth.edu](mailto:dcare@dartmouth.edu)

Karen Earls at 603-646-9215

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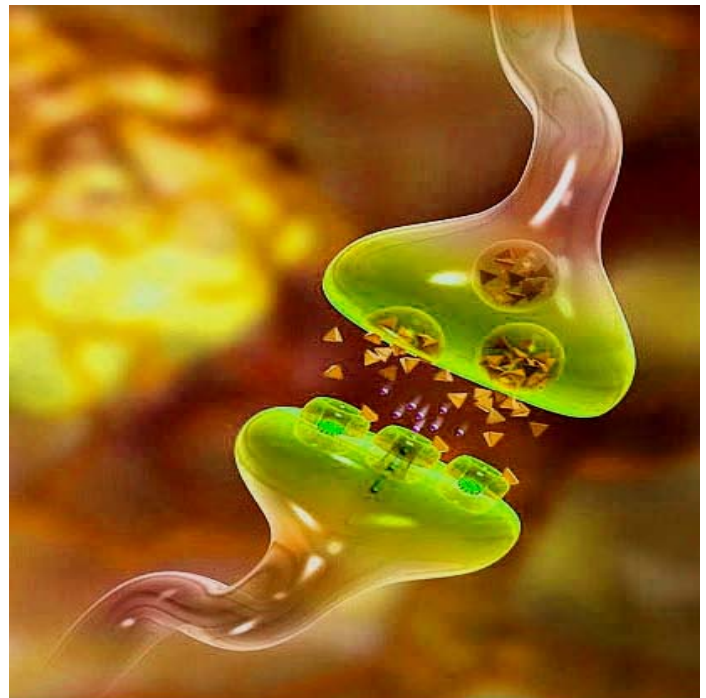
\*\*\*Save the date for the Third Annual\*\*\*

Addiction Medicine Conference for

Healthcare Providers

Waterville Valley, September 16<sup>th</sup>, 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 26<sup>th</sup>, 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 27<sup>th</sup>, 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 27<sup>th</sup>, Seeking Safety: An Evidence-Based Practice for Trauma and Substance Abuse**, Tom Fox Memorial Chapel, [nhtiad@gmail.com](mailto:nhtiad@gmail.com) or Dianne @ (603) 271-6101

**March 31<sup>st</sup>, 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](http://www.secondgrowth.org)

**April 6<sup>th</sup>, 9am-4pm, Substance Abuse & Child Maltreatment**, Auditoria E and F, DHMC, (603) 650-3428 or [www.dhmc.org](http://www.dhmc.org)

**April 10<sup>th</sup>, 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 30<sup>th</sup>, Advanced Ethics Training**, VAPA Annual Meeting, Capitol Plaza, Montpelier, VT. [two-boys@comcast.net](mailto:two-boys@comcast.net)

**May 5<sup>th</sup>, N-O-T (Not on Tobacco) Facilitator Training**, Barre, VT. <http://trainings.healthandlearning.org/trainings/show/220>

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

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

**May 18<sup>th</sup>-19<sup>th</sup>, 10th Annual Vermont Council on Problem Gambling Conference**, Holiday Inn & Conference Center, Rutland, VT. [www.vtlottery.com/vcpg/events.html](http://www.vtlottery.com/vcpg/events.html)

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

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

**To track legislation in Vermont & New Hampshire**

<http://www.leg.state.vt.us/database/database2.cfm>  
<http://www.gencourt.state.nh.us/ie/>

## New England Institute of Addiction Studies *Summer-Fall Conferences*

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

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

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

**September 16<sup>th</sup>, 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>

### Initial Training on Addiction

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

### Families and Addiction

May 7<sup>th</sup> ~ August 13<sup>th</sup> ~ November 19<sup>th</sup> 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](mailto:AODTrainingCoordinator@dhhs.state.nh.us) or  
Shannon Quinn at (603) 271-5889

## Learning Across the Net

**March 30<sup>th</sup> Dual Diagnosed Treatment**

**April 6<sup>th</sup> Substance Abuse Among the Elderly**

**April 6<sup>th</sup> Clinician Self-Care for Addiction Counselors**

**April 13<sup>th</sup> Motivational Interviewing**

**April 20<sup>th</sup> 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)

## 2009 Publications by DMS Faculty Tobacco, Alcohol & Other Substances

Impact of substance disorders on medical expenditures for medicaid beneficiaries with behavioral health disorders. Clark RE, Samnaliev M, McGovern MP. Psychiatr Serv. 2009 Jan;60(1):35-42.

Alcohol-Branded Merchandise and Its Association with Drinking Attitudes and Outcomes in US Adolescents. McClure AC, Stoolmiller M, Tanski SE, Worth KA, Sargent JD. Arch Pediatr Adolesc Med. 2009 Mar;163(3):211-7.

Longitudinal study of exposure to entertainment media and alcohol use among German adolescents. Hanewinkel R, Sargent JD. Pediatrics. 2009 Mar;123(3):989-95.

Reported exposure to pro-tobacco messages in the media: trends among youth in the United States, 2000-2004. Duke JC, Allen JA, Pederson LL, Mowery PD, Xiao H, Sargent JD. Am J Health Promot. 2009 Jan-Feb;23(3):195-202.

Comparing the effects of entertainment media and tobacco marketing on youth smoking. Sargent JD, Gibson J, Heatherton TF. Tob. Control. 2009 Feb;18(1):47-53.

Parental attitudes about cigarette smoking and alcohol use in the Motion Picture Association of America rating system. Longacre MR, Adachi-Mejia AM, Titus-Ernstoff L, Gibson JJ, Beach ML, Dalton MA. Arch Pediatr Adolesc Med. 2009 Mar;163(3):218-24.

The Thresholds-Dartmouth partnership and research on shared decision making. Drake RE, Wilkniss SM, Frounfelker RL, Whitley R, Zipple AM, McHugo GJ, Bond GR. Psychiatr Serv. 2009 Feb;60(2):142-4.

Clinical guidelines for the use of chronic opioid therapy in chronic noncancer pain. Chou R, Fanciullo GJ, et al; APS-AAPM Opioids Guidelines Panel. J Pain. 2009 Feb;10(2):113-30.

Opioids for chronic noncancer pain: prediction and identification of aberrant drug-related behaviors. Chou R, Fanciullo GJ, Fine PG, Miaskowski C, Passik SD, Portenoy RK. J Pain. 2009 Feb;10(2):131-46.

Morphine enhances microglial migration through modulation of P2X4 receptor signaling. Horvath RJ, DeLeo JA. J Neurosci. 2009 Jan 28;29(4):998-1005.

Computer Face Scale for measuring pediatric pain and mood. Guler P, Rodi SW, Washington TA, Cravero JP, Fanciullo GJ, McHugo GJ, Baird JC. J Pain. 2009 Feb;10(2):173-9. Epub 2008 Nov 17.

## 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 20<sup>th</sup>**

**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 24<sup>th</sup>**

## Resources at Dartmouth

### Drug and Alcohol Peer Advisors (DAPAs)

*Students trained and available to help  
DAPA@dartmouth.edu*

**Brian S. Bowden, MEd**, Undergraduate DAPA Advisor  
*Available for any and all alcohol, other drug issues*

### Confidential Assessment and/or Treatment

Counseling and Human Development 646-9442  
DHMC Addiction Treatment Program 653-1860

**Campus AA** – If questioning your use or in recovery  
*Open meeting, not just for alcoholics  
Tuesdays 7-8 pm, 119 Silsby*

**Recovery Housing** - Live with others in recovery  
*Contact Dr. Mark Reed, 646-9442*

### Alumni Forum on Recovery

*Dartmouth alums available for informal discussion  
[www.dartmouth.edu/~dcare/alumni/index.html](http://www.dartmouth.edu/~dcare/alumni/index.html)*

**More information on resources** on and off campus-  
[www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare), [www.dhmc.org](http://www.dhmc.org)  
(search “alcohol” or “drugs”)

## Some Upper Valley Resources

**Headrest** – Urgent addiction and mental health supports and information. [www.headrest.org](http://www.headrest.org)  
24 hours crisis hotline: 603-448-4400

**Turning Point Club of the Upper Valley** – Gathering place for people in recovery and those who support them. [www.turningpointclub.org](http://www.turningpointclub.org)

**West Central Behavioral Health** – Wide range of addiction and mental health services.  
[www.wcbh.org](http://www.wcbh.org) or 800-564-2578 (24/7)

**WISE** - For victims of domestic or sexual violence.  
[www.wiseftheuppervalley.org](http://www.wiseftheuppervalley.org)

**Habit Management**, West Lebanon - Treatment of opioid addiction. [www.habitmanagement.com](http://www.habitmanagement.com)

**Valley Vista** – Diverse treatment resources for women, adolescents and their families. [www.vvista.net/](http://www.vvista.net/)

**Second Growth** – Programs supporting youth & their families 802-295-9800. [www.secondgrowth.org](http://www.secondgrowth.org)

## DCARE CONNECTION

Dartmouth Center on Addiction Recovery and Education  
7764 Parker House, Dartmouth College  
Hanover, New Hampshire 03755  
More Resources and Info at [www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare)

The **CONNECTION** seeks to promote creative approaches to reducing harmful use of alcohol and drugs through network building and information sharing. Feedback, ideas and news are actively invited. Contact us at the following:  
DCARE@dartmouth.edu  
Editors:  
Anna Ludlow '10, Dartmouth College  
Seddon R. Savage MD, MS  
Karen Earls, Admin. Asst.

To be deleted from this mailing list,  
please request by return  
e-mail or call (603) 646-9215.

## 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.jointogether.org](http://www.jointogether.org) A national organization “advancing effective alcohol and drug policy, prevention and treatment.” Strong public health/evidence orientation.
- [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).
- <http://www.new-futures.org/community-leadership-initiative/> NH organization aimed at reducing under-age drinking and increasing access to treatment. Offers opportunities to train for effective advocacy.