Year End Thanks for Our Partners*

In this season of celebration, as people throughout the world confront the lengthening night with rituals of light, hope and renewal, we reflect on our many gifts. We at DCARE are grateful for the energy and passion of the many people throughout the region who work tirelessly to solve problems related to substances and addiction and to support those struggling to recover from the disease of addiction. DCARE is blessed to work in association with so many committed individuals: passionate alumni, brilliant students, energetic volunteers, supportive administrators, caring clinicians, creative researchers, enlightened educators and dedicated state workers, among many others. The combined light is awesome.

And special thanks...

Those of us who work in the field of substances, addiction and recovery at Dartmouth and in the broader community are specially blessed that our mentor and friend C. Everett Koop, has chosen to live and work among us. Now in his ninetieth year, Dr. Koop’s energy, wisdom, and strong sense of righteous justice are daily inspirations to us all.

Dr. Koop transformed the Office of the U.S. Surgeon General into a powerful platform for the improvement of public health. This fall his papers were welcomed into the National Library of Medicine. They include lectures, letters, fan and hate mail, photographs and published works. The Koop Papers are online at http://profiles.nlm.nih.gov/qq/

This month the American Association of Medical Colleges honored Dr. Koop as “a tireless advocate for children’s health, an internationally recognized pediatric surgeon, a champion for early immunization/disease prevention, the government’s chief spokesperson on AIDS, and a public crusader against nicotine addiction” in awarding him the David E. Rogers award. Among his many continuing activities, Dr. Koop serves as co-chair of DCARE’s Advisory Council and provides leadership for the C. Everett Koop Scholars in Addiction Medicine Program at Dartmouth.
LEARNING OPPORTUNITIES

December 8th, 9:00am-4:30pm, “When Cruel is Cool: A Closer Look at Harassment”, Safety and Health Council of NNE, Concord, NH. Contact Second Growth @ 603-643-6603 or e-mail @ admin@secondgrowth.org

December 9th, 8:30am-3:30pm, “Distress Tolerance: The Application of DBT Skills for All Patients (and Clinicians)”, Charles Swenson, MD, Retreat Healthcare, Brattleboro, VT. 877-274-3050 or www.retreathealthcare.org

December 12th, 9:00am-4:00pm, “Ethical & Liability Issues in the Substance Treatment Field”, Jacqui Abikoff, LICSW, LADC, Gifford Hospital, Randolph, VT. Patty McCarthy, 866-482-3222

December 14th, 8:00am-9:00am, “Preschoolers use cigarettes and alcohol while role-playing as adults.” Madeline Dalton, PhD, Director, Hood Center for Families and Children, Pediatric Grand Rounds, DHMC, Auditorium F. Contact Karen Parker, 603-653-6041

December 15th, 9:00am-3:00pm, “Relapse Prevention Skills in Co-Occurring Disorders: Substance Abuse, Trauma, Depression and Anxiety”, Anthony Quintiliani, PhD, LADC, Visiting Nurse Association, Colchester, VT. Sandi K, 802-862-5243


December 16th, 8:00am-4:00pm, “Brief Interventions for Lasting Solutions”, Insoo Kim Berg, MSW, Holiday Inn, Concord, NH. Mary Beth Ditoro 603-362-5521 x313 or mditoro@atkinsonacademy.com

December 21st, 8:00am-9:00 am, “Can You Teach Compassion?” Joseph O’Donnell, MD, Department of Pediatrics Grand Rounds, DHMC Auditorium E

January 19th, 12:00pm-1:30pm, NNH Grand Rounds, “Youth Suicide”, Tom Andrew, MD, New Hampshire Hospital, Concord, NH. Pre-registration is not required

January 27th, 9:00am-3pm, “Addiction and Chronic Pain”, Seddon Savage, MS, MD, Tom Fox Memorial Chapel, Concord, NH. Dianne Pepin 603-271-6101 or dpepin@dhhs.state.nh.us

Pen and Ink from Dartmouth Colleagues

Exposure to Movie Smoking: Its relation to smoking initiation among US Adolescents. Pediatrics, Vol. 116:5 November 2005, pp. 1183-1191. James Sargent (Pediatrics), Michael Beach (Anesthesiology), Anna Adachi-Mejia (Pediatrics), Jennifer Gibb (Biostatistics and Epidemiology), Linda Titus-Ernstoff (Community and Family Medicine) Todd Heatherton (Psychology and Brain Science), Charles Carusi, Susan Swain and Madeline Dalton (Pediatrics) Considering all other factors known to influence smoking risk, these researchers found that adolescents 10-14 years old, with the highest exposure to movie smoking, were 2.6 times more likely to take up smoking compared to those with the lowest exposure.

Use of cigarettes and alcohol by preschoolers while role-playing as adults. Archives of Pediatrics & Adolescent Medicine, Vol 159, September 2005, pp 854-859 Dalton MA, Bernhardt AM (Pediatrics), Gibson JJ, Sargent JD, Beach ML, Adachi-Mejia AM, Titus-Ernstoff LT and Heatherton TF. This study demonstrated that observation of adult behavior, especially parental behavior, may influence preschool children to view smoking and drinking as appropriate or normative in social situations and may relate to behaviors adopted later in life.

Support Across the Internet

The Addiction Technology Transfer Center (ATTC) of New England offers on-line courses on substance related topics. These courses typically are given over four or five weeks. Upcoming courses:

- **December 5th**, Living Life on Life’s Terms: Integrating Spirituality into the Therapeutic Process with Addicted Adults, Patricia Burke, MSW, LCSW
- **December 12th**, Confidentiality of Patient Information in Substance Abuse, David F. Duncan, PhD, CAS
- **January 23rd**, Women and Chemical Dependency, Suzanne Smoller, RCSW, CASAC, CPP, ACSW
- **February 6th**, Speed Still Kills – The Growing Methamphetamine Problem, Kevin Scheel, MS, MAC, LMFT
- **February 27th**, Tobacco Cessation: Best Practices, Steven Horovitz, MA
**Emerging Legislation**

**What's Coming Up in Vermont**

**SH.7** Proposes to make the use of alcohol air shots illegal. 
Introduced by: Representative Koch

**H.45** Proposes to establish a prescription drug monitoring program in order to promote the public health and welfare, detect and prevent substance abuse, and support the legitimate medical use of controlled substances 
Introduced by: Representatives Koch, Chen, Fisher, French, Green, Martin, McAllister and Niquette

**H.96** Proposes to permit a parent or legal guardian to consent to drug or alcohol testing or counseling for a minor under the age of 16. Introduced by: Representatives LaVoie, Branagan, Dunsmore, Endres, Gervais, Marron, McAllister, Parent, Pillsbury, Rodgers and Winters

**H.99** Proposes to provide enhanced criminal penalties if a person knowingly and unlawfully dispenses or sells a regulated drug on property on which the Vermont Coalition of Teen Centers operates a teen center, on any property on which a municipal recreation field is located and on any property that abuts a teen center or municipal recreation field. Introduced by: Representatives LaVoie, Branagan, Dunsmore, Endres, Parent and Winters

**H.139** Proposes to lower the minimum age for purchasing and consuming alcoholic beverages from 21 to 18. Introduced by: Representatives Marron, Clark, Deen, Hutchinson, Kiss, LaVoie, Livingston, Loupas, McAllister, O'Donnell, Perry, Pillsbury, Severance, Smith, Valliere, Winters and Zuckerman

**H.256** Proposes to recognize treatment over incarceration as the preferred response to drug addiction and drug-related crime, and recommend a suspended sentence and probation for nonviolent offenders charged with a first or second drug possession offense. 
Introduced by: Representatives Kiss, Cross, Edwards, Kitzmiller, Marek, McLaughlin, Seibert, Sharpe and Zuckerman

**H.312** Proposes to establish conditional operator's licenses, which may be issued by the court in cases of undue hardship, for travel to limited places such as work, drug or alcohol treatment, school, or a doctor's office by a person whose license has been suspended for a first DUI violation. Introduced by: Representative Donaghy

**H.390** Proposes to:
1. Remove criminal and civil penalties for the possession in nonpublic places of up to one ounce of marijuana by adults 21 years and older.
2. Increase the maximum penalty for the sale of marijuana to minors. Introduced by: Representatives Dowland and Deen

**H.480** Proposes to place limits on selling, dispensing, and possessing precursor drugs of methamphetamine such as ephedrine and pseudoephedrine. Introduced by: Representative Koch

**S.109** Proposes to permit a court to order a defendant to participate in nonresidential drug or alcohol treatment as a condition of release. Introduced by: Senator Sears

**H019** Proposes to request Congress to exempt the State of Vermont from Federal Transportation Funding Penalties if the legal drinking age is lowered to 18 for returning veterans of military deployment to the Middle. Introduced by: William Johnson and Michael Obuchowski

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**A New Year’s Wish**

...that all young persons who are challenged by the disease of addiction find effective care and, when continuing their studies, receive support for recovery that permit them to achieve their dreams...

**Recovery Schools** hold promise for recovering students. 
Learn more and explore examples:
- [http://www.recoveryschools.org/](http://www.recoveryschools.org/)
- [http://www.hs.ttu.edu/csa/](http://www.hs.ttu.edu/csa/)
- [http://health.rutgers.edu/adaps/](http://health.rutgers.edu/adaps/)
- [www.casc.edu/staff/mind-body/recovery/recovery-house-faq.html](http://www.casc.edu/staff/mind-body/recovery/recovery-house-faq.html)

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**Moving the Field Forward**

The DHMC Section of Infectious Disease has been awarded a Title III Capacity Expansion grant aimed at improving identification and management of substance use problems in HIV Clinics in the DHMC system. The project will include computer-based substance screening with direct data entry by patients and training in motivational interviewing for all clinic personnel, including physicians, nurses and case managers, in addition to referral as needed for more intensive care. It is anticipated that the technology based screenings, once established within the HIV Clinics, will disseminate easily to other clinical settings.

Stephen Liu, MD (DHMC Dept of General Internal Medicine), Colleen Warren, RN and Kate Coburn MS, MPH (DCARE), received a grant from the NH Dept for Health and Human Services Division of Public Health Services, for a project Standardizing Treatment for Nicotine Addiction and Dependence within Healthcare Systems. The goal of the project is to develop and implement a standardized assessment and treatment process for all patients hospitalized at DHMC with nicotine use problems in HIV Clinics in the DHMC system.

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**KUDOS**

James Platt, director of the Dartmouth College Faculty and Employee Assistance Program, instructor in psychiatry and a member of the DCARE Advisory Board has been chosen to lead the International Association of Employee Assistance Programs in Education, an autonomous non-profit association of professionals in the field. Jim will begin serving as president-elect on the board of directors on Jan. 1 and will assume the presidency at the beginning of 2007.
A special issue of the journal Nature Neuroscience

**NEUROBIOLOGY OF ADDICTION**

Commentary and reviews by luminaries in the field. Available for browsing and **free download through January 2006**

http://www.nature.com/neuro/focus/addiction/index.html

**DCARE CONNECTION**

Dartmouth Center on Addiction Recovery and Education
40 North College Street, Hanover, New Hampshire 03755

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 DCARE@dartmouth.edu

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To monitor New Hampshire legislative bills:
http://www.gencourt.state.nh.us/ie/

To monitor Vermont legislative bills:
http://www.leg.state.vt.us/database/database2.cfm

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