

---

# DCARE CONNECTION

*Linking people and information for positive change*

Volume 2, Issue 4

Dartmouth Center on Addiction Recovery and Education

October-November 2006

---

## Dartmouth Substance News

### Growing a Recovery Community

All college campuses are challenged by alcohol problems among some members of their communities. About 10% of persons will develop the disease of alcoholism over their lifetime. For many, college is a time when these problems begin to emerge. An environment that supports alcohol recovery is critical for many students to achieve their full potential; Dartmouth is working to develop one.

**Campus AA** - Two passionately committed Dartmouth alumni have spent over 70 consecutive Tuesday evenings from 7-8 pm in 119 Silsby, - sometimes entirely alone, sometimes with a scant gathering - providing an opportunity for Dartmouth students, faculty, and other staff to walk the AA path to recovery. This fall, the room has filled with returning and new students and others seeking partnership for the courageous journey. All members of the Dartmouth Community wanting to explore their alcohol use are invited to attend.

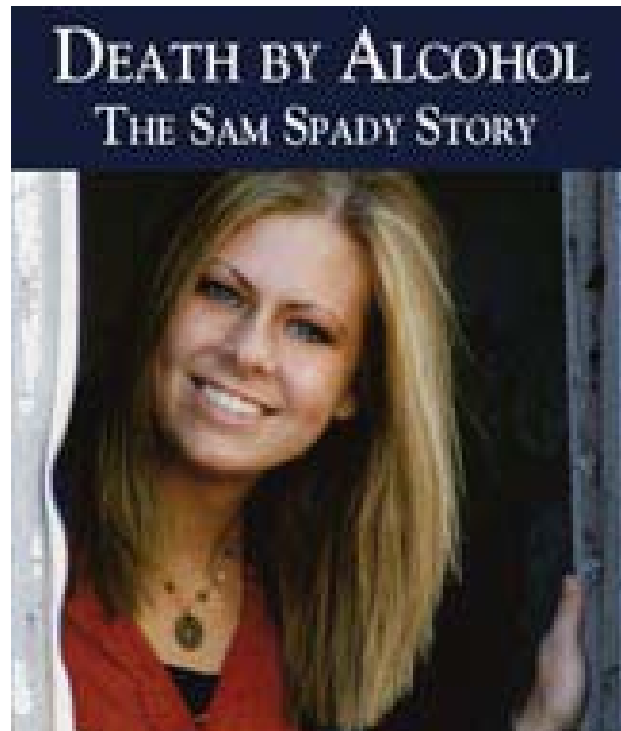
**Brown Bag Recovery Lunches** - An informal opportunity for students, faculty, staff and alumni in recovery and those with friends and family in recovery to get together and develop a sense of community. Brown bag lunches are held every Friday noon to 1 pm when classes are in session in 119 Silsby Hall. People are invited to bring their own lunch, put their feet up, and visit. DCARE provides dessert and hot beverages.

**Recovery Housing** – The Dartmouth Office of Residential Life and the College Health Office have developed an option for students in recovery from alcohol or other drug addictions to live together in a supportive environment. Contact Special Housing ORL 646-3093 or Mark Reed MD 650 -1442.

**Local Al-Anon.** Al-Anon meetings in Hanover, available to support Dartmouth students, faculty, other staff and alumni with loved ones who have alcohol or drug addictions, include: -Thursday 12pm, Edgerton House, 14 School Street, Hanover -Sunday 5pm, 4<sup>th</sup> Floor, 40 North College St, Hanover

**[www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare)** The DCARE website is a rich resource for information on treatment and recovery as well as extensive substance information. Or call DCARE at 646-9215 for other resource information.

**The College Health Office** at Dick's House at 650-1400, can provide and/or direct students to, counseling and other supports for recovery. The **Faculty-Employee Assistance Program** at 646-1165, provides the same for Dartmouth staff.



Samantha Spady was a 19 year old student at Colorado State University two years ago when she was found dead of alcohol poisoning on the couch at a fraternity house where she had passed out the night before. Sam was a vibrant young woman, -a class president in high school, homecoming queen and a talented developing artist. Her parents have founded the Sam Spady Foundation in order to raise awareness of the signs of alcohol poisoning and to encourage students to intervene to save lives. Sam's story is vividly told in the DVD "Death by Alcohol" which also contains information for preventing further similar tragedies. The DVD and prints of Sam's artwork are available at the Foundation website, [www.samspadyfoundation.org](http://www.samspadyfoundation.org). DCARE has a copy of the DVD that can be borrowed or viewed in our offices.

Members of campus communities across the country are working to help reduce the risk of harm related to alcohol and other drug use. Dartmouth has numerous initiatives aimed at reducing potentially harmful drinking and creating a strong safety net on campus. Among these are: interactive online alcohol education for incoming students; training of drug and alcohol peer advisors (DAPAs), social events managers and residency advisors; feedback on social norms; good Samaritan policies that encourage students to intervene when concerned about others, and focused educational programs and evaluations for students identified as being at risk.

# LEARNING OPPORTUNITIES

Oct. 13<sup>th</sup>, 10:30am-11:45am, "Optimizing Drug Abuse Treatments with Combined Interventions", University of Vermont College of Medicine, Department of Psychiatry, Grand Rounds, Davis Auditorium, Fletcher Allen/UVM Medical Education Center, Burlington, VT. 802-847-2124

Oct. 18<sup>th</sup>-20<sup>th</sup>, "Vermont Conference on Addictive Disorders, Creating Behavioral Changes, Healing Our Communities", Lake Morey Resort, Fairlee, VT. 802-456-1971 or [two-boys@adelphia.net](mailto:two-boys@adelphia.net)

Oct. 19<sup>th</sup> & 20<sup>th</sup>, NH Substance Abuse Conference, "Recovery and Resiliency: Strength through Connections", Attitash Grand Summit Resort & Conference Center, Barlett, NH. 603-271-6101 or [dpepin@dhhs.state.nh.us](mailto:dpepin@dhhs.state.nh.us)

October 20<sup>th</sup>, 12pm-2:30pm, 8<sup>th</sup> Annual Leadership Recognition and Awards Celebration, Attitash Grand Summit Resort & Conference Center, Bartlett, NH. To attend the celebration 603-658-2770 or [ameyer@new-futures.org](mailto:ameyer@new-futures.org)

Oct 27<sup>th</sup>, 8:30am-3:30pm, "Poly-Pharmacy & Alcohol Use by the Older Adult: Examining the Invisible Epidemic". Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. 603-271-6101, or [dpepin@dhhs.state.nh.us](mailto:dpepin@dhhs.state.nh.us)

Oct. 30<sup>th</sup>, 8am-4:15pm, "The Chain Reaction of Maternal Substance Abuse and Its Impact on Healthcare", Dartmouth-Hitchcock Medical Center, Auditoria E&F, Lebanon 603-650-3479  
[www.hitchcock.org/goto/regionalprogram](http://www.hitchcock.org/goto/regionalprogram)

Nov. 3<sup>rd</sup>, 8am-3:30pm, "Addictions, Compulsions and Self-Sabotage: Understanding and Healing the Legacy of Traumatic Stress", Retreat Healthcare, Anna Marsh Lane, Brattleboro, VT. To register 877-274-3050 or [www.retreathealthcare.org](http://www.retreathealthcare.org)

November 6<sup>th</sup>, 8:30am-3:30pm, "Advanced HIV/AIDS for Substance Abuse Professionals". Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. 603-271-6101 or [dpepin@dhhs.state.nh.us](mailto:dpepin@dhhs.state.nh.us)

Nov. 17<sup>th</sup>, New Hampshire Alcohol and Drug Abuse Counselors Association's (NHADACA) Annual Meeting and Speaker, Manchester Country Club, Bedford, NH. (details to be determined)

November 30<sup>th</sup>, 8:30am-3:30pm, "Exploring Ethical Issues for Mental Health, Substance Abuse & Social Work Professionals". Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. 603-271-6101 or [dpepin@dhhs.state.nh.us](mailto:dpepin@dhhs.state.nh.us)

## Physician Oriented Learning

October 20<sup>th</sup> & 21<sup>st</sup>, "Addiction Medicine: New Problems/New Solutions". Radisson Hotel Boston, 200 Stuart St, Boston, MA  
[111.cme.hms.harvard.edu](http://111.cme.hms.harvard.edu)

**On-line Buprenorphine Training Program**  
Become certified to treat your own patients with opioid addiction. [www.BuprenorphineCME.com](http://www.BuprenorphineCME.com)

### \*\*\*Save the Dates\*\*\*

June 2007, "The 38<sup>th</sup> Annual New England School of Addiction Studies", Bowdoin College, Brunswick, ME. Info <http://www.neias.org/SS/SATSSCATTC06x.html>

June 2007, "7<sup>th</sup> Annual New England School of Prevention Studies", Bowdoin College, Brunswick, ME. Info <http://www.neias.org/PSS/SATPvCATcover06x.html>

## Learning Across the Net

[www.attc-ne.org/education/index.html](http://www.attc-ne.org/education/index.html)

Oct. 16<sup>th</sup> Core Functions of Addictions Counseling  
Oct. 23<sup>rd</sup> Chemical Dependence and PTSD  
Nov. 06<sup>th</sup> Clinician Self-Care for Addiction Counselors  
Nov. 13<sup>th</sup> Tobacco Cessation: Best Practices

[www.pathwayscourses.samhsa.gov/](http://www.pathwayscourses.samhsa.gov/)

*Below are examples, many other courses available at site*  
**Environmental Strategies for Prevention:** A guide to helping the prevention professional work effectively in the community  
**Silence Hurts:** Alcohol abuse and violence against women  
**It Won't Happen to Me:** Alcohol abuse and violence against women  
**At Any Age, It Does Matter:** Substance abuse & older adults  
**Wading Thru the Data Swamp:** How to use evaluation data

[www.udetc.org](http://www.udetc.org)

October 19, 3:00pm-4:15pm: **Alcohol and Athletes:** A Scientific Look at the Impact of Alcohol Use on Athletes  
November 16, 3:00-4:15 pm: **Governor's Spouses Address Underage Drinking**

[www.ncsacw.samhsa.gov/tutorials](http://www.ncsacw.samhsa.gov/tutorials)

The National Center on Substance Abuse and Child Welfare  
**"Understanding Child Welfare and the Dependency Court:** A Guide for Substance Abuse Treatment Professionals"  
**"Understanding Substance Use Disorders,** Treatment and Family Recovery: A Guide for Child Welfare Professionals"

## *New Hampshire Task Force on Women and Recovery*

### **Women's Leadership Training Initiative** Family Resource Center, Gorham, NH.

**November 3<sup>rd</sup> 9am-2pm, November 4<sup>th</sup> 9am-2pm,  
November 5<sup>th</sup> 9am-3pm**

A series of empowerment workshops for recovering women, the sessions are scheduled for 5 hours on each of the dates above. Meals are provided and help with childcare and transportation is available.

603-647-4629 or [www.nhtwr.org](http://www.nhtwr.org)

## **Job Board**

### **Full-time Community Outreach Director.**

Makin' It Happen Coalition in Manchester. Resume to Tym Rourke, 27 Lowell St., Suite 502, Manchester, NH 03101

### **Full and part-time clinicians LADC and/or LICSW/LCMHC eligible**

Child and Family Services Adolescent Substance Abuse Program, Manchester, NH. Amy Pepin 603-668-1920 ext 142 or [pepina@cfsnh.org](mailto:pepina@cfsnh.org)

### **Full-time senior clinician, LADC and Masters preferred**

Merrimack River Medical Services, Hudson, NH  
5 years experience in treating chemically dependent persons. Fax, mail or email resumes to: Susan Latham, Clinical Director, Merrimack River Medical Services, 323 Derry Hudson Road, Hudson, NH 03051, tel 603-595-3399, fax 603-579-2734  
[susan.latham@csacmethadone.com](mailto:susan.latham@csacmethadone.com)

### **Part-time Technology Coordinator**

. Seeking a multi-talented, energetic individual to maintain, troubleshoot and support its varied networks and internet access at 5 locations in the Dover, Hampton, and Rochester, NH areas.

### **Youth Counselor**

#### **At least 2 years college, Bachelor's degree preferred**

For long-term, residential living environment in Hampton, NH. Responsibilities include behavioral tracking and documentation, co-leading and participating in groups, counseling and supervising clients, planning therapeutic and recreational activities and responsibility for safety of residents.

*Above two positions:*

Resume to Human Resources Manager, Odyssey House Inc., One Washington Street, Suite 300, Dover, NH 03820, or [ederocher@odlysseynh.org](mailto:ederocher@odlysseynh.org)

## **Legislation 2007**

### **New Hampshire**

**Filing dates for Legislative Service Requests (LSRs)**, the first draft of emerging legislative bills, for the 2007 legislative sessions are:

**September 18th-October 6th  
November 15<sup>th</sup>-December 8th**

*A primer on the legislative process in New Hampshire:*  
<http://www.gencourt.state.nh.us/misc/legprocess.html>

*To identify your legislators*  
<http://www.gencourt.state.nh.us/ic/whosmyleg/>

*Information of current and past legislation:*  
<http://www.gencourt.state.nh.us/ns/legislation/>

### **Vermont**

*Primer on the legislative process in Vermont:*  
<http://www.leg.state.vt.us/FieldTrip/TheLegislativeProcess.htm>

*Main page for Vermont legislative information:*  
<http://www.leg.state.vt.us/default.htm>

*Find your legislators*  
<http://www.leg.state.vt.us/legdir/legdir2.htm>

## **Recent Grants to Dartmouth Faculty**

**Joseph O'Donnell MD**, Professor of Medicine, Senior Advising Dean and Director of Community Programs at Dartmouth Medical School and Co-Chair of DCARE's Executive Committee has received one of eight grants from the Association of American Medical Colleges to US medical schools for the development of medical student-initiated community service programs. These funds will expand the scope of the Mascoma Valley Free Health Clinic to include primary care services, needed pharmaceutical resources, and additional health education programs.

**Margaret Crane-Godreau PhD**, Department of Microbiology and Immunology, Dartmouth Medical School has received a two year grant from the Flight Attendant Medical Research Institute for the study of "Effect of Side Stream Tobacco Smoke on Mucosal Respiratory and Reproductive Tract Epithelial Cell Production and Release of CCL20" aimed at improving understanding of respiratory and reproductive tract pathologies associated with tobacco smoke exposure.

## ***The next Mapping the Addiction Maze***

*Friday, January 26<sup>th</sup>, 2007 ~ DHMC Auditoria A-C ~ For more information: [sherry.calkins@hitchcock.org](mailto:sherry.calkins@hitchcock.org)*

Sponsored by Dartmouth Hitchcock Medical Center, Community Health Improvement and Benefits

The last Mapping the Addiction Maze, held on September 22<sup>nd</sup>, brought together over 80 people from diverse Upper Valley and state initiatives to share successes, challenges, and information on evolving programs, and to chart new directions for collaboration and solutions.

**Be there or be square!**

### **The Dartmouth Hitchcock Medical Center Addiction Treatment Program**

Is accepting new clients for intensive outpatient treatment, age 18 and older. Comprehensive evaluations are available for all ages.

603-653-1860 or 800-556-6249

### **Visit DCARE anytime**

In person: 40 North College Street, Hanover, NH  
Enter back of building, up one short flight of stairs.  
(accessible alternative available)

Or on the web: [www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare)

**The coffee's always on. Visitors welcome!**  
603-646-9215.

## **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 the following:  
[DCARE@dartmouth.edu](mailto:DCARE@dartmouth.edu)

Editors:

Pamela Lin, Dartmouth College '07

Seddon R. Savage MD, MS

Admin Asst: Mary Batchelder

### **Three Accepted to the C Everett Koop Scholar Program in Addiction Medicine at Dartmouth**

Congratulations to 3 new Koop Scholar Interns -  
Justin Bennett (DMS '08), Dana Carne (DMS '08),  
Katherine Shea (DMS '09).

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