
DCARE CONNECTION

Linking people and information for positive change

Volume 5, Issue 1

Dartmouth Center on Addiction Recovery and Education

December/January/February 2008-9

Dartmouth Substance News

Dr. David W. Nierenberg received the 2008 Alpha Omega Alpha Robert J. Glaser Distinguished Teacher Award, at the Association of American Medical Colleges meeting Nov 1st. Dr. Nierenberg was instrumental in the development of the DMS Curriculum on Addiction Medicine for Medical Students (DCAMMs) presented last year at the Association for Medicine Education and Research Society in Addictions (AMERSA).

Drs. Amy Wallace and Bill Weeks of the DMS Dept. of Psychiatry published a study of the impact of changes in the U.S. minimum legal drinking age on later development of alcohol use disorders. *Military Medicine* 2008, July 173(7): 619-625. The U.S. Military as a natural experiment: changes in drinking age, military environment, and later alcohol treatment episodes among veterans.

Dr. Henry Bernstein, Professor of Pediatrics at Dartmouth Medical School has developed an innovative website to emphasize smoking prevention. The site engages 8-11 year old girls through high quality multimedia features, including "the girlz lounge" where users can: send electronic cards, make their own door hangers and build their own "girlz nite-in" room. The site has been launched through **Children's Hospital at Dartmouth (CHAD)** and the **Dartmouth Medical School**. Check it out @ <http://www.nosmokingroom.org/>

Dr. James Sargent, Department of Pediatrics, and colleagues, **Ethan Berke, Meg Gerrard** and **Frederick Gibbons** received a NIAAA grant entitled "Media Influences on Early Onset Alcohol Use" to continue research on the influence of movies on adolescent drinking and related behaviors. The grant will fund 3 waves of data collection on an existing cohort of adolescents, following them thru age 19 and will add 600 black adolescents to help evaluate racial differences in response to movie alcohol use.

Dr. Charles Brackett, Department of Medicine, and **Dr. Seddon Savage, Department of Anesthesiology**, spoke at the 2nd Annual NH Addiction Med Conf for Healthcare Providers in Waterville Valley, NH August 21st. Brackett spoke on screening, intervention and referral in primary care and Savage on prescription opioid misuse.



Stories Light the Darkness

This season is traditionally filled with stories that warm the darkness of winter: a single day's worth of oil miraculously lights the Temple for eight full days, a holy Baby is laid in a manger while angels sing and wise men gather, a Bishop named Nicholas secretly leaves coins in children's shoes throughout his village.

This year the darkness seems perhaps deeper than ever: our economy is failing, more families are homeless, two wars have no visible ends, a cycle of violence makes local headlines (an abused child grows up to kill a heroic father, the State vows an eye for an eye), an unprecedented ice storm reinforces the literal darkness for hundreds of thousands.

And yet this darkness creates its own powerful stories of light. Families who rarely cross paths with each other huddle together by fires playing games, talking and reading. A CEO wheels an espresso cart through the hallways of his hospital night after night- a servant to his staff and clients alike. Neighbors who have barely met become tight-knit teams that clear debris and limbs from yard after yard. Homeless shelters are overwhelmed with volunteers. Citizens gather together at the Statehouse to support non-violence.

Many are discovering the intense experience of community that creates a comfort and a high far more powerful than the rush of a hit or the mellow of booze and a satisfaction deeper than the glitter of any material longing fulfilled. Perhaps in darkness, real light is more easily found. Happy holidays to all and best wishes for a peaceful and healthy new year!

LEARNING OPPORTUNITIES

January 9th, 9am-4pm, Basic Ethics, ADAP/ Vermont Department of Health, Room 2A, 108 Cherry St., Burlington, VT. www.vapavt.org

January 9th, 9am-4pm, Are You Criminal Justice Capable? Orientation to Corrections and “Know Your Rights in Recovery”, Asa Bloomer Building, 88 Merchants Row, Rutland, VT. (800) 769-2798

January 12th-15th, Annual Training Institute on Behavioral Health and Addictive Disorders, Clearwater Beach, FL. (800) 441-5569

January 23rd, 10am-4pm, N-O-T (Not on Tobacco) Facilitator Training, St. Albans, VT. <http://trainings.healthandlearning.org>

February 3rd, 9am-4pm, Making Change-Dealing with Addiction, Community College of Vermont, Wilder, VT. admin@secondgrowth.org, (802) 295-9800

February 5th, N-O-T- (Not on Tobacco) Facilitator Training, Manchester, VT. <http://trainings.healthandlearning.org>

February 11th, Initial Training on Addiction, Thomas Fox Memorial Chapel, Main Building, 105 Pleasant St., Concord, NH. AODTrainingCoordinator@dhhs.state.nh.us or Shannon (603) 271-5889

February 12th, Families and Addiction, Thomas Fox Memorial Chapel, 105 Pleasant St., Concord, NH. AODTrainingCoordinator@dhhs.state.nh.us or Shannon (603) 271-5889

Feb. 13th, 9am-4pm, What You Need to Know, Addiction and Recovery Basics, Gifford Medical Center, Maple Leaf Conference Room, Randolph, VT. (800) 769-2798

March 6th and 7th, Treating the Addictions, Boston, MA. To register: <http://www.cme.hms.harvard.edu/index.asp?SECTION=CLASSE&ID=00292398&SO=N>

March 10th, 9am-4pm, Basic Motivational Interviewing, Coolidge Hotel, White River Jct., VT. www.vapavt.org/training.htm

March 26th, 9am-4pm, Alcohol, Drugs, Disability and Recovery 101, Pavilion Auditorium, 109 State St., Montpelier, VT. (800) 769-2798

March 27th, Recovery Day at the Vermont State House, 10am-12pm, Vermont State House, Room 11, Montpelier, VT.

March 27th, FOR-VT Annual Meeting, Capitol Plaza Hotel and Conference Center, Montpelier, VT.

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

*****Save the Dates*****

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

April 30th, VAPA Annual Meeting/Advanced Ethics Training, Capitol Plaza, Montpelier, VT.

May 8th, 9am-4pm, Planning for Success, Client-Led Recovery Planning, Hotel Coolidge Conference Room, White River Jct., VT. (800) 769-2798

Focus on Youth Recovery Second Growth Support Groups

Making Change – Support group for young people ages 14-21 considering or committed to becoming and staying clean from substance use. **Wednesdays 6-7pm**, Turning Point Club, on Olcott Drive, off Route 5 just south of Norwich, VT (groups below at Second Growth Counseling Offices).

MC² – A second stage version of the Making Change support group for young men and women, digs a little deeper into the roots of using behavior and helps expand recovery skills and self-awareness. **Fridays 5:00-6:30pm**.

Getting Closer - A discussion group for young men 18-24 who are making an effort to strengthen their substance abuse recovery and find greater balance in their relationships. **Mondays 7-8pm**

Momentum - Skills Building for High School Girls - Helps high school girls build protective factors, expand support networks, increase personal and collective strength and competence, and find authentic voices. **Mondays 5:30-6:30pm**

Young Women in Recovery – An upbeat support group for young women ages 18-24 committed to working on their recovery from substance abuse and considering how recovery shapes who they are becoming. **Tuesdays 5-6pm**

Above support groups free and confidential.
Held at the Second Growth Counseling Offices,
205 Billings Farm Rd., Building 1, Suite B, Wilder, VT.

Learning Across the Net

- January 5th, Basic Group Counseling Skills
January 19th Developing Culturally Competent Recovery Plans. Person -Centered Planning Using the Recovery Model
January 26th Introduction to Ethics: Managing Ethical Dilemmas and Risk-Management Issues
January 26th Moving from Line Worker to Supervisor
February 2nd Cognitive Behavioral Therapy
February 2nd Tobacco Cessation Treatment: Best Practices
<http://www.browndlp.org>

Ongoing Web Trainings

“I wish I had known about inhalants before my children did”. <http://inhalantabusetraining.org>

- Environmental Strategies for Prevention: A Guide to Helping the Prevention Professional Work Effectively in the Community
- Silence Hurts: Alcohol Abuse and Violence Against Women (for professionals)
- Evaluation for the Unevaluated: Program Eval 101
- Evaluation for the Unevaluated: Program Eval 102
- At Any Age, It Does Matter: Substance Abuse and Older Adults (for professionals)
- Alcohol, Medication and Older Adults (for those who care about or care for an older adult)
- Out of the Shadows: Uncovering Substance Use and Elder Abuse (for professionals)
<http://www.pathwayscourses.samhsa.gov/courses.htm>

January 9th – February 13th, Alcohol, Tobacco, and Other Drugs Education (K-12)
<http://trainings.healthandlearning.org/trainings/show/187>

Substance 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

Campus Al-Anon -If you're affected by another's use

Tuesdays 5:30-6:30 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

Resources on and off campus-

www.dartmouth.edu/~dcare

The Fifth Annual

Dartmouth Symposium on Substance Use: The U. S. Minimum Legal Drinking Age

May 1, 2009

Alumni Hall, Hopkins Center
Hanover, New Hampshire

An in depth examination and discussion of scientific, sociocultural and justice arguments on both sides of the drinking age debate.

More information as it is available at
www.dartmouth.edu/~dcare

EYE on LEGISLATION

NEW HAMPSHIRE 2008-9 Session

H-0060-R relative to prohibiting smoking within 25 feet of playgrounds. **Sponsor:** Susan R Kepner

H-0081-L relative to local control of the siting of detoxification and methadone maintenance program facilities. **Sponsor:** Thomas L Bucu

H-0142-R relative to lowering the legal drinking age. **Sponsor:** Timothy N Robertson

H-0154-R prohibiting smoking in vehicles when child passenger restraints are required. **Sponsor:** Mary E Griffin

H-0343-R relative to the use of marijuana for medicinal purposes. **Sponsor:** Evelyn S Merrick

H-0498-R relative to smoking in cars if children are present. **Sponsor:** Anne C Grassie

H-0553-R defining the term "controlled drug" for purposes of the statutes prohibiting driving while intoxicated. **Sponsor:** John W Flanders

H-0567-R relative to fees for detoxification and methadone maintenance programs. **Sponsor:** Sharon L Nordgren

H-0701-R relative to application of the tobacco tax to tobacco products other than cigarettes. **Sponsor:** William A Hatch

H-0759-R decriminalizing possession of one ounce or less of marijuana. **Sponsor:** Steven W Lindsey

These are Legislative Services Requests (LSRs). The final language and form of each bill is not certain.
www.gencourt.state.nh.us/ie/

**More about *Momentum*
Mentoring Support from Second Growth**

Second Growth has trained a select group of young women in recovery to serve as role models in reaching out to assist middle and high school-aged girls who have already found some trouble with substances. For info on how to participate in this program contact Sara @ (802) 295-9800

Need information
on online Alcohol & Drug Education?

<https://3rdmilclassrooms.com/Websitepages/Home.aspx>

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

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
Mary Batchelder, Admin. Asst.

Looking for a Few Young Activists

The Vermont Department of Health, Alcohol & Drug Abuse Programs is looking for a team of young adult advisors for substance abuse prevention planning activities around underage drinking, at-risk (binge) drinking and marijuana use among young adults.

If you know a young adult aged 18-25 interested in learning about and being a part of state-level substance abuse prevention activities contact Connie @ (802) 652-2088, (800) 464-4343 x2088 or cbeal@vdh.state.vt.us

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