

DCARE CONNECTION

Linking people and information for positive change

Volume 4, Issue 3

Dartmouth Center on Addiction Recovery and Education

June/July/August 2008

Dartmouth Substance News

Appointments

Dr. Joseph O'Donnell, Senior Advising Dean and Director of Community Programs at Dartmouth Medical School, as well as Co-Chair of DCARE's Executive Committee, has been selected to succeed Dr. C. Everett Koop as the **Senior Scholar of the C. Everett Koop Institute**. In this position, Joe will continue Dr. Koop's vision of fostering the doctor-patient relationship, integrating public health concerns into medicine, promoting programs that address substance use issues, using the arts effectively in health education and professional growth, learning about effective uses of technology to promote health and many other aspects of professional development.

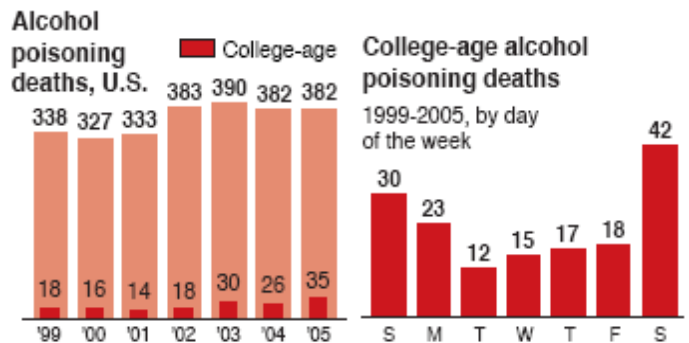
Publications

Six faculty members of the **Dartmouth Psychiatric Research Center** collaborated with staff of Hazelden to produce the **Hazelden Co-Occurring Disorders Program: Integrating Services for Substance Use and Mental Health Problems**. The six volume program provides a comprehensive, manualized approach to effective evidenced-based care of persons with dual diagnosis. Each curricular volume includes a bound clinician guidebook and CD ROM with reproducible patient handouts. Series topics include: Administrators Handbook, Screening and Assessment, Integrating Combined Therapies, Cognitive Behavioral Therapy, Medication Management and Family Program. The authors are **Mark McGovern, Robert Drake, Matthew Merrens, Kim Mueser, Mary Brunette, and Richard Hendrick**. The program will be available at the Hazelden website www.hazelden.org in September 2008.

The National Institute on Drug Abuse (NIDA) Journal Addiction Science and Clinical Practice, June 2008, featured an article **Challenges in the Use of Opioids for the Treatment of Pain in Persons with Substance Use Disorders** by **Seddon Savage**, DCARE Director, faculty DMS Department of Anesthesiology, with colleagues Steve Passik, NYU Medical School and Ken Kirsch, University of West Virginia. The article provides clinical guidance on pain treatment in persons with pain and substance use disorders based on available evidence. Copies are available online at www.nida.nih.gov/ascp/index.html

College-age drinking deaths are up

The number of deaths from alcohol poisoning of college-age people in 2005 was almost double what it was six years before. Most deaths occurred on weekends.



SOURCE: Centers for Disease Control and Prevention

AP

Deaths of college age persons (18-22) due to alcohol poisoning (without associated injury or accident) have gone from about 5% to almost 10% of total alcohol poisoning deaths in the U.S. in the past ten years, from 18 in 1999 to 35 in 2005. This increased incidence has occurred despite intensification of alcohol education programs that highlight safe drinking practices and risks of bingeing, enhancement of diverse university based prevention efforts and the proliferation of Good Samaritan programs such as Dartmouth's that encourage students to identify and bring to medical attention friends who present signs of serious alcohol toxicity.

Reasons for the troubling increase in deaths by alcohol toxicity among college students are not known. However, speculation about contributing factors includes: increased use of psychotropic medications that may interact with alcohol; the relative lack of availability of legal alcohol for those under 21 which may drive more frenzied use when it IS available; increased penalties for adults present when underage drinking occurs which may lead to decreased supervision of young drinkers, and cultural expectations in some youth circles that support drinking to numbed intoxication rather than to a simple high or drunkenness.

In response to the deaths of their children, at least three families have created memorial foundations with websites that elucidate the real potential for death related to bingeing. Among these foundations are ones that honor: Gordie Bailey, a Deerfield Academy graduate who died at UC Boulder when fraternity brothers left three pledges with a handle of vodka and several bottles of wine and told them not to return until they had consumed every drop (www.gordiefoundation.org); Brad McCue who died after doing 21 plus 3 shots in two hours to celebrate his 21st birthday (www.brad21.org); and Samantha Spady, who was found dead on a couch in a fraternity house by a brother giving his mother a tour of the house following a night of shots of vanilla vodka. In all three cases, friends had been aware that the student was too drunk to walk before leaving him or her alone to sleep it off, suggesting that continued education re: alcohol poisoning coupled with Good Samaritan policies are critical strategies.

LEARNING OPPORTUNITIES

Aug. 6th, 8:30am-3:30pm, **Prevention Ethics**, Thomas Fox Chapel, 105 Pleasant St., Main Building, Concord, NH. Dianne @ (603) 271-6101 or dpepin@dhhs.state.nh.us

Aug. 8th, Sept. 8th & 9th, 8:30am-3:30pm, **The NH DWI Symposium**, Grappone Conference Center, 70 Constitution Ave., Concord, NH. dpepin@dhhs.state.nh.us

Aug. 12th, 9am-4pm, **Makin Change - Dealing With Addiction**, Community College of Vermont, Wilder, VT. (802) 295-9800 or admin@secondgrowth.org

Aug. 14th, 9am-4pm, **Better Choices – Early Intervention Activities for Adolescent Risk Takers and Rule Breakers**, Community College of Vermont, Wilder, VT. (802) 295-9800 or admin@secondgrowth.org

Aug. 18th-August 21st **The 2008 New England School of Best Practices in Addiction Treatment** (advanced clinical coursework & opioid treatment coursework), Waterville Valley Resort and Conference Center, Waterville Valley, NH. <http://www.neias.org>

Aug. 20th, **The Addicted Brain**, Fireside Inn & Suites, 25 Airport Rd., West Lebanon, NH. (877) 246-6336

Aug. 20th or Nov. 5th, 8:30am-4:00pm, **Initial Training on Addiction**, Thomas Fox Chapel, 105 Pleasant St., Main Building, Concord, NH. For policy makers and professionals in human services, healthcare, criminal justice, education, etc. (603) 271-5889 or AODTrainingCoordinator@dhhs.state.nh.us

Sept. 11th or Nov. 6th, 9am-12pm, **Families and Addiction**, Thomas Fox Chapel, 105 Pleasant St., Main Building, Concord, NH. Recommended that people complete the **Initial Training on Addiction** prior to taking **Families and Addiction**. (603) 271-5889 or AODTrainingCoordinator@dhhs.state.nh.us

Sept. 19th, 8:30am-1:30pm, **Mapping the Addiction Maze meeting**, Fireside Inn, West Lebanon, NH. The meeting's theme will be addiction and trauma. Sherry.B.Calkins@Hitchcock.ORG

Intensive Outpatient Treatment Programs In the Upper Valley

Intensive outpatient treatment programs provide an intense level of treatment in a context that allows clients to remain in their community, to continue working and living with their family, while participating in treatment instead of leaving for the traditional 28 day programs. Evidence suggests similar success for most patients with both approaches.

Headrest, Church Street, Lebanon

16-week Intensive Outpatient Program (IOP). (603) 448-4872 or info@headrest.org

DHMC, Buck Road in Hanover

(603) 653-1860 or www.dhmc.org/goto/apt

The Second Annual Addiction Medicine Conference for General Healthcare Providers

Wednesday, August 13, 2008, 8:00am-2:15 pm
Waterville Valley Conference Center

8:00-9:00 **Frontiers in the Neurobiology of Addiction**

Dr. Mark Publicker

9:15-10:15 **Screening, intervention and referral for treatment in diverse general health setting.**

Speaker TBD

Break: 10:15- 10:30

10:30 – 11:30 **Effective use of medications in recovery and relapse prevention:** alcohol & other non-opioid addictions, opioid agonist therapies, drugs on the horizon

Dr. Mark Publicker

11:30 -12:30 **Pain & prescription opioid misuse: reducing harm**

Dr. Seddon Savage

Lunch 12:30- 1:30

1:30-2:15 **Improving care for patients with addictions: collaborative care arrangements** between general healthcare providers and addictions professionals.

Facilitated panel and participant discussion

Sponsored by

The New England School of Addiction Studies (NEIAS)
Dartmouth Center on Addiction Recovery & Education
New Hampshire Medical Society
New Hampshire Nurses Association
Co-located with 3 day Conference:
New England School of Best Practices in Addiction Treatment

Registration and Information

<https://www.neias.org/BP/BPPhysiciansConf08.html>

*** Save the Dates ***

Sept. 24th and 25th, **VT Conference on Addictive Disorders**, Lake Morey Resort, Fairlee, VT.

Oct. 2nd & 3rd, **NH Substance Abuse Conference**, Attitash Grand Summit Resort, Bartlett, NH. Shannon @ (603) 271-5889 or syquinn@dhhs.state.nh.us or Dianne @ (603) 271-6101 or dpepin@dhhs.state.nh.us

Oct. 17th, **HIV Update for Substance Abuse Professionals** Dianne (603) 271-6101 or depepin@dhhs.state.nh.us

Oct. 23rd, **NHH Nursing Rounds Series, How to Help People Stop Smoking**, New Hampshire Hospital, APS Conference Room C, Concord, NH. Gisela @ (603) 271-5407

October 29th, **MHC-GM Grand Rounds, Prescribing Medications for Those Who Abuse Substances**, MHC-GM, Blodget St. Conference Room, 1555 Elm St., Manchester, NH. (603) 628-7706 x4129

Learning Across the Net

July 21st, Tobacco Cessation Treatment: Best Practices
Aug. 4th, Dual Diagnosed Treatment: A MAP to Recovery
Aug. 11th, Basic Group Counseling Skills
Sept. 8th, Boundary Issues and Dual Relationships in the Treatment of Addictions
Sept. 8th, The Impact of Chemical Dependency on the Family
Sept. 29th, Dual Diagnosis Treatment: A MAP to Recovery – Part 2
<http://www.attc-ne.org/education>

July 17th, 1-2pm, Sizing Up the Situation: Fighting Drugs in All Populations
Aug. 7th, 1-2pm, Recovery & the Family: Extending Treatment to Everyone
Aug. 28th, 1-2pm, A Smuggling Crisis: Disrupting the Drug Trade
Sept. 25th, 1-2pm, Teen Addiction & the Path to Recovery
<http://www.mctft.com/telecasts/>

Inhalant Abuse Training for Parents
<http://www.inhalantabusetraining.org>

New Hampshire Taskforce on Women & Recovery

Women's Leadership Training Initiative
August 22nd, 23rd 9am-2pm and 24th, 9am-3pm.

The Carter House, 1 Bank Street, Lebanon, NH
on Colburn Park

The Leadership Training Initiatives bring together diverse groups of recovering women for a series of half day empowerment workshops. Participants should try to attend all three sessions. These services are free thanks to Headrest, the Byrne Foundation, the NH Charitable Foundation and the NH Department of Public Health.

For more information and to register:
www.nhtwr.org
email info@nhtwr.org
Manchester office (603) 647-4629

Help Add to Our Understanding!

Complete a survey on regional substance use issues.

The Makin' It Happen Coalition has launched a number of on-line surveys to gather regional data on underage alcohol use and binge drinking in the region. If you live/work in the region, please take a moment to complete a survey.

<http://www.makinithappen.org/>

Focus on Recovery

Upcoming AA, Al-Anon and Alateen Conventions:

July 18th, 19th and 20th, 31st Annual AA Maine Area Round-Up, Sugarloaf, Carrabassett Valley, ME. reregistrar@area28aa.org

Aug. 22nd, 23rd and 24th, Camp AFG, a Maine area convention for Al-Anon and Alateen members to gather for fun and fellowship, to celebrate their beginnings, enhance their understanding of the program, and to find ways to attract new members, Camp Mechwana, Winthrop, ME. www.campafg.com

Oct. 31st, Nov. 1st and 2nd, Tides of Change; Waves of Healing, 25th Annual Al-Anon/Alateen Convention with AA participation, Ashworth-By-the-Sea, 295 Ocean Boulevard, Hampton Beach, NH. Theresa @ (603) 321-5247, Beth @ (603) 380-6196 or www.nhal-anon.org

New Hampshire AA information:
<http://www.mv.com/ipusers/nhaa/>

Other New Hampshire Recovery Supports? Please share information with dcare@dartmouth.edu so we can spread the word...

Wit's End Support Group for family members of adolescents or young adults using alcohol, marijuana or other drugs. Locations below:

- Barre, VT, Wednesdays, 6-8pm, Turning Point Club of Central Vermont, 489 N. Main St. (802) 479-7373
- Brattleboro, VT, Tuesdays, 7:00-8:30pm, Turning Point Center of Windham County, 14 Elm St. (802) 257-5600
- Middlebury, VT, Mondays, 7:00-8:30pm, Turning Point Center of Addison County, 228 Maple St., Suite 31B (Marbleworks). (802) 388-4249
- Rutland, VT, Tuesdays, 7:00-8:30pm, Grace Congregational Church, West St. (802) 775-6608
- Wilder, VT, Mondays, 6:00-7:30pm, Turning Point Club of White River Junction, 200 Olcott Park (802) 295-5206

On the Dartmouth Campus

Ongoing Recovery Supports

Campus AA Tuesdays 7-8 pm, 119 Silsby
Campus Al-Anon Tuesdays 5:30-6:30 pm, 119 Silsby
Recovery Housing Contact Dr. Mark Reed - 646-9442
Alumni Forum Recovery

www.dartmouth.edu/~dcare/alumni/index.html

Confidential Assessment and/or Treatment:
DHMC Addiction Treatment Program - 653-1860
Counseling and Human Development - 646-9442

Any and all alcohol, other drug issues:

Brian S. Bowden, MEd

brian.bowden@dartmouth.edu or 646-9474

State of Vermont Lending Library
K-12 Health Education Materials
Curricula-Books-References-Models-Kits-Audiovisual
Materials

http://education.vermont.gov/new/html/pgm_coordhealth/resources/herc.html
Karen 802-828-0543
karen.abbott@state.vt.us

New Workplace Kit
Making Your Workplace Drug-Free

The the Center for Substance Abuse Prevention
(CSAP) Division of Workplace Programs
(DWP)

<http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17808>

JOB OPENING - Director
*New Hampshire Women's Task Force on
Women and Recovery*

Master's degree in human service related field or bachelor's
and 5 years experience in non profit management and/or
addiction prevention and recovery field.

Cover letter and resume to jobs@nhtwr.org

Helping Patients Who Drink Too Much

A new interactive video training program for **physicians and other general healthcare clinicians** is now available from the National Institute on Alcohol Abuse and Alcoholism demonstrating quick and effective strategies for screening patients for heavy drinking and helping them to cut down or quit.

www.niaaa.nih.gov/guide

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.

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

Congratulations! Changing Lives!

**Grafton County Drug Court
Celebrates First Anniversary**

The Grafton County Drug Court Sentencing Program is nearing its one-year anniversary. The success of the Drug Court is due to a number of great people who staff the drug court team, treatment teams, and supervision teams. The project has had strong support from officials in Grafton County, as well as the community at large. Judge Vaughan is the newly appointed presiding judge for the drug court sentencing program. This program is changing lives, reuniting families, reducing crime and saving tax dollars.

Let's work for drug courts in every jurisdiction in New Hampshire and Vermont...