
DCARE CONNECTION

Linking people and information for positive change

Volume 3, Issue 4

Dartmouth Center on Addiction Recovery and Education

November/December 2007

Dartmouth Substance News

Dartmouth Hitchcock Medical Center announced on July 4, 2007, that it was taking active steps to ensure that its Lebanon campus would be smoke and tobacco free by July 4, 2008.

Save the Date

Fourth Annual Dartmouth Symposium on Substance Use
Friday, May 9, 2008, Collis Center, Hanover, NH
“Growing Leaders in the Addictions Field”

In October, New Futures, DCARE, Dartmouth Medical School and the New Hampshire Medical Society co-hosted the first event in the third annual Policy 101 Series for Dartmouth Medical School students. Students were introduced to the basics of advocacy and practiced analyzing legislative proposals and developing strategies to pass or block them. In December, the Medical Society will host a luncheon at DMS to review emerging health legislation and, in January, students will visit the legislature in Concord, participate in an NHMS Legislative Committee meeting and further engage in legislative advocacy.

People

Congratulations to **Debraj Mukherjee**, 2007 Dartmouth Medical School graduate and C. Everett Koop Scholar in Addiction Medicine for being awarded the C. Everett Koop Courage award, and to **Christopher Jons**, also a 2007 Dartmouth Medical School graduate and C. Everett Koop Scholar, for being awarded the John F. Radebaugh Community Service Award and the Leonard Tow Humanism in Medicine Award.

Dr. Donald Kollisch, of the Rural Health Scholars program at Dartmouth Medical School, and an activist on substance related issues, wrote a piece for the Associated Press about recruiting, training, and retaining rural doctors.

McGovern, M.P., Clark, R.E., Samnaliev, M., have developed a measure, the DDCAT (Dual Diagnosis Capability in Addiction Treatment) designed to assess addiction treatment services capacity for co-occurring disorders. This research was funded by the Robert Wood Johnson Foundation Substance Abuse Policy Research Program and by SAMHSA Co-occurring State Grants. <http://dms.dartmouth.edu/prc/dual/atsr>

Dr. David Chau, DMS Dept. of Psychiatry has been awarded an R03 grant from National Institutes of Mental Health to utilize an animal model to explore mechanisms that mediate increased alcohol and drug use disorders in schizophrenia and, eventually, to develop pharmacologic treatment for addictions.



Pushing the Brake and Accelerator *at the Same Time...*

A series of articles in the Dartmouth student newspaper, “The Dartmouth”, last year documented the increasingly common practice among college students of mixing alcohol with stimulant drugs in order to stay more awake while becoming more intoxicated. At this year’s meeting of the American Public Health Association, researchers from the Wake Forest University School of Medicine presented data on the frequency and consequences of a similar practice, that of combining alcohol and energy drinks.

The researchers surveyed 4,271 college students from 10 universities and found that 24% had consumed alcohol mixed with energy drinks in the preceding month. Those who consumed alcohol combined with energy drinks consumed more drinks when they drank and drank more frequently than students who drank alcoholic beverages alone. And they were **twice as likely** to:

- Be hurt or injured
- Require medical attention
- Ride with an intoxicated driver
- Take advantage of someone else sexually
- Be taken advantage of sexually

The researchers noted that students’ motor skills, visual reaction times, and judgment were no less impaired by alcohol when they combined it with stimulants. However, because they feel more alert and less sedated with the combination, they may not be as aware of the degree of their impairments and may be more inclined to activity, which brings with it the potential for harm. Stimulants may also permit individuals to drink more, but without blocking toxic effects of alcohol.

LEARNING OPPORTUNITIES

Nov 13th, 8:30am-4:30pm, Integrating Dual Disorders Treatment: An Evidence-Based Practice, Blodget St. Conference Room, 1555 Elm St., Manchester, NH. 603-628-7706 x4174 or krolden@mhcgm.org

Nov 13th, 9am-4pm, Making Change: Creating Opportunities to Support Youth Recovery, YWCA of Manchester, 72 Concord St., Manchester, NH. (603) 622-6116 or Deborah@makinhappen.org

Nov 13th, 8:30am-12:15pm, How to talk so families will listen and listen so families will talk, Highlander Inn and Conference Center, Manchester NH. nmiller@nhtwr.org

Nov 16th, Boundaries and CounterTransference: Clinical and Ethical Dilemmas in Treatment, Spectacular Event Center, Bangor, ME. www.neias.org for more info

Nov 16th-18th, 9am-2pm on the 16th & 17th and 9am-3pm on the 18th, Women's Leadership Training Initiative, Diana Love Center for Children and Families, 169 Main St., Claremont, NH. (603) 647-4629 or www.nhtwr.org

Nov 16th, 7:30am-12:30pm, NHADACA Annual Meeting and Panel Discussion: Navigating the Criminal Justice System, Manchester Country Club, 180 S. River Rd., Bedford, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Nov 27th, 4:30pm-5:30pm, Grand Rounds Series with Dr. John Bunker, Public Health Strategies to Reduce Underage Drinking Problems, Cheshire Medical Center, North Building, Conference Rooms 1&2, Keene, NH. (603) 862-1128 or http://www.chhs.unh.edu/hmp/0708grandround_regform.html

Nov 27th, 9am-4pm, What is Good Supervision? (for supervisors), Asa Bloomer Building, Rutland Room 266, Merchants Row, Rutland, VT. www.vapvt.org/training.htm

Nov 29th and 30th, 8am-4pm, Motivational Interviewing: Getting Started and Advanced Motivational Interviewing, Brattleboro Retreat, Anna Marsh Lane, Brattleboro, VT. (800) 738-7328 or www.retreathealthcare.org

Nov 29th and 30th, 8:30am-3:30pm, Substance Abuse Prevention Specialist Training: Part II, Dr. Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Nov 30th, 9am-4pm, Advanced Ethics, Health Department, 108 Cherry St., Burlington, VT. www.vapvt.org/training.htm

Nov 30th, 10:30-11:45am, Identifying and Treating Eating Disorders, Grand Rounds, University of Vermont College of Medicine, Dept. of Psychiatry, Davis Auditorium, Fletcher Allen/UVM Medical Education Center, Burlington, VT. (802) 847-2124

Dec. 5th, 8:30am-3:30pm, Medication Abuse: Do You Know What Is In Your Medicine Cabinet?, Dr. Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Dec. 6th, 8:30am-5:00pm, New Futures Community Leadership Initiative, The Common Man Inn, 231 Main St., Plymouth, NH. Linda (603) 658-2770 x104 or lking@new-futures.org

Dec. 7th, Introduction to Ethics: A Training for the Substance Abuse Professional, Radisson Hotel and Suites, 10 Independence Drive, Chelmsford, MA. www.neias.org

Dec. 7th, 8:30am-3:30pm, The 12 Core Functions of the Substance Abuse Counselor, Dr. Tom Fox Memorial Chapel, 105 Pleasant St., Concord, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Dec 7th, 9am-4pm, Violence, Psychiatric Disorders & Substance Abuse in Youth and Adults: Clinical and Ethical Challenges, Boston University Corporate Education Center, Tyngsboro, MA. (978) 283-2727 www.communityprograminnovations.com

Dec 10th, Incorporating Harm Reduction into Drug & Alcohol Treatment, Massachusetts Bar Association Conference Center, 20 West St., Boston, MA. www.neias.org

Dec 11th & 12th, Basic Concepts of Addiction, Holiday Inn Boston-Dedham Hotel and Conference Center, 55 Ariadne Rd., Dedham, MA. www.neias.org

Dec 14th, 9:30am-11:30am, Governor's Commission Meeting, Legislative Office Bldg., 33 North State St., Concord, NH. (603) 271-6100

Dec 17th, 8:30am-3:30pm, Utilizing the DSM IV for Substance Abuse Counselors, NH Audubon, 3 Silk Farm Rd., Concord, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Jan 3rd, 12:00-1:30 pm, Treatment of Co-Occurring Disorders: Substance Abuse and Mental Health, New Hampshire Hospital, 36 Clinton St, Concord NH.

Jan. 10th, 8:30am-3:30pm, Prevention Ethics, Dr. Tom Fox Memorial Chapel, 105 Pleasant St, Concord, NH. Dianne (603) 271-6101 or dpepin@dhhs.state.nh.us

Jan 11th, Ethics and Boundaries for Substance Abuse Counselors Attitash Grand Summit, Bartlett, NH. dpepin@dhhs.state.nh.us

Learning Across the Net

Nov 12th, Effective Strategies for Engaging Youth with Co-occurring Disorders

Nov 19th, Advanced Pharmacology: Staying Current with Drugs of Abuse

<http://www.attc-ne.org/education/>

Nov 12th, Boundary Issues & Dual Relationships in the Treatment of Addictions

Dec 3rd, Living Life on Life's Terms: Integrating Spirituality into Treatment of Addicted Adults

<http://www.neias.org>

Nov 15th, 3-4:15pm Social Host

Dec 18th, 3-4:15pm Parental Involvement in Preventing Underage Drinking

www.udetc.org/audioconflist.asp

ONLINE ANYTIME

For CEU credits (many more)

**Alcohol Abuse and Violence against Women
Alcohol, Medication and Older Adults**

www.pathwayscourses.samhsa.gov/courses.htm

Extensive selection online tutorials available

www.ncsacw.samhsa.gov/tutorials/

An Introduction to Medication for Alcohol Dependence for addiction counselors. (Other topics available)

<http://www.jointogether.org>

EYE on LEGISLATION

NATIONAL

H.R. 1108 The Family Smoking Prevention and Tobacco Control Act: Both the Senate and the House of Representatives are considering bills that would give the FDA authority to regulate tobacco products.

H.R. 1610 A bill to amend the internal revenue code of 1986 to reduce the tax on beer to its pre-1991 level. Would cut beer tax in half. The current tax on beer amounts to three cents per drink.

<http://takeaction.cspinet.org/campaign/beertax>

NEW HAMPSHIRE

Few bills are available at this time in their final form. The following titles have been submitted as LSRs (Legislative Service Requests) and bare watching:

2008-H-2124-R. Permitting the possession of marijuana in certain quantities. Sponsors: (Prime) Weed, Vaillancourt, Hammond

2008-H-2502-R. Relative to penalties for possession of marijuana. Sponsors: (Prime) Fontas, Edwards, Weed

2008-H-2426-R. Relative to vehicle impoundment following an arrest for DWI or refusing consent to a blood alcohol test. Sponsors: (Prime) Tilton, Butynski

2008-H-2500-R. Allowing counties to implement a first-time offender alcohol and substance treatment program, requiring the Department of Justice to administer grants to counties for such program, and making an appropriation therefore. Sponsors: (Prime) Fontas, Pantelakos

2008-H-2425-R. Relative to license suspensions for persons driving a vehicle while possessing drugs. Sponsors: (Prime) Tilton, Butynski

2008-S-2687-R. Substance abuse prevention and treatment within the department of health and human services. Sponsor: (Prime) Sgambati

More info on NH bills: www.gencourt.state.nh.us/ie/

VERMONT

Vermont legislative service requests are submitted somewhat later than those in New Hampshire and are not available online at this time. Stayed tuned for information of new bills.

More info on Vermont bills: www.leg.state.vt.us/

PRESIDENTIAL TOWN HALL MEETING

Addressing alcohol and drug problems

- Tell candidates your concerns
- Hear candidates thinking
- Learn experts' perspectives

Sunday December 2nd, 3:00 pm
Timberlane Regional Performing Arts Center
Plaistow, NH
Reserve free tickets: (603) 382-6541 X243

Substances in the Airwaves

What are kids listening to?

33% of 2005's 279 most popular songs alluded to substances, most of them in a positive light. Here's the breakdown:

➤ Rap	77%
➤ Country	37%
➤ R & B	20%
➤ Hip Hop	20%
➤ Rock	14%
➤ Pop	9%

American Public Health Association (2007, November 11). One Of Every Three Popular Songs Contains References To Substance Use. *ScienceDaily*. Retrieved November 14, 2007 from <http://www.sciencedaily.com/releases/2007/11/071109210416.htm>

JOB BOARD

Families in Transition

Seeks 2 FT **Bachelor Level LADC Case Managers**

To provide case management and clinical services in a newly developed intensive, trauma-informed, outpatient substance abuse treatment program serving homeless, low-income, and at-risk families and single women.

Resumes to: Stephanie Savard, LICSW at ssavard@fitnh.org

The Makin' It Happen Coalition

Seeks a **full-time evaluator** to work with multiple stakeholders to implement and analyze community needs assessments relating to substance use and community building activities.

Resumes to Tym Rourke, Executive Director, Makin' It Happen Coalition, 27 Lowell St., Manchester, NH 03101 or tym@makinithappen.org

Focus on Recovery

Wits End Support Group for **parents of adolescent or young adult children** using alcohol, marijuana, other drugs. Mondays, 6:00-7:30pm at Turning Point Club, 85 N. Main St., White River Jct., VT. (802) 295-5206

Intentional "Wellbriety" through **Peer Support**, Wednesdays, 6:15-7:45 pm at Bethany Church, Main St., Montpelier, VT. www.friendsofrecoveryyvt.org.

Rocking Horse Circle of Support. A Circle for **Women and their Young Children**, Wednesdays, 1:00 to 2:30pm, Grace Methodist Church, Main St., Bradford, VT. Louise Coates at (802) 479-1086 or LCoates2@aol.com

The Nurturing Parenting Program, Mondays, 6-8pm, The Family Center of Washington County, 32 College St., Suite 100, Montpelier, VT. (802) 229-5724

Teacher's Corner

A web resource on substance issues targeted at ages 11 to 13. Provides middle school workers with educational materials, including lesson plans and role-playing activities.

www.thecoolspot.gov/teachercorner.asp

New Web Page

for **Veterans and their Families**

Mental Health and Substance Service Needs for Veterans

New website provides critical information on prevention, treatment and recovery support for mental and substance use disorders.

<http://www.samhsa.gov/vets/>

DCARE CONNECTION

Dartmouth Center on Addiction Recovery and Education
7764 Parker House, Dartmouth College
Hanover, New Hampshire 03755
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
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Mary Batchelder, Admin. Asst.

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

The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking

www.stopalcoholabuse.gov

- *A Guide to Action for Communities*
- *A Guide to Action for Families*
- *A Guide to Action for Educators*

Resources for Stopping Tobacco Use

NH Quit Line: 1-800-TRY-TO-STOP (1-800-879-8678)

VT Quit Line: 1-877-YES-QUIT (1-877-937-7848)

1-800- QUIT-NOW (1-800-784-8669)

or visit:

www.trytostop.org

www.vermontquitline.com