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# DCARE CONNECTION

*Linking people and information for positive change*

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Dartmouth Center on Addiction Recovery and Education

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## Dartmouth Substance News

**Matthew Reilley**, a **DMS student** and **C. Everett Koop Scholar in Addiction Studies**, has been selected one of 42 Howard Hughes Medical Institute-National Institutes of Health 2008 research scholars, a program to develop professionals who bridge the laboratory and clinical care.

Dartmouth welcomes back **Christine Finn MD, Dartmouth '93** as **Director of the Psychiatry Crisis and Consult Service at DHMC**. She leaves Harvard Medical School and Mass General Hospital where she directed the Acute Psychiatric Service to the effusive praise of her Harvard colleagues.

**Kathleen Martin, PhD, DMS Depts. of Surgery and of Pharmacology and Toxicology** has been awarded a Clinical Innovator Award from the Flight Attendant Research Institute to support research into the effects of secondhand tobacco smoke on human health.

**Dartmouth Tree Walk. Oct. 8<sup>th</sup>, 12-1pm.** Connecting with nature helps build resilience and balance. All are welcome on the third annual walking tour of the Dartmouth campus for an introduction to the trees and natural beauty of our environment. Meet outside Robinson Hall. Wear comfortable shoes. (603) 646-9215.

**DCARE** co-sponsored the **2nd Annual NH Addiction Medicine Conference for Healthcare Providers** in Waterville Valley, August 21<sup>st</sup> with the New England Institute of Addiction Studies (NEIAS), the NH Medical Society and the NH Nursing Association. Among other presenters, **Dr. Charles Brackett, DHMC Dept of Internal Medicine** spoke on screening, intervention and referral in primary care and **Dr. Seddon Savage, DCARE Director**, on Prescription Opioid Misuse.

### Some Campus Alcohol and other Drug Resources

**Campus AA** Tuesdays 7-8 pm, 119 Silsby  
**Campus AI-Anon** Tuesdays 5:30-6:30 pm, 119 Silsby  
**Recovery Housing** Contact Dr. Mark Reed - 646-9442  
**Confidential Assessment and/or Treatment:**

DHMC Addiction Treatment Program - 653-1860  
Counseling and Human Development - 646-9442

More resources at [www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare)



The Amethyst Initiative, a group of over 120 U.S. college presidents, started the addictions community this summer when it stated that the **21 year old U.S. minimum legal drinking age (MLDA)** "wasn't working" and called for a study of its effects.

Most people who address alcohol and other drug issues know the public health data: the U.S. MLDA of 21 saves almost 1000 lives a year; it reduces the exposure of vulnerable young brains to alcohol thereby decreasing risk of later alcohol use disorders; and most European countries with lower drinking ages have higher rates of binge drinking among youth and the same or higher rates of adult substance use disorders than the U.S.

Yet many parents and educators are concerned that prohibiting alcohol for 18-21 year olds means they cannot supervise young people when, almost inevitably, they do drink; that making it illegal drives drinking underground where more dangerous use patterns may occur; and that there is inequity in expecting 18 year olds to shoulder adult responsibilities such as military service and voting, while withholding the responsibility of alcohol use.

It is difficult to weigh the available public health data against these more philosophical concerns. To reach greater consensus, each side must bring equal measures of scientific, social and ethical consideration to their arguments. Towards this end DCARE will devote its May Symposium on Substance Use to detailed examination of the U.S. MLDA. *Speaker suggestions are welcome. Info will be posted at [www.dartmouth.edu/~dcare](http://www.dartmouth.edu/~dcare) as available.*

# LEARNING OPPORTUNITIES

Sept. 19<sup>th</sup>, 8:30am-1:30pm, Mapping the Addiction Maze: Trauma and Addiction-An Update on Best Practice”, Fireside Inn, 25 Airport Road, West Lebanon, NH. (603) 653-1975 or [Marcia.Masland@Hitchcock.org](mailto:Marcia.Masland@Hitchcock.org)

Sept. 24<sup>th</sup> 9am-4pm, Moving Forward 2008: Tobacco Control Partners Conference, Stoweflake Mountain Resort, 1746 Mountain Rd., Stowe, VT. (802) 863-7514 or [tobaccovt@vdh.state.vt.us](mailto:tobaccovt@vdh.state.vt.us)

Sept. 24<sup>th</sup> and 25<sup>th</sup>, VT Conference on Addictive Disorders- Stages of Change, Strategies for Today, Solutions for a Better Tomorrow, Lake Morey Resort, Fairlee, VT. Shawna (802) 222-5201

Sept. 25<sup>th</sup>, 8:30am-4:00pm, Treating Shame & Guilt in Addictions Counseling, Best Western TLC, Waltham, MA. (508) 752-7313 or [gail@adcare-educational.org](mailto:gail@adcare-educational.org)

Sept. 26<sup>th</sup>, 9am-4pm, Advanced Motivational Interviewing, Capitol Plaza, 100 State St., Montpelier, VT. [www.vapavt.org/training.htm](http://www.vapavt.org/training.htm)

Sept. 26<sup>th</sup>, 9:30am-4:00pm, “Walk a Mile in My Shoes:” Bridging Peer Support & Treatment Services, Holiday Inn, Rutland, VT. (802) 652-2033 or [pbrenem@vdh.state.vt.us](mailto:pbrenem@vdh.state.vt.us)

Sept. 29<sup>th</sup>, 8:45am-4:00pm, Basic Ethics, Best Western Conference Room, 45 Blush Hill, Waterbury, VT. (802) 482-3222 or [two-boys@comcast.net](mailto:two-boys@comcast.net)

Oct. 2<sup>nd</sup>, 8:30am-4:00pm, Alternative/Complementary Approaches to be used in Substance Abuse Treatment, Clarion Hotel & Conference Center, W. Springfield, MA. (508) 752-7313 or [gail@adcare-educational.org](mailto:gail@adcare-educational.org)

Oct 2<sup>nd</sup>, 8:00am-4:45pm & Oct. 3<sup>rd</sup>, 8:00am-12:00pm, 2008 NH Substance Abuse Conference, The Grand Summit Resort & Conference Center, Bartlett, NH. (603) 271-5160, [dpepin@dhhs.state.nh.us](mailto:dpepin@dhhs.state.nh.us)

Oct. 9<sup>th</sup>, Methamphetamine, Crank, Crystal Meth, Ice: Critical Information for Addiction Specialists, Radisson Hotel and Suites, Chelmsford, MA. (508) 752-7313 or [gail@adcare-educational.org](mailto:gail@adcare-educational.org)

Oct, 14<sup>th</sup>, 8:30am-4:00pm, Use of CBT with Addiction, Harbor Homes, 45 High St., Nashua, NH. (603) 882-3616 x 1157

Oct. 17<sup>th</sup>, 9:00am-3:45pm, 6<sup>th</sup> Annual Vermont Collaboration Conference on Children, Youth & Families, Killington Grand Hotel, Killington, VT. (802) 948-2435 or [collaboration@robie.info](mailto:collaboration@robie.info)

Oct. 17<sup>th</sup>, 8:30am-3:30pm, HIV Update for Substance Abuse Professionals, Community Campus, 100 Campus Drive, Portsmouth, NH. (603) 271-6101 or [depepin@dhhs.state.nh.us](mailto:depepin@dhhs.state.nh.us)

Oct. 20<sup>th</sup>, Understanding & Using the 12-Step Program, Holiday Inn, Boxborough, MA. (508) 752-7313 or [gail@adcare-educational.org](mailto:gail@adcare-educational.org)

Oct. 22<sup>nd</sup>, 12:30-4:00pm, VT Drug and Alcohol Coalition (annual strategic planning retreat), Pavilion Building, Montpelier, VT. [two-boys@comcast.net](mailto:two-boys@comcast.net)

Oct. 23<sup>rd</sup>, 8:30am- 4:00pm, How to Stop Wasting the Best and the Brightest: Substance Abuse at America’s Colleges and Universities, CASAConference, The Conference Center at Dewey & LeBoeuf, 1301 Avenue of the Americas (at 52<sup>nd</sup> St.), New York, NY. [www.casacolumbia.org](http://www.casacolumbia.org)

Nov. 6<sup>th</sup> & 7<sup>th</sup>, 7:45am-4:15pm, Dialectical Behavior Therapy for Substance Use Disorders, Doubletree Hotel Seattle Airport, 18740 International Boulevard, Seatac, WA. (206) 675-8588 x121 or [www.behavioraltech.org](http://www.behavioraltech.org)

Nov. 7<sup>th</sup>, Exploring Ethical Issues for Mental Health, Substance Abuse, and Social Work Professionals, Thomas Fox Memorial Chapel, Main Building, 105 Pleasant St., Concord, NH. (603) 271-6101

Nov. 21, 9am-4pm, Basic Clinical Supervision, ADAP/VDH, Room 2A, 108 Cherry St., Burlington, VT. <http://www.vapavt.org/training.htm>

Dec. 2<sup>nd</sup>-5<sup>th</sup>, Training on the Global Appraisal of Individual Needs (GAIN), Thomas Fox Memorial Chapel, 105 Pleasant St., Concord, NH. (603) 658-2770 or [mgagnon@new-futures.org](mailto:mgagnon@new-futures.org)

Dec. 4<sup>th</sup> and 5<sup>th</sup>, 8am-3pm, Alcohol, Tobacco and Other Drugs Education (K-12) (802) 254-6590 or [info@healthandlearning.org](mailto:info@healthandlearning.org)

Dec. 12<sup>th</sup>, 8am-4pm, Understanding & Using New Approaches to Adolescent Substance Abuse Treatment, Brattleboro Retreat. [www.brattlebororetreat.org](http://www.brattlebororetreat.org)

Dec. 15<sup>th</sup>, The Cultural Impact of Alcohol and Substance Abuse and the Family, Keene State College, Rhodes Building, Keene, NH. (603) 271-6101

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## *Of Special Interest to Physicians, Nurses & other General Healthcare Providers*

Oct. 17<sup>th</sup> & 18<sup>th</sup>, 7:30am-12:15pm, Addiction Medicine: Managing Addictive Disorders: New Strategies, Radisson Hotel Boston, 200 Stuart St., Boston, MA. (617) 384-8600 or [www.cme.hms.harvard.edu/courses/addictionmedicine](http://www.cme.hms.harvard.edu/courses/addictionmedicine)

Oct. 23<sup>rd</sup>, 12pm-2pm, NHH Nursing Rounds Series, How to Help People Stop Smoking, New Hampshire Hospital, APS Conference Room C, Concord, NH. Gisela @ (603) 271-5407

Oct. 29<sup>th</sup>, 8:30am-10:00am, MHC-GM Grand Rounds, Prescribing Medications for Substance Users, MHC-GM, Blodget St. Conference Room, 1555 Elm St., Manchester, NH. (603) 628-7706 x 4129 or [battyjoa@mhcgm.org](mailto:battyjoa@mhcgm.org)

## Do You Have Problems With Your Drinking?

- Is alcohol a problem?
- Are you feeling guilty about drinking?
- Have you tried to cut down or stop drinking?
- Are you having problems with work, family, or friends because of your drinking?

If you've answered "yes" to one or more of these questions, and are between the ages of 18 and 64, you may be able to participate in a [research study](#) taking place at Dartmouth Medical School

Research is free and confidential.  
Compensation for time and travel will be provided.

If you'd like to learn more about participating in this study, please call (603) 653-1800.

## Learning Across the Net

Sept. 22<sup>nd</sup> Chemical Dependency and PTSD

Sept. 22<sup>nd</sup> Confidentiality of Patient Information in Substance Abuse

Sept. 29<sup>th</sup> Dual Diagnosis Tx: A MAP to Recovery – Part 2

Oct. 20<sup>th</sup> Simply Being: The Appropriate Use of Self in the Therapeutic Relationship with Addicted Adults

Oct. 27<sup>th</sup> Linking Substance Abuse and Interpersonal Violence: Implications for Effective Interventions

Nov. 17<sup>th</sup> Chemical Dependency & PTSD  
<http://www.browndlp.org>

Sept. 25<sup>th</sup> 1-2pm EDT, Teen Addiction & the Path to Recovery. This is a telecast.  
[http://www.mctft.com/telecasts/view\\_course\\_print.aspx?](http://www.mctft.com/telecasts/view_course_print.aspx?)

Sept. 25<sup>th</sup>, 3:00-4:15pm, Alcohol and the Developing Brain: Effects of alcohol on pre-adolescent and adolescent brain development. <http://www.udetc.org/audioconflist.asp>

Nov. 11<sup>th</sup> - Dec. 16<sup>th</sup>, Integrating Harm Reduction into Drug and Alcohol Treatment Registration begins on Oct. 14<sup>th</sup>.  
[http://www.hcsm.org/online-ed/course\\_list.html](http://www.hcsm.org/online-ed/course_list.html)

### Ongoing Web Trainings

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

- Environmental Strategies for Prevention: A Guide to Effective Prevention Work in the Community
- Silence Hurts: Alcohol Abuse and Violence Against Women (for professionals)
- Evaluation for the Unevaluated: Program Evaluation 101
- At Any Age, It Does Matter: Substance Abuse and Older Adults (for professionals)
- Alcohol, Medication and Older Adults (for those who care about or for an older adult)
- Out of the Shadows: Uncovering Substance Use and Elder Abuse (for professionals)

<http://www.pathwayscourses.samhsa.gov/courses.htm>

## Focus on Recovery

Fridays, 6-7pm, Double Trouble in Recovery – A 12-Step Group for Co-Occurring Disorders, Turning Point Club, 200 Olcott Park, Wilder, VT. Open to anyone with current or past mental health disorders and chemical addiction. (802) 295-5206.

Sept. 19<sup>th</sup>, 5-11pm, Inspired Recovery, Celebrating the Journey, 1000 Elm St., Manchester, NH. All invited to experience Journey toward Recovery from alcohol and other drug addiction through the music, spoken word and visual arts. [MARTYROCK@COMCAST.NET](mailto:MARTYROCK@COMCAST.NET)

Sept. 20<sup>th</sup>, 10am-12pm, 3<sup>rd</sup> Annual Green Mountain Recovery Walk, State House lawn in Montpelier, VT. 1.4 mile walk, recovery speakers, t-shirts and water for walkers, entertainment, face painting, raffle, exhibits and voter registration booth. (800) 769-2798 or [recoveryvt@aol.com](mailto:recoveryvt@aol.com)

Oct. 31<sup>st</sup>, Nov. 1<sup>st</sup> and 2<sup>nd</sup>, Tides of Change; Waves of Healing, 25<sup>th</sup> 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](http://www.nhal-anon.org)

Vermont Vet-to-Vet offers peer-to-peer support to veterans of all eras, including those who are now returning from Iraq and Afghanistan.

Barre, VT., Hedding Methodist Church, Wednesdays, 6-7pm, (802) 476-8156  
Burlington, VT., Turning Point Center of Chittenden County, Thursdays, 5-6pm, (802) 861-3150

Middlebury, VT., Middlebury Turning Point Center, Tuesdays, 6:15-7:15pm, (802) 388-4249

Rutland, VT., Rutland Regional Medical Center (Conf. Room 2), Wednesdays 4-5pm, (802) 775-7111

St. Johnsbury, VT., Kingdom Recovery Center, Saturdays 4-5pm, (802) 751-8520

White River Jct., VT., VA Medical Center Room G-82, Bldg. 31, Women's group every 2<sup>nd</sup> Tuesday, 3:30-4:30pm; Wednesdays Room G-82, Bldg. 31, 11:30am-12:15pm; Thursdays, Room G-82 Bldg. 31, 4-5pm, (866) 687-8387  
For more info: David at (802) 485-9246 or Steve at (802) 793-8876

Know other New Hampshire or Vermont Supports? Please share information with [dcare@dartmouth.edu](mailto:dcare@dartmouth.edu) so we can spread the word

FASTER (Families Advocating  
Substance Abuse Treatment, Education Recovery)

### Parent Support Groups around New Hampshire

Provides a place parents/caregivers can feel safe sharing experiences, improving coping skills, & learning more about addiction and recovery.

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

The Nurturing Parenting Program for Families in Recovery  
is about to start!!!

For

- Adults in treatment or recovery, in parenting relationships with children
- Partners of parenting adults in treatment and recovery
- Extended family members parenting children of substance using adults

Participants develop self-awareness, build nurturing skills, explore their childhood experiences and examine the parallels and differences in the development of their children.

Meetings for 2 ½ hours once a week for 18 weeks.

(800) 244-5373 or [jacroix@pcavt.org](mailto:jacroix@pcavt.org)

**Calling Activists!**  
**The Vermont Dept of Health, Alcohol & Drug Abuse Programs**

Seeks a team of young adult advisors  
to help shape substance abuse prevention planning activities around  
underage drinking, at-risk (binge) drinking and marijuana

Persons 18-25 interested in being a part of community and state-level substance  
abuse prevention should contact Connie (802) 652-2088 or [cbeal@vdh.state.vt.us](mailto:cbeal@vdh.state.vt.us)

**The WRJ Turning Point Club has moved!**

*New location:*

200 Olcott Park in Wilder, VT. off Route 5, ~ a mile from Norwich.  
Phone number remains (802) 295-5206

**New Futures  
Community Leadership  
Initiative Retreat**

**December 3<sup>rd</sup>, 8:30am-5:00pm**  
**Town & Country Inn, Shelburne, NH.**

This program is designed to  
engage community members who want to  
assume leadership roles in reducing  
underage alcohol problems and increasing  
access to treatment in New Hampshire,  
Linda @ (603) 658-2770  
[www.new-futures.org/community-  
leadership-initiative](http://www.new-futures.org/community-leadership-initiative)

**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](http://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](mailto:DCARE@dartmouth.edu)  
Editors:  
Anna Ludlow '10, Dartmouth College  
Seddon R. Savage MD, MS  
Mary Batchelder, Admin. Asst.

***Task Force on Women and Recovery***

**Job Opening – Executive Director**

*Seeking a dynamic individual with faith  
in the power of recovery and a passion for women's issues.*

- To operationalize the vision, mission and culture of a recovering consumer/survivor driven organization.
- To provide overall administrative management of the organization.
- Requirements: Master's in human service related field *or* Bachelor's and 5 years experience in non profit management and/or addiction prevention and recovery field.

Email only, no calls please. Send cover letter with salary reqs & resume to [jobs@nhtwr.org](mailto:jobs@nhtwr.org)

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