



University of Missouri-Kansas City
Addiction Technology Transfer Center
National Office
5100 Rockhill Road
Kansas City, MO 64110-2499

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attc networker

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Join the Celebration: CSAT's Recovery Month

The theme for CSAT's 12th annual Recovery Month is *We Recover Together: Family, Friends and Community*. Recovery Month efforts are meant to involve people from all aspects of prevention, treatment and recovery in activities that celebrate those in recovery and support the gains made by those who provide addiction treatment services.

"Addiction treatment provides a beacon of hope for those ready to undertake the road to recovery," explains H. Westley Clark, M.D., J.D., M.P.H., director of CSAT. "Recovery Month is the perfect vehicle to bring home the message that families, friends and communities must work together to improve the odds for those in need of services."

This year's largest Recovery Month event is a "Run for Recovery," September 16 in Arlington, Virginia. CSAT also has a number of online events planned including web chats and web casts.

September 2001 web chats:

- Community-Based Organization Approaches to Addiction/Treatment • September 5, 7-8pm EST
- Roles of Friends and Community in the Recovery Process • September 19, 3-4pm EST

September 2001 web casts:

- The Science of Addiction and Treatment September 12, 7-8pm EST
- Social Service Approaches to Addiction/Treatment September 26, 3-4pm EST

To learn more about these events, visit the Recovery Month website at www.health.org/recoverymonth/2001. To see a listing of upcoming ATTC events in support of Recovery Month, visit the ATTC national website at www.nattc.org.

Find Resources You Need!

www.nattc.org

Recently the ATTC national

website was redesigned to be more user-friendly. "We hope that the new format will help people find the resources and information they need easily," says Jennifer Tate Giles, senior project manager for the ATTC National Office. "Everything is now accessible in just two clicks."

The site contains a wealth of information for practitioners, researchers, educators, and consumers. Some of the most valuable Network resources available at the site include:

- a database of ATTC products such as treatment guides, curricula and current publications
- a credentialing database with the licensing/certification requirements for each U.S. state and territory
- access to information about distance education opportunities around the country
- state-of-the-art addiction science information
- a comprehensive links section with access to the most reliable addiction-related resources

Maintaining online resources is a priority for the ATTC because the Internet is such an invaluable tool for the treatment field. According to the *1999-2000 ATTC Annual Report*, the national ATTC website had nearly 707,000 hits during the 1999-2000 grant year. The report also states that by 2002, the number of college students enrolled in distance-learning courses will reach 2.2 million. "These statistics show us that online resources and training are extremely valuable to those in the field," continues Giles. "Our Network is dedicated to providing access to the most current research, information and educational opportunities."

Visit the newly formatted site at www.nattc.org. For a copy of the *1999-2000 ATTC Annual Report*, call the ATTC National Office at 1-877-652-ATTC.

DC/Delaware ATTC
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www.attc.ucsd.edu

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Georgia, Alabama, South Carolina, Florida
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Texas
(512) 471-3538
www.utattc.net

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1-877-652-ATTC
www.nattc.org

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Justice Personnel Focus on Substance Abuse

“A majority of federal cases involve substance abuse.

Through needs assessments, we determined that ongoing substance abuse education for court, probation and parole staff was greatly needed.

Our relationship with the ATTC has been an ideal fit for providing these programs.”

*-David Leathery
Federal Judicial
Center*

In 1997 the Bureau of Justice Statistics reported that 51 percent of state and federal prison inmates committed their offense under the influence of drugs or alcohol. In 1999, drug abuse violations accounted for 11 percent of all arrests nationwide.

Because drug and alcohol misuse and abuse is often so closely tied to criminal activity, it has become imperative that professionals in the justice system be appropriately trained to understand substance use disorders and the impact of substance abuse treatment. It is for these reasons that the ATTC is partnering with the Federal Judicial Center (FJC) in Washington, DC.

David Leathery, chief of probation and pretrial training for the FJC, and an ATTC advisory group member, believes collaboration is imperative. He states, “A majority of federal cases involve substance abuse. Through needs assessments, we determined that ongoing substance abuse education for court, probation and parole staff was greatly needed. Our relationship with the ATTC has been an ideal fit for providing these programs.”

The FJC is the research and education agency of the federal judicial system. It was established by Congress in 1967 to conduct and promote training for federal judges and court employees such as personnel in clerks’ offices and probation and pretrial services staff. Currently, the FJC is the predominant national training provider for these groups. The FJC also develops recommendations about the operation of the federal courts, and conducts and promotes research on federal judicial procedures and court operations.

Each year, the FJC develops three new two-hour programs on substance abuse. Trainings are delivered through the Federal Judicial Television Network, the second largest civilian television network worldwide. Programs are broadcast to more than 300 locations across the nation, and often reach more than 1,000 people during a single broadcast.

Leathery sees this training program as an opportunity to help justice staff understand the importance of collaborating with treatment systems. Thus, training topics have included the officer’s role in the treatment process, and ways to bring treatment and criminal justice systems together. Although probation officers are the most highly targeted group for participation, at many locations local treatment providers are also invited creating an opportunity to build relationships across systems.

Other training topics have included: how alcohol affects the brain, drug testing and the pharmacology of drugs, and how to respond to medical traumas related to substance abuse.

The ATTC assists the FJC in a couple of ways. Often ATTC directors and staff are utilized as resource experts for these trainings, or the ATTC acts as a resource bank to help locate experts in the field. In addition, the ATTC National Office is an approved continuing education provider by the National Association of Alcohol and Drug Abuse Counselors to provide continuing education units (CEUs) for these trainings. “This provides legitimacy to our program,” says Leathery. “The CEUs have been an incentive for a number of our officers to pursue certification as a substance abuse counselor.”

In addition to this assistance, Leathery believes ATTC publications bring important information to justice personnel. “*The Networker* and the ATTC e-zine (*Eye on the Field*) help connect the worlds of substance abuse and criminal justice. These publications bring us information we wouldn’t have received otherwise,” he explains. For more information about the FJC, visit their website at www.fjc.gov.

Nationwide Alcoholism Study . . . Participants Needed

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is looking for participants for their Combining Medications and Behavioral Interventions (COMBINE) study.

The study will randomize 1,375 people who meet current diagnostic criteria for alcohol dependence at 11 treatment research centers. Participants will receive one or both of two behavioral treatments and one or both of two medications (naltrexone and acamprosate) or a placebo. The study is expected to identify the best available treatments and treatment combinations for alcoholism.

Participants must be at least 18 years old and be willing to be screened for alcoholism. Learn more by calling 1-866-80-STUDY or visit www.niaaa.nih.gov.

Counselor Reflections

Keven Poore, MA, a certified alcohol and drug counselor, is the program coordinator at the Halfway Home Project (HHP), a ten-bed residential program for deaf and hard of hearing individuals with substance abuse problems. Deaf since infancy, Poore emphasizes the importance of deaf and hard of hearing clients being able to communicate directly with their counselors.

While he believes appropriately trained counselors who are not deaf can be effective, in most cases he believes it is best for deaf or hard of hearing clients if the counselor is deaf as well. Poore explains, "My staff are all either deaf or fluent in sign language. I feel the most ideal counseling situation is when the counselor and client can communicate directly. I think being deaf adds a level of understanding between the deaf counselor and the deaf client."

HHP is located in Belle Mead, New Jersey on the campus of the Carrier Clinic. In addition to supervising staff and maintaining budgetary responsibilities, at times, Poore functions as a counselor, works with residents on behavioral and disciplinary issues, provides educational lectures and leads groups.

Poore began his journey to the field of substance abuse treatment as a drug unit assistant at the Minnesota Chemical Dependency Program for the Deaf and Hard of Hearing. "It was while working with counselors and supervising patients that I became so fascinated with this field. I left the program to pursue my master's because I wanted to become a counselor," he notes.

To continue enhancing his skills, Poore participates in trainings offered by the Northeastern

States ATTC. He recently attended a training in Philadelphia on the neurobiology of addiction which he found to be extremely helpful. "The training helped reframe my thought process about addiction and the disease concept," he says. "I am always looking for ways to explain the tragic disease of addiction to my clients and this was very useful information."

All residents at HHP are deaf or hard of hearing and use sign language. Poore believes this contributes to the treatment process for them. "This is a place where residents can feel comfortable sharing without having to repeat themselves or be misunderstood. The chances of being isolated are decreased and opportunities to 'con' their peers or counselors who may not sign are significantly reduced," notes Poore.

When asked about the specific needs of the clients he sees, Poore replies, "There are a number of specific needs I see: better aftercare opportunities through more accessible AA/NA meetings, more qualified professionals in the field of deafness and substance abuse. Our program is the only one of its kind on the East Coast, and this limits opportunities for individuals to get services near their homes."

Poore believes that collaboration is crucial in providing quality and timely services to clients. "The movement to recognize coexisting disabilities and substance use disorders is a positive one," he states. "Trainings should offer counselors either intensive training in working with such clients or

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Keven Poore, MA, CADC

"I feel the most ideal counseling situation is when the counselor and client can communicate directly."

I think being deaf adds a level of understanding between the deaf counselor and the deaf client."

- Keven Poore,
Halfway Home
Project

Post Your Distance Ed Courses on New ATTC Website



The ATTC recently launched a new website (www.AddictionEd.org) to help practitioners identify distance learning opportunities around the country. Educational institutions are encouraged to post their addiction-related distance education opportunities on the site **free of charge**.

For inclusion, organizations need only answer a few questions about their offerings. Once approved, the organizations register a username and password, and can then post/edit their courses at their convenience.

It is the responsibility of the sponsoring organizations to ensure their information is accurate and up-to-date. Visit www.AddictionEd.org to register your courses, or to locate distance learning opportunities nationwide.



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Texas ATTC Upgrades Professional Standards & Recruits Minority Students into Treatment Field

The Texas ATTC is actively working to improve educational and professional standards for substance abuse counselors, and to recruit minority students to the field of substance abuse treatment.

For more information about their program, telephone (512) 471-3538 or visit www.utattc.net.

The Texas ATTC is focusing on enhancing the substance abuse system in Texas and the southwest region. Formerly housed at the Texas Commission on Alcohol and Drug Abuse (TCADA), the Texas ATTC recently relocated to the University of Texas at Austin and is now part of the School of Social Work program. Richard Spence, director of the Texas ATTC states, "This is a good fit for us. The school has a number of substance abuse research projects, and we interact very closely with these activities. We look forward to continuing collaborations."

The Texas ATTC remains a close working partner with TCADA, however. Spence notes, "They are providing a great deal of support for the Texas ATTC through scholarships, and we are exchanging support through staff time on committees and technical consultation." One project with which TCADA played a primary role was the incorporation of the knowledge, skills and attitudes (KSAs) of professional practice from the CSAT publication, *Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice (The Competencies)* into the licensure rules for Texas. Published in 1998, the National ATTC Curriculum Committee authored this document.

Licensure rules are issued by TCADA and specify the requirements for counselor training institutions, the clinical training of interns, and the scope of practice of counselors and interns. This system was developed by the Texas ATTC consortium, notably Alvin Community College, Galveston College, Eastfield College, San Antonio College and Texas ATTC staff. Through this system all individuals seeking licensure are trained and supervised for 4,000 hours using the framework of *The Competencies* as the criteria for the knowledge, skills and attitudes to be attained.

Philip Orrick, project manager for the Texas ATTC explains, "A central goal of the Texas ATTC is to improve professional standards. We are very pleased this system was implemented this year. Not

only are students supervised, but they complete self-evaluations. It ensures that every KSA is covered and that all the KSA's are incorporated into a student's experience."

Currently, 14 educational institutions form the Texas ATTC consortium; each receiving funds to incorporate substance abuse related education into their curriculum and programming. Orrick states, "It seems that 14 heads are better than one. We get more people actively involved and have formed a network that has become very useful to agencies across the state."

Approximately half of the schools involved in the consortium provide training through continuing education. The others provide training through degree programs, including two master's and one nursing program. The group meets formally on a quarterly basis to determine goals and review accomplishments. While offering different formats, each organization has greatly expanded their addictions offerings since partnering with the Texas ATTC.

A primary focus area for the Texas ATTC continues to be recruiting minority students. Approximately 75 percent of students participating in Texas ATTC trainings are from minority populations. Ultimately, the goal is to increase the number of minority professionals working in the field to ensure that under-represented populations receive appropriate treatment.



Texas ATTC Staff (from left to right): Joohee Lee, Philip Orrick, Richard Spence, Dina McLain

This is especially important in the Texas region. According to the U.S. Census Bureau, Texas has one of the fastest growing populations in the United States with Hispanic populations leading the increase. One method staff are using to recruit minority students is to include schools with a strong record of minority enrollment in the consortium. This method automatically increases the pool of potential minority students entering the treatment field.

More significantly, however, Spence commends staff at the consortium schools for their recruitment efforts. "They go out into the community to recruit people," he says. "They work with opinion leaders, school counselors, ministers and others to aggressively market their programs, and it is really paying off. Word of mouth from students is also having a big impact."

Another area of concentration for the Texas ATTC is providing educational events. Staff recently organized a number of research-to-practice symposiums, and held two major conferences during the spring and summer. Their fourth annual *Social Work Practice in the Addictions Conference* brought more than fifteen schools of social work from seven states. In June, the Texas ATTC held its first annual *Nursing Educator's Conference* in Houston. The event was extremely popular with more than ten schools of nursing participating from five states. To learn more about the Texas ATTC, call (512) 471-3538 or visit www.utattc.net.

It's On the Web!

The U.S. Department of Health and Human Services has developed an online guide called **Healthfinder®**. This comprehensive site includes a health library with hand-picked information about prevention, wellness, diseases and alternative medicine. You'll also find medical dictionaries, journals, and health topics organized by age, race, gender, and categories such as parents, caregivers and health professionals. The site will lead you to selected online clearinghouses, databases, websites, as well as government agencies and not-for-profit organizations that produce reliable health-related information. Visit the site today at www.healthfinder.gov.

The Change Book

A Blueprint for Technology Transfer



The Change Book: A Blueprint for Technology Transfer is earning widespread acclaim for its innovative approach to implementing change and initiating treatment practices in agency settings. Using case study examples to demonstrate the approach, this step-by-step guide addresses the unique

"Thank you for helping structure my thinking and providing an invaluable tool for my everyday work."

"Thanks for making The Change Book such an easy document to use."

needs of substance abuse treatment administrators, staff, educators and policy makers.

See for yourself why so many people are applying the powerful steps in *The Change Book*. Download your free copy at www.nattc.org, email us at atcinfo@nattc.org or call us at 1 (877) 652-ATTC.

ASAM Updates Patient Placement Criteria

The American Society of Addiction Medicine (ASAM) recently published a major revision of its widely used patient placement criteria, the *ASAM Patient Placement Criteria for the Treatment of Substance-Related Disorders, Second Edition-Revised (ASAM PPC-2R)*. These criteria have been adopted by many states and managed care organizations, and are the most widely used placement guidelines for patients with alcohol and other drug problems.

The criteria have been revised to better respond to treatment programs. Unique features include new criteria for patients with co-occurring disorders, refined criteria for adolescents, a wider range of detoxification options, and improved criteria for long-term recovery and opioid maintenance.

The diagnostic terminology used in the ASAM PPC-2R has been updated to conform to language of the *American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*. The new edition has also been reformatted to facilitate comparisons across levels of care.

This tool is essential for treatment planning and in working with treatment providers, third-party payers and managed care organizations. Costs are \$70 for ASAM members/\$85 for nonmembers. To order, contact ASAM at 1-800-844-8949.

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Counselor Reflections - from pg 3

general information about disabilities with information on making referrals. Much caution is needed to ensure that a counselor does not view themselves as qualified to address coexisting disability issues after only a six-hour seminar, however."

Poore is married, and will be celebrating his first anniversary this fall. He is also working to become certified as a clinical supervisor. When asked where he'd like to be ten years from now, he replies, "I'd like to do more clinical training and remain in an administrative role, but I'd like to continue using my counseling skills regularly."

To learn more about HHP, see their website at www.halfwayhomeproject.org. Visit the NSATTC website at www.pdp.albany.edu/nsattc.

The Neurobiology of Alcoholism: Simplified

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Alcoholics Are Among Those Considered to Be at Most Risk of Dying from Bacterial Pneumonia

Each month the ATTC highlights research from the journal **Alcoholism: Clinical and Experimental Research**, the official journal of the Research Society on Alcoholism. This article was rewritten from the original source: Shellito, J.E., Zheng, M., Ye, P., Ruan, S., Shean, M.K., Kolls, J. (2001). Effect of Alcohol Consumption on Host Release of Interleukin-17 During Pulmonary Infection with *Klebsiella Pneumoniae*. **Alcoholism: Clinical & Experimental Research**, May, 25(6), 560-569.

Pneumonia – an inflammation of the lungs caused by an infection – is a very common yet serious illness that affects approximately one out of 100 people in the U.S. each year. A study in the June issue of **Alcoholism: Clinical & Experimental Research** explains how alcohol abuse can increase an individual's susceptibility to bacterial pneumonia through suppression of a cytokine called Interleukin-17 (IL-17).

"The body is endowed with a large number of normal defenses," said Judd E. Shellito, Lowenstein professor of medicine at the Louisiana State University Health Sciences Center and lead author of the study. "Every day in the air that you inhale, your lungs are exposed to bacteria, viruses and micro-organisms that can cause pneumonia. Research indicates that alcohol can interfere with some of these defense mechanisms, which may explain why alcoholics are more likely than non-alcoholics to get pneumonia."

This study looks at one of those host defense mechanisms, a lymphocyte-derived cytokine called IL-17. It found that when bacteria was introduced into the lungs of experimental rodents, IL-17 was released. Alcohol, however, suppressed the release of IL-17, which led to an increase in mortality from bacterial pneumonia. As Shellito noted in his study, age-specific death rates due to bacterial pneumonia are three to seven-fold greater among alcoholics than among members of the general population.

"This study shows that people who drink have a form of immunosuppression," says Shellito. "Alcoholism causes a very similar situation to that caused by HIV infection or AIDS, or the way that cancer chemotherapeutic drugs interfere with the immune system and predispose to infection. It's not as severe, but it causes a similar

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"The body is endowed with a large number of normal defenses.

Research indicates that alcohol can interfere with some of these defense mechanisms, which may explain why alcoholics are more likely than non-alcoholics to get pneumonia."

- Judd E. Shellito
Louisiana State
University Health
Sciences Center

Addiction Science
Made Easy

Kudos to “Addiction Science Made Easy” Writer

For two years now, the ATTC has assisted in bringing current research findings about alcoholism and alcohol abuse to the public in an easy-to-read format. We are now proud to announce that the writer behind the “Addiction Science Made Easy” articles has received honors for her work.

Each month Sherry Wasilow-Mueller takes research articles from the journal *Alcoholism: Clinical and Experimental Research*, the official journal of the national Research Society on Alcoholism (RSA), and “translates” the findings into concise, understandable language. The articles are distributed by the ATTC and through EurekaAlert!, a website dedicated to highlighting feature stories from scientific journals with special access given to national journalists.

In June, Wasilow-Mueller was awarded the first annual RSA Journalism Award at the group’s annual meeting. Dr. Carlton Erickson, a national researcher on alcoholism and associate editor of the journal, commends Wasilow-Mueller on her work. “Sherry has done a superb job in bringing newsworthy research to the public,” he says. “Her work is characterized by its accuracy and understandability.”

Erickson explains that dissemination of research is one of the journal’s priorities, and he believes this project has been a success. “The latest audit from EurekaAlert! shows over 100,000 public and 9,000 reporter ‘hits’ on the last 24 articles,” he explains. “In addition, news reports emanating from her articles have appeared on health websites around the world and in newspapers from Canada to Great Britain.”

Wasilow-Mueller has worked in health-related fields for years and enjoys writing this series. “I am always learning, and working with very intelligent

and motivated people,” she says. When asked what she hopes readers get from her articles she states, “That science is a part of everyone’s lives and, more importantly, that scientific information can make a difference in someone’s life.”

Wasilow-Mueller is married and has two boys. In addition to her work for the ATTC, she writes for the Betty Ford quarterly newsletter *Findings*. Look for “Addiction Science Made Easy” articles on the ATTC national website at www.nattc.org.



Sherry Wasilow-Mueller

Alcoholics/Pneumonia - from pg 6

blunting of the body’s ability to defend itself against infection and mount a strong immune response.”

In addition to shedding new light on alcohol’s debilitating effects on the body’s immune system, the authors also used gene therapy to reintroduce IL-17 into lung tissue while alcohol consumption continued. They found that this procedure normalized mortality rates.

“This finding has important implications for immune system abnormalities among alcoholics,” said Shellito. “But first we need to determine what the cellular site of IL-17 release is, where it’s localized, where the cells are that release it, and how they get into the lungs. I’m very interested in whether or not, through immunization or maybe some other approach, we might be able to increase the number of cells that produce IL-17.”

To view the complete article, see the ATTC national website at www.nattc.org and click “Addiction Science Made Easy.”

ATTC National Office Staff

Mary Beth Johnson
Director
mbj@nattc.org

Jennifer Ellingwood
Project Manager, Evaluation
jelling@nattc.org

Angel Lee
Project Manager, Events & Logistics
leean@nattc.org

Jeremy Mai
I-Net Administrator
majj@nattc.org

Kristin Morris
Project Manager, Marketing
morriskr@nattc.org

Jennifer Tate Giles
Senior Project Manager
tatej@nattc.org

Doris Wilson
Manager, Finance & Administration
dewilson@nattc.org

The Networker

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Direct comments regarding this publication to Angie Olson, editor
angieo@kc.rr.com
or (816) 482-1146.

Substance Abuse Web Resources

Parents Anonymous	http://parentsanonymous.org
Robert Wood Johnson Foundation Substance Abuse Resource Center	http://substanceabuse.rwjf.org
Agency for Healthcare Research and Quality	http://www.ahrpr.gov/
Federal Justice Statistics Resource Center	http://fjsrc.urban.org/
Substance Abuse & Mental Health Services Administration (SAMHSA)	http://www.samhsa.gov
Center for Substance Abuse Treatment (CSAT)	http://www.samhsa.gov/csat
Center for Substance Abuse Prevention (CSAP)	http://www.samhsa.gov/csap
Center for Mental Health Services (CMHS)	http://www.samhsa.gov/cmhs