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CSAT Releases National Plan to Improve Treatment Services

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT) recently released its much anticipated National Treatment Plan, *Changing the Conversation: Improving Substance Abuse Treatment*. The report calls for the development of commonly accepted standards for what constitutes effective substance abuse treatment in the United States. It also recommends that insurers adopt standard insurance benefits to allow for a continuum of treatment services appropriate to a patient's needs.

It is estimated that there are 13-16 million people in need of treatment for alcohol or drug abuse in any given year, but only 3 million receive treatment. The recommendations released in this plan will serve as a 'blueprint' for closing the treatment gap and improving the quality of substance abuse treatment services available in the United States.

The report was drafted by five expert panels comprised of researchers, people recovering from drug and alcohol addiction, treatment providers and community representatives. Input was also received from participants in five regional hearings and from written comments submitted to CSAT. The recommendations contained in the report cross both public and private sectors of the nation's substance abuse treatment system.

CSAT Director H. Westley Clark, M.D., J.D., M.P.H. explains, "CSAT sees this as the beginning of the end of a fragmented system of substance abuse treatment. We will work with the treatment field to apply the guidelines contained in the plan to the organization, delivery and financing of high-quality treatment services for children, adolescents, and adults with substance abuse problems." The report is available online at: www.natxplan.org.

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Call for Postings:

Market Your Distance Education Courses on New ATTC Website



Do you facilitate or sponsor treatment related distance education opportunities? If so, then a new ATTC website, www.addictionEd.org, will list those opportunities

FREE OF CHARGE.

This innovative website will help substance abuse counselors and practitioners identify distance learning opportunities around the country. It will be the field's first national central reference for distance education.

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Wisconsin State Leadership & Great Lakes ATTC Implement Statewide Systems Change Initiative

Real change requires curiosity, exploration and preparation, which translates into both time and effort. Mr. McCullough and his staff are taking the time and have a consistent focus on the appropriate processes that help guide change.

*-Lionetta Albright
Director, Great
Lakes ATTC*

Creating systems change is one of the primary goals of the ATTC. Bringing the latest in addiction research to clinical practitioners is another. Through a collaborative partnership, the Wisconsin Department of Health and Family Services Division of Supportive Living Bureau of Substance Abuse Services (DSL/BSAS) and the Great Lakes ATTC (GLATTC) have initiated a far-reaching effort to achieve both of these goals in the state of Wisconsin.

The Wisconsin Research-to-Practice Initiative is an ongoing effort to provide research that truly meets the needs of clinicians and consumers, and to help practitioners effectively use research in practice. This initiative was kicked off with a one-day symposium in May 2000 where clinicians, researchers, educators, policy makers and consumers identified the most significant barriers to effective use of research in practice. They then brainstormed goals to overcome these barriers.

The ATTC document *The Change Book: A Blueprint for Technology Transfer* has been used throughout this initiative and continues to guide the process. Lionetta Albright, director of GLATTC states, "The Change Book is useful because it explains the difference between training and technology transfer. It is a tool to help people understand what technology transfer is and how technology transfer brings the very best of research and knowledge to the audience that has the greatest need - the client."

From this symposium, attendees were asked to

participate in one of four ongoing work groups. These groups have worked to identify long- and short-term goals in the areas of clinical practice, research, education and public policy and have drafted benchmarks for each goal. Some short-term goals include investigating what is currently being done to link researchers and clinicians and proposing the development of a website to serve as a dissemination conduit for research. Some long-term goals include incorporating research into coursework to be used for training clinical supervisors and training researchers to summarize findings in a manner that emphasizes its clinical application.

The collaborative partnership between GLATTC and DSL/BSAS is leading this system-wide process. Philip McCullough, director of DSL/BSAS states, "GLATTC has been with us every step of the way. I can't say enough about our partnership and the assistance they have provided." Equally, Albright is impressed with the guidance DSL/BSAS is providing the state. "Real change requires curiosity, exploration and preparation, which translates into both time and effort. Mr. McCullough and his staff are taking the time and have a consistent focus on the appropriate processes that help guide change. He has a great understanding of policy and treatment and is a master collaborator who has pulled in key stakeholders for this statewide conversation."

A possible outcome of this initiative may be the development of Centers of Excellence in Technology

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Substance Abuse Web Resources

American Academy of Addiction Psychiatry	www.aaap.org
Addiction Science Research and Education Center	www.utexas.edu/research/asrec
Children of Alcoholics Foundation	www.coaf.org
National Association of Lesbian and Gay Addiction Professionals	www.nalgap.com
QuitCommit Smoking Cessation Program	www.quitcommit.com
Substance Abuse & Mental Health Services Administration (SAMHSA)	www.samhsa.gov
Center for Substance Abuse Treatment (CSAT)	www.samhsa.gov/csac
Center for Substance Abuse Prevention (CSAP)	www.samhsa.gov/csap
Center for Mental Health Services (CMHS)	www.samhsa.gov/cmhs

It's On the Web!

The ATTC offers a comprehensive web tool to aid people interested in becoming drug and alcohol counselors. The *ATTC Credentialing Database* contains basic information about what is required to pursue a drug and alcohol counseling credential through a variety of state and national bodies. It includes the names,

addresses, telephone numbers, fax information, and where possible, internet links to each credentialing organization's website. An easy to use chart is also available as a quick reference to each state's recognized certification and licensing authorities. It lists the education/training and work experience required to become a credentialed drug and alcohol counselor for each authority. For more information, see the ATTC national website at www.nattc.org and click "Tools for Practitioners."

Counselor Reflections

Bernadine (Bernie) Franks believes people can and do change if given the opportunity. The clinical supervisor of an inpatient treatment unit for adults, Franks loves working with residential clients at the Mideastern Council on Chemical Abuse (MECCA) in Iowa.

Franks graduated in 1995 with a bachelor's degree in substance abuse counseling, and began at MECCA as a chemical dependency technician while she was attending school. Since that time she has been promoted from substance abuse counselor to her current position. Although Franks' primary responsibility is to oversee other counselors, she facilitates relapse prevention groups each week and continues to work with clients.

The Prairielands ATTC (PATTC) has impacted Franks and other staff at MECCA in a number of ways. MECCA is an internship and practicum site for students in the University of Iowa Substance Abuse Counseling program where the PATTC is housed. Franks oversees the work of four to five students each semester. She conducts assessments, provides direct counseling supervision and meets with practicum supervisors on a regular basis.

"These students receive a great deal of hands-on experience at MECCA," says Franks. "They get intensive experience working with residential and outpatient clients, individuals going through detox, and those with co-occurring issues. Through this partnership, students have an opportunity to experience a wide range of issues first-hand."

The PATTC has also provided a series of trainings for staff at MECCA. Comorbidity issues, eating disorders, antisocial personality disorders and

gender roles are just some of the topics that have been covered. Franks believes these kinds of trainings are crucial for staff development and have helped her staff put research into practice.

"This series helped our counselors identify issues and apply techniques to real-life settings. During the trainings, they had the opportunity to review real-life cases and learned how to apply new information to specific clients. This has made quite an impact."

Personally, Franks says she found a Therapeutic Community (TC) training conducted by the Mid-America ATTC (MATTC) very helpful. Because approximately 75 percent of MECCA's clients come from custody settings, Franks has become very interested in the TC model. Currently, she is working with state corrections directors to provide TC after-care at MECCA using the model provided by MATTC.

When asked where she would like to be professionally in five years, Franks says she would like to continue her education, and would eventually love to work with women in a corrections setting. "By seeing a wide range of populations, I have discovered I really love working with women. Many women don't access treatment because of their children or other issues. I think it would be great to help them get through prison life and address the many issues they face everyday."

For more information about PATTC trainings, call (319) 335-5368 or visit their website at www.uiowa.edu/~attc.



Bernie Franks

This (Prairielands ATTC training) series helped our counselors identify issues and apply techniques to real-life settings. ...This has made quite an impact.

*-Bernie Franks
Clinical Supervisor*



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**To learn
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www.mid-attc.org.**

SPOTLIGHT

Networker

Mid-Atlantic ATTC Improves Treatment System By Educating Practitioners and Legislators

The Mid-Atlantic ATTC (Mid-ATTC) is involved in a number of collaborative initiatives that support the educational and professional development of substance abuse treatment professionals. Through trainings, organizational alliances and resource development in Virginia, Maryland, North Carolina and West Virginia, this ATTC is making a great impact.

A top priority for the Mid-ATTC is to enhance the skills of professionals who provide substance abuse treatment in the juvenile and criminal justice systems. In the past year, the Mid-ATTC has undertaken two important projects relating to criminal justice. The first is a partnership with the Virginia Department of Juvenile Justice (DJJ) to provide training for juvenile probation officers working to become certified substance abuse counselors. Participants of the program spend one week each month in training for six months. The two organizations collaborated to develop the curriculum, identify appropriate faculty and select course materials. The program will be evaluated through long-term follow-up to determine how many participants complete certification requirements and pass the exam.

A second Mid-ATTC project related to criminal justice is the development of training curriculum to support counselors pursuing a Certified Criminal Justice Addictions Counselor (CCJAC) credential. This credential, offered in many states, demonstrates competence in providing substance abuse treatment to individuals in the criminal justice system.

To assist professionals in attaining the new CCJAC credential, the Mid-ATTC has developed two, one-day continuing education trainings. The first, *Theories of Criminology* provides an overview of the major theoretical views regarding the development and maintenance of criminal behavior. The second, *Ethics for Substance Abuse Professionals Working in Criminal Justice Settings* addresses the unique ethical concerns professionals face when treating individuals who have been ordered to participate in treatment.

Along with a criminal justice focus, the Mid-ATTC has been instrumental in educating state legislators in

Virginia. Mid-ATTC staff helped organize a group of professional organizations to represent the interests of public and private treatment professionals and agencies in the state's political system. The Mid-ATTC now acts as an objective party for that group, the Consortium for Substance Addiction Organizations (CSAO). The CSAO presents data about the benefits of treatment to state officials in order to educate and inform them, and gain continued support for the state's treatment programs.

The Mid-ATTC is also very active in providing regional training events. In September, they collaborated with the Virginia Department of Juvenile Justice, the Maryland Office of Drug and Alcohol Programs and the Substance Abuse and Addiction Recovery Alliance to hold a successful two-day regional conference called *Substance Abuse Treatment and Prevention for Adolescents*. The conference supported the Center for Substance Abuse Treatment's Recovery Month.

Charlotte Chapman, Mid-ATTC training director enjoyed the collaborative effort. She says, "We were very pleased with response to the adolescent conference and all the projects that have evolved from it. It was my first experience working with the CSAT Adolescent Work Group staff. They were very supportive, as was Sue Rohrer (ATTC Project Officer), and were a great resource for information."



Back Row (L-R): Charlotte Chapman, Paula Horvatic, Missy Barker
Front Row (L-R): Wayne Conners, Laurie Fraley, Mark Whitesides
Not Pictured: Steve Applegate, Rochelle Bland, Elizabeth Cochon,
Wei Li Fang, Shawn Hartsock, Robin Hearn, Scott Reiner.

The Hispanic/Latino Family in the New Millenium: Strategies to Prevent & Treat Substance Abuse Among Children & Adolescents

*Presented by the
Puerto Rico & U.S. Virgin Islands ATTC
May 9-11, 2001 • San Juan, Puerto Rico
For more information, call (787) 785-4211*

Based on presentations from the conference, an online course had been developed by Mid-ATTC featuring adolescent development, treatment issues, juvenile justice issues and ethics. A free module is available for prospective participants to preview the course and learn about current drug terminology.

Other Mid-ATTC online courses include a series on ethics and a series on multi-cultural counseling competencies. A clinical supervision series is under development. Additional web-based resources include a new "Tools for Practitioners" page developed by Mid-ATTC associates in North Carolina (available at www.nccattc.org/tools.htm) which features online bibliographies, course syllabi and HIV/AIDS resources.

Upcoming March 2001 conferences include a research to practice track at the Virginia Association of Alcoholism and Drug Addiction Counselors Conference and cosponsorship of a series of programs honoring Latino cultures at the American Counseling Association Annual Conference.

In addition to trainings and conferences, the Mid-ATTC produces addiction related publications. One ongoing publication, a bi-monthly fax/email digest called the *Addiction Exchange*, is a forum for the exchange of clinical practice and research information among clinicians, scientists, educators and administrators. The publication is free and features a different topic in each issue. To subscribe, email mid-attc@mindspring.com.

Also available from Mid-ATTC are Motivational Interviewing resources including a website at www.motivationalinterview.org, and a new treatment guide called *Motivational Groups for Community Substance Abuse Programs*. This guide provides an introduction to motivational counseling approaches, practice tips, guidelines for motivational-based group models and technology transfer implementation tips.

For more information about these initiatives, trainings or publications, contact Mid-ATTC at 804-828-9910 or visit their website at www.mid-attc.org.

Call for Postings - from Page 1

The ATTC encourages all organizations that offer distance education courses to post them at no charge such as universities, colleges and training institutes. "Distance education is emerging as a key method of technology transfer among treatment professionals. Increasingly, geography, time and financial limitations make these modes of learning viable alternatives to traditional education," notes Mary Beth Johnson, director, ATTC National Office. "This site will allow people to access multiple organizations' course information in one place."

For inclusion on the site, organizations need only answer a few key questions regarding their courses and background. Once approved, the organizations register a username and password and can then post and edit their offerings at their convenience. It is the responsibility of the sponsoring organizations to ensure their information is updated and accurate.

"AddictionED.org offers a unique – and free – venue for organizations that sponsor distance education to reach treatment professionals," says Johnson. "AddictionED.org is designed to connect practitioners with information they are seeking." Visit www.addictionED.org to register your courses, or for more information, contact tatej@nattc.org.

Wisconsin/GLATTC - from Page 2

Transfer. These Centers would act as training grounds for both existing and new treatment staff in how to utilize research findings.

The Centers would also provide an avenue to screen for new research efforts and to determine key issues for legislative action. McCullough states, "These Centers will allow us to bring research to the community. They can make research more timely and take it from an esoteric level at universities to a more practical level for clinicians."

GLATTC will continue to help with this initiative through technical assistance, website development, information dissemination to initiative stakeholders, coordination of editorial processes, providing access to current literature, resources and training, and process analysis of the systems change.

Albright says, "We want to help the DSL/BSAS determine what a Center of Excellence might look like and will assist in training and getting information out to the field. We are pleased to continue working together with the state leadership in Wisconsin." To learn more, contact the DSL/BSAS at (608) 266-3719 or GLATTC at (312) 996-1373.



The ATTC
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SAMHSA

This study shows us that chronic use of alcohol can induce long-term changes in the brain's response to nicotine, making nicotine more rewarding and thus more difficult to quit.

-Kenneth Perkins
Professor of
Psychiatry
University of
Pittsburgh
Medical Center

National Alcohol Screening Day ¥ April 5, 2001

As part of Alcohol Awareness Month, Screening for Mental Health, Inc., in collaboration with the National Institute on Alcohol Abuse and Alcoholism, the Center for Substance Abuse Treatment and the Center for Substance Abuse Prevention will sponsor the third annual National Alcohol Screening Day (NASD) in communities, colleges and primary care settings on April 5, 2001.

The goal of NASD is to increase public awareness of alcohol problems and to encourage people to participate in local alcohol screening programs. The *Alcohol Use Disorders Identification Test* (AUDIT), a screening instrument that consists of ten questions about the quantity and frequency of one's drinking will be used. The questionnaires will be scored by a health professional at each NASD screening site and results will be discussed with participating individuals. Referrals for further assessment and treatment will then be made based on score results and guidance provided in a NASD procedures manual.

For more information about NASD, please call (781) 239-0071 or visit www.nmis.org/alcohol.htm.

Alcohol & Smoking: Why They Go Together

Each month the ATTC highlights research from the journal **Alcoholism: Clinical and Experimental Research**, the official journal of the national Research Society on Alcoholism. The following article was rewritten from the original source: Hughes, J.R., Rose, G.L., Callas, P.W. (2000). *Nicotine is More Reinforcing in Smokers With a Past History of Alcoholism Than in Smokers Without This History*. **Alcoholism: Clinical & Experimental Research**, November, 24(10), 1633-1638.

Alcoholics, the heaviest of drinkers, are also the heaviest of smokers. A recent study found that nicotine is especially rewarding in smokers in recovery from alcoholism compared to smokers with no history of alcoholism.

According to information provided by the National Institute on Alcohol Abuse and Alcoholism, between 80 and 95 percent of alcoholics smoke cigarettes, a rate that is three times higher than among the population as a whole. Approximately 70 percent of alcoholics are heavy smokers (meaning they smoke more than one pack a day), compared with just 10 percent of the general population. A study in the November issue of **Alcoholism: Clinical & Experimental Research** examines this association to see if smokers with a past history of alcoholism are more nicotine dependent than smokers with no such history.

Lead author of the study John R. Hughes, professor of psychiatry at the University of Vermont/Fletcher Allen Healthcare examined if smokers with a past history of alcoholism would report more positive effects from nicotine alone (using nicotine

gum) and would self-administer nicotine more often and in greater amounts than smokers without this history. What they found was that smokers with a history of alcoholism did not report more positive effects from nicotine itself, but these smokers did more often choose to use pure nicotine, and ingested greater levels of nicotine than smokers without this history. This means that smokers with a history of alcoholism didn't necessarily like nicotine more, but they did seem to find nicotine more rewarding.

Despite the strong association between smoking and alcoholism relatively few studies have examined the two together. Furthermore, alcoholism treatment professionals have generally not addressed the issue of smoking cessation, largely because of the belief that the added stress of quitting smoking might jeopardize an alcoholic's recovery.

Yet, notes Hughes, recent data indicates that smoking actually kills more alcoholics than alcohol does. Indeed, according to the American Cancer Society, smoking is the most preventable

*Addiction Science
Made Easy*

cause of death in American society. Nearly one in five deaths in the U.S. results from the use of tobacco; more than 400,000 die from smoking in the U.S. each year.

“What this means,” says Hughes, “is that we need to get alcoholics to stop smoking either while stopping their alcohol or soon after. Our study suggests these smokers especially need to use medications that fight nicotine dependence, like the patch, gum, an inhaler or Zyban.” (Zyban is the trade name for an anti-depressant used by some to quit smoking.)

Kenneth A. Perkins, professor of psychiatry at the University of Pittsburgh Medical Center concurs. “This study shows us that chronic use of alcohol can induce long-term changes in the brain’s response to nicotine, making nicotine more rewarding and thus more difficult to quit,” says Perkins. “Although someone might think that use of nicotine replacement therapy (NRT) would pose a problem for those with past history of alcohol, this is not a reasonable concern. NRT is safe and effective, and someone with alcohol problems should not be concerned about using NRT to quit smoking. In fact, alcoholics are at least as likely to die from smoking as from alcohol. Treatment for smoking in that population is critical.”

To view the complete article, see www.nattc.org. Go to “Addiction Science Made Easy” in the “Research to Practice” section.

I FOUND SUPPORT.

“When I was in treatment, the Internet helped me to meet others in recovery and learn more about my addiction. I am proud to say I have been clean for nine years . . . and I still find support online.”

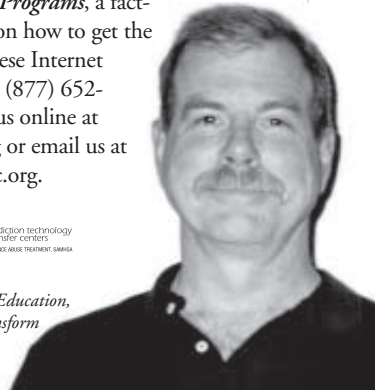


Open your eyes to the impressive amount of treatment-related information on the Internet. As part of the ATTC initiative Online/OnTime 2001, you can request your free copy

of *Untangling the Web: A Guide for Treatment Programs*, a fact-filled booklet on how to get the most out of these Internet resources. Call (877) 652-ATTC. Visit us online at www.nattc.org or email us at atccinfo@nattc.org.



Unifying Research, Education, and Practice to Transform Lives.



Joe Robinson, Corporate Executive
Celebrating Nine Years in Recovery

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Direct comments regarding this publication to Angie Olson, editor angieo@kc.rr.com or (816) 482-1165.

ATTC Videos

Academic Aftercare for Recovering Persons.

Produced by the Center for the Study of Addiction, Texas Tech University, Lubbock, Texas. To order, call (806) 742-2891. Cost: \$12.

Confidentiality of the Client with Alcohol and Substance Abuse: What Everyone Should Know.

Produced by Puerto Rico & U.S. Virgin Islands ATTC. To order, call (787) 785-4211.

National Research to Practice Teleconference on Domestic Violence & Criminal Justice. Distributed by ATTC National Office. To order, call 1 (877) 652-2882. Cost: \$20.

Check-out the following ATTC videos relating to substance abuse treatment and prevention.

Technology Transfer Symposium Highlights: A Companion to the Change Book. Produced by DC/Delaware ATTC. To order, call 1 (877) 652-2882. Cost: \$15.

Therapeutic Community: History and Overview featuring David Deitch, Ph.D. Produced by Mid-America ATTC. To order, call (816) 482-1100. Cost: \$20.

Therapeutic Community: Theory and Research featuring George DeLeon, Ph.D. Produced by Mid-America ATTC. To order, call (816) 482-1100. Cost: \$20.

Treatment Improvement Protocol 13- Introduction to Patient Placement Criteria. Produced by Mid-America ATTC. To order, call (816) 482-1100. Cost: \$20.