



The Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

University of Missouri-Kansas City
Addiction Technology Transfer Center
National Office
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The ATTC Networker is a publication of the ATTC Network designed to deliver information about ATTC projects and the substance abuse treatment field. Direct comments to Angie Olson, editor at angieo@kc.rr.com or call 816-482-1200.



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Networker



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The Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Unifying science, education and services to transform lives.

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Blending Science and Service

Much of this issue of The ATTC Networker examines ways the addiction treatment field is working to “blend” science and service. The following pages describe trainings, forums and publications designed to help practitioners access, understand and utilize current evidence-based practices in their work.

Alliances Between Scientists and Practitioners Will Benefit Clients

For years, the ATTC Network has developed products and trainings designed to make practitioners more comfortable with using science-based treatment approaches or “evidence-based practices” (EBPs).

Mary Beth Johnson, MSW, director of the ATTC National Office, explains why it is important for practitioners to use EBPs. “Future funding for community agencies will increasingly be tied to

treatment outcomes. We know that the longer patients are engaged in treatment activities, the better the outcomes are. If specific evidence-based treatment methods show improved retention rates, they may be preferable to some existing practices.”

Carlton Erickson, PhD, is a leading researcher in the treatment field and director of the Addiction Science Research and Education Center (ASREC) at the

University of Texas in Austin. Erickson says it is important to help clinicians gain access to science-based treatment approaches. “Many people, including some practitioners, don’t see a need for research because they still view addiction as a willpower problem despite significant scientific evidence to the contrary. We must keep delivering the message that addiction is a brain chemistry disease.”

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What Are Evidence-Based Practices (EBPs)?

EBPs are interventions that have shown consistent scientific evidence of being related to preferred client outcomes.

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ATTC NETWORK

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NIDA/SAMHSA-ATTC Initiative Blends Research and Practice for Providers

A number of agencies across the country are recognizing the value of creating partnerships between researchers and clinicians. A new term has emerged to describe this process — blending.

In a new publication from the National Institute on Drug Abuse (NIDA), *Science and Practice Perspectives*, NIDA’s Director, Nora Volkow, MD, describes this term. “Blending is NIDA’s short name for some of its most important work. By ‘blending,’ we mean the integrated research-practice partnership so necessary to achieve our full potential and relieve the suffering and waste of human life caused by drug abuse and addiction.”

In 2001, NIDA and the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Center for Substance Abuse Treatment (CSAT) developed a landmark interagency agreement designed to meld science and practice together to improve addiction treatment. Called the NIDA/SAMHSA-ATTC Blending Initiative (Blending Initiative), this collaborative project harnesses the skills, resources and knowledge of these Federal agencies, and encourages the use of current evidence-based treatment interventions by practitioners in the field.

Blending teams, comprised of staff from the ATTC Network and NIDA researchers, are charged with distributing NIDA’s research results to clinicians in the field. “This initiative creates a valuable mechanism for efficiently disseminating scientific findings to practitioners. It also forges

important national partnerships between drug abuse researchers, community-based treatment providers, policy makers and the general public,” explains Karl White, EdD, CSAT project officer for the ATTC Network.

NIDA has identified specific research practices as ready for use by the field at large. Each blending team is responsible for developing a strategic plan for disseminating information about one of these topic areas. Trainings, self-study programs, workshops and distance learning opportunities are just some of the mechanisms that the blending teams will use to encourage clinicians to adopt these evidence-based practices into their daily work.

Cindy Miner, PhD, deputy director for the Office of Science Policy and Communications at NIDA, believes this project will raise awareness within the field about these important areas of research. “The first team is developing a dissemination plan around Buprenorphine,” she explains. “We hope to raise awareness about what Buprenorphine is and how it can be used effectively.”

The second team is developing materials around the Addiction Severity Index (ASI). Miner notes, “This tool can be used in treatment planning. We hope to inform supervisors about how to use the results of the ASI for management and program planning decisions. The Blending Initiative is another creative way that NIDA is working to bring researchers and clinicians together.”

Substance Abuse Web Resources

Addiction Science Research and Education Center	www.utexas.edu/research/asrec
Center for Mental Health Services (CMHS)	www.samhsa.gov/centers/cmhs/cmhs.html
Center for Substance Abuse Prevention (CSAP)	www.samhsa.gov/centers/csap/csap.html
CSAP’s Radar Network	http://ncadi.samhsa.gov/radar
Center for Substance Abuse Research	www.cesar.umd.edu
Center for Substance Abuse Treatment (CSAT)	www.samhsa.gov/centers/csat2002
Institute of Behavioral Research at Texas Christian University	www.ibr.tcu.edu
National Institute on Alcohol Abuse and Alcoholism (NIAAA)	www.niaaa.nih.gov
National Institute on Drug Abuse (NIDA)	www.drugabuse.gov
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.samhsa.gov
University of Kentucky Center for Prevention Research	www.uky.edu/RGS/PreventionResearch
Wheeler Center for Neurobiology of Addiction Treatment	www.ucsf.edu/cnba/Center

NEW PUBLICATION FROM NIAAA

Helping Patients with Alcohol Problems: A Health Practitioner's Guide

This new booklet designed for primary health practitioners is from the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The booklet features updated information about the effectiveness of using brief interventions. To order or download a copy, visit www.niaaa.nih.gov/publications/Practitioner/HelpingPatients.htm.

Significant Adoption of EBPs Requires Ongoing, Multilevel Systems Change

Rick Rawson, PhD, principal investigator for the Pacific Southwest ATTC, recently discussed the importance of providing practitioners with sufficient training and experience using research-based methods before expecting these practices to be widely adopted. "Our experience suggests that the major challenge in accomplishing adoption of evidence-based practices (EBPs) is not a resistant audience or fundamental incompatibility between researchers and practitioners, but a tremendous underestimation of the tasks involved and resources needed to create change."

Rawson's organization has been working to promote EBPs into wide application in Los Angeles County for several years. They have participated in many large initiatives such as CSAT's Practice Improvement Collaborative, CSAT's Methamphetamine Treatment Project and NIDA's Clinical Trials Network. "We are currently participating in a program with the Los Angeles County Department of Alcohol and Drug Programs to implement the Addiction Severity Index (ASI) across the entire county treatment system," continues Rawson. "More than 1,000 individuals have passed proficiency tests certifying their competence with the ASI in the last four years."

Rawson believes for extensive adoption of EBPs to take place, the field needs to examine its current approach to educating practitioners. "Our experience has shown that the service delivery system is not overly resistant to new treatment and outcomes evaluation methods. Many, if not most, providers are interested in learning new and better strategies for assisting their patients, and they want to know how well their treatments work."

Rawson suggests that the treatment field has

underestimated the effort that is needed to adequately train practitioners in EBPs, both in terms of the number of people who need to be trained and the duration of training, monitoring and feedback that is required.

"Everyone understands that medical doctors and psychologists require years of training, supervision, and practice to learn a set of clinical tools. However, many people assume that substance abuse practitioners, who work with some of the most clinically challenging patients in the health care system, should be able to learn entirely new treatment approaches and evaluation methods in one or two day training events. In addition, rarely do these events include any type of follow-up. If they do, the follow-up is often conducted by clinical supervisors who have never been trained in the new methods," he continues.

"Funding and a commitment by policy makers to provide ongoing leadership for the change process is crucial. Large-scale adoption of EBPs cannot happen without cooperation and adequate funding so all parties can participate without sacrificing clinical revenues. Fortunately, with these types of efforts bidirectional knowledge and improved communication between researchers and practitioners can take place," concludes Rawson.

Treatment Improvement Protocol (TIPS) Series

CSAT's TIPS provide best practice guidelines for treating substance abuse.

www.treatment.org/Externals/tips.html

New NIDA Publication for Providers/Scientists

NIDA recently launched a new publication designed to change the relationship between researchers and clinicians. *Science and Practice Perspectives* was developed to promote a practical, creative dialogue between scientists and service providers. Published twice a year, this publication is expected to help clinicians make the most of their treatment methods while helping researchers construct new hypotheses and design studies relevant to the needs of providers and patients. No-cost subscriptions can be ordered at www.drugabuse.gov.

New CMHS Mental Health Resource Kits Promote EBPs

SAMHSA's Center for Mental Health Services (CMHS) recently introduced six *Evidence-Based Practice Implementation Resource Kits* to encourage the use of evidence-based practices in mental health treatment. The kits cover a variety of topics and include resources such as information sheets, introductory videos, practice demonstration videos and a workbook or manual for practitioners. The kits can be accessed at www.samhsa.gov/centers/cmhs/cmhs.html.

NIAAA Online Journal: *Alcohol Research and Health*

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) offers an online professional journal related to alcohol research. Full text articles are available to download. For more information, visit www.niaaa.nih.gov/publications/aharw.htm.

New Public/Private Partnership to Improve Treatment Access

A new program is examining the way treatment services are delivered to see if redesigning processes such as client intake, assessment, scheduling and outreach will create a more efficient treatment system that is less frustrating for both clients and staff. This program is a public-private partnership between CSAT and the Robert Wood Johnson Foundation (RWJF). There are 23 sites around the country that make up the new partnership which is called the Network for the Improvement of Addiction Treatment (NIATx). Goals of the program are to improve the process of care, facilitate patient access to treatment and promote early engagement in treatment.

CSAT funded 13 sites and is calling their part of the program Strengthening Treatment Access and Retention (STAR). RWJF funded ten sites and is calling their portion of the program Paths to Recovery. Participants in the project are using rapid-cycle change techniques that have been used in private industry to improve the effectiveness and organizational health of the treatment agencies involved.

Four ATTC's are working with the STAR program including Northwest Frontier, Gulf Coast, Mountain West and Pacific Southwest. Michele Murphy-Smith, PhD, RN, a research associate with the University of Texas at Austin and the Gulf Coast ATTC, is involved with the STAR program in San Antonio. "There are four main goals of STAR," notes Murphy-Smith. "While each of the sites has a little different focus, generally we are working to increase retention, increase admissions, decrease no shows and decrease waiting times." San Antonio's program is a cooperative agreement between the Texas Commission on Alcohol and Drug Abuse and a community treatment center called the Patrician Movement. The Gulf Coast ATTC is providing consultation, evaluation and training.

"Staff at the Patrician Movement wanted to increase the numbers of clients who transferred from detox to residential treatment," explains Murphy-Smith.

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ATTC *Addiction Science Made Easy* Articles Deliver Research Findings in an Easy-to-Read Format

Each month, the ATTC takes research articles from the journal *Alcoholism: Clinical and Experimental Research*, and translates the findings into concise, understandable language. The goal is to deliver current research articles to the public in an easy-to-read format. Access the articles on the ATTC Network Web site at www.nattc.org. An excerpt from one article is also included in each issue of this newsletter. (See page 11 for more information.)

ATTC Training Model Builds Practitioners' Interest in Science

"We are in the middle of a ground swell movement promoting the use of evidence-based practices — often referred to as EBPs," notes Steve Gallon, PhD, director of the Northwest Frontier ATTC. "The treatment field is growing up. We are being challenged to become aware of new methods and to learn how to do our work in a way that is more likely to facilitate recovery in our clients. We are being encouraged to modify what we have traditionally done to include strategies and interventions that have a proven record of success."

To encourage practitioners to become comfortable with using EBPs, the ATTC National Office recently developed a training curriculum called *Best Practices in Addiction Treatment: A Workshop Facilitator's Guide (BPAT)*. Gallon, the visionary for this workshop model, explains the goal of these trainings. "These workshops are NOT designed to give clinicians the skills they need to implement specific evidence-based practices, but rather to help them conceptualize how research-based methods can improve treatment outcomes for clients. We hope to build participants' interest in trying new practice models and to help them become aware of the organizational issues involved in adopting science-based interventions."

The ATTC Network just completed its first round of BPAT workshops. Additional regional workshops will be scheduled later this year. To download *Best Practices in Addiction Treatment: A Workshop Facilitator's Guide*, visit the ATTC Network Web site at www.nattc.org.

Alliances ... Benefit Clients - from pg 1

"We must also help people understand that treatment works, and research-based treatment works best," continues Erickson.

"A number of external barriers work to prevent practitioners from utilizing EBPs," Johnson notes. "Many practitioners do not apply scientific findings because they are unsure what evidence-based practices are or which ones to use. Research is often written in difficult-to-understand, technical terms. Trainings and scientific journal subscriptions are typically costly. It is also difficult for practitioners to stay abreast of new and changing innovations. We must come together as a field to examine and remove some of these barriers before science-based methods will be actively employed in community treatment settings."

Erickson agrees that scientists have room to improve. "It is a constant challenge for researchers to put their findings into useful packages. It is often easy for researchers to talk about their research, but it is much more difficult for them to make their findings practical to implement. That's why dialogue with clinicians in the field is crucial."

Erickson believes the ATTC Network is playing a significant role in helping clinicians and researchers feel more comfortable with one another. "The biggest advancement towards helping practitioners gain access to relevant research was the creation of the ATTC Network. This Federal commitment to enhancing treatment practice wasn't there 15 years ago. And, I am beginning to see an emerging understanding among treatment and prevention communities that science is important. Practitioners are beginning to see that evidence-based practices when presented clearly can be very useful and exciting," he concludes.

ATTC Resources on Evidence-Based Practices

publications

Addiction Messenger

Northwest Frontier ATTC

This publication highlights counseling and treatment methodologies featuring practical information counselors can use in their daily practice. For more information, visit www.nfattc.org.

Bridging the Gap

Pacific Southwest ATTC

Bridging the Gap is a quarterly newsletter that highlights research and training. Each edition focuses on a timely topic. This publication is a collaboration between the Arizona Practice Improvement Collaborative and the Pacific Southwest ATTC. Visit www.psattc.org for more information.

GLATTC Bulletin

Great Lakes ATTC

The Great Lakes ATTC distributes a periodic newsletter that highlights current research in the field, national resources and upcoming events. Visit www.glattc.org for more information.

Journal of Substance Abuse Treatment Volume 23, Issue 2

Articles coauthored by Pacific Southwest ATTC

This is a collection of articles related to bringing science and service together. To learn more, visit www.sciencedirect.com/science/journal/07405472.

Southern Coast Beacon

Southern Coast ATTC

This is a new quarterly publication designed to synthesize the latest research on a variety of topics related to addiction treatment and adoption of new practices. Visit www.scattc.org to learn more.

training events

Evidence-Based Treatment Approaches

Mountain West ATTC • Online or CD-Rom Course

NIDA's recent publication *Principles of Drug Addiction Treatment* forms the basis of this course. Participants will be exposed to research-based addiction treatment approaches for outpatient, short-term residential and long-term residential programs. To learn more, visit www.mwattc.org.

Novel Approaches to Engagement in Care: A Symposium Integrating Science and Practice

Cosponsored by the Mid-Atlantic ATTC

March 5, 2004 • Baltimore, Maryland

Visit www.mid-attc.org for more information.

Research Concepts:

A Guide for Counselors

Central East ATTC • Online Course

This two-hour online course provides basic information about scientific research and research processes. It includes a review of research terms, and highlights research issues and principles for addiction professionals. The course reviews ethics in research, provides guidance about reading research articles, and gives an overview of fundamental statistical concepts. Visit www.ceattc.org to learn more.

Research for the Research Phobic

Prairielands ATTC Course

The goal of this course is to provide the substance abuse counselor who has little or no experience with research with an overview of the research process. The course does not require any prior knowledge about research or statistics. By the end of the course participants will be able to:

- design a clinical research study
- interpret research findings from journal articles
- understand why research is important in the treatment setting
- recognize potential ethical concerns in research

For more information, visit www.pattc.org.

Science-Based ATOD Prevention Programming

Mountain West ATTC • Online Course
April 5-30, 2004

This course provides guidelines for selecting an evidence-based prevention program. Includes addressing priorities identified in needs assessments, determining how a program reflects the characteristics of the population to be served, assessing the capacity to implement the program, and determining how the program will be evaluated. To learn more about this class, visit www.mwattc.org.

Western Conference on Addictions: Best Practices in Treatment and Community Interventions

Cosponsored by Pacific Southwest ATTC
November 11-14, 2004 • Universal City, California
For more information, visit www.psattc.org.

online resources

ATTC Online Resource and Publication Catalog

Maintained by the ATTC National Office

Visit this online database for information about curriculum, videos, audiotapes, distance learning materials and much more from each regional ATTC. Many of these products directly relate to research and evidence-based practices. More than 300 products are available free of charge or for a small fee. Visit www.nattc.org/resPubs.html to learn more.

Evidence-Based Practices Information

Northwest Frontier ATTC Web Site

The Northwest Frontier ATTC devotes a large portion of its Web site to information and links about evidence-based practices. To access this information, visit www.nfattc.org/EBPOnline.htm.

NIDA's 13 Principles of Drug Addiction Treatment

From 30 years of scientific evidence, NIDA has identified 13 over-arching principles that characterize the most effective drug addiction treatments.

Visit www.nida.nih.gov/PODAT/PODATindex.html to learn more.

other materials

NIDA Resource Disc

Northeast ATTC

The Northeast ATTC has developed a resource disc about NIDA resources. For more information, visit www.neattc.org.

Technology Transfer in Drug Abuse Treatment: Annotated Bibliography

Developed by the California-Arizona Research Node
of the NIDA Clinical Trials Network

This annotated bibliography is a guide to literature published in the last decade concerning technology transfer between drug abuse research and treatment programs. The document can be downloaded from www.nattc.org/resPubs/ttdat_bibliography.pdf.

NIDA Hosts Ongoing Series of Blending Conferences

In September 2003, NIDA hosted a *Blending Clinical Practice and Research* conference. One of an ongoing series, this conference was designed to narrow the gap between clinical practice and basic scientific investigation in the treatment field.

"This conference model allows researchers, clinicians, social workers, and other treatment providers as well as community leaders to bring their viewpoints and priorities together to advance our understanding of drug abuse and addiction," explains Cindy Miner, PhD, deputy director of the Office of Science Policy and Communications at NIDA. "These conferences create a two-way dialogue between researchers and clinicians, and are an opportunity for providers to learn about the latest scientific findings. They are meeting an important need in the field."

Additional conferences are in the planning stages and will take place over the next two years. Each will include plenary sessions, topic discussions and skill-building workshops on a wide range of critically important topics. To learn about future NIDA Blending Conferences, visit www.drugabuse.gov.

Networker

SPOTLIGHT

Northeast ATTC Collaborations Help Move Addiction Science into Addiction Treatment

For more information about the Northeast ATTC, call 866-246-5344 or visit www.neattc.org.

One of the most serious challenges confronting the addiction treatment field is how to move promising science and practice methods into the hands of counselors and practitioners. Michael Flaherty, PhD, Northeast ATTC (NeATTC) Principal Investigator, believes this challenge is twofold. “First we must provide knowledge to practitioners, but we must also affect real change in treatment facilities so that the appropriate approaches are adopted into practice,” he explains.

NeATTC staff realized both the barriers and opportunities involved with moving science into service in 2002 when the ATTC Network received a grant from NIDA to improve the “blending” of science and service. “We felt empowered by this opportunity and fortunate that a tremendous amount of respected research is done in our region,” says Flaherty.

For a number of years, NIDA has operated a Clinical Trials Network (CTN) consisting of research “nodes” across the country. Each node is linked with community based treatment programs representing a broad range of treatment settings and diverse client populations. The CTN provides a national infrastructure for rapid, multisite testing of promising science-based treatment therapies.

After receiving the grant from NIDA to blend science and service, the Northeast ATTC forged relationships with three regional CTN nodes in their area: Long Island, New York and Delaware Valley. They also worked with a number of regional provider organizations, policy makers, regional single state agency directors and representatives from CSAT’s Practice Improve Collaboratives (PIC) to build a regional forum on treatment issues.

The group’s initial goal was to develop a multi-directional conversation and system of collaboration between the science, service, consumer and policy maker groups in the area. Forum members made

plans to meet three times a year.

“All parties were eager to advance the field by working together to formulate critical issues,” Flaherty continues. “As an initial step, we helped host a NIDA-funded conference in March of 2002 in conjunction with the two CTN Nodes in New York City. More than 1,000 individuals attended and offered valuable insight into how to develop and implement research that is applicable to the field.”

Soon after, the group developed a list of key stakeholders in the addictions treatment field which they termed “the 9 P’s:” Providers, Purchasers, Policy makers, Professors/Researchers, Payers/County, Patients, Pastors, Press and Police.

“This forum brings together the key elements involved in diffusing and adopting innovative practices,” explains Dr. John Rotrosen, principal investigator of the New York CTN Node. “We’ve gotten off to a good start and have learned a tremendous amount from each other. Now it’s on to the



Northeast ATTC Staff (from left to right):

Victor Barbetti, PhD, Program Director
Claudia Blackburn, MS, NIDA Liaison
Michael Flaherty, PhD, Principal Investigator

real work of improving access to treatment, expanding treatment options and improving outcomes.”

These collaborations have become the basis for many other innovative developments at the NeATTC. For instance, they are now partnering with the Delaware Valley CTN to disseminate key information on Patient Feedback Protocol (PFP) through a newsletter and Web site. Dr. Robert Forman, PFP Lead Investigator explains the project. “Patient Feedback is intended to help outpatient clinics improve attendance by providing staff with rapid feedback about therapeutic alliance and attendance rates. We are delighted that the NeATTC is committed to performance improvement initiatives and look forward to future collaborations.”

Victor Barbetti, PhD, NeATTC Program Director explains other new initiatives underway. “The NeATTC is distributing three highly regarded NIDA resource disks on pressing treatment issues. In addition, with the assistance of our new NIDA Liaison, Claudia Blackburn, we have plans to add grant and other funding opportunities on our Web site, continue building linkages with key stakeholders, and tap into the research power of academic institutions.”

For more information, call 866-246-5344 or visit the NeATTC Web site at www.neattc.org.

Public/Private Partnership - from pg 4

“So they began having stable residential clients take appropriate detox clients to the cafeteria for lunch to help them become more comfortable with the idea of going from detox to residential treatment. Preliminary results appear to show an improvement in the number of detox transfers and in residential clients,” she says.

Murphy-Smith views the STAR program as a quality improvement project where community agencies can develop a capacity for self-evaluation. She concludes, “Staff members are realizing that data doesn’t have to be scary and they can implement scientific practices at their facility. They are also learning about improving their own systems and measuring their changes.”

For more information about these programs, visit the NAITx Web site at www.niatx.org.

More About Northeast ATTC

The Northeast ATTC, located in Pittsburgh, Pennsylvania, serves the states of New Jersey, New York and Pennsylvania. It offers a number of resources that facilitate the blending of science and service.

- Chronic illness posters
- Resource Disc Series
- DVD/CD-ROM: *Today*
A one-minute commercial designed to undercut the stigma surrounding addiction
- Monograph from *Strengthening Partnerships: Changing Systems through Research and Practice* conference
- *Resource Links* newsletter

**Download
or request
these tools at
www.neattc.org.**



It's On the Web!

Last year, the Iowa Practice Improvement Collaborative released *Evidence-Based Practices: An Implementation Guide for Community-Based Substance Abuse Treatment Agencies*.

This handbook provides concrete ways of bridging the gap between research and clinical practice by providing guidance on identifying, implementing and maintaining evidence-based practices in community treatment settings. It also defines evidence-based practices and suggests a set of criteria for evaluating existing and new treatment approaches. Adoption strategies and outcome measures are also highlighted. To download this helpful guide, visit www.uiowa.edu/~iowapic/resources_and_publications.htm.

Counselor Reflections



Jonathan Lofgren

“It is vital for counselors to seek advanced and continuing education and certification so we can improve treatment competencies.

We must position our field to demand equity in compensation to match other disciplines.”

- Jonathan Lofgren,
MS, CAP

Jonathan Lofgren, MS, CAP, found his “calling” in 1987 after going through recovery. He was immediately drawn to the work of helping others through addiction treatment. In the last ten years, Lofgren has seen firsthand the benefits of education and hands-on experience in helping others recover. “As I became more involved in my own self-help movement, I was inspired. I really enjoy seeing others do well in recovery,” he says.

Lofgren sought education and received a masters in community counseling psychology. He is currently pursuing a PhD, and serves as the regional administrator for adult justice and residential services for Operation PAR, Inc. (Parental Awareness and Responsibility) in St. Petersburg, Florida.

Operation PAR provides integrated addiction and mental health services to groups such as youthful offenders, adults in residential treatment and families of those suffering from addiction. Lofgren is particularly proud of his work with PAR Village, which has earned national recognition and Presidential acclaim for its innovative approach in treating mothers and their children by providing addiction treatment as well as vocational training, parenting classes and other critical life skills training.

“We see a strong need to make research a top priority to improve treatment,” explains Lofgren. “The African American Center of Excellence (a project of Operation PAR, CSAT and NIDA) is one of our current research initiatives which develops evidence-based practices on addiction, culture and trauma-related issues, and applies them to 18-26 year old African American substance abusing men involved in Drug Courts. The goal is to expand the treatment capacity of the Drug Court system.”

Lofgren became affiliated with the Southern Coast ATTC (SCATTC) through work with the Florida Certification Board (FCB). As President of

the FCB, Lofgren is working to improve the quality of care for clients and to increase

professional advancement opportunities for counselors. The SCATTC and FCB have partnered on a number of initiatives relating to these topics. “There is tremendous pressure in our field to show evidence of positive treatment outcomes,” Lofgren explains. “Raising the standards of practice through research and credentialing not only gives credibility to the field, but also helps us better define – and replicate – effective approaches for client care.”

As a lecturer/adjunct professor, Lofgren takes the role of education very seriously. “It is vital for counselors to seek advanced and continuing education and certification so we can improve treatment competencies. We must position our field to demand equity in compensation to match other disciplines.”

When asked what advice he has for aspiring counselors, Lofgren answered without hesitation, “Love your family and friends, and *find a mentor* – someone that knows what they are doing, someone cool that cares. Also, be sure to have a well-rounded life outside of your job to avoid burnout.”

The Change Book

A Blueprint for Technology Transfer



“Thank you for helping structure my thinking, and providing an invaluable tool for my everyday work.”

- Treatment Center Director

The Change Book: A Blueprint for Technology Transfer has earned widespread acclaim for its innovative approach to creating systems change. Using case study examples to demonstrate the method, this step-by-step guide shows you how to implement change strategies within your agency. See for yourself why so many people are using this valuable tool. Download *The Change Book* for free at www.nattc.org.

Southern Coast Beacon Highlights EBPs

The Southern Coast ATTC recently launched a new quarterly publication called the *Southern Coast Beacon*. The first issues of this newsletter included a three-part series on evidence-based practices. Visit www.scattc.org and click on “Products” to download the series.

NAADD Works to Improve Addiction Treatment Access for Individuals with Disabilities



2003 Recovery Happens Rally in Sacramento, CA

Treatment for individuals with disabilities is often “seriously inaccessible,” says John de Miranda, executive director of the National Association on Alcohol, Drugs and Disability (NAADD).

NAADD provides a “peer approach to enhance access to services, information, education and prevention through the collaborative efforts of individuals and organizations nationwide,” says de Miranda. “Individuals with disabilities struggle against their own physical limitations, high addiction rates, discrimination and access issues. We work to build bridges so better treatment alternatives are available to meet their significant needs.”

NAADD was formed in 1996, but the “seeds were planted” 15 years earlier as research and

awareness grew about the connection between disabilities and addiction. More than 50 percent of NAADD’s board includes consumers with disabilities. NAADD also draws strength from the

Americans with Disabilities Act. Staff work to protect against discrimination and to raise awareness about addictions as a disability.

NAADD is collaborating with the ATTC Network to modify and deliver trainings that include disabilities as a key consideration. As an advisory board member for the ATTC Network, de Miranda hopes to work with the ATTC’s to improve public awareness of the issues people with co-existing disabilities face. To learn more, visit NAADD’s Web site at www.naadd.org.

About 54 million Americans have disabilities.

Among some of these populations, the addiction rate tops 50%.

Approximately 9-10% suffer from alcoholism.

Adolescent Binge Drinking Produces Tolerance to Alcohol

The 2000 *National Household Study on Drug Abuse* reports that close to 20 percent of young people (12-17 years old) had consumed alcohol in the preceding month; more than 10 percent reported a “binge” style of drinking, defined as consumption of five or more drinks on one occasion. In the October 2003 issue of *Alcoholism: Clinical and Experimental Research*, researchers used adolescent rodents to demonstrate that a binge pattern of alcohol consumption called chronic intermittent ethanol (CIE) exposure can significantly hamper normal growth and alter brain function.

“We found that CIE exposure during adolescence produces tolerance, defined as a decrease in the response to a drug due to previous exposure with that drug in many wide-ranging biological functions,” said Douglas Matthews, associate professor of psychology at the University of Memphis and corresponding author for the study.

“For example, CIE exposure significantly hampered normal growth as measured by weight gain, and altered liver function as measured by alcohol elimination rates. In addition, CIE exposure appears to alter brain function, as measured by hypnotic and cognitive tolerance. While it is unknown if CIE exposure is more serious in adolescence than adulthood, current research demonstrates that the tolerance produced by CIE during adolescence can last into adulthood.”

“These findings suggest adolescence as a unique developmental period where exposure to high alcohol levels can produce changes in biological functions that might have long-lasting implications,” said Matthews. Despite the lack of consistent data, Matthews said two factors – the developmental nature of adolescence, and recent national reports of growing use and abuse of alcohol by adolescents – underscore the need for additional information.

View the complete article at www.nattc.org.

The excerpt to the left was written based on the following published research: Silvers, J.M., Tokunaga, S., Mittleman, G., Matthews, D.B. (October 2003). *Chronic intermittent injections of high-dose ethanol during adolescence produce metabolic, hypnotic, and cognitive tolerance in rats.* *Alcoholism: Clinical and Experimental Research*, 27(10), 1606 – 1613.