



**University of Missouri-Kansas City**  
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# attc networker

**addiction technology transfer centers**

*"Unifying research, education, and practice to transform lives."*

# ADDICTION

**ATTC National Office**

*Funded by the Center for Substance Abuse Treatment, SAMHSA*

Vol. 1, No. 3 • Fall 1999

toll-free 1-877-652-ATTC

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

*Look. Listen. Learn. Lead.*



# attc networker

Vol. 1, No. 3 • Fall 1999

addiction technology transfer centers

funded by the Center for Substance Abuse Treatment, SAMHSA

ATTC Spearheads New Effort . . .

## Practitioners to Harness Cyberspace

The Internet has quickly changed the way the world does its work, and practitioners in the substance abuse treatment field can tap into this powerful vehicle. As a counselor, you can now interact with experts across the country and learn how to handle the most complex

counseling situations. You can earn degree and continuing education credits without having to leave your office or home. You can receive understandable, concise research about the latest innovations in treatment at the touch of a button.

Because the Internet has become such a vital tool in the fight against substance abuse, the ATTC is kicking off an exciting new initiative. Called "Online/Ontime 2001," it encourages every treatment and prevention agency across the nation to have a computer with Internet access for counselors and field practitioners by January 1, 2001.

Jeff Hoffman, president, Danya International, a Maryland-based health and human services consulting firm that manages the DC/Delaware ATTC, is playing a key role in getting this campaign off the ground. "Helping treatment professionals learn and adopt the most innovative and effective treatment strategies is at the cornerstone of the ATTC mission,



Look for more information about this campaign in future issues of *The Networker* and check out the *Online/Ontime 2001 website!*

[www.online2001.org](http://www.online2001.org)

and the Online/Ontime campaign is an example of putting this mission into action," he said. "By encouraging counselors and field practitioners to use the World Wide Web as an everyday resource, the ATTC hopes to emphasize the importance of individuals and agencies becoming technologically savvy."

As part of the campaign, the ATTC will help administrators find information about the types of computer packages available, ranging from the most basic to the most advanced systems. Information will be disseminated by fax, phone, and a website set up for this initiative: [www.online2001.org](http://www.online2001.org).

The ATTC will provide information about reputable providers and will give information about how to locate technical support in different regions. In short, the ATTC will act as an "information bank" for anyone wanting to learn where to go, what to do, and how to do it when gaining access to the Internet.

Once online, counselors will be able to use the Online/Ontime 2001 site to access tutorials on using the Internet, receive answers to frequently asked questions, look up definitions in a glossary of Internet terms, and get helpful hints about navigating. The ATTC hopes to recruit other federal and state agencies as partners in this multimedia campaign.

*continued on page 2*

### DC/Delaware ATTC

Washington DC, Delaware  
(301) 565-2142  
[www.dcde-attc.net](http://www.dcde-attc.net)

### Great Lakes ATTC

Illinois, Ohio, Wisconsin  
(312) 996-1373  
[www.glattc.org](http://www.glattc.org)

### Mid-America ATTC

Missouri, Kansas, Minnesota  
(816) 482-1100  
[www.mattc.org](http://www.mattc.org)

### Mid-Atlantic ATTC

Virginia, Maryland, North Carolina  
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[www.mid-attc.org](http://www.mid-attc.org)

### Mountain West ATTC

Nevada, Montana, Wyoming, Utah  
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### ATTC National Office

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(404) 756-5742  
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### Texas ATTC

Texas  
(512) 349-6616  
[www.tcada.state.tx.us/tattc/](http://www.tcada.state.tx.us/tattc/)

## Inside the Networker

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## “Changing the Conversation”

# National Planning Will Guide Treatment

**CSAT**  
Center for Substance  
Abuse Treatment  
SAMHSA

**“This process is unique because it will provide a broad framework for the nation, but is very targeted at specific issues in treatment.**

**The direction that CSAT takes in the future will be significantly impacted by this planning.”**

-Steve Gallon, Ph.D.,  
Director, Northwest  
Frontier ATTC

The Center for Substance Abuse Treatment (CSAT) is working to improve the availability, accessibility and quality of substance abuse treatment services nationwide through a new initiative “Changing the Conversation: A National Plan to Improve Substance Abuse Treatment.”

The initiative consists of a series of stakeholder meetings and public hearings addressing five issue areas relating to treatment: 1) closing the treatment gap; 2) reducing stigma and changing attitudes; 3) improving and strengthening treatment systems; 4) connecting research and services; and 5) addressing workforce issues.

Expert panels have been identified for each issue area with participants including educators, researchers, state and federal organizations and the treatment community. Paula Horvatic, Ph.D., director of the Mid-Atlantic ATTC, is chairing the “Addressing Workforce Issues” panel. This is a remarkable group of panelists,” said Horvatic. “Each person involved has many years of experience in the field. Their collective expertise is an extraordinary resource.”

Her panel is working to provide recommendations and a plan of action for CSAT. “We are concentrating on the future, and how to prepare the workforce for it,” Horvatic continued.

Several ATTC staff members are participating on expert panels including Steve Gallon, Ph.D., director of the Northwest Frontier ATTC. As a participant in the “Connecting Research and Services” panel, Gallon said, “This process is unique because it will provide a broad framework for the nation, but is very targeted at specific issues in treatment. The direction that CSAT takes in the future will be significantly impacted by this planning.”

In addition to expert panels, input is being sought

through public hearings where community participants are able to address the five issue domains. Each panel then receives information about the community hearings to consider when developing their recommendations.

Upon completion of the entire process, CSAT will produce a comprehensive report reflective of each panel’s findings. The report will provide a coherent set of priorities to guide substance abuse treatment program and policy development. “This initiative is important because the entire field is being involved in the development of an organized plan of action for the future,” said Sue Rohrer, CSAT project director for the ATTC. “The expertise that the ATTC brings to these discussions will greatly contribute to the plan’s outcomes.” For more information, see CSAT’s National Treatment Plan website at [www.natxplan.org](http://www.natxplan.org).

*It's On the Web!*

*The ATTC is promoting the use of the Internet by all U.S. treatment providers. To support this initiative, in each issue of The Networker we will highlight Web resources for practitioners.*

### **Gaining Internet Access** *continued from page 1*

Sue Rohrer, CSAT project director for the ATTC, is excited about the possible impact of this campaign on substance abuse treatment and prevention. “The ATTC Network believes passionately that treatment leads to recovery, and recovery transforms lives,” she said. “Helping treatment professionals improve their skills is a primary goal of the ATTC, and the Internet is a key tool in helping people receive cutting-edge, research-based information.”

“Getting online” can sound scary to those who have never used the Internet, but even computer novices can quickly learn to navigate with just a little help. The Center for the Application of Substance Abuse Technologies, which includes the Mountain West ATTC (MWATTC), recently developed a self-paced tutorial called **Self-Paced Internet Modules** that is especially valuable to new Internet users.

Designed specifically to help substance abuse professionals learn to navigate the web, the tutorial is broken into sections, allowing users to become comfortable with the Internet at their own pace. The tutorial is very comprehensive with information about using browsers, finding resources on the Web, keeping bookmarks and managing mail.

For persons without Internet access, the tutorial is available in printed form by contacting the MWATTC at (775) 784-6265. Others can access the tutorial on the MWATTC website at [www.unr.edu/mwattc](http://www.unr.edu/mwattc).

## Researchers Partner with Practitioners . . .

# New Drug Abuse Treatments Tested

In an effort to dramatically improve treatment throughout the country, the National Institute on Drug Abuse (NIDA) has awarded \$55 million in grants over five years to establish a network that will more rapidly move promising science-based treatment methods into community settings.

Five centers were awarded grants, and collectively they create a foundation for the National Drug Abuse Clinical Trials Network (CTN).

These centers will provide a research infrastructure to test drug addiction treatments in real-life settings with diverse patient populations. "The Clinical Trials Network will help us change the face of drug abuse treatment by enabling us to take what we learn in the lab and rapidly put it into practice across the country," said Dr. Alan I. Leshner, NIDA director.

Paula Horvatic, Ph.D., director of the Mid-Atlantic ATTC (Mid-ATTC) and Steve Gallon, Ph.D., director of the Northwest Frontier ATTC (NFATTC) will both participate in the CTN for their regions. These ATTCs will be involved in the technology transfer aspects of the CTN on local and national levels including initial and follow-up trainings for participating community agencies. They will also be involved with disseminating the results as the projects are evaluated.

*"The Clinical Trials Network will help us change the face of drug abuse treatment by enabling us to take what we learn in the lab and rapidly put it into practice across the country."*

- Dr. Alan I. Leshner, NIDA Director

As co-investigator for the Mid-Atlantic Center, Horvatic will also direct clinical research efforts at practice sites in Virginia. "The CTN is a unique opportunity to combine the knowledge of scientists with the expertise of real world practitioners," she said. "Our strong linkages with community treatment organizations in the region have made this collaboration possible, and I am pleased to be involved."

The CTN was recommended by the 1998 Institute of Medicine Report, *Bridging the Gap Between Research and Practice*, as the single mechanism most likely to improve drug abuse treatment in the country. NIDA supported scientists have made tremendous progress in developing new and improved pharmacological and behavioral treatments for drug addiction; however, most are not widely used in practice.

Gallon also believes the CTN will be beneficial to the field. "It is great to be able to take science-based practices uncovered by NIDA and apply them at a local level," he said. "This program is especially important because all parties involved will have a voice in how it works."

When complete, the network will consist of 20 to 30 regional centers. For more information, contact NIDA at [www.nida.nih.gov](http://www.nida.nih.gov).

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## The Networker

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*Addiction Technology Transfer Centers serve 39 states, the District of Columbia, Puerto Rico and the Virgin Islands.*

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## Substance Abuse Web Resources

Substance Abuse & Mental Health Services Administration (SAMHSA) .....	<a href="http://www.samhsa.gov">http://www.samhsa.gov</a>
Center for Substance Abuse Treatment (CSAT) .....	<a href="http://www.samhsa.gov/csat">http://www.samhsa.gov/csat</a>
Center for Substance Abuse Prevention (CSAP) .....	<a href="http://www.samhsa.gov/csap">http://www.samhsa.gov/csap</a>
Center for Mental Health Services (CMHS) .....	<a href="http://www.samhsa.gov/cmhs">http://www.samhsa.gov/cmhs</a>
National Association of Drug Court Professionals .....	<a href="http://www.drugcourt.org/">http://www.drugcourt.org/</a>
PrevLine .....	<a href="http://www.health.org/">http://www.health.org/</a>
Drug Watch International .....	<a href="http://www.drugwatch.org/">http://www.drugwatch.org/</a>
National Evaluation Data Services .....	<a href="http://neds.calib.com">http://neds.calib.com</a>
Substance Abuse and Mental Health Data Archive .....	<a href="http://www.icpsr.umich.edu/SAMHDA/">http://www.icpsr.umich.edu/SAMHDA/</a>

# How Ready Is Your Agency for Y2K?

**Below are excerpts from an article written by Valerie Robinson, M.S., LPC, director of training for the DC/Delaware ATTC for the American Methadone Treatment Association's quarterly newsletter.**

**For copies of the complete article, contact her at: vrobinson@danya.com.**

The new millennium is approaching and many people are concerned about the Y2K bug. To prepare they are storing necessities (food, water and money) and are creating survival packages.

It is important to consider the potential impact of Y2K on persons in addiction treatment. As clinicians we must not forget the patients we serve, and should work to ensure they will continue receiving comprehensive treatment if there is a Y2K glitch.

Below is a checklist for providers that can be used to prepare for Y2K, weather disasters or other program related emergencies. Remember, even if you are Y2K ready, your support agencies may not be. Be aware there could be a delay in services. In some jurisdictions the following suggestions may differ, but the concept is basically the same... **PREPARE!**

## Providers: Are You Ready?

- Do you have updated addresses and telephone numbers for all staff?
- Are staff aware that they are essential employees in emergency situations?
- Is there a system setup to inform patients of an emergency or program changes? Do you have the telephone numbers of local news and radio stations?
- Are your computers updated and Y2K compliant?
- Does your program have a back-up generator in case of electrical problems?
- Do you have an approved backup physician on standby to provide telephone orders if needed?

## Additional items to consider in a medical or methadone maintenance program setting:

- Do you have procedures for storing extra water and/or juice for dispensing purposes?
- If your dispensing staff can't work, do you have a listing of back-up nurses approved to dispense in your facility who have emergency transportation such as the National Guard or police/fire departments?
- Is your nursing staff prepared/trained to manually dispense medications? Do you have manual equipment on site (e.g., pipet)?
- If your dispensing system crashes, is there an accurate/updated listing of patient dosages on site with detox and increase schedules?
- Do you have a 2 month supply of medications, methadone/LAAM, dispensing cups, take-home bottles, labels, paper bags and other supportive medications dispensed from the medical unit?

**Help your clients prepare for Y2K by asking them the following questions. (Some questions are specific to methadone maintenance and/or medical settings.)**

- Do you have your treatment program's phone number in the event of an emergency?
- Have you signed a release of information form with a family member's name and contact information?
- Do you have a back-up plan for transportation to your clinic in the event that your scheduled transportation (subway trains, bus, daily ride) is not available? Can you walk to the clinic instead?
- At home do you have extra water, canned goods, batteries, candles, a battery-operated clock and radio, and a grill for cooking?
- Do you have at least one month's supply of medications you may be taking for health reasons?
- Do you know what dose of medication you are on if you need to tell someone in an emergency?
- Are you on a take-home schedule? If not, and you are eligible, you should request this service.

## Research in Alcoholism *continued from page 3*

national journalists will have access on **EurekaAlert!** to the feature articles prior to the journal's release date.

Dr. Carlton Erickson, a national researcher in alcoholism, and associate editor of the journal believes delivering this information to the media will help increase public awareness of alcoholism, and reduce stigma related to this disease. "Much of the confusion in addiction medicine is based upon an incomplete understanding of the differences between intentional drug abuse and addictive drug disease," said Erickson. "Reduction of stigma is critical since negative public attitudes adversely affect the level and quality of patient care as well as funding for [substance abuse] prevention, education and research."

Each feature story will be released to the public on **EurekaAlert!** at [www.eurekaalert.org](http://www.eurekaalert.org), one week after media access becomes available. Articles will be archived under the journal's name "Alcoholism: Clinical and Experimental Research."

Mary Beth Johnson, director of the ATTC National Office, believes the collaboration involved in this project is exciting. "Getting research to practice is a key goal of the ATTC," she explained. "We are proud to be working with each of these organizations to get practitioners and the public the latest information about alcoholism and alcohol abuse."



**The ATTC**  
is funded by the  
Center for Substance  
Abuse Treatment,  
SAMHSA

# Counselor Reflections

Marilyn Bordner has worked in the substance abuse treatment field for more than 20 years, and currently directs an outpatient chemical dependency program in Spokane, Washington. She is very involved in state treatment issues and works actively to support treatment for women.

Bordner believes her own success is due partly to her commitment to continuous learning. She frequently attends trainings sponsored by the Northwest Frontier ATTC (NFATTC) to remain on top of trends in the field. She appreciates the NFATTC staff's dedication to educating practitioners because she knows learning is key to being effective with clients.

"Counselors need several qualities to succeed," said Bordner. "They must be empathetic. They must be committed to this field, and they have to be willing to continually learn new information. The learning can never stop because the field is always changing."

In 1984, Bordner helped establish a residential program where she currently works. Over the years, the program has grown to include space for 23 women and their children, a men's program and outpatient services.

She has worked with staff at the NFATTC to incorporate the counselor competencies outlined in the ATTC Curriculum Committee publication, *Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice-CSAT Technical Assistance Publication #21 (TAP 21)*. Completed in 1998, TAP 21 sets forth the competencies and the knowledge, skills, and attitudes needed to be an effective substance abuse treatment counselor.

Bordner is pleased that staff at the treatment center have begun utilizing the competencies to evaluate interns.



Marilyn Bordner (right) & her daughter, Stephanie

"There was no format for evaluating this group before," she explained. "The competencies have given us a measurable way to create standards and have been extremely beneficial."

In addition to technical assistance, Bordner receives support from the NFATTC for a group she cochairs, the Washington State Coalition on Women's Substance Abuse Issues. This group works to educate legislators and advocate for policy changes relating to women and substance abuse. This year, the NFATTC sponsored the group's annual conference.

The NFATTC also provides financial and programmatic support for the Institute of Addiction Studies, a group on which Bordner is a board member. She appreciates the assistance they receive from the NFATTC each year in hosting a large annual summer institute.

Over the years, Bordner has advocated for onsite housing for women with their children. "Women need a place to receive treatment in a healthy environment without having to worry about what is happening to their kids. Many times women have a multitude of issues other than substance abuse. They need a place to be treated in a holistic manner so the cycle can stop," said Bordner.

Although she hopes to retire within 5-6 years, Bordner plans to remain involved with the treatment community. "I am dedicated to this field, and I don't see myself moving out of it completely any time soon." Contact the NFATTC for more information about trainings at (503) 373-1322 or [www.open.org/nfatc/](http://www.open.org/nfatc/).

**"Counselors need several qualities to be successful.**

**They must be empathetic.**

**They must be committed to this field, and they have to be willing to continually learn new information.**

**The learning can never stop because the field is always changing."**

*-Marilyn Bordner,  
Director of an  
Outpatient Chemical  
Dependency Program,  
Spokane, Washington*

## Research Made Easy . . .

# New Project to Create Awareness About Alcohol

Soon the ATTC will begin highlighting new research in the field of alcoholism. Starting in November, easy-to-read feature articles about topics ranging from treatment modalities for alcoholism to new medications will be spotlighted in a "research to practice" section of the ATTC national website at [www.nattc.org](http://www.nattc.org).

The goal of this project is to deliver articles which are less technical than scientific abstracts while maintaining the accuracy and message of original scientific reports. Each month, research from the scientific journal *Alcoholism: Clinical and Experimental*

*Research*, the official journal of the national Research Society on Alcoholism, will be "translated" by journalist Sherry Wasilow-Mueller, M.A., into concise, understandable language for the ATTC to distribute.

In addition to the journal and the ATTC, research will be disseminated on *EurekAlert!*, a website run by the American Association for the Advancement of Science. This site is dedicated to highlighting feature stories from major scientific journals.

An important component of this project is that

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Center for Substance  
Abuse Treatment,  
SAMHSA



**The ATTC**  
is funded by the  
Center for Substance  
Abuse Treatment,  
SAMHSA

**Substance Abuse is one of Puerto Rico's most important issues.**

**To assist in addressing this epidemic, the Puerto Rico & US Virgin Islands ATTC is working to produce and communicate culturally-appropriate and relevant research data for the region.**

**Contact the PR & USVI ATTC for more information, (787) 785-4211.**

*Networker*

## Puerto Rico Research Efforts Guide Practice

*-Findings to Influence Decision-Makers*

Many consider substance abuse to be one of Puerto Rico's most important issues. Severe crime, increasing school dropout rates, an AIDS epidemic and domestic violence are all largely associated with substance abuse. Although public concern over these issues has resulted in continued allocation of resources to drug treatment and prevention programs, supporting research is needed for policy development and program assessment.

For these reasons, the multidisciplinary staff at the Puerto Rico and US Virgin Islands Addiction Technology Transfer Center (PR & USVI ATTC) is currently focusing their CSAT and SAMHSA funded research projects on the epidemiology (occurrence and distribution), prevention and treatment of drug use and abuse.

Disseminating study outcomes to policy makers, administrators and providers is a primary goal of the PR & USVI ATTC. By examining the emerging problems, issues and consequences of substance use in the region, the Center is producing culturally appropriate and relevant research data. Results of their studies are communicated through a number of methods to equip decision-makers with information to engage in addressing Puerto Rico's health, social and drug use problems.

Research at the Center is concentrated in several areas including examining drug abuse epidemiology, conducting specific disease epidemiological studies, testing interventions and examining systems of health care and drug treatment.

The Center's drug abuse epidemiology studies aim to monitor drug use among Puerto Rico's general population, especially those in need of treatment. These studies also monitor drug use among children and adolescents in private and public schools, and drug use by special populations such as women.

Specific disease epidemiological studies at the Center examine drug abuse as it relates to diseases such as HIV and tuberculosis. These research projects provide information about the prevalence of disease relating to drug use, as well as the factors that place individuals at risk of getting infected with a disease due to drug use.

Testing treatment intervention models helps the PR

& USVI ATTC identify those methods most appropriate for their region. In these studies, staff examine treatment models that reduce risky behavior, decrease drug use and comply with treatment protocols as compared with traditional treatment methods.

The Center is currently conducting intervention studies regarding Prochaska's Stages of Change Model, Role Inducement and Motivational Interviewing strategies. Dr. Rafaela Robles, Ph.D., director of the PR & USVI ATTC, is encouraged by results of these studies. "The Motivational Interviewing and Role Inducement strategies used by the community counselors appear to have positive results," said Robles. "The methods are helping drug users accept the concept that they need care, and over time they are enrolling in treatment." Due to positive results in reducing health risk behavior and maintaining drug users in treatment, these models have been incorporated as a central component of the Center's academic and continuing education training curriculum.

Reviewing how systems of care relate to drug treatment is also an important research area for the Center. Public health care in Puerto Rico has historically been state-operated, but recent efforts have been made to reform the system into regional privately-owned and managed care systems.

Staff members are currently participating in two studies, also funded by CSAT and SAMHSA, related to managed care. One study examines how managed



**PRATTC Staff (left to right):**

Back row: Germán García, Josie Escudero, Wanda Rodríguez, Evelyn Core, Mariana Hernández, Roberto Delgado  
Front Row: Clarisa Toledo, Evelyn Feliberty, Rafaela Robles, Elizabeth Pintado

care in the public sector affects the provision of services for people with drug use problems. The other examines how managed care in the public sector affects drug abuse treatment services for adolescents. Staff are particularly concerned with comparing managed care with traditional public services to see how the two systems differ in access to care, patterns of care and service costs.

In addition to these projects, staff are also researching other issues including the factors associated with illegal income among young drug users, and access to and effectiveness of sterile syringe programs in Puerto Rico. They also conduct program evaluations for the Department of Health and the Mental Health and Anti-Addiction Services Administration (MHAASA).

While research is a key activity for the PR & USVI ATTC, helping professionals understand the value of

higher education in substance abuse is a large portion of their focus. The PR & USVI ATTC offers substance abuse graduate programs at the Universidad Central del Caribe School of Medicine and works to infuse substance abuse information into programs at the University of the Virgin Islands.

They also reach professionals in community based organizations, the criminal justice system, correctional facilities and human resources through continuing education programs. Additionally, staff are promoting measures that would require licensure or certification to practice substance abuse counseling and treatment. For more information about these programs, contact the PR & USVI ATTC at (787) 785-4211 or see their website at [www.prattc.com](http://www.prattc.com).

## Resource to Aid EAPs

The ATTC recently announced a new initiative to heighten the awareness and education of Employee Assistance Professionals (EAPs) about addiction issues in the workplace. As part of this effort, a range of educational materials and information is available by visiting [www.nattc.org](http://www.nattc.org).

"Employee assistance professionals have a unique opportunity to recognize and intervene in the cycle of substance abuse by looking for key signs in the workplace," explained Mary Beth Johnson, director, ATTC National Office. "The ATTC would like to provide helpful tools to both encourage and increase the effectiveness of those efforts."

A range of resources are included on the site such as warning signs of substance abuse and tips for conducting an initial interview with employees. Also available are training opportunities, access to experts for consultation, links to pertinent research and other helpful resources aimed specifically at EAPs.

The initiative coincided with National Alcohol and Drug Addiction Recovery Month organized by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment. This year's theme was "Addiction Treatment: Investing In People for Business Success."

"Substance abuse is not only devastating for the individual, but extremely costly for the employing organization, often resulting in lowered productivity and increased absences," continued Johnson. "EAPs are on the 'front-line' in dealing with these issues and often have the ability to address issues before they escalate."

## Reader's Corner

*The "Reader's Corner" is a new section of The Networker. In each issue we will highlight current publications in substance abuse treatment and prevention. Happy reading!*

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Fang, W.L., Applegate, S.N., Stein, R.M., and Lohr, J.A. (1998). The development of substance-abuse curricular content by five North Carolina schools. Academic Medicine, 73, 9-13.

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