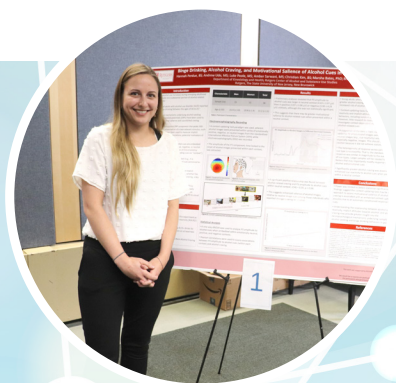


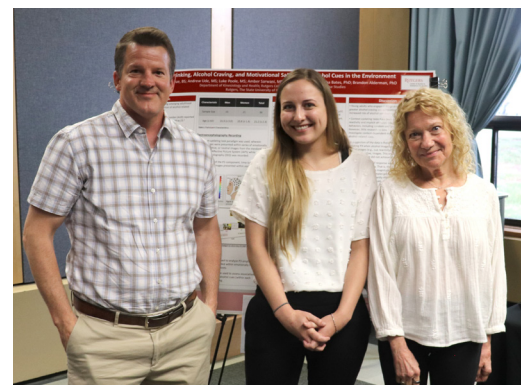
# Broadening the impact of community engaged, whole person focused, addiction research, training, and dissemination







# Continued innovation through collaboration in the field of addiction science



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# We co-create cutting-edge and meaningful bridges between science and practice

## DEAN'S MESSAGE



The Center of Alcohol and Substance Use Studies (CAS) consistently demonstrates the Graduate School of Applied and Professional Psychology's mission through its prolific research, community-engaged scholarship, education and training, and unwavering commitment to marginalized populations.

CAS exemplifies where Science meets Practice. Pioneers in their field, CAS has worked tirelessly to eradicate the stigma around alcohol and substance use disorders. The Center uses the most effective, multidisciplinary research methods, evidence-based prevention and intervention strategies, and produces a world-renowned journal to discover and disseminate the latest findings and trends in addiction causes, prevention, treatment, and recovery.

Through their ongoing advocacy and policy efforts and cross-disciplinary partnerships, the Center innovates and collaborates to move this vital work forward, and to confront the emerging challenges and inequities surrounding addiction and recovery-oriented services.

As addiction research and clinical practice have evolved, so has CAS. One example is their expanded focus on the role of traumatic stress and the promotion of wellness for all, while simultaneously examining and addressing social determinants of addiction. It is an ongoing journey to which we are dedicated and proud to be a part.

I applaud the Center of Alcohol and Substance Use Studies for their strong contributions to Rutgers and the larger community.

**Arpana G. Inman, PhD, ABPP**

Dean and Distinguished Professor  
Graduate School of Applied and Professional Psychology  
Rutgers University-New Brunswick

## DIRECTOR'S LETTER



We are pleased to share the 2023 CAS Annual Report. We have had another productive year, including successfully submitting our in-depth five-year self-study for the Chancellors Office at Rutgers University, New Brunswick.

The CAS researchers have continued to engage in important innovative research that will enrich and deepen our understanding of social inequities affecting addiction treatment and research. We are making good use of our enhanced website, which gives us a platform for sharing the activities of our research team, demonstrating our expanded focus on wellness, and disseminating findings and related resources. JSAD remains a valuable dissemination mechanism. Our editor in chief of JSAD, Dr. Thomas Babor has completed his six term and we thank him for his stewardship and contributions.

Our commitment to community engagement and co-production continues to thrive and drive our process via the guidance of our exceptional Community Advisory Board. The 2023 Summer Symposium was well attended by a range of active and enthusiastic researchers, policy makers, advocate, persons in recovery, and clinicians. Our regular news posts provide an avenue for timely updates on what's going on at CAS and in the addictions field.

**Denise Hien, Ph.D., ABPP**

Vice Provost for Research, Director, CAS and Distinguished Professor,  
Department of Clinical Psychology, GSAPP



# MISSION

The mission of the Center of Alcohol and Substance Use Studies (CAS) in the Graduate School of Applied and Professional Psychology is to:

**Conduct, coordinate, and promote** multidisciplinary research on the mechanisms underlying the causes of alcohol and substance use disorders with an emphasis on traumatic stress and health disparities;

**Produce community-engaged research findings** that will drive innovative and effective practices and policies to enhance prevention and treatment;

**Translate and disseminate our findings** for the public through local, national, and international media outlets.



CAS strives to be an internationally renowned leader in innovative, multidisciplinary, community-engaged research, training, and dissemination that will involve and be relevant to diverse individuals and underrepresented groups, including those experiencing traumatic stress and health disparities, leading to breakthroughs in the field of substance use disorders prevention and treatment.

Consistent with the threefold university mission, CAS conducts relevant and innovative research, provides education for students and addictions professionals, and supports community needs. Our focus on health inequities speaks directly to the University's commitment to "the common good, to making a difference in the worlds of ideas, of politics, of social justice, of innovation, of invention, of business, of health, of local need, of national discourse, and of global priorities."

To create a rich intellectual community of scholars and stakeholders, CAS increased its focus on diversity, inclusion, interdisciplinary scholarly collaboration, and knowledge translation and dissemination through training and resource development activities.

Research training opportunities are available through pre- and post-doctoral fellowship programs, mentoring, and hands-on experiential opportunities, to increase access to academic excellence for individuals from underrepresented groups.





# YEAR AT A GLANCE

HIGHLIGHTS

2022  
2023

11

FACULTY  
RESEARCHERS

25

PUBLICATIONS

## WELLNESS SELF CARE PROGRAM

for Family Support Organizations in New Jersey

9

SESSIONS

AVERAGE  
ATTENDANCE  
PER SESSION

29

9

FACULTY  
MEMBERS  
MENTORING

34

STUDENTS  
EACH YEAR

\$6,600,000 TOTAL IN  
GRANTS

## THE WELLNESS TRAINING LEARNING COLLABORATIVE (W-TLC) PROGRAM

for supporting the wellness of the healthcare workforce:

13

SESSIONS

AVERAGE  
ATTENDANCE  
PER SESSION

39

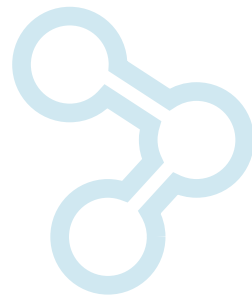
62

AFFILIATES

12 ACTIVE  
GRANTS

15 NEW  
SUBMISSIONS

# CURRENT RESEARCH



## Dr. Brandon Alderman

Associate Professor and Chair, Department of Kinesiology and Health,  
School of Arts & Sciences

The Exercise Psychophysiology Lab's primary focus is on the role of exercise in promoting physiological, neurocognitive, and psychological resilience.



## Dr. Marsha Bates

Distinguished Professor and Vice Chair of Research,  
Department of Kinesiology and Health, School of Arts & Sciences

The Cardiac Neuroscience Lab is a NIAAA-supported lab that conducts brain-heart research aimed at understanding the relationship of alcohol and other drug use to cognition, emotional regulation, and neurocardiac signaling, and the interaction of substance use behaviors with other health behaviors, such as sleep and exercise.



## Dr. Alexandria Bauer

Assistant Research Professor, Center for Alcohol and Substance Use Studies, GSAPP

The REACH (Racial Equity, Advocacy, and Community Health) Alliance focuses on the many psychological, social, cultural, environmental, and policy-level influences on health outcomes, guided by the Social Ecological Model.



## Dr. Jennifer Buckman

Professor, Department of Kinesiology and Health, School of Arts & Sciences

The Cardiac Neuroscience Lab conducts brain-heart research aimed at understanding the relations of alcohol and other drug use behaviors to cognition, emotional regulation, and neurocardiac signaling, and the interaction of substance use behaviors with other health behaviors, such as sleep and exercise.



## Dr. Angelo M. DiBello

Assistant Professor, Graduate School of Applied and Professional Psychology (GSAPP)

The Social Health, Addiction & Relationship Processes (SHARP) Lab is an applied social-psychology research lab dedicated to studying questions at the intersection of social and clinical psychology.



## Dr. Denise Hien

Vice Provost for Research, Director, CAS and Distinguished Professor,  
Department of Clinical Psychology, GSAPP

The Trauma and Addiction Project (TAP) Lab integrates cognitive, interpersonal, and neurodevelopmental perspectives on traumatic stress and addiction over the lifespan and examines the impact of contextual factors such as race, ethnicity, culture, and socioeconomic status on treatment process and outcome.



## Dr. Matthew Lee

Assistant Professor, Department of Applied Psychology, GSAPP

The Addiction and Lifespan Development Lab focuses on the development, etiology, course, and consequences of substance use and substance use disorder over the life course, including risky/harmful drinking and alcohol use disorder from a lifespan developmental perspective.



## Dr. Anthony Pawlak

Assistant Professor, Research Analyst and Statistician,  
Center of Alcohol and Substance Use Studies

Dr. Pawlak, Statistician & Research Analyst, performs statistical and psychometric analyses, data management, and research design consulting at the CAS. He also assists in the reporting of the methodology and results of statistical analyses for peer-reviewed publications.



## Dr. Tanya Saraiya

Assistant Professor, Clinical Department, GSAPP

The Pursuing Addiction and Trauma Healing (PATH) Lab is invested in developing better treatments for trauma and substance use.



## Dr. Margaret Swarbrick

Associate Director, CAS; Research Professor, GSAPP

The Wellness Self-Care Lab is focused on research, education, and advocacy that facilitates the promotion of wellness self-care for all. Our work aims to advance the adoption of strength-based wellness approaches for people across the lifespan, especially people who encounter barriers.



## Dr. Lei Yu

Distinguished Professor, Department of Genetics,  
Division of Life Sciences, School of Arts & Sciences

The NeuroPharmacoGenetics Lab focuses on the genetic basis of complex brain disorders, including genetic predisposition for alcoholism, drug use, as well as molecular mechanisms underlying such neuro-sensory processes as neuropathic pain, analgesia, and diabetic neuropathy.

# DISSEMINATION & TRAINING



Wellness Training  
Learning Collaborative

## EMERGING ADDICTION SCIENCE SEMINARS

6

## AVERAGE ATTENDANCE PER SESSION

31

## 2023 SUMMER SYMPOSIUM

130

PARTICIPANTS

### Wellness Self-Care training series (WSC) for Family Support Organization

CAS offered a Wellness Self-Care training series (WSC) for Family Support Organization staff employed by the New Jersey Family Support Organizations (FSOs) to engage, support, and empower individuals and families served by the FSOs in all NJ counties. Nine sessions were attended by a total of 257 participants (28 per session). Participants who completed evaluations found the information useful. Comments on the evaluations suggested that interactive discussion and an opportunity to connect with peers were the highlights of the sessions. Participants indicated that learning new techniques and strategies was helpful.

- The Wellness Training and Learning Collaborative (W-TLC) program supports the healthcare workforce. Education, training, and resources were made available that focus on peer support, organization strategies, and individual approaches to improve well-being. The repository of wellness resources is posted on the CAS website.
- The 13 sessions averaged 40 participants per session (508 in total). Nearly all (99%) found the information shared was useful and that the sessions met their needs. The interactive nature of the sessions was valued by participants. The strategies and tools provided were beneficial and participants found they were practical and effective to use on the job. Other comments on the evaluations included:

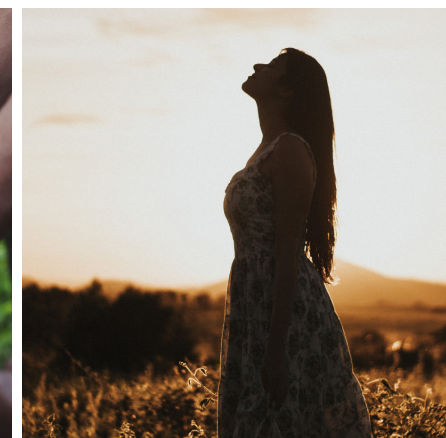
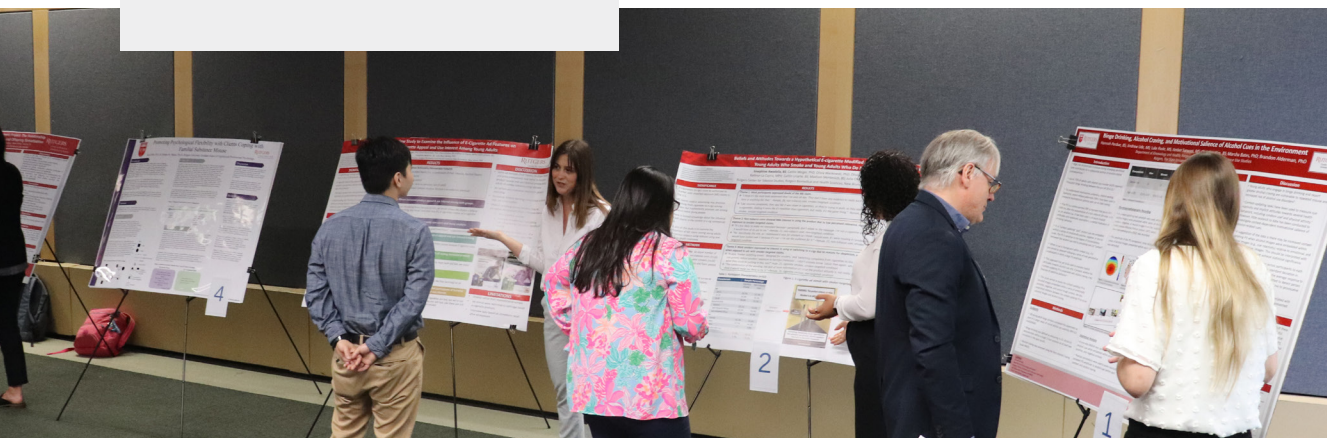
*"The best part was that someone cared enough about workers in healthcare to build this presentation for us."*

*"I realized it is ok to take care of yourself and you shouldn't feel guilty."*

*"I needed the reminder of stopping to nourish me."*

- Based on website traffic analysis, the W-TLC resource repository was accessed by more than just the W-TLC participants. For example, in a 30-day period between late August and late September 2022, the W-TLC site was accessed by 7,569 unique users, with an average daily engagement of 279 users. The resource repository had 2,761 views over the same 30 days.

<https://alcoholstudies.rutgers.edu/wellness-in-recovery/wellness-training-learning-collaborative/>





# JOURNAL



82+  
YEARS OF  
PUBLISHING



7,450  
ARTICLES PUBLISHED

CITATIONS IN LITERATURE 2021

8,168



RANKED  
8

AMONG 37 RELATED SUBSTANCE ABUSE  
JOURNALS IN THE SOCIAL SCIENCES



TOP CITATIONS IN LITERATURE 2022

Alcohol Marketing in the Era of Digital Media  
Platforms by Carah, N, and Brodmerkel,  
S Jan 2021, 82(1), pp. 18-27

"New: JSAD's Alcohol, Tobacco, and Other  
Drug photo database — a free resource with  
over 1,000 alcohol- and drug-related images"

IMPACT FACTOR

3.346

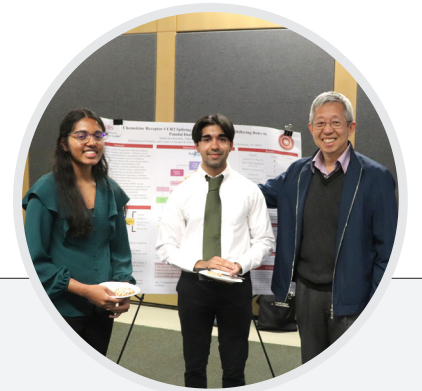
5-YEAR IMPACT FACTOR

3.637

# MILESTONES

In FY 2023, we expanded our wellness training and research capacity and increased our focus on building inclusive communities and partnerships to address social injustice and health disparities impacting individuals, families, and communities.

## 2023 ACCOMPLISHMENTS



- We recruited 2 new research faculty.
- The CAS website is successfully attracting traffic. Based on website analytics data between mid-August 2022 and late May 2023, the CAS website was visited by 64,733 users totaling 415,000 page views.
- News posts are added to the CAS website at least twice a month, and often attract many viewers. For example, the top viewed news post in FY 2023 (22,670 views) was from March 19, 2020, titled, *Sugar Addiction: More Serious Than You Think*.
- The wellness tools on the CAS website also have frequent viewers in FY2023. The new Journey to Wellness Guide, developed with funding from Indivior, had 1,995 views and the interactive Wellness Quiz had 2,863 views.
- CAS formalized the involvement of community partners through its Community Advisory Board.
- Engaged a new editor for our Journal of Studies on Alcohol and Drugs.
- Continued our Translational Research Training in Addictions for Racial/ Ethnic Minorities (TRACC) program, now in its 10th year.



# 2024 GOALS

<b>ENHANCE PUBLIC PROFILE</b>	<b>ENHANCE RESEARCH CAPACITY</b>
<b>EXPAND RESEARCH TRAINING</b>	<b>INCREASE DISSEMINATION</b>



We are grateful for your support of our research, education, and public policy activities.

- Helen E. Chaney
- Milton Cooper
- Eugene Frawley
- David Lester
- Robert and Jeanette Cooper
- Adele and Brinkley Smithers
- Anne Marie Russell, Joseph M. Russell
- Christopher Smithers





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