

BROADENING THE IMPACT OF SUBSTANCE USE RESEARCH AND EDUCATION





Our collaborations intersect with key translational health domains in the field of addiction science.

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

DIRECTOR'S LETTER

As the Director of the Rutgers Center of Alcohol & Substance Use Studies (CAS) I am pleased to share our second Annual Report. This report features our mission and vision, research and educational innovations, and our commitment to collaborate with and disseminate knowledge to our communities.



We have enjoyed substantial support from external funders such as the Christopher D. Smithers, the Adele and Brinkley Smithers, and the Helen E. Chaney Foundations among others, and have significant on-campus and community partnerships. This summer, CAS will be hosting its 79th Annual Summer School of Addiction Studies Training Institute showcasing its national reputation as a training center. Our Center continues to align with our mission to provide cutting edge and meaningful bridges between science and practice despite the challenges of the pandemic. We were able to continue to flourish as a research and training center, keeping our virtual doors open and collaborating with our communities. Aligned with our social justice mission we have formed a community advisory board to bring the voices of people in recovery, family supporters, community partners into the design of our research training and dissemination activities. We are strengthening our partnerships throughout Rutgers.

We enhanced our virtual training programs, to empower community providers and partners to help the workforce to remain equipped to provide treatment and support for those with substance use disorders, effects of COVID, trauma, and mental health challenges. Our researchers adapted research programs to move ahead with discoveries despite the challenges. We are studying pandemic-related impacts on alcohol and other substance use, trauma, COVID and racial reckoning as new areas of scientific inquiry.

As pioneers in alcohol and substance use research and training, we continue to innovate and expand CAS' national presence as a center of excellence for addiction, traumatic stress and health disparities research. In the upcoming years, CAS will build diversity into the fabric of our operations on all levels engaging in strategic initiatives to explore how to broaden and diversify CAS with emphasis on translational research, effective treatment, recovery supports and dissemination of accessible evidence-based models and practical recovery resources.

Denise Hien, PhD

Center Director and Helen E. Chaney
Professor in Alcohol Studies



MISSION

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

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

Provide education and training in innovative, evidence-based clinical practices for the prevention and treatment of substance use disorders;

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



VISION



CAS strives to be an internationally renowned leader in innovative, multidisciplinary research, training, education, and advocacy that will contribute to breakthroughs in the field of substance use disorders prevention and treatment with an emphasis on traumatic stress and health disparities.

YEAR AT A GLANCE

HIGHLIGHTS

2020
2021

FACULTY AND RESEARCHERS

8

FACULTY &
RESEARCHERS

41

CONFERENCE
PRESENTATIONS

74

PUBLICATIONS

\$5,560,709

TOTAL IN
GRANTS

12 ACTIVE
GRANTS

18 NEW
SUBMISSIONS

EDUCATION & TRAINING

586

PARTICIPANTS

RESULTED IN

1,015

REGISTRATIONS

55

WORKSHOPS,
SEMINARS AND
CONFERENCES

93%

OF PARTICIPANTS SAID
THEY WOULD RECOMMEND
TO COLLEAGUES

4

POSTDOCS

COLLABORATIVE
PARTNERSHIPS

87

AFFILIATES



4.7 AVERAGE FEEDBACK SCORE

SOCIAL MEDIA

9,647

MAILING LIST
SUBSCRIBERS

3

CAS PILOT FUNDED
STUDIES

CURRENT RESEARCH



Dr. Brandon Alderman

Dr. Brandon Alderman, Associate Professor, Department of Kinesiology and Health, SAS

Dr. Alderman is collaborating with Marsha Bates on a project examining the effects of a brief behavioral intervention on putative intervention targets to interrupt unhealthy drinking behaviors. His research ideas have expanded greatly because of the collaborations, collegiality and ideas stemming from the internationally recognized scientists and clinicians in the Center.



Dr. Marsha Bates

Distinguished Professor and Interim Chair, Department of Kinesiology and Health, SAS.

Dr. Bates research is uncovering how in-the-moment holistic interventions, such as resonance paced breathing, alter brain processes involved in alcohol and drug cue reactivity and can be self-delivered using a smart phone app to fend off craving.



Dr. Angelo M. DiBello

Assistant Professor, Applied Department, GSAPP

Dr. Di Bello's current research is grounded within the application of social psychological theory, focused on understanding and targeting mechanisms of high-risk alcohol use within a prevention and intervention framework. It aims to identify high risk drinkers and provide theoretically derived personalized interventions to reduce both their alcohol use and associated consequences.



Dr. Jennifer Buckman

Associate Professor, Department of Kinesiology and Health, SAS

Dr. Buckman is working on a longitudinal, 2-year study of how binge drinking affects the cardiovascular system. Binge drinking in college populations, has implicated an increased risk for severity of several of the most prevalent mental and physical health problems.



Dr. Denise Hien

Directors, CAS and Helen E. Chaney Professor in Alcohol Studies, Department of Clinical Psychology, GSAPP

Dr. Hien's current research as part of the Trauma and Addiction Project Lab focuses on the effects of trauma exposure on addictions with an emphasis on advancing treatment for those with Posttraumatic Stress and Substance Use disorders.



Dr. Matthew Lee

Assistant Professor, Department of Applied Psychology, GSAPP

Dr. Lee's Addiction, Recovery, and Lifespan Development Lab investigates risky/harmful drinking and alcohol use disorder from a lifespan developmental perspective. This NIAAA-funded research often involves contrasting different adult developmental periods to glean novel insights about each; in part toward guiding lifespan-developmentally-informed interventions.



Dr. Lesia M. Ruglass

Adjunct Associate Research Professor, CAS

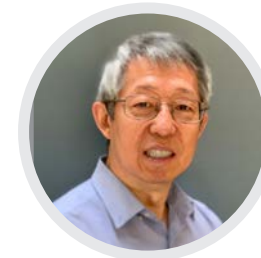
Dr. Ruglass research focuses on understanding the biopsychosocial mechanisms underlying substance use disorders and understanding and reducing racial/ethnic disparities in PTSD and substance use disorder treatment process and outcomes to increase behavioral health equity.



Dr. Margaret Swarbrick

Associate Director, CAS and Research Professor, Applied Dept, GSAPP

Dr. Swarbrick is involved in research, training, program development and consultation activities in the areas of wellness and health promotion, the role of peer support workers and efforts to reduce health disparities for people with substance use, trauma and mental health challenges.



Dr. Lei Yu

Distinguished Professor, Department of Genetics, SAS

Dr. Yu's laboratory is interested in the genetic basis of complex brain disorders, including genetic risks for alcoholism, drug use, and other compulsive behaviors, as well as molecular mechanisms underlying neuro-sensory processes.



Dr. Yihong Zhao

Associate Professor, Applied Dept, GSAPP

Dr. Zhao's current research focuses on applying and developing novel analytical methods for brain imaging and genetic data analysis, with the aim of revealing novel insights into the biological mechanisms and behavioral processes associated with substance use and addiction.



Dr. Anthony Pawlak

Assistant Research Professor, Applied Dept, GSAPP

Dr. Pawlak 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.

EDUCATION & TRAINING

The Addiction Education program is the oldest substance use training program in the nation that offers a variety of programming and can tailor trainings to meet specific needs. The Program understands the connection with mental health and addresses the need to reduce stigma and connect practitioners with empirically supported advancements in the field.



Summer School of Addiction Studies (SSAS)

SSAS is the oldest addiction education program in the US and Bill Wilson, the co-founder of Alcoholics Anonymous, was an instructor for our Summer School in the 1940s! SSAS provides participants education on a range of diverse addiction topics in the field of addiction prevention treatment and recovery.



Our new ADACC is tailored to meet the growing need for qualified addiction and behavioral health professionals. The ADACC has a track specifically for Veterans that has been approved by the New Jersey State approving agency for Veteran's training, making the program eligible for reimbursement under the GI Bill.

Conferences

- Virtual Emerging Addiction Conference—Rutgers Camden
- Addiction, Sports & Integrated Health Conference w/George Mumford
- WinR conference

Future

- On-line Continuing Education Webinars
- Trauma Certificate
- Community Events



“2020-2021 has been a challenging year, placing significant pressures on professionals and people they serve during this unprecedented time. We quickly shifted all our programs to a fully virtual format to support community partners.”

Lorraine Y. Howard, LCSW, LCADC
Director of Addiction Education

Wellness in Recovery (WinR) Addiction Advocacy Research Program

A participatory-based research fellowship to support individuals and families who have been hardest hit by the colliding coronavirus, opioid and racial (COR) epidemics. We have formed a WinR Community Advisory Board as partners to bring new important perspectives to CAS research advocacy and dissemination activities. This program advances excellence through transformative ideas, policies, and services that will improve individual lives, families, and communities affected by the interrelated challenges of the coronavirus pandemic, the opioid crisis, and racial injustice and inequities, while advancing excellence through promoting diversity.



JOURNAL

ONE
MILLION

PAGE VIEWS – IN 2020!!!

THE
OLDEST
substance-related
journal published in
the United States
(EST. 1940)

81+
YEARS OF
PUBLISHING

Formerly the
Journal of Studies on Alcohol
(1975-2006)
and Quarterly Journal
of Studies on Alcohol
(1940-1974)



7,180+
ARTICLES PUBLISHED

CITATIONS IN LITERATURE 2019

7,025

6

AMONG 35 RELATED SUBSTANCE ABUSE
JOURNALS IN THE SOCIAL SCIENCES

IMPACT FACTOR

2.448

5-YEAR IMPACT FACTOR

2.946

MILESTONES

To continue to enhance the public profile of the center to emphasize the broad contributions that the center has made to research, education and professional training on the development, prevention, and treatment of stress, trauma, and substance use disorders.

GOALS:

1

**EXPAND
RESEARCH**

2

**ENHANCE
EDUCATIONAL
PROGRAMS**

3

**INCREASE
VISIBILITY**

2020

In FY 2020, our goals were to continue to expand our research capacity, increase the number and type of community and national training programs to enhance CAS visibility and reputation locally and nationally. We accomplished these goals through:

- Strategic hiring of 3 NTT research faculty in addiction dissemination/implementation sciences
- Established peer recovery and family support resources and programs for the community of those living with opioid and other addictive disorders
- Developed the ADACC certification
- Enhanced fundraising capacity through establishing an Annual Report, creation of a CAS video, and formation of the Community Advisory Board (CAB) composed of diverse family supporters and individuals with lived experiences.

2021

In FY 2021 our goals are to continue to expand our training and research capacity, as well as expand our focus on building inclusive communities and partnerships to address social injustice and health disparities impacting individuals' families and communities. We hope to accomplish these goals through:

- Continuing to conduct, expand and disseminate research focused on benefiting individuals and families with substance use, trauma and mental health challenges including those who have been hardest hit by the colliding opioid, coronavirus and racial (COR) pandemics.
- Expanding our research and training programs capitalizing on existing CAS activities to expand cross disciplinary capacity-building among underrepresented minoritized faculty and students and community partners to ensure vibrant healthy communities.
- Build new and strengthen existing interdisciplinary partnerships throughout Rutgers schools with shared interests in community-based participatory research and in collaborating with family supporters of people with SUD.
- Strengthening our CAB of diverse family supporters, individuals with lived experience to guide research projects, bringing in new voices and lived experiences to shape research education and dissemination activities.

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



DONORS

Helen E. Chaney

Milton Cooper

Eugene Frawley

David Lester

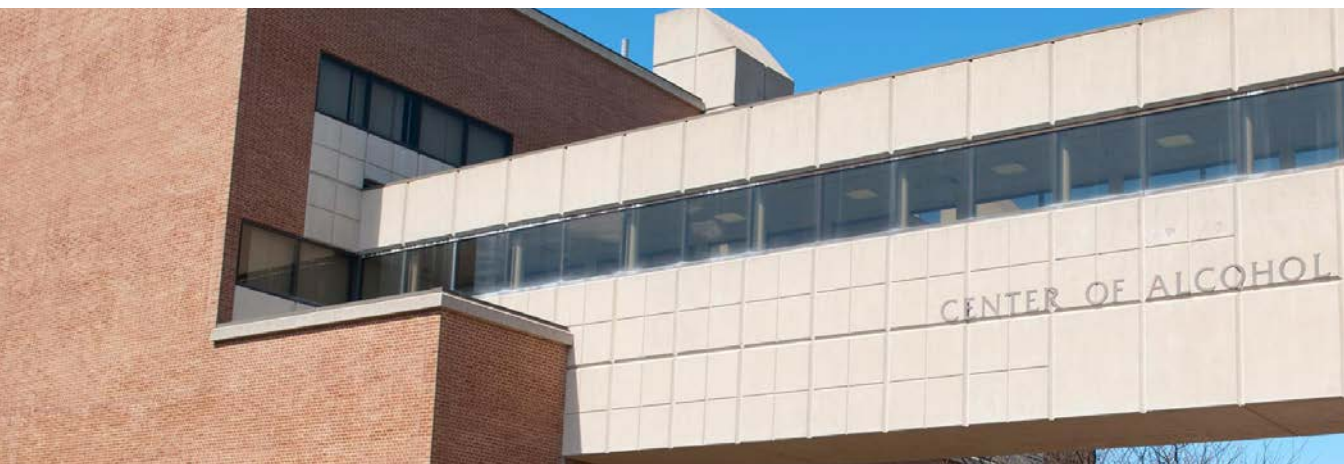
Robert and Jeanette Cooper

Christopher B. Smithers

Anne Marie Russell for the
Joseph M. Russell Memorial Fund

Christopher D. Smithers
Foundation, Inc.

Friends of the Center of
Alcohol Studies



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