

## Broadening the impact of substance use research and training







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 third 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 continue to receive 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 year marks a time for reflection as we approach important milestones. Our historical library has been established as a new digital collection and several of our library scholars have disseminated important historical insights about the Center Library's impacts. We have also completed several community engaged advocacy research projects supporting scholars and faculty.

In alignment with our social justice mission we have formed a community advisory board to bring the voices of people in recovery, family supporters and community partners into the design of our research training and dissemination activities. We have implemented some community engaged wellness focused projects for people in recovery, family supporters and the healthcare workforce.

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, we aim to broaden and diversify CAS with emphasis on community engaged partnerships, translational research, addiction and recovery research training and dissemination of accessible evidence-based models and practical wellness resources.

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

Center Director and Helen E. Chaney  
Professor in Alcohol Studies



## Center of Alcohol & Substance Use 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

## 2021 2022

# 10

**FACULTY  
RESEARCHERS**

# 29

CONFERENCE  
PRESENTATIONS

# 25

PUBLICATIONS

# \$5,450,183

**TOTAL IN  
GRANTS**

# 11

ACTIVE  
GRANTS

# 8

NEW  
SUBMISSIONS

## EDUCATION & TRAINING

# 67

WORKSHOPS,  
SEMINARS AND  
CONFERENCES



# 1,280

PARTICIPANTS

SUMMER SCHOOL  
OF ADDICTION  
STUDIES 2021

# 102

PARTICIPANTS

# 92%

OF PARTICIPANTS SAID  
THEY WOULD  
RECOMMEND TO  
COLLEAGUES

# 3

**POSTDOCS**

COLLABORATIVE  
PARTNERSHIPS

# 89

**AFFILIATES**



4.7 AVERAGE FEEDBACK SCORE

SOCIAL MEDIA

# 9,013

**MAILING LIST  
SUBSCRIBERS**

# 4

CAS PILOT  
FUNDED  
STUDIES

# CURRENT RESEARCH



## Dr. Brandon Alderman

Associate Professor, Department of Kinesiology and Health, School of Arts & Sciences (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. Alex Bauer

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

Dr. Bauer's research interests include understanding and addressing health disparities that burden Black/African American and other minoritized populations, particularly using community-based participatory research strategies. Her current projects focus on promotion of mental health literacy among young Black adults, building cultural humility among mental health service providers, and culturally tailored adaptations of trauma and substance use interventions.



## Dr. Angelo M. DiBello

Assistant Professor, Department of Applied Psychology, GSAPP

Dr. DiBello's current research is grounded within the application of social psychological theory, focuses on understanding and targeting mechanisms of high-risk alcohol use within a prevention and intervention framework. Our work 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

Center Director and Professor, Department of Clinical Psychology, GSAPP

Dr. Hien's current research focuses on the effects of trauma exposure on addictions with an emphasis on advancing treatment for those with Posttraumatic Stress and Substance Use disorders. Project Harmony is a current NIAAA-funded study which uses meta-analysis with individual patient data from 36 trials (N=4,606) to answer important questions about comparative treatment efficacy for PTSD/SUD behavioral, pharmacotherapy and combined trials.



## Dr. Matthew Lee

Assistant Professor, Department of Applied Psychology, GSAPP

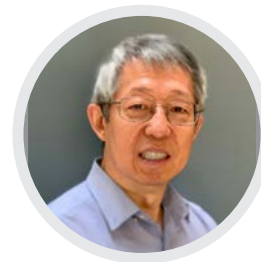
Dr. Lee's Addiction, Recovery, and Lifespan Development Lab investigates risky/harmful drinking and alcohol use disorder from a lifespan developmental perspective. This NIAAA-funded research often involves contrasting different adult developmental periods to glean novel insights about each; in part toward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



## Dr. Margaret Swarbrick

Center Associate Director, and Research Professor, Department of Applied Psychology, GSAPP

Dr. Swarbrick is involved in research, training, program development and consultation activities in the areas of promotion of wellness self-care for people in recovery health care workforce, youth and families, peer support worker programs and efforts to reduce health disparities for people with substance use 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. Anthony Pawlak

Assistant Professor, Department of Applied Psychology, GSAPP

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.



# EDUCATION & TRAINING

The Addiction Education program offers a variety of programming and can tailor trainings to meet specific needs. The Summer School of Addiction Studies (SSAS) is the oldest addiction education program in the US! SSAS provides participants education on a range of diverse addiction topics in the field of addiction prevention treatment and recovery.



## Wellness in Recovery (WinR)

- Wellness in Recovery (WinR) Addiction Advocacy Research Fellowship Program was funded through the Office of the Chancellor FY22 Strategic Funds to support the development of a community advisory board and community based participatory research to advance knowledge for addiction research and advocacy.
- The CAS Community Advisory Board (CAB) was formed which is comprised of diverse family supporters, and individuals with lived experience of substance use disorders, to guide Center operations, and the WinR program.



## Conferences & Seminars

- WinR Supporting the Supporter conference attended by 75 people
- Co-production seminar series
- Qualitative Research Seminar



## Wellness Training Learning Collaborative

The Wellness Training Learning Collaborative (W-TLC) program funded by the Farris Foundation was launched to support the wellness of the healthcare workforce which has been directly experiencing the consequences of the pandemic, bearing the brunt of psychological, emotional, and physical effects first-hand.



# JOURNAL ONE MILLION

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

**82+**  
YEARS OF  
PUBLISHING

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



**7,358+**  
ARTICLES PUBLISHED

CITATIONS IN LITERATURE 2020

**7,963**

**7**

AMONG 37 RELATED SUBSTANCE ABUSE  
JOURNALS IN THE SOCIAL SCIENCES

IMPACT FACTOR

**2.582**

5-YEAR IMPACT FACTOR

**3.091**

# 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:

**EXPAND  
RESEARCH**

**ENHANCE  
EDUCATIONAL  
OPPORTUNITIES**

**INCREASE  
VISIBILITY**

## 2022 ACCOMPLISHMENTS

- Created programs 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.
- Established a **Community Advisory Board** of diverse family supporters and individuals with lived experience to guide research projects, bringing in new voices and lived experiences to shape research education and dissemination activities.
- Developed interdisciplinary partnerships throughout Rutgers schools **with shared interests in community-based participatory research.**
- **Provided training for a new cadre of community addiction advocacy researchers** from underrepresented groups.

## 2023 GOALS

- **Enhance the public profile of the Center** to emphasize the broad contributions that CAS has made to research, education and training on the development, prevention, and treatment of stress, trauma, and substance use disorders and the promotion of wellness.
- **Enhance CAS research program capacity** increasing external funding for research and education focused on health inequities, community engagement and health and wellness outcomes.
- **Expand CAS Addiction Research Training** to include preparing underrepresented scientific scholars at all levels (undergraduate through postdoctoral) to employ high quality community engaged research methods to conduct state of the art research focused on stress, trauma, and substance use disorders.
- **Increase dissemination to communities** by positioning our Journal of Studies on Alcohol and Drugs with a new leadership direction, and dissemination of research and recovery focused tools with the involvement of community partners in all endeavors.



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

# DONORS

Helen Chaney

Milton Cooper

Robert and Jeanette Cooper

Eugene Frawley

David Lester

Adele and Brinkley Smithers

Christopher Smithers

Anne Marie Russell,  
Joseph M Russell

Friends of the Center  
of Alcohol Studies





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