BROADENING THE IMPACT
OF SUBSTANCE USE
RESEARCH AND EDUCATION
Our collaborations intersect with key translational health domains, in the field of addiction science.
We create cutting-edge and meaningful bridges between science and practice

As part of the Rutgers Center of Alcohol & Substance Use Studies (CAS) expansion and growth, I am delighted to launch our inaugural Annual Report. This report features our mission and vision, research and educational innovations, and our commitment to disseminating knowledge to our communities. CAS was the first research institute to study alcohol use and its disorders, with an impressive history dating back to the 1930’s. We have enjoyed substantial support from external funders such as the Christopher D. Smithers, the Adele and R. Brinkley Smithers, and the Helen E. Chaney Foundations among others, and have significant on-campus and community partnerships. This summer, CAS will be virtually hosting its 78th Annual Summer School of Addiction Studies Training Institute showcasing its national reputation as a training center.

Within the Graduate School of Applied and Professional Psychology (GSAPP), our Center follows a mission to provide cutting edge and meaningful bridges between science and practice—bridges that can help those in the community make use of practices that have been scientifically demonstrated to work. Today we have all been facing the dual impacts of the coronavirus and racism pandemics—each challenged personally, and as a research and training center, to keep our virtual doors open and lights shining to our communities, knowing that this is a time when those most vulnerable among us are struggling. Our addiction workforce is doing their best to provide care for those with substance use disorders. We at CAS have “pivoted” to enhance our virtual training programs, still of highest quality and interactive educational models, to help support our diverse community providers and partners. Our researchers have adapted their research programs to move ahead with discoveries despite the challenges, and have made studying dual pandemic-related impacts on alcohol and other substance use new areas of scientific inquiry.

In the upcoming years, I envision maintaining the best of what CAS has to offer, while at the same time engaging in strategic initiatives to explore how to broaden and diversify CAS with emphasis on translational research, and the dissemination of evidence-based treatment models. As always, we will continue to invigorate CAS’ national presence as a center of excellence for addiction, traumatic stress and health disparities research and education.

Denise Hien
Center Director and Professor,
Department of Clinical Psychology, GSAPP
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.

CAS will 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

2019

2020

FACULTY AND RESEARCHERS

- 8 FACULTY & RESEARCHERS

- 23 CONFERENCE PRESENTATIONS

- 58 PUBLICATIONS

TOTAL IN GRANTS

- $5,354,983

ACTIVE GRANTS

- 7 ACTIVE GRANTS

- 11 NEW SUBMISSIONS

EDUCATION & TRAINING

- 712 PARTICIPANTS RESULTED IN 1,045 REGISTRATIONS

- 48 WORKSHOPS, SEMINARS AND CONFERENCES

- 4.8 AVERAGE FEEDBACK SCORE

- 96% OF PARTICIPANTS SAID THEY WOULD RECOMMEND TO COLLEAGUES

SOCIAL MEDIA

- 8,582 MAILING LIST SUBSCRIBERS

COLLABORATIVE PARTNERSHIPS

- 65 AFFILIATES

POSTDOCS

- 4 POSTDOCS

CAS PILOT FUNDED STUDIES

- 4 CAS PILOT FUNDED STUDIES
CURRENT RESEARCH

CAS investigators collaborate with researchers across Rutgers and other leading US universities. These collaborations allow alcohol and other drug misuse research to intersect with other key translational health domains, broadening our impacts. CAS researchers also provide expert insight on alcohol and other substance use topics for the public through local, national, and international media outlets.

Dr. Brandon Alderman
Associate Professor, Department of Kinesiology and Health, School of Arts & Sciences

I am currently examining treatment response to a behavioral intervention with aerobic exercise among young adults with clinical depression, with the goal of identifying mechanistically-based predictors of response and treatment targets to help advance the area of behavioral medicine. My research ideas have expanded greatly as a result of the collaborations, collegiality and ideas stemming from the internationally recognized scientists and clinicians in the Center.

Dr. Marsha Bates
Distinguished Professor, Department of Kinesiology and Health, School of Arts & Sciences

I am leading a randomized clinical trial that examines whether real-time, strategic use of an iPhone-based breathing app can improve treatment outcome (defined as substance use, depressive symptoms, anxiety, social support, and financial, legal, employment-related quality of life indicators). Working at CAS provides a collaborative environment to obtain additional expertise in clinical trial research.

Dr. Jennifer Buckman
Associate Professor, Department of Kinesiology and Health, School of Arts & Sciences

I am 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. The Center helps me to provide a rich training environment for the students, postdoctoral fellows, and staff who are affiliated with this project.

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Dr. Matthew Lee
Assistant Professor, Department of Applied Psychology, CSAPP

My lab’s current research falls under the overarching objective of studying alcohol use disorder from a lifespan developmental perspective. We aim to help advance a better understanding of naturally occurring mechanisms of problem-drinking recovery across the adult lifespan. CAS has a large group of addiction scientists with diverse approaches and areas of expertise, which fosters an environment where the work of any one faculty member or lab can be informed by a broad awareness of diverse areas of addiction science.

Dr. Liang Zhao
Assistant Professor, Department of Applied Psychology, CSAPP

My 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. I am collaborating with addiction research experts within CAS, throughout the university, as well as in other institutions throughout the country, to help build a strong data science team of addiction researchers within CAS.
EDUCATION & TRAINING

The Addiction Education program is the oldest substance use training program in the nation providing extensive opportunities for professional development in substance use prevention, behavioral health and treatment best practices since 1982. This program promotes the recognition of substance use disorders as a major public health epidemic, maintains a strong focus on special populations, understands the connection with mental health and addresses the need to reduce stigma and connect practitioners with empirically supported advancements in the field. The Addiction Education program offers a variety of programming and can tailor trainings to meet specific needs.

Summer School of Addiction Studies (SSAS)

SSAS is the oldest addiction education program in the US and Bill W., the co-founder of Alcoholics Anonymous was an instructor for our Summer School in the 1940s! SSAS is an accelerated 3-day program that provides participants the opportunity to obtain up to 25 Continuing Education Hours through a personalized schedule of courses, lectures and workshops that cover a full range of diverse topics in the field of addiction topics in the field of addiction prevention treatment and recovery.

Professional Development Seminar Series

The seminar series reflects cutting-edge topics in the field of addiction and are taught by experts from around the country. Seminars are generally held during the academic year on Thursdays from 9 am to 4 pm. Each seminar is approved for continuing education credits and meet the necessary continuing education guidelines for the state of New Jersey in addictions, social work, education and nursing.

Conferences

- Emerging Addiction Conference: Understanding Cannabis Today
- Sports, Addiction and Integrated Health
- At the Crossroads of Complex Trauma: Domestic Violence and Addiction
- The Measurement of Success — featuring the Moyers Family.

Journey Moving Forward

- Online Continuing Education Webinars
- Certified Alcohol and Drug Counselor (CADC) Certificate
- Trauma and Addiction Certificate
- Peer education
- Scholarships
- Community Events

“Our programs connect substance use providers, programs, individuals in recovery, peer specialists and family supporters with critical education to improve treatment for our communities.”

Lorraine Y. Howard, LCSW, LCADC
Director of Addiction Education
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 CAPACITY
2. ENHANCE EDUCATIONAL PROGRAMS
3. INCREASE VISIBILITY OF CAS

2019

In FY19, our goals were to increase research capacity, enhance the quality and number of educational programs, increase the visibility of CAS within Rutgers and local/state community. We accomplished these goals through:

- Hiring three new tenure track faculty in biostatistics, developmental psychopathology and health disparities, and one addiction education director
- Increasing the number of grant submissions by 71%
- Training over 1600 allied health professionals
- Rebranding with a broader mission "Center of Alcohol Studies" to "Center for Alcohol & Substance Use Studies," redesigning our website and launching a social media campaign with a quarterly newsletter
- Establishing a new postdoctoral training program with a weekly seminar series and recruiting 4 new postdocs
- Increasing our center affiliates to over 65

2020

In FY20, our goals are 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 hope to accomplish these goals through:

- Strategic hires of NTT research faculty in addiction dissemination/implementation sciences
- Establish a new series of web and conference-based peer recovery and family support programs for the community of those living with opioid and other addictive disorders including developing certification trainings for peer specialists with NJ state and Rutgers (e.g., UBHC) partners
- Enhance our fundraising capacity through establishing an Annual Report, CAS video, and creating a CAS Advisory Board
We are grateful for your support of our research, education and public policy activities, but most of all for your commitment to our often stigmatized, but most surely appreciative and deserving persons with lived experience and communities.
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