



Official Newsletter of the Center of Alcohol & Substance Use Studies



From the Director's Desk

Denise Hien, Ph.D., ABPP

Welcome back to the fall semester and to the third edition of our CAS newsletter. Despite the reeling impacts of the covid-19 and racial pandemics that continue to

challenge us in our lives, one silver lining has been everyone's willingness to pull together, think out of the box and creatively plan for how we can carry on our mission critical activities and services to our communities.

In this issue, you will read about important scientific advances that our Center researchers and affiliates are conducting and publishing, the many events that we have planned for student and practitioner scholars such as our upcoming Annual Poster Session (virtual format), and our newest initiative for our recovery community—the upcoming Wellness in Recovery Conference on Sept 19th that aligns with September's National Addiction Recovery Month. Until we write again in 2021, may all of you and your loved ones stay safe and healthy.

IN THIS NEWSLETTER

- Vaping Ban "A joke", experts say
- New SAMSHA Opioid Guidelines
- Liquor, Loss & Lies: Dark Secrets of the Alcohol Industry
- Interventions for College-Aged Binge Drinkers
- Upcoming Conferences
- HBO's *Euphoria*



In The News



Drink it Down: The Liquor Journey

Multiple sources claim U.S. alcohol sales are up 20% amidst quarantine. But which groups are buying the extra bottles? Armed with facemask and plastic gloves, I visited multiple local liquor stores to see what I could learn.

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Vaping Ban "A joke", Experts Say

After federal experts called vaping an "epidemic" among American youths, the FDA put together a ban in February 2020 that eliminated the problem. Or did it?

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New SAMSHA Opioid Guidelines

Social distancing guidelines have required the Substance Abuse and Mental Health Services Association (SAMSHA) to overhaul their prescription guidelines. But owing to legal complications, these guidelines are both too effective and not nearly effective enough.

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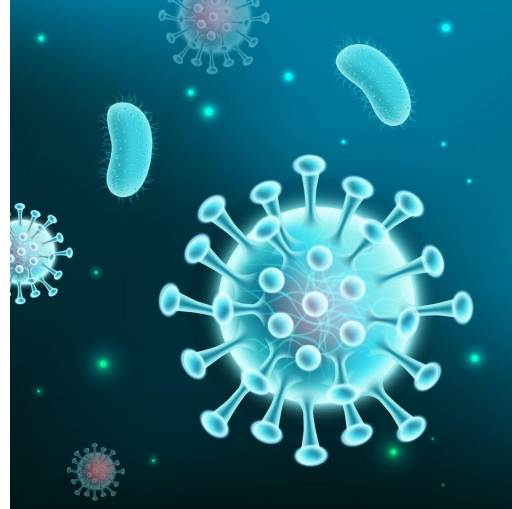


In The Center

[Partnership to Examine Patterns](#)

and Correlates of Substance Use During the Coronavirus Pandemic

Rutgers CAS, Caltech and other institutions are partnering to explore the longitudinal impacts of coronavirus related factors like stressors and trauma, losses, illnesses and economic conditions on substance use patterns in a national sample through the COVID Dynamic Study (CDS) at Caltech.



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Recent Publications of CAS Faculty and Affiliates



Acute aerobic exercise increases respiratory sinus arrhythmia reactivity and recovery to a sad film among individuals at risk for depression. (Alderman et al.)

Results show that a single session aerobic exercise may be an effective approach to increase emotional and self-regulatory capacity among depressed individuals.

[READ MORE](#)

Identification of risk factors for early psychiatric rehospitalization. (Zhao et al.) Random forest (RF), a tree-based classification algorithm, was used to identify the top risk factors for early psychiatric hospitalization (EPR) from a large number of patient factors.

[READ MORE](#)

CAS 2019 Year In Review

2019 was a transformative year for the Center of Alcohol & Substance Use Studies. The year saw the launch of a new and improved webpage, the addition of several new faculty members, and the creation of a quarterly newsletter - not to mention nearly 100 workshops, seminars, and publications.

Join the center in looking back at a successful year by checking out our [2019 Annual Report](#).





In The Community



Dr. Ilana Pinsky is a visiting researcher at Rutgers Robert Wood Johnson Medical School who has devoted many of her 100+ publications to investigating the effects of alcohol and the industry that surrounds it. She first caught wind of the industry's corruption shortly after publishing her Master's thesis in her home country of Brazil in the 1990's.

Liquor, Loss & Lies: Dark Secrets of the Alcohol Industry

Lawmakers praise alcohol companies for what they believe are the companies' attempts to ease some of the public health issues that their products can cause in communities around the globe. But are these companies really trying to do good, or have they simply gotten very good at pretending?

This BROADCAST exclusive interview with visiting researcher and CAS affiliate faculty Dr. Ilana Pinsky dives deep into the deceptions driven by big alcohol. From marketing to minors to puppeteering anti-drinking organizations... Are there any lines this industry will not cross?

[READ MORE](#)

Rutgers Interdisciplinary Opioid Training (RIOT) Program Renewed for 2020-2021

The RIOT program, a group of Rutgers students and affiliates aiming to educate the local community on the ongoing opioid crisis, was renewed for the 2020-21 year.



The program was established last year by Dr. Jill Williams as an innovative way to spread information about the crisis. In an interview with BROADCAST, Rutgers School of Public Health graduate Muzdalifa Ayub Syed (pictured) spoke about the origins of the project, calling it "a much needed program".

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Changing Minds to Save Them

In a digital presentation titled "Putting Social Psychological Theory into Practice: Implications for Novel Alcohol Prevention Efforts", Dr. Angelo DiBello detailed his and colleagues' efforts to curb unhealthy drinking behaviors in college students.

Dr. DiBello and colleagues decided the best way to change student behaviors would be to change their opinions about those behaviors.

But despite facing the immense challenge of influencing the opinions of others, DiBello's efforts have yielded noteworthy results.

So how did he do it?

[READ MORE](#)



Dr. Angelo DiBello is an Assistant Professor in the Department of Psychology at CUNY Brooklyn College, an Adjunct Assistant Professor at Brown University, and is the Director of the Social Health Addiction & Relationship Processes (SHARP) Laboratory at Brooklyn College.



In the Future

WELLNESS IN RECOVERY CONFERENCE

WITH KEYNOTE SPEAKER: CHACKU MATHAI



Chacku Mathai has offered decades of consulting support to communities, systems, and organizations focused on supporting people with mental health and/or co-occurring substance use conditions.

Also featuring a panel with recovery and peer specialists, as well as persons with lived experience!

Providing education, resources, and networking opportunities for individuals in recovery and their family members

10:30 AM TO 1:30 PM
SEPT. 19, 2020
LIVE ZOOM CONFERENCE

STILL ROOM TO REGISTER
HERE!!!



CAS 7th Annual Scholar Poster Session

The CAS Annual Poster Session is a fantastic opportunity for students, staff, and post-doctoral fellows to share their latest work, as well as to interact with and receive feedback from faculty from multiple disciplines.

WHERE
VIRTUAL EVENT

WHEN
THURSDAY, OCTOBER 29th, 2020 @ 12-2PM

MORE INFO

ABSTRACTS DUE OCTOBER
16th!



with speaker Frank L. Greenagel, Jr.

Although Frank Greenagel may be best known to Rutgers as an Adjunct Professor in its School of Social Work or as an instructor at CAS, his work in addiction recovery extends far beyond. For example, he has served on the NJ Governor's Council on Alcohol and Drug Abuse (GCADA) since 2011 and chaired the NJ Heroin and Other Opiates Task Force. Our upcoming Emerging Addiction Conference, titled *Breaking Down Silos: Enhancing Practice in Today's Climate*, has been converted into a digital event for your convenience. Don't miss out!



WHERE
VIRTUAL EVENT

CE CREDITS AVAILABLE!

WHEN
FRIDAY, DECEMBER 4th, 2020 @ 9:00AM - 12:00 PM

REGISTER



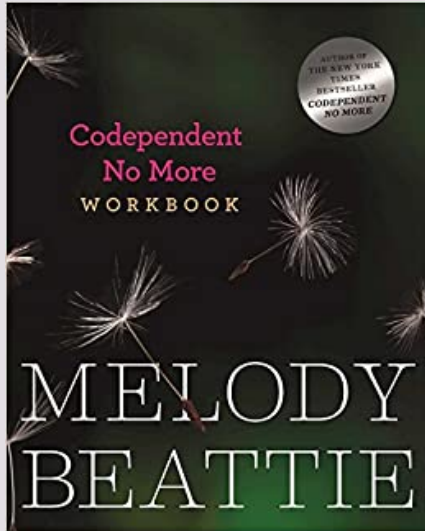
Sports, Addiction & Integrated Health Conference with speaker George Mumford

George T. Mumford is a highly acclaimed and leading expert in sports psychology & performance. George's passion is teaching mindfulness to high profile sports, business and academic teams alike; from the Los Angeles Lakers, and New York Knicks, to senior global executives and systems.

WHERE
VIRTUAL EVENT

WHEN
FRIDAY, FEBURARY 19th, 2021

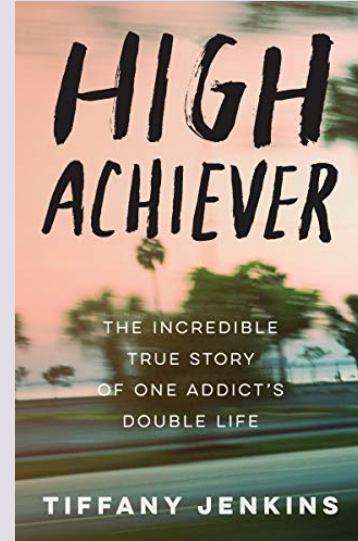
In the Arts



In a crisis, it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships.

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.

[Check it Out!](#)

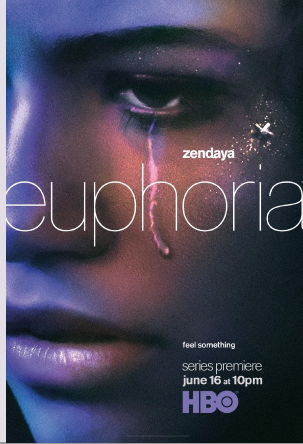


A raw and twisty page-turning memoir that reads like fiction, *High Achiever* spans Tiffany's life as an active opioid addict, her 120 days in a Florida jail where every officer despised what she'd done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery.

[Check It Out!](#)

Multimedia superstar Zendaya stars in this drama series that follows a group of high-school students as they navigate a mine field of drugs, sex, identity, trauma, social media, love and friendship in today's increasingly unstable world.

Check it Out!



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