



Official Newsletter of the Center of Alcohol & Substance Use Studies



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As part of CAS's expansion and growth, I am delighted to launch our inaugural E-Newsletter, called broadCAST. It will be a quarterly publication that features newsworthy topics on addiction of all kinds, selected highlights of

Center faculty, staff, students and affiliates' activities, and even book recommendations. We want this newsletter to keep you apprised of what we are all working towards to better the addiction field, so please share your feedback and keep us informed so we can include your work in future editions. Enjoy!

IN THIS NEWSLETTER

- Fighting Stigma
- CAS Faculty Highlights
- CAS Affiliate Feature: Opioid Use Disorder vs. Mindfulness
- Upcoming Conferences



In The News



Legal Weed's Black Market?

Recreational cannabis laws promised an end to the drug's dangerous illicit street sales. However, legalized states are still seeing significant black market activity. Why hasn't it gone away? Why would a consumer opt to buy the drug illegally now that it can be bought in stores?

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Substance Users's Stigmatization

A study by the Boston University School of Medicine investigates societal stigmatization against substance users. Published in the Official Journal of the Society for the Study of Addiction, it explores how this stigmatization may be preventing users from seeking help.

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Vaping Illness Kills Dozens

EVALI: The mysterious lung illness that has resulted in the deaths of over two dozen vape users (many of them teens) is finally being understood by doctors. It is a risk not shared by those who use traditional cigarettes, and has just been officially named by the CDC.

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In The Center

Cardiac Neuroscience Lab Develops Award to Support Students and Early-Career Scientists

The Cardiac Neuroscience Lab developed The Gamburg Innovation Award to support students and early-career scientists in the addiction field, of which Post-Doctoral Fellow, Dr. Jessica Saalfied, is the first recipient. The award was established by ten-year-old Anika Gamburg, who undertook a fund-raising campaign to support addiction research to honor her father.



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CAS Faculty Members Presented with Humanitarian of the Year Awards at Annual CGE Gala



Dr. Marsha Bates and Dr. Denise Hien were honored at The Center for Great Expectations (CGE) 2019 Annual Gala on the evening of Friday, October 18, receiving the 2019 Humanitarian of the Year award, which recognized the award recipients for their contributions in helping to shape and evolve CGE's trauma-informed model.

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Dr. Lesia Ruglass Publishes Article on Opioid Use

Dr. Ruglass recently had an article accepted for publication in the journal of *Drug and Alcohol Dependence* entitled "Trajectory Classes of Opioid Use Among Individuals in a Randomized Controlled Trial Comparing Extended-Release Naltrexone and Buprenorphine-Naloxone."



[FULL ARTICLE](#)



In The Community



Dr. Cooperman is a clinical psychologist and Associate Professor of Psychiatry in the Division of Addiction Psychiatry at the Rutgers Robert Wood Johnson Medical School.

Opioid Use Disorder versus Mindfulness-Enhanced Therapy

Nearly half of all individuals receiving Methadone Maintenance Treatment (MMT) for opioid use disorder will relapse within just six months. With this in mind, Dr. Cooperman and her team began their investigation with the hopes of finding a novel means to enhance the assisted recovery process and improve the likelihood of positive treatment outcomes.

This small 'pilot' study found extremely promising results for the future of mindfulness-enhanced treatment, and Dr. Cooperman looks forward to beginning work on a larger study with a much larger participant pool.

[READ MORE ARTICLE FULL TEXT](#)



In the Future



Join Us At The International Society for Traumatic Stress Studies Meeting!

This event honors the prescience and vision of key pioneers in the field. It aims to join their ideas with the brilliant work on trauma and recovery emerging today to help the next generation of traumatic stress clinicians, scientists, and scholars across the world.

W H E N :

November 14th to 16th, 2019

W H E R E:

Boston Marriott Copley Place, Boston

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Center For Great Expectations Trauma at the Core Conference

This event offers the first-ever look at the Center's *NEW* 4th-Edition **Transformational Leadership Model for Schools**, a system aimed to reduce chronic stress in the classroom. The model also includes a track designed to be used by counselors, mental health professionals, social workers, and more.

W H E N :

December 6th, 2019

W H E R E:

TCNJ Packer Hall, Ewing Township, NJ

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Association Annual Meeting

The APPA's upcoming 2020 meeting provides both an excellent resource for those interested in learning about substance use disorders and a great excuse to spend a day in the heart of New York City. We look forward to seeing you there!

W H E N :

March 5th to 7th, 2020

W H E R E :

Crowne Plaza Times Square, New York City

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Emerging Addiction Conference: Understanding Cannabis Today

Featuring guest speaker Jason Kilmer, PhD, this conference takes a dive into the heart of the cannabis legalization debates. Explore the implications of legal cannabis with Dr. Kilmer at this exclusive event.

W H E N :

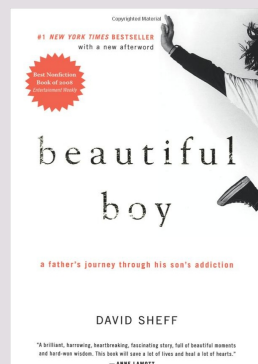
April 20th, 2020

W H E R E :

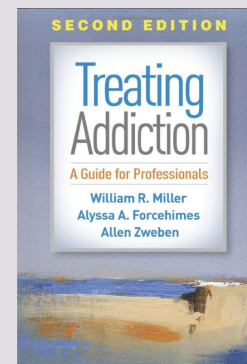
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In the Bookstore



Beautiful Boy: A Father's Journey Through His Son's Addiction



Treating Addiction: A guide for Professionals

An autobiography by father and author David Sheff, *Beautiful Boy* follows Sheff's struggles as his son Nic descends into a dangerous drug addiction, and his cautious hopefulness as Nic begins his journey towards recovery.

This widely respected text and practitioner guide, now revised and expanded, provides a road map for effective clinical practice with clients with substance use disorders. The text provides expert guidance for planning treatment and selecting from a menu of evidence-based treatment methods.

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