



Official Newsletter of the Center of Alcohol & Substance Use Studies



### From the Director's Desk

Denise Hien, Ph.D., ABPP

Welcome to our second quarterly newsletter detailing news from our faculty, scholars, staff and affiliates. This quarter we have all been facing the impacts of the coronavirus--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, and our addiction workforce is doing their best to provide care for those with substance use disorders in this unprecedented time. In this newsletter, we continue to highlight some topics relevant to the ongoing opioid crisis, now intersecting with the COVID-19 epidemic, as well as introducing some perspectives on cannabis use, and its impacts. We have quickly pivoted our education and training models and will be offering all upcoming seminars in a live, virtual format to provide forums for considering what we have learned in our research labs and how it impacts practice. In our April Emerging Addiction Science conference on Understanding Cannabis Today, we will focus on cannabis with an empirically founded knowledge base, and from our community voices that help us in the social justice conversations about cannabis legalization and criminal justice reforms. Many of our speakers will also address impacts of COVID-19 relevant to their presentations. We hope you will enjoy this issue and can join us for our scientific conference on April 20th, 2020 (see details below).

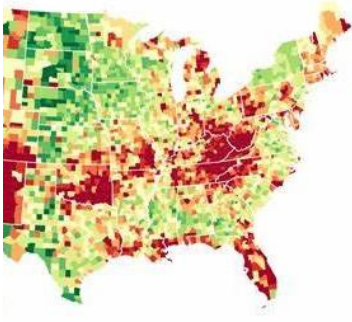
### IN THIS NEWSLETTER

- Cannabis 24/7?
- A Map to Mental Health and Recovery with Dr. Margaret Swarbrick
- RIOTing Against Opioids
- Upcoming Conferences
- New 2020 CAS Grant Awards
- The Pharmacist



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## In The News



### Opioid Crisis Origins

Learn the story behind a single treatment study over 40 years old, whose findings were twisted and exploited to support the sale of opiates.

[READ MORE](#)



### Going the (Social) Distance

Many people in recovery from substance use disorders are struggling to stay in control during quarantine. With distancing guidelines forcing groups like Alcoholics Anonymous to cancel meetings, to whom can these struggling Americans turn?

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### Cannabis 24/7?

Why has legalization been a top story for years, while other ongoing events such as the Australian Bushfires fade from headlines? Is this ongoing popularity the movement's greatest strength - or a curse in disguise?

[READ MORE](#)



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## In The Center

[New Neuro / Addiction Study From Dr. Bates &](#)

Dr. Marsha Bates, a Distinguished Professor in Kinesiology and an expert in alcohol and drug use, neurocognition, and psychophysiology, co-authored a recent publication in that overviews a roadmap for the integration of neuroscience into the addiction treatment, including explanations as to why this integration would prove so beneficial.

[READ MORE](#)



## CAS Faculty and Affiliates recently published in Journal of Substance Abuse Treatment (JSAT)

JSAT has three new publications from CAS faculty and affiliates:

The impact of trauma characteristics on PTSD and SUD outcomes across integrated and substance use treatments (Fitzpatrick et al.) [READ MORE](#)

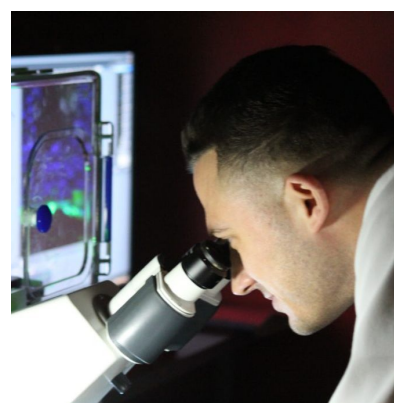
Perspectives on trauma and the design of a technology-based trauma-informed intervention for women receiving medications for addiction treatment in community based settings (Saraiya et al.) [READ MORE](#)

The "Women and Trauma" study and its national impact on advancing trauma specific approaches in community substance use treatment and research (Hien et al.) [READ MORE](#)

## CAS Faculty Serve as Mentors for New NIAAA-funded Neuroscience T-32 Program: MNADART

Distinguished Rutgers professor Dipak K. Sarkar, a longtime CAS affiliate is PI of Rutgers' new MNADART (Molecular Neuroscience of Alcohol & Drug Abuse Research Training) program. The program is now accepting applications for postdoctoral fellowships related to alcohol and drug abuse research. Application details linked below.

[READ MORE & APPLY NOW](#)



# 2020 CAS Grant Awards Announcement

The Center of Alcohol & Substance Use Studies RFA for Pilot Research Projects in Traumatic Stress and Addictions is pleased to announce the award of 3 pilot projects totaling \$60,000. This program aims to support new and

innovative interdisciplinary research relevant to the advancement of treatments for individuals with traumatic stress and addictions of all kinds.

### The Three Grant Awards:

#### Neurobiological mechanisms linking stress and opioid use during treatment for opioid use disorder



PI:  
**Kathryn Biernacki, PhD**  
(Postdoctoral Research Associate; Department of Psychiatry & UBHC, Rutgers University-New Brunswick)



Co-PI:  
**Anna Konova, PhD**  
(Assistant Professor, Department of Psychiatry & UBHC, Rutgers University-New Brunswick)



Co-I:  
**Yihong Zhao, PhD**  
(Associate Professor, CAS, Rutgers University-New Brunswick)

#### Advancing trauma-informed integrative models of adolescent and adult problem-drinking from a lifespan-development perspective



PI:  
**Matthew R. Lee, PhD**  
(Assistant Professor, CAS and Department of Applied Psychology, Rutgers University-New Brunswick)



Co-I:  
**Tammy Chung, PhD**  
(Professor, Department of Psychiatry, Institute for Health, Health Care Policy and Aging Research, Rutgers University-New Brunswick)



Co-I:  
**Ellen Yeung, PhD**  
(Assistant Professor, Applied Social Psychology, Department of Psychological and Brain Sciences, George Washington University and Rutgers University-New Brunswick)





Co-I:

**William D. Barta, PhD**

(Post-Doctoral Research  
Associate, CAS and  
Department of Applied  
Psychology, Rutgers-New  
Brunswick)

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**Improving cognitive control functioning in opioid use disorders: At the intersection of brain, trauma, and neuromodulation**



PI:

**Travis Baker, PhD**

(Assistant Professor,  
Center for Molecular and  
Behavioral Neuroscience,  
Rutgers University-Newark)



Co-PI:

**Lesia M. Ruglass, PhD**

(Associate Professor, CAS,  
Rutgers University-New  
Brunswick)



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## In The Community

### **A Map to Mental Health and Recovery**

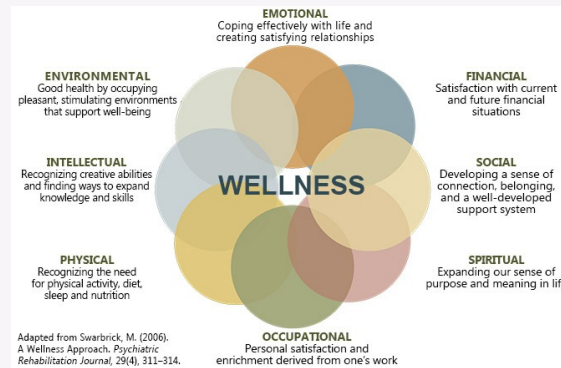
The Wellness model, one of Dr. Swarbrick's more well-known contributions, has been



Dr. Margaret Swarbrick is an affiliate faculty of CAS and Director of Practice Innovation and Wellness at Rutgers University Behavioral Health Care and Wellness Institute. She specializes in Psychiatric Rehabilitation, and has conducted research in wellness promotion, employment services, and various other fields.

spreading swiftly through medical communities and forums since its inception since the early 1990's. Swarbrick's focus on the concept of wellness, inspired by Dr. Jerry Johnson's "Wellness and Occupational Therapy" (1986), stemmed from a greater desire to address disparities facing people with or at risk of developing mental or substance use disorders.

**READ MORE**



## RIOTing Against Opioids

The Rutgers Interdisciplinary Opioid Trainers (RIOT) program is an educational program that aims to provide FREE training courses to community members by training Rutgers graduate students to provide the education. The program was established by Dr. Jill Williams in the Division of Addiction Psychiatry, Department of Psychiatry at the Robert Wood Johnson Medical School as an innovative way to get messaging out about the opioid epidemic.

Their 1-hour program gives an overview of the current US opioid crisis. It aims to educate viewers on many different facets



Mrs. Muzdalifa Ayub Syed is a graduate student at Rutgers University who is a trainer in the RIOT program. She attends the Rutgers School of Public Health and holds a Bachelor's Degree in Biological Sciences and a Certificate in General

of the crisis, ranging from broader topics such as the history of opioid abuse and the onset of the crisis to personally relevant information, like how to manage an overdose.

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Public Health. She aims to graduate with a Master's Degree in Public Health.



# In the Future

**RUTGERS**

Center of Alcohol &  
Substance Use Studies

**RUTGERS**

Graduate School of Applied  
and Professional Psychology

**RUTGERS**

School of Social Work

[REGISTRATION - CLICK HERE!](#)



*Illustration by Javier Jaén*

## 1st Annual Emerging Addiction Conference Understanding Cannabis Today

**DATE & TIME**  
Monday, 4/20/20  
9:00 AM - 3:00 PM

**LOCATION**  
Live Online Zoom  
Conference

**CONTINUING EDUCATION**  
5 CE Hours

**RATE**  
\$99.00



KEYNOTE:

**Jason Kilmer, PhD**

University of Washington  
School of Medicine  
Department of Psychiatry and  
Behavioral Health Science

*Lessons Learned from Science and Legalization:  
Implications for Health, Mental Health, and Prevention*

Conference also includes a panel discussion and afternoon breakout sessions!

REGISTRATION IS NOW OPEN!



## 78th Annual Summer School of Addiction Conference

### Beyond Policy and Theory: Taking Practice to the Next Level

#### DATE & TIME

July 6-9, 2020  
9:00 AM - 4:30 PM

#### LOCATION

Live Online Zoom  
Conference

#### CONTINUING EDUCATION

Up to 30 CE Hours



#### KEYNOTE:

**Deni Carise, PhD**

Chief Scientific Officer at the  
Recovery Centers of America

*Addiction, Treatment, and Recovery:  
Evidence-Based Practices or Practice-Based Evidence?*

Summer School of Addiction Studies is an accelerated 4-day program consisting of a One-Day conference and 3 days of cutting edge topics in addiction treatment and professional networking opportunities.



## CAS 7th Annual Scholar Poster Session-Postponed

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.

#### WHEN :

To Be Announced

#### WHERE

Life Sciences Building Atrium

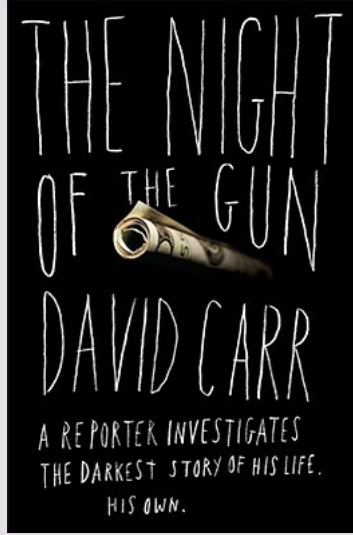
[MORE INFO](#)

[VIEW ON MAP](#)

[POSTER SUBMISSIONS](#)

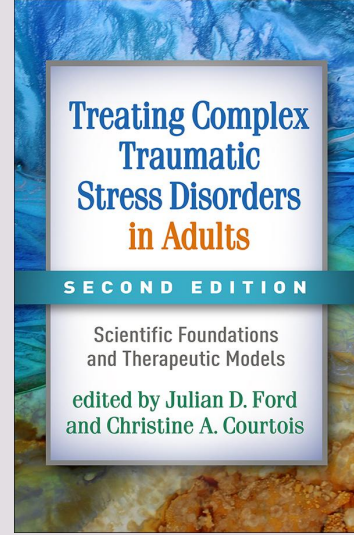
# In the Arts





In *The Night of the Gun*, David Carr redefines memoir with the revelatory story of his years as an addict and chronicles his journey from crack-house regular to regular columnist for *The New York Times*. Carr's investigation of his own history reveals that his odyssey through addiction, recovery, cancer, and life as a single parent was far more harrowing—and, in the end, more miraculous—than he allowed himself to remember.

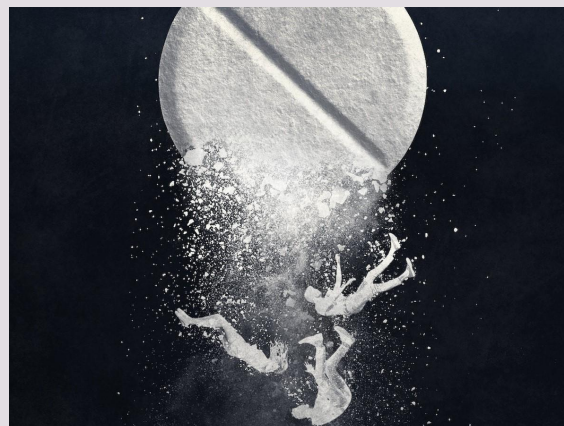
[Check it Out!](#)



This authoritative reference on complex traumatic stress disorders (CTSDs) and their assessment and treatment has leading experts delve into ways to understand, engage, assess, and treat adults with complex trauma histories, whose symptoms often include but may go well beyond those of posttraumatic stress disorder. This volume presents cutting-edge theory and research on CTSDs and features a chapter co-authored by CAS faculty, Dr. Denise Hien and Dr. Lesia Ruglass.

[Check It Out!](#)

## Netflix Miniseries: The Pharmacist



After his son's tragic death, a Louisiana pharmacist goes to extremes to expose the rampant corruption behind the opioid addiction crisis.

[Check it Out!](#)

