

## From the Director's Desk

Denise Hien, Ph.D., ABPP

Dear CAS Colleagues and Supporters, We will not know the full impact on our collective mental health for years to come of the colliding opioid, coronavirus and racial (OCR) syndemics in

addition to the trauma experienced by so many, particularly our communities of color.

**We at CAS have been working for years for parity and to de-stigmatize behavioral health care inclusive of mental health and addiction prevention, treatment and recovery supports.**

We welcome you to join our call to action to mobilize prevention, intervention, and recovery support tools so we can anticipate the need for to address the inevitabilities of these conditions which we will surely be facing for decades to come. As ever, we are committed to strengthen and build new leadership in the areas of research, workforce development and advocacy to create opportunities and conditions to ensure the "mental and spiritual wellbeing of all people" especially those who are under-represented and minoritized. In this issue we highlight some important research and activities being done both within our Center and across the nation documenting the ongoing impacts of COVID-19, even as we begin return to more normalcy. We are grateful for your support and hope this finds you and yours healthy and safe.

## IN THIS NEWSLETTER

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- Consequences of COVID-19: Social Determinants of Health
- Study: Harm Reduction Emergency Shelters
- WinR: Wellness in Recovery
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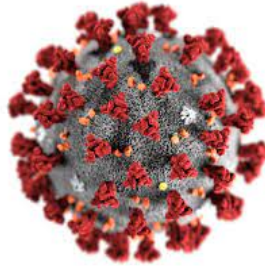
# In The News



## COVID-19, Trauma, Mental Health and Substance Use

In 2019, more than 156,000 Americans died from alcohol, drugs, and suicide, a slight increase from 2018. The COVID-19 pandemic created additional stressors in 2020—from direct effects of illness to indirect effects like financial stress, social isolation, and the disruption of school, healthcare, etc.

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## Consequences of COVID-19: The Role of Social Determinants

The pandemic has also raised concerns that *social inequalities in health* could unevenly impact COVID-19 related mortality and morbidity, with individuals and families living in poverty and disadvantaged conditions being disproportionately impacted. Little is known about how the SDOH indicators are correlated with onset of new mental health conditions among individuals who contracted COVID-19.

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## Harm Reduction in Emergency Shelters

A study published by Collins and associates (2021) found a direct correlation between harm-reduction based support services and a sharp decrease in alcohol-related deaths among individuals experiencing homelessness. The study provides evidence for Harm Reduction Treatment for Alcohol (HaRT-A.)

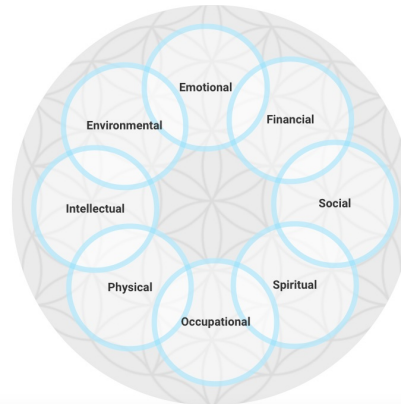
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# In The Center

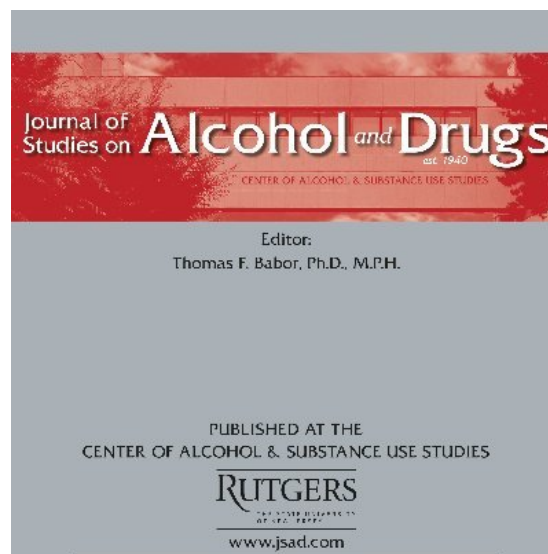
## WinR: Wellness in Recovery

The Center of Alcohol & Substance Use Studies (CAS) has launched Wellness in Recovery (WinR), which is a community based participatory initiative focused on addiction advocacy and research. WinR is aligned with our social justice mission to support advocacy for individuals and families who have been hit hard by the colliding opioid, coronavirus, and racial (OCR) syndemic.



[View our Website](#)

## Our Journal



### Journal of Studies on Alcohol and Drugs

Now in its 82nd year, the *Journal of Studies on Alcohol and Drugs*—published by the Center of Alcohol & Substance Use Studies—continues its place as one of the top journals in the substance-abuse field. Read exciting updates, highlights, and additional information about the journal. [READ MORE](#)

**JSAD Featured on CNN News - June 11, 2021**

### *Company-Specific Revenues From Underage Drinking*

Alcohol beverage companies made an estimated \$17.5 billion on underage drinking in 2016.

<https://doi.org/10.15288/jsad.2021.82.368>

See article featured in **CNN news**

### **A unifying translational framework to advance treatment research for comorbid PTSD and substance use disorders.**

Dr. Hien and team propose a framework to unify PTSD+SUD laboratory and treatment sciences. They reviewed how PTSD+SUD disrupt four core neurofunctional domains, i.e. executive functioning, negative emotionality, reward salience, and social cognition to help personalize PTSD+SUD treatment.

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### **Recent Publication from CAS Faculty and Affiliates!**



## **In The Community**

### **An Interview with Dr. Bob Lynn**

by **Sam Leibowitz-Lord**

As students, faculty, and staff prepare for their return to campus, the Rutgers Center of Alcohol & Substance Use Studies was delighted to catch up with one of its most esteemed alumni on the state of substance use recovery in post-COVID America. Dr. Bob Lynn is an internationally recognized lecturer, researcher, and clinician in the field of Counseling Psychology and Substance Use Disorders. During the past 50 years, Dr. Lynn completed his doctoral studies at Rutgers University School of Graduate Education. His major research focuses on issues related to treatment outcomes.



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# In the Future



## **Alcohol & Drug Abuse Counseling Certificate Program (ADACC) for Veterans**

The Center of Alcohol & Substance Use Studies (CAS) Addiction Education Department is excited to announce the **Alcohol & Drug Abuse Counseling Certificate Program (ADACC) for Veterans** starting Fall 2021! The ADACC program is composed of 6 undergraduate courses which encompasses the 270 educational hours necessary for the New Jersey State Alcohol & Drug Counselor Certificate (CADC). The ADACC has been approved by the New Jersey State approving agency for Veteran's training, making the program eligible for reimbursement under the GI Bill. The new certificate program will assist Veterans in obtaining their CADC so that they can work to support recovery and wellness for other veterans living with substance use challenges.

[For More Information](#)



## **SCHOLARSHIP OPPORTUNITY**

The 2021 Collaborative Solutions Scholarship is made possible by C4-Recovery Solutions. This scholarship is for attendance at the 2021 Summer School of Addiction Studies (SSAS) for individuals who are committed to pursuing professional development. The scholarship is designed to provide financial assistance to individuals working *fulltime* in substance use, behavioral health, and prevention programs, or private practice.

[For More Information](#)





Science, Cultural Humility, and Compassion: Paving The Road To Recovery

REGISTER NOW

78th Annual Summer School of Addiction Studies Conference  
July 19 – 22, 2021

## 78th Annual Summer School of Addiction Studies

SSAS 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.

For More Information

## SAVE THE DATES:

Trauma and Addiction Conference October 8, 2021

- Sonya Norman, Ph.D. will be our keynote!

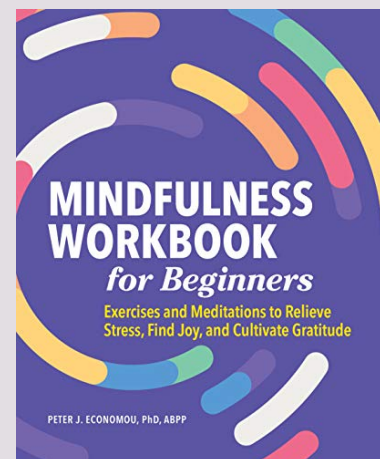


# In the Arts

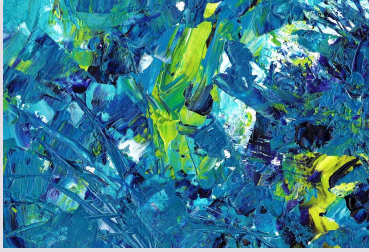
## Mindfulness Workbook for Beginners

**Mindfulness** helps us stay present and cultivate greater positivity, compassion, gratitude, and calm. The **Mindfulness Workbook for Beginners**, written by Peter Economou, PhD, Associate Professor, GSAPP, is a great tool that offers specific guidance, step-by-step meditations, and easy activities that can be helpful for professionals as well as people living with mental health and substance use challenges. This Workbook contains easy to understand exercises and focuses on topics such as being in

the present moment, setting intentions, and feeling compassion and empathy toward yourself and others. As many feel the effects of prolonged stress due to COVID-19 and general uncertainty and isolation **Mindfulness Workbook for Beginners**, is a practical accessible tool to use independently and for clinician-supported practice.



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## Explore the Coronavirus Pandemic Creative Responses Archive

Creativity often flourishes in stressful times because innovation evolves out of need. During the coronavirus pandemic, we are witnessing a range of creative responses from individuals, communities, organizations, and industries. Some are intensely personal, others expansively global—mirroring the many ways the pandemic has affected us. What do these responses to the pandemic tell us about our society, our level of resilience, and how we might imagine the future?

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