

From the Director's Desk

Denise Hien, Ph.D., ABPP

We welcome you all back to navigate a new academic year and fall season. This September is the 32nd year of our [National Recovery Month](#)—initiated by the Substance Abuse and Mental Health Services

Administration to help educate the public about substance use and mental health recovery and celebrate our recovery communities and the dedication of service providers who make recovery possible. The National Institute on Alcoholism and Alcohol Abuse has worked hard to provide new windows for researchers into [conceptualizing recovery](#) beyond simply focusing on measures of abstinence. We at the Center are proud to be a part of promoting recovery in its many forms, including our Wellness in Recovery (WinR) program and advocacy fellowships.

In this issue, you will learn more about news in the field and our recent activities, including our 2021 Summer School of Addiction Studies. And, we are very pleased to preview our **new Center Video** that showcases the rich history of CAS, and its role in shaping education, research, and our strong ties to our communities of those living with or providing care for individuals with substance use disorders of all kinds. Take a moment to [view and listen here](#).

As ever, we hope for fortitude and health for you and your families as we enter a new phase of living with the ongoing coronavirus pandemic and all of its impacts on our communities.

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In The News



Cannabis Decriminalization

When New Jersey enacted new legislation in February (NJ Cannabis Regulatory, Enforcement, and Marketplace Modernization Act), Rutgers University convened a Task Force to consider the implications of this decriminalization act for the University Community. The Task Force has now released its 73-page Rutgers Cannabis Decriminalization Impact Task Force Report, with recommendations for revising University policies in a number of areas.

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Twin pandemics cause disruption for youth

The combination of the COVID-19 pandemic and both ongoing and recent racial trauma have caused unprecedented disruption among youth. School-based supports can help address mental health concerns.

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Words Matter

More than a decade of research has shown that negative attitudes contribute significantly to negative health outcomes and can pose a barrier to seeking treatment for mental health or substance use conditions. In addition, people often internalize these attitudes, lowering self-esteem and creating ongoing distress. A recent article by Dr. Nora Volkow and Associates states that how we describe these conditions can make a significant difference for the people experiencing them.

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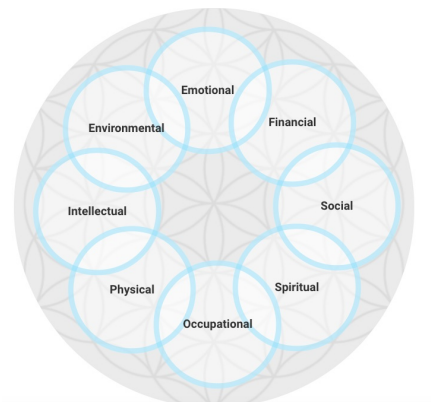
In The Center



Despite the challenges, the Center of Alcohol & Substance Use Studies continued to make contributions to science and practice. We brought in new faculty and postdocs, our journal has thrived with over 1 million visits, and we have continued to provide high-quality education for those working so hard to help others with substance use, where rates have only escalated due to the COVID-19 pandemic. We are pleased to share our **Annual Report**.

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](#)

Welcome, WinR Scholars!

In July 2021, we welcomed our three WinR Addiction Advocacy Research Scholars: **Crystal Brandow, PhD**; **Tanya Lalwani**; and **Stuart Luther**.

The Wellness in Recovery (WinR) Addiction Advocacy Research Internship/Fellowship Program is supported by the Rutgers Center of Alcohol & Substance Use Studies (CAS). This program is an interdisciplinary partnership between current Rutgers faculty and students from underrepresented minoritized groups (URGs) from CAS Graduate School of Applied and Professional Psychology (GSAPP), School of Health Professionals, Social Work, and other schools with shared interests in community-based participatory research interested in collaborating with family supporters of people with substance use disorders.



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

Another Successful Summer School!

The 2021 Summer School of Addiction Studies (held virtually), included a one-day Conference comprised of an innovative keynote panel, dynamic morning speaker, and our own speed skill development sessions in the afternoon. In addition, summer school included 3-days of intensive course work on a variety of evidence-based topics in addiction treatment. The theme this year was, *Science, Cultural Humility, and Compassion: Paving the Road to Recovery*.

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CAS Presents: The Intersection of Racial Injustice and Behavioral Health

The Center of Alcohol & Substance Use Studies contributed to a recent webinar, offered by the American Public Health Association's Mental Health Section. Drs. Crystal L. Brandow, WinR Fellow; Peggy Swarbrick, WinR Project Director; and Ron Manderscheid, Manderscheid Associates, discussed some of the intersections between addressing racial injustice and behavioral health. They offered recommendations for intervention points to confront the social determinants and adverse community experiences that contribute to health inequity.

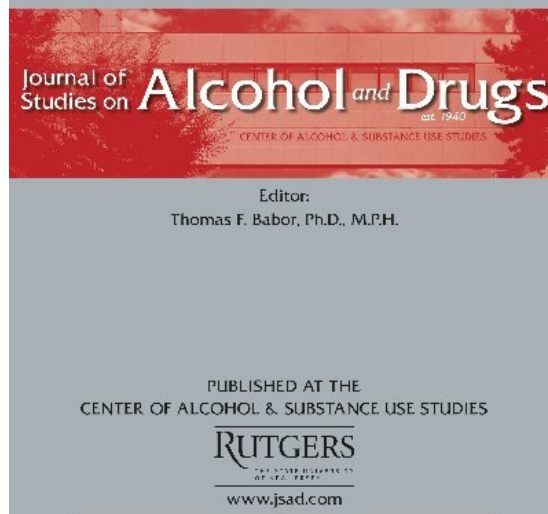
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CAS Affiliate Faculty Honored

Dr. Yihong Zhao, Adjunct Associate Professor at The Center of Alcohol & Substance Use Studies, was featured in a recent issue of the newsletter for the Office of Research Training, Diversity, and Disparities at the National Institute of Drug Abuse. In her interview, she expresses appreciation for the mentorship of Dr. Denise Hien, Director of The Center of Alcohol & Substance Use Studies.

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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](#)

Graded response item response theory in scaling suicidal thoughts and behaviors among trauma-exposed women with substance use disorders

In a recent article published the journal *Psychology of Addictive Behaviors*, Dr. Hien and colleagues present the results of interviews with 544 women with substance use disorders who had been exposed to trauma. Symptom assessments indicated the unidimensional item response theory model used to estimate latent suicidal thoughts and behaviors severity scores fit well, leading to the recommendation that clinicians screen for and target opioid use disorders and reexperiencing symptoms when addressing suicidal thoughts and behavior in trauma-exposed individuals with substance use disorders.

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Recent Publication from CAS Faculty and Affiliates!



In The Community

Recovery-Oriented Systems of Care

A recovery-oriented system of care was defined by SAMHSA in 2010, but fully implementing this concept remains elusive. Larry Davidson and his associates at the Program for Recovery and Community Health (Yale University) have prepared a paper on the past, present, and future of recovery-oriented systems of care. They emphasize the need to address social determinants and foster social inclusion for people with behavioral health conditions, as well as shifting the culture in behavioral health service to more fully embrace the reality of recovery.

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In the Future



Alcohol & Drug Abuse Counseling Certificate Program (ADACC) for Veterans Starting Fall 2021

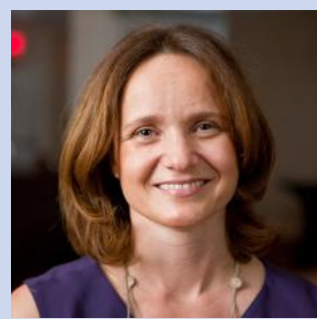
The Alcohol & Drug Abuse Counseling Certificate Program (ADACC) for Veterans in the Center of Alcohol & Substance Use Studies (CAS) Addiction Education Department meets the educational hours necessary for the New Jersey State Alcohol & Drug Counselor Certificate (CADC). The program has been approved by the State of New Jersey State for Veteran's training, making the program reimbursable under the GI Bill.

[For More Information](#)

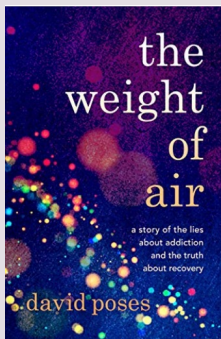
SAVE THE DATE:

Trauma and Addiction Conference October 8, 2021
Sonya Norman, Ph.D. will be our keynote!

Register for our virtual conference



In the Arts



The Weight of Air

In a newly published memoir, David Poses describes his long-term experiences with depression and addiction. After participating in many different treatments, he was able to find help from medication-assisted treatment.

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