

From the Director's Desk

Denise Hien, Ph.D., ABPP

As we come to the end of 2021, the Center is proud to report another productive year.

In this issue, you will learn about faculty success obtaining new grants, a sample of our recent publications, and a summary of the fall *Trauma and Addictions Conference*. Our Wellness in Recovery (WinR) program has been a wonderful addition to CAS including our Community Advisory Board (CAB). We have begun posting interviews with CAB members, as described in this issue, and expect a productive collaboration

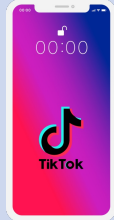
Our own *Journal of Studies on Alcohol and Drugs*, a leader in the field for over 80 years, has created an innovative [open-access photo database](#) of alcohol, tobacco, and other drug photos. The aim is to provide a more nuanced collection than what is found in the typical stock photo sites.

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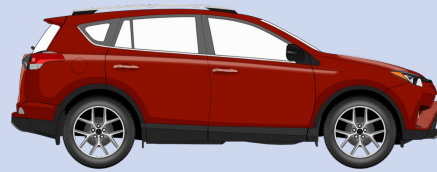


In The News



TikTok Study on ABC News

In September 2021, [ABC News](#) picked up a study that was published in the Center's *Journal of Studies on Alcohol and Drugs* analyzing videos that were posted on the social media site TikTok. [READ MORE](#)



Ride-Share Services Reduce Alcohol-Related Crashes

More ride-share trips mean fewer alcohol-involved accidents. A new study in the *Journal of Studies on Alcohol and Drugs* suggests that ride-sharing may take the place of drunk driving. [READ MORE](#)



In The Center

WinR: Wellness in Recovery

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 from CAS Graduate School of Applied and Professional Psychology, 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.

[View our Website](#)

TRAUMA AND ADDICTIONS CONFERENCE

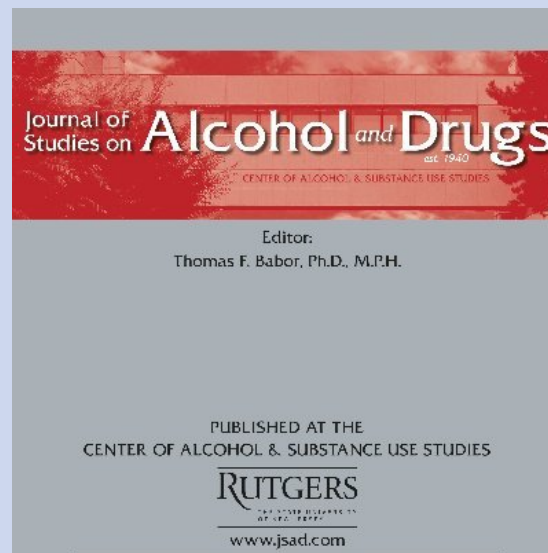
On October 8, 2021, the second biennial Trauma & Addictions Conference, *Myths of Trauma Treatment: How to Work with Clients Experiencing Trauma*, was held virtually.

Our keynote speaker, Dr. Sonya Norman, Director of the PTSD Consultation Program at the VA National Center for PTSD, and Professor in the Psychiatry Department at the

University of California, San Diego, provided insight into current evidence-based treatments, including potential mechanisms by which they work, and promising future directions to more effectively treat this common and impairing comorbidity. [READ MORE](#)



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. The [December 2021 issue](#) includes two open access articles:

[*Rideshare trips and alcohol-involved motor vehicle crashes In Chicago*](#)

[*Potential benefits of online recovery services for women during and after COVID-19*](#)

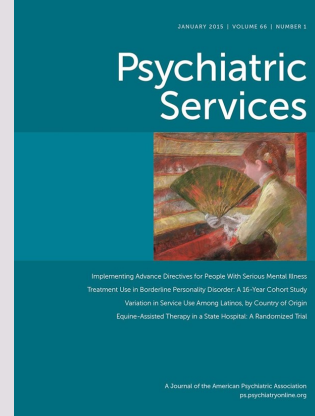
The new issue also includes an [article by CAS distinguished professor emerita Dr. Helene White](#) and colleagues, titled, *More reasons, more use and problems? Examining the influence of number of motives on consumption and consequences across alcohol-only, cannabis-only, and simultaneous use days.*

Improving Black Mental Health: A Collective Call to Action

Dr. Crystal L. Brandow, WinR Fellow; and Dr. Peggy Swarbrick, WinR Project Director, were recently published in the Psychiatric Services' new Racism & Mental Health Equity Column. *Improving Black*

Recent Publications from CAS Faculty and Affiliates!

Mental Health: A Collective Call to Action, calls for a Wellness First approach to dismantle the status quo and to mobilize collective action to create equitable opportunities to improve Black mental health outcomes. [READ MORE](#)



In 2020, Brandow and Swarbrick were featured in the Social Determinants of Mental Health Column in *Psychiatric Services*. *Rethinking the Causes and Consequences of Financial Wellness for People With Serious Mental Illnesses* was published in Jan 2020. [READ MORE](#)

Workers with behavioral health conditions during the pandemic

Dr. Peggy Swarbrick of CAS and colleagues from the University of Illinois, Chicago, Center on Mental Health Services Research and Policy and from Collaborative Support Programs of New Jersey have published the results of a survey about the employment experiences of people with preexisting behavioral health conditions during the coronavirus disease of 2019 (COVID-19) pandemic. [READ MORE](#)

PTSD Repository

Dr. Denise Hien, CAS Director serves as a technical expert on a [PTSD Repository](#), along with several CAS colleagues and collaborators. The online, accessible, interactive data repository disseminated by the National Center for PTSD contains information pulled from almost 400 published randomized controlled trials of PTSD treatment. [READ MORE](#)

Center Receives New Grant Awards

REHAB Lab: Dr. Samantha Farris and colleagues at the Rutgers Emotion, Health, and Behavior Laboratory recently received an NIH R21 grant award from the National Institute on Alcohol Abuse. This two-year study will examine the role of fluctuations in progesterone and estradiol (ovarian hormones) as biological mechanisms of affective dysfunction that maintain the rewarding effects of alcohol in females with heavy drinking.

Department of Kinesiology: Drs. Brandon Alderman and Marsha Bates are Multi-PIs on a new Exploratory/Developmental Research Award from the National Institute of Alcohol Abuse and Alcoholism titled, *Afferent neurocardiac signals, cue reactivity, and cognitive control*. This grant will integrate expertise from two CAS laboratories – the Exercise Psychophysiology Lab and the Cardiac Neuroscience Laboratory to study the brain effects of a behavioral form of neuromodulation.

Athlete Health and Neuroscience Lab: Dr. Jennifer Buckman and colleagues have been awarded funding for a new NIAAA R01 study. The grant focuses on the individual features of sleep that are predictive of and/or most sensitive to alcohol effects.

Pilot Research Project in Traumatic Stress and Addiction: In January 2022, CAS will launch a new research project titled, *Bodily sensitivity to hangover effects and its relationship to blackout frequency: An interoceptive perspective on traumatic stress*, led by Mateo Leganes-Fonteneau, Angelo DiBello, Jen Buckman, and Marsha Bates.



New CAS Faculty Member

Join us in congratulating Dr. Alex Bauer who is now an Assistant Research Professor at CAS, with her academic appointment in the Department of Applied Psychology, GSAPP.



In The Community

CAS Community Advisory Board

The WinR program is working with a Community Advisory Board--an active and diverse group of expert partner stakeholders. Our WinR scholars have interviewed a number of the Board members. These interviews are available on our website. Check back for more interviews in the new year! **READ MORE**



In the Future

Dec. 16, 2021: **Substance Use and Youth: Current Trends**

Jan. 5-6, 2022: **The Power of Groups Using Motivational Interviewing**

SAVE THESE DATES:

April 29, 2022: **Emerging Addiction Conference**

May 19-20, 2022: **Harm Reduction Conference**

Trauma & Substance Use Certificate Program

NEW

This self-paced certificate program is designed for behavioral health professionals who work with persons with co-occurring trauma and substance use issues in the social service field. Individuals completing this program will be recognized as achieving an advanced comprehensive training in trauma and substance use.

Mini Certificate

***2 years to complete**

- Introduction: Trauma & Substance Use Disorders
- Legal & Ethical Considerations
- Assessment & Therapeutic Approaches I
- Assessment & Therapeutic Approaches II
- Crisis Intervention & Self-care

Full Certificate

***3 years to complete**

- Mini courses
- Complex Trauma I
- Complex Trauma II
- DV/IPV
- Trauma & Substance Use within Different Groups
- Mind-Body Connection (Neurobiology)

***Each course offers continuing education units**

\$125 per course
In person & virtual

Bundle Course Savings
Mini Certificate - \$575
Full Certificate - \$1150



As a certificate holder, you will...

Continue your professional development in a growing and changing field

Increase your awareness of the complex intersection of trauma-related symptoms, disorders, substance use, and the effect on individuals you work with

Enhance your training in trauma specific knowledge and skills to address complex issues that come from the intersection of trauma and substance use and meet individual needs

Become a well-trained professional to address the prevalence of trauma and substance use effectively

For additional information, please visit alcoholstudies.rutgers.edu/education-training



In the Arts

The Showtime TV series, *American Rust*, features a cast of characters in a steel town in Pennsylvania, troubled by unemployment, opioid abuse, and many related challenges of a small town in an economically depressed region. The lead, Police Chief Del Harris, played by Jeff Daniels, struggles with PTSD and the prescription medication he takes to control it. The show, based on a 2009 novel by Philipp Meyer, has received mixed reviews, although some reviewers note that the dark despair portrayed in the show captures some realities of life for people in many areas of the US.

Hulu is showing a miniseries called *Dopesick* that dramatizes the opioid addiction epidemic in the US. Based on a 2018 non-fiction book by Beth Macy, the focus of the series covers the backstory of the role of pharmaceutical corporations, the federal Drug Enforcement Administration, and prescribers. The series also portrays individuals and communities affected by an opioid addiction by locating the story in an Appalachian mining community.

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