



## ISAP Initiates Training Program for UN Global Network of Drug Abuse Treatment Centers

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Substance abuse treatment providers and experts from 22 countries from around the world met from Sept. 18-26 in Cairo,

Egypt, where they were introduced to training materials on evidence-based substance abuse treatment, developed through a grant from the United Nations Office on Drugs and Crime

(UNODC). This effort was led by ISAP Associate Director Richard Rawson and Director Walter Ling.

The presentation of a training package was the first step in the UNODC's Treatnet project, whose aim is to build global substance abuse treatment capacity and HIV/AIDS prevention and care by increasing the number of personnel who

can disseminate and promote the use of effective, scientifically supported, and practical drug abuse treatment practices. Feedback on the volumes was collected from the attendees to ensure that the materials are culturally

appropriate and relevant to their treatment populations.

These trainings are initially focused on Treatnet member centers, which are substance abuse treatment, rehabilitation, and

resource centers chosen by the UNODC to be the first generation of participants in the capacity building project. The centers are located in Australia, Brazil, Canada, China, Colombia, Egypt, Germany, India, Indonesia, Iran, Kazakhstan, Kenya, Mexico, Nigeria, Russia, Spain, Sweden, the United Kingdom, and the United States.



United Nations Treatnet participants, trainers, and staff at the September 2006 Treatnet meeting in Cairo, Egypt.

*(Please see UN Treatnet Trainings, Page 8)*

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## A Fond Farewell and Best Wishes to Beth Rutkowski, ISAP Associate Director of Training

By Thomas Freese, PSATTC Director  
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**B**eth (Finnerty) Rutkowski recently left her position as Associate Director of Training at UCLA ISAP to begin a three-week driving tour that ended on the New Jersey shore, where she and her husband are relocating.

Beth's contributions to the training department and to ISAP as a whole are immeasurable, and she will be sorely missed. Beth has filled roles as an exceptional trainer, meeting planner, and member of several workgroups, in addition to managing the daily functions of the training department.

One of Beth's many contributions to the field during her tenure with ISAP was spearheading the **Los Angeles County Process Improvement Pilot Project**. This project was a partnership between the PSATTC, Los Angeles County Alcohol and Drug Program Administration, and the Substance Abuse and Mental Health Services Administration to test an empirically validated strategy for improving engagement and retention in treatment in real-world settings.

The purpose of this 11-month project was to determine if interested county agencies could improve treatment enrollment and continuation rates by utilizing process improvement strategies used in the Network for the Improvement of Addiction Treatment (NIATx) project.

Seven county-funded agencies, six outpatient and one residential, were recruited to participate in the project, beginning in November 2005 and concluding in September 2006. One feature of the project was to test the degree to which participating agencies adopt and implement the model with minimal support and technical assistance.

The objectives of the project were to:

1. determine whether agencies receiving minimal support and no financial assistance will adopt and utilize process improvement methods to improve client retention and continuation rates in substance abuse treatment.
2. utilize data submitted by the participating agencies, determine the degree to which they are able to improve participation, reduce no-shows

to assessment, and increase 30- and 60-day continuation rates in substance abuse treatment.

3. assess participating agency commitment to adopting and administratively supporting the process improvement methodology at the conclusion of the 11-month pilot project.
4. identify key attributes of the project that contribute to improved business and service processes and those that need to be improved.

Agencies received no financial support for their participation. However, they did receive:

- one half-day site visit from the project coordinator and a process improvement (PI) coach,
- monthly conference calls with change leaders, the project coordinator, and the PI coach,
- one facilitated face-to-face meeting of the change leaders from each agency,
- technical assistance and frequent communication from the PSATTC coordinator,
- a completion conference at which the agencies presented their results to county officials,
- data summaries so that agencies could monitor progress and troubleshoot potential problems.

Agencies participating in the program included the following:

- Didi Hirsch Community Mental Health Center, Via Avanta Residential Program (Culver City)
- Los Angeles Centers for Alcohol and Drug Abuse (Santa Fe Springs)
- Matrix Institute on Addictions (San Fernando Valley and West Los Angeles sites)
- Social Model Recovery Systems, Inc. (Covina)



Beth (Finnerty) Rutkowski

(Please see *PSATTC*, Page 3)

## Studies on Buprenorphine for Opioid Dependence, Brief Family Therapy, Safer Sex Continue

[www.uclaisap.org/ctn](http://www.uclaisap.org/ctn)

By Albert Hasson, CTN Pacific Region Node Coordinator ([alberthasson@earthlink.net](mailto:alberthasson@earthlink.net))

The Pacific Region Node of the Clinical Trials Network (CTN) has completed the implementation and recruitment for CTN 003, "Suboxone (buprenorphine/naloxone) Taper: A Comparison of Two Schedules," an 11-site evaluation of a 14-day taper versus a 30-day taper schedule for detoxification from opioid dependence. The final report has been completed and the publication plan is underway for this project.

Walter Ling, director of ISAP, and the ISAP CTN team were asked by the National Institute on Drug Abuse - Center of the Clinical Trials Network (CCTN) to lead a 10-site comparison of Suboxone versus methadone on liver function.

That project, "Starting Treatment with Agonist Replacement Therapy" (START; CTN 0027), will work on recruiting a sample of 1,000 opioid-dependent, treatment-seeking individuals and evaluate the impact of either methadone or Suboxone on liver function over a 24-week period. This trial began recruiting in May 2006 and is scheduled to continue recruiting through August 2008.

ISAP has recently begun recruiting subjects for CTN 0030, evaluating two levels of care for individuals dependent on prescription opioids. The "Prescription Opioid Addiction Treatment" project is now screening potential subjects at the ISAP office located at 11075 Santa Monica Blvd., Suite 200, in West Los Angeles.

A total of 52 subjects will be recruited into this two-phase trial, which will use Suboxone to taper individuals from codeine, vicodin, oxycontin, and other prescription opioids.

Below is an overview of the activity of the Community Treatment Programs sponsored by the CTN Pacific Region Node:

The Tarzana Treatment Center continues to recruit for CTN 0014, "Brief Strategic Family Therapy." Recruitment for this project, which is

led by the University of Miami, is about two thirds completed. Tarzana's Ken Bachrach is the site investigator, while ISAP's Sara Simon is serving as the protocol principal investigator. This project is evaluating a comprehensive family approach to the treatment of substance abuse with an adolescent population.

The Matrix Institute on Addictions, Rancho Cucamonga site, and the La Puente program of Bay Area Addiction Research and Treatment completed recruitment on the "Safer Sex for Men" and "Safer Sex for Women" (CTN 0018 and 0019) projects this past summer. These projects offer a group format designed to empower the individual and thereby reduce their risk for sexually transmitted diseases, including HIV.

### PSATTC

(Continued from Page 2)

- Southern California Alcohol and Drug Programs, Inc. (Anaheim)
- Tarzana Treatment Centers, Inc. (Tarzana)

This project is just being completed and results are still being tabulated, but it is clear that, with Beth's leadership, these agencies became engaged in and excited about the process. They implemented the process improvement protocol with fidelity and made significant changes in the functioning of their programs. Watch the PSATTC Web site ([www.psattc.org](http://www.psattc.org)) for the final report, which should be posted by the end of the year.

This is only one example of the kind of impact Beth had on the treatment field through her PSATTC leadership. Her commitment and passion for the field will have long-lasting ripple effects. On behalf of the PSATTC and UCLA ISAP, I thank Beth for all of her work and for being a steadfast and inspirational colleague. We will certainly miss her. Send Beth your well wishes at [finnerty@ucla.edu](mailto:finnerty@ucla.edu).

# Residential vs. Intensive Outpatient Prison-Based Treatment

www.uclaisap.org/CJS

By Bill Burdon, Principal Investigator  
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**I**SAP recently received funding to study the differential clinical- and cost-effectiveness of long-term residential (LTR) treatment versus intensive outpatient (IOP) treatment in a prison-based treatment setting and to determine whether one treatment modality is more effective than the other for drug-involved offenders matched to the appropriate modality (e.g., based on risk level and/or substance abuse severity).

This five-year study, which is funded by the National Institute on Drug Abuse, is being conducted in collaboration with the Washington State Department of Corrections and CiviGenics, Inc., the provider of prison-based treatment services to inmates in Washington State.

Conventional wisdom holds that longer periods of time spent in treatment and more intense treatment lead to more successful outcomes.

However, research has begun to challenge the simplicity of this conventional wisdom by suggesting that the relationship between time in treatment and positive outcomes reaches a point of diminishing returns, and that more intensive and costly treatment does not always yield benefits beyond what is obtainable from less intensive and less costly treatments.

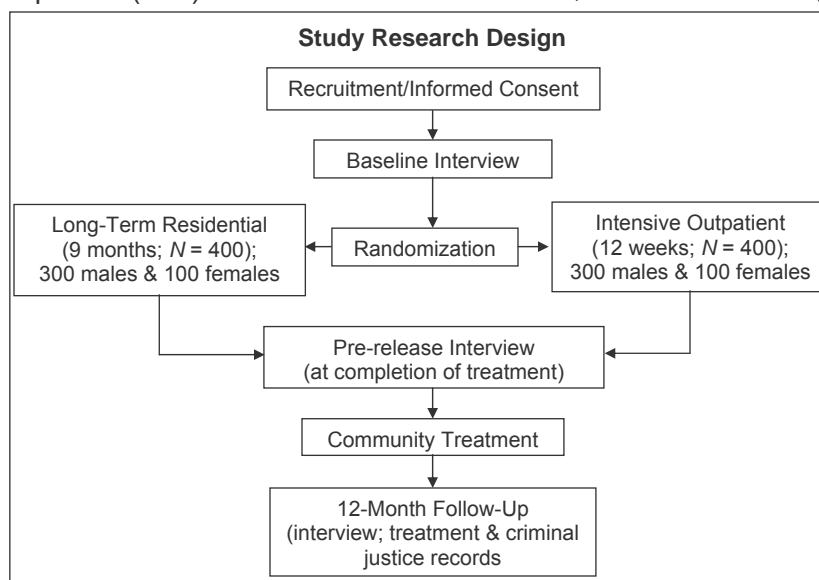
In addition, a noted shortcoming of many studies of differential treatment effectiveness is that they did not examine which clients within each modality experienced better outcomes. The lack of reported differences between modalities (or levels of intensity) in some studies may be due in

large part to ineffective matching of clients to the appropriate modality.

Also, while research has consistently shown that the benefits of substance abuse treatment across all modalities exceed the costs of providing that treatment, research is lacking on which treatment

modality is the most *cost-effective* (least costly per successful outcome).

The primary aims of this study are to (1) examine the differential clinical effectiveness of LTR versus IOP treatment in a prison-based treatment setting, (2) determine whether prison-based LTR or IOP treatment is more effective for



drug-involved offenders who are appropriately matched to LTR or IOP treatment, and (3) examine the cost-effectiveness of LTR versus IOP treatment in a prison-based treatment setting.

Eight hundred inmates (600 males and 200 females) who have at least nine months remaining on their sentence and who have received referrals to enter prison-based substance abuse treatment will be randomly assigned to either LTR or IOP treatment. Treatment for both groups will continue until they are released from prison.

Study participants will be assessed in face-to-face interviews at baseline and immediately prior to discharge from the treatment programs and release from prison. Follow-up interviews will also be conducted at 12 months post-release. Data on community treatment participation (e.g., modality, intensity and duration of treatment) will be obtained directly from the community provider. In addition, the Washington State Department of Corrections will provide records-based data on post-release treatment participation, illicit drug use (i.e., results of drug tests), and return-to-custody rates.

## Methamphetamine Treatment Admissions Rise in Los Angeles County

By Chad Snow, LACES Research Associate  
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**M**ethamphetamine (MA) use became an increasing problem in Los Angeles County from 2001 through 2005, according to data collected by the Los Angeles County Evaluation System (LACES).

Data from 64 geographically dispersed Los Angeles County-funded outpatient counseling, residential treatment, and day-care rehabilitative programs that participate in LACES show that the number of treatment

admissions for primary MA-using participants between the ages of 18 and 79 increased from 19% in 2001 to 36.4% in 2005.

Female treatment admissions were more likely to be for primary MA use relative to other drug use than were male treatment admissions over this five-year span, increasing from 23.1% to 40.8% for females and from 16.3% to 34.2% for males.

The percentage of treatment admissions for primary MA use among younger participants was higher than the corresponding percentage for older participants, but the percentage of treatment admissions for primary MA-using participants of all ages increased from 2001 through 2005.

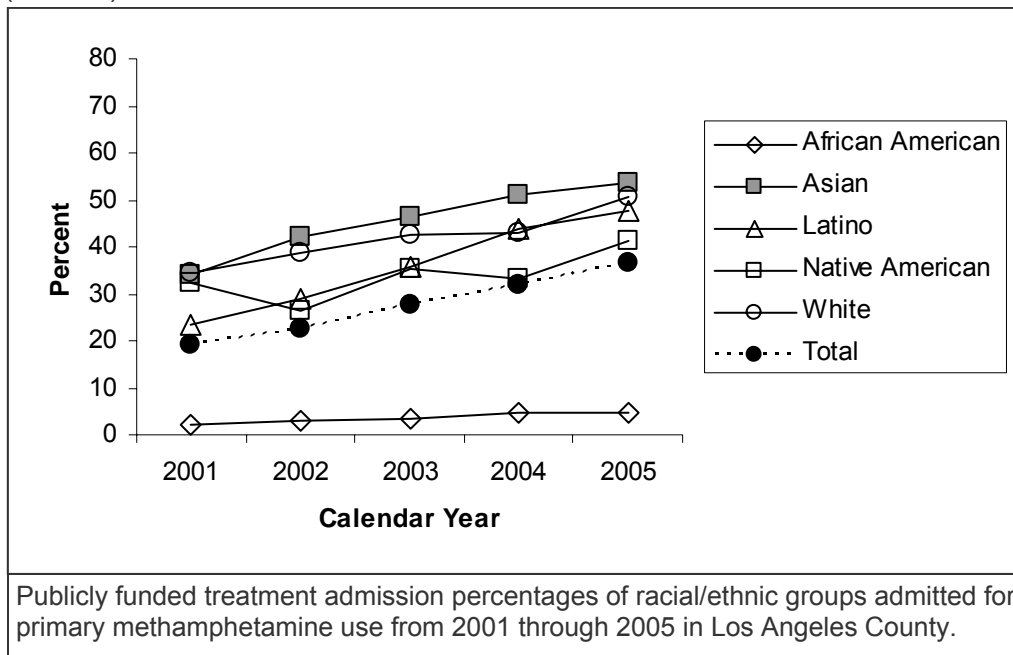
As seen in the figure, the treatment admission percentages of Asians, Latinos, Native Americans, and whites entering county-funded treat-

ment for primary MA use was high, increasing from 29.3% in 2001 to 49.0% in 2005. However, during this time period, an average of only 3.3% of African-American treatment admissions were for primary MA use.

Two subgroups that experienced the most dramatic increase in admissions for primary MA use from 2001 through 2005 were Filipinos and young Latinas. Nearly 70% of all Filipino treat-

ment admissions from 2001 through 2005 were primary MA users, and the treatment admissions for primary MA-using young Latinas increased from 46.2% in 2001 to 76.8% in 2005.

While MA was a primary concern in other Southern Californian counties before the turn of the present century, trends observed in the present research support previous findings showing that MA has now become the most common drug for which people seek county-funded treatment in Los Angeles County.



Publicly funded treatment admission percentages of racial/ethnic groups admitted for primary methamphetamine use from 2001 through 2005 in Los Angeles County.

### ISAP News Goes Biannual

The ISAP News is now published twice a year. For the latest information about UCLA Integrated Substance Abuse Programs, please visit the ISAP Web site at [www.uclaisap.org](http://www.uclaisap.org).



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(Please see *Publications*, Page 7)

By Alison Hamilton, Principal Investigator  
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While a considerable amount of research has been conducted on the effects of methamphetamine on gay men's sexual experiences and behaviors, little research has focused on the methamphetamine-sex connection among women users.

Understanding this connection is potentially very important in relation to public health (for example, in relation to sexually transmitted diseases) and in relation to treatment and recovery. The "Women, Methamphetamine, and Sex" study, funded by the National Institute on Drug Abuse, involves face-to-face intensive interviews with 30 women methamphetamine users who have been in residential drug treatment for at least six months.

The women are asked in open-ended fashion about their history of using methamphetamine and any other drugs (e.g., who introduced the drug to them, how it has affected their lives generally), their personal and sexual histories (including any history of trauma and violence), their intimate relationships while using methamphetamine, and their perceptions of how their life experiences are related to the ways that methamphetamine affected their relationships and sexual behaviors.

One of the main topics of interest in this study is how women feel methamphetamine affects their sexual relationships.

For example, are they sexually active when they are high? Is sex more enjoyable when they are high? Do they do things sexually when they are high that they would not do when they are sober?

While data from gay male methamphetamine users suggest that methamphetamine almost invariably enhances sexual encounters, data collected thus far in this project indicate wide variability in the degree to which methamphetamine contributes to more frequent, unusual, and/or satisfying sexual encounters.

Several participants noted having long-term steady male and/or female methamphetamine-using partners, but engaging with other sex partners in order to fulfill a high sex drive, to obtain more drugs, and/or to fulfill the wishes of their main partner. For exam-

ple, some women discussed engaging in sex parties and other behaviors (for example, erotic dancing, pornography production) that they now, in recovery, consider to be unappealing. Several women exchanged sex for drugs, typically with drug dealers.

Interestingly, some participants described having a low sex drive when they were high, preferring in most cases to be alone with their "true love"—the methamphetamine pipe.

All sexually active participants said that they rarely, if ever, used any form of protection against sexually transmitted diseases.

Women in this study expressed concern about their future sexual relationships and behaviors in that they do not know how sex will be for them when they are not high.

Some were optimistic that sex would be better because they would be in touch with their emotions in ways that were not possible while they were high. Others felt that this area of their lives would be a struggle that they would address as they progressed in their recovery.

Further data collection and analysis will take place to more fully develop a thorough understanding of the effects of methamphetamine on women users' sexual experiences and relationships.

### *Publications*

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## *UN Treatnet Trainings*

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Recently, ISAP, with the assistance of substance abuse experts from other institutions, used the training package to train Network treatment providers from the above countries in intensive three-week sessions at sites in Los Angeles, Australia, and the United Kingdom. Participants then returned home to train a second generation of service providers in their own regions.

The training volumes cover the practical application of treatment methods that have a proven effectiveness supported by research. Topics include: assessment and brief intervention, psychosocial interventions, basic drug abuse counseling skills, cognitive behavioral therapy, detoxification, and pharmacotherapy.

"While the social and economic toll of drug abuse worldwide is staggering, the most effective treatment practices are underutilized," said Richard

Rawson, the project's principal investigator and professor of psychiatry and biobehavioral sciences at UCLA.

"These volumes contain our accumulated knowledge of best practices identified by experts from around the world. By training the trainers who will return to their countries to teach others, we intend to initiate a cascade of knowledge that will improve the quality of substance abuse treatment globally."

The Treatnet effort originated in December 2005, when UNODC launched the international network of drug dependence treatment and rehabilitation resource centers to address the growing demand for accessible and quality drug treatment and rehabilitation services. UCLA ISAP was chosen to lead development of its training programs.

Drafts of the training volumes and more information about this project can be found at [www.uclaisap.org/InternationalProjects/html/unodc/index.html](http://www.uclaisap.org/InternationalProjects/html/unodc/index.html). The UNODC Treatnet Web site is at [www.unodc.org/treatment/index.html](http://www.unodc.org/treatment/index.html).

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