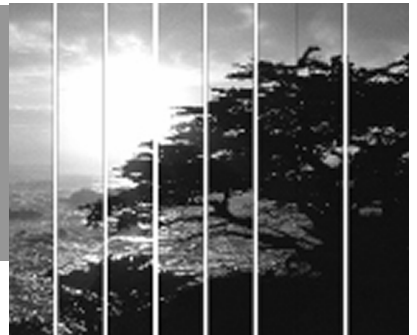




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- American Mania: Have We Inadvertently Created an Addictive Society? - Peter C. Whybrow, MD, UCLA
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- Treating Substance Abuse and Depression: Effectiveness of an Integrated Behavioral Treatment - Sandra A. Brown, PhD, UC San Diego
- Methamphetamine Treatment Skills - Sam Minsky, MFT, Matrix Institute on Addictions, Los Angeles
- Prescription Drug Abuse - Walter Ling, MD, UCLA
- Women and Trauma - Vivian H. Brown, PhD, PROTOTYPES, Los Angeles
- Mindfulness Meditation in the Treatment of Addictive Behavior - G. Alan Marlatt, PhD, University of Washington
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2005

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UCLA ISAP Awarded 5-Year Renewal to Operate Pacific Region Node of Clinical Trials Network

www.uclaisap.org/ctn/index.html

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

UCLA ISAP has been awarded a five-year renewal on its Clinical Trials Network grant by the National Institute on Drug Abuse (NIDA).

The review and subsequent scoring of the competing renewals for the NIDA Clinical Trials Network was completed in April. Eleven Regional Research Training Centers (RRTCs) that were up for renewal this year, including UCLA ISAP, along with an undisclosed number of newcomers, competed for 11 five-year grants.



As part of the "Blending Initiative," a major national effort to research and disseminate information about buprenorphine as a treatment for opiate dependence, project staff from 11 sites (including ISAP) studying detoxification using Suboxone (buprenorphine with naloxone, to prevent injection abuse) met at the University of Miami in June.

Congratulations to ISAP Director Walter Ling, Associate Director Richard Rawson, and Principal Investigator Steven Shoptaw and the Pacific Region Node for a job well done.

Results of Study on Buprenorphine Versus Clonidine for Opioid Detoxification

Results of the CTN studies evaluating the clinical effectiveness of buprenorphine combined with naloxone (to protect against injection use) versus clonidine for opioid detoxification have been published in the journal *Addiction* (2005, Vol. 100, pp. 1090-1100).

One hundred thirteen inpatients and 231 outpatients participated in this 13-day detoxification in six inpatient and six outpatient community treatment programs across the nation. Locally, the Betty Ford Center (Rancho Mirage, CA) and Aegis Medical Systems (with treatment pro-

grams throughout California) participated in the study.

A total of 59 (77%) of the inpatients assigned to the buprenorphine-naloxone group condition achieved treatment success as defined by "being present and providing a drug-free urine sample on day 13/14 of the trial," compared to 8 (22%) of the inpatient clonidine group.

Neither of the outpatient groups fared as well as the inpatient groups, with 46 (29%) of the outpatients assigned to the buprenorphine-naloxone group being successful versus 4 (5%) of the outpatients assigned to the

clonidine group.

Update on 7-Day Versus 30-Day Opioid Detoxification Study Using Suboxone

The CTN study to evaluate Suboxone (buprenorphine and naloxone) for detoxification of opioid dependence has completed enrollment six months early. Eleven sites nationwide enrolled more than 500 subjects comparing a 7-day versus 30-day detoxification regimen. Project teams from all 11 sites met at the Blending Meeting hosted by the University of Miami in June (see photo).

ISAP News by E-mail

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ISAP's Predoctoral/Postdoctoral Training Program Begins 15th Year



By Thomas Freese, PSATTC Director
(tefreese@ix.netcom.com)

The UCLA ISAP Drug Abuse Research Training Center (DARTC) has just entered its 15th year.

This program, funded by a National Institute on Drug Abuse grant, began in September 1991 with four predoctoral and four postdoctoral fellows. The program continued to grow with each funding cycle and currently supports three predoctoral and eight postdoctoral fellows.

The DARTC attracts students from a variety of biological, biobehavioral, social, and health science disciplines to the field of drug abuse research. The program trains and educates fellows in the issues and methodological approaches of drug abuse research in order to prepare them for careers as drug abuse researchers.

The DARTC training is comprehensive, intensive, and interdisciplinary. The current fellows and the topics they are studying are:

Predocctoral Fellows

- Jeff Dang - advanced biostatistical methods applied to tobacco and methamphetamine research.
- Rachel Gonzales - the impact of environment and behavior on adolescent smoking and drug use.
- Sandeep Gyawali - genetic manipulation of animal models to study the effects of drugs on neural development and behavior.

Postdoctoral Fellows

- Michael Campos - multi-person interventions for substance abuse and schizophrenia.
- Jerry Jacobson - substance abuse policy: politics of place and treatment centers.
- Nooshafarin Niv - cultural factors in treatment outcomes for substance abuse.
- Eunice Wong - treatment matching for culturally diverse patient populations and evaluation of substance abuse treatment and prevention.

- James Shoblock - opiates and the brain's reward systems.
- Didra Brown - malt beverage use in minority communities and environmental relationships (e.g., the density of liquor stores) with risk behaviors.
- Jiansong Xu - neurobiological bases of substance abuse and effects on functional activities of the central nervous system.

Entering Postdoctoral Fellows

- Allen Azizian, who received his Ph.D. in biological psychology from State University of New York, Stony Brook.
- Brad Conner, who is completing his Ph.D. in clinical psychology at UCLA and will be joining the fellowship upon graduation.
- Michele Moutappa, who received her Ph.D. in preventative medicine from the University of Southern California.

DARTC graduates are conducting research at UCLA and across the country and many have obtained international positions. Two graduates hold positions at UCLA ISAP:

James Peck was recently awarded a grant to continue work on a cognitive-behavioral group intervention for HIV-seropositive methamphetamine-abusing men who have sex with men and evaluate the feasibility of delivering this intervention in an HIV medical care setting. He is also a project director working on medication development for stimulant abuse and provides clinical services to the UCLA Addiction Clinic.

Maureen Hillhouse is a project director investigating medication development for drug dependence. Maureen works on projects investigating buprenorphine dissemination, laboratory studies on pain, and family-based smoking cessation techniques for methadone-maintained cigarette smokers.

The DARTC is continually recruiting qualified candidates for the program. For more information, visit the Training link at www.uclaisap.org or contact Tom Freese at tefreese@ix.netcom.com.

ISAP to Study Children Exposed to the Manufacture and Use of Methamphetamine

www.uclaisap.org/CJS/index.htm

By Nena Messina, Principal Investigator (nmessina@ucla.edu), and Patricia Marinelli-Casey and Richard Rawson, Co-Principal Investigators

One of the most pernicious and little-examined consequences of the methamphetamine (MA) abuse/production epidemic occurring across this country is the endangerment of children.

Children living in MA lab settings are at extremely high risk for a range of serious negative consequences including poisoning, homicides, and accidental deaths and burns due to home-based MA lab fires and explosions.

According to both researchers and law enforcement reports, increased use of MA across the United States has resulted in a dramatic escalation in the severity of child abuse crimes and an increase in child abuse homicides. Home-based MA labs are much more likely to have children present than larger clandestine drug labs.

The state reporting the highest number of children removed from home-based MA labs over the past four years was California, and those children are typically under five years old. However, because statewide data collection and reporting protocols are not yet in place, the exact number of children exposed to these hazardous environments is unclear, and experts believe that the problem is seriously underestimated.

What is clear is that these children are the vic-

Study Aims

- To document and describe the epidemiology (e.g., number, age-range, gender, race/ethnicity, rates of neglect, abuse, or MA-related accidental or purposeful deaths) of children removed from home-based MA labs in Los Angeles County;
- to explore the nature and extent of their medical problems (e.g., respiratory, dental, dermatological, burns);
- to explore the nature and extent of their developmental problems (e.g., cautions or delays);
- to describe their child welfare placement outcomes (e.g., termination of parental rights, kinship care, foster care, adoption).

Through the eyes of a child...

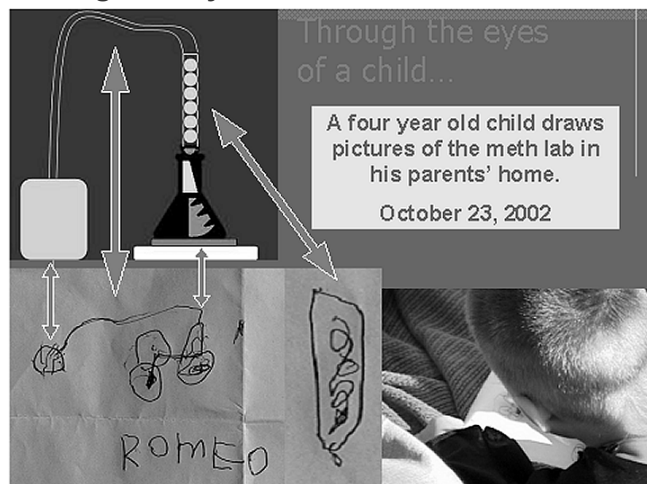


Photo courtesy of Rod Mullins, training coordinator for the National Alliance for Drug Endangered Children (www.nationaldec.org).

tims of their parents' drug-focused lifestyles, which are often characterized by neglect, physical or sexual abuse, domestic violence, and other criminal activities.

Moreover, children of drug-dependent parents are at high risk to continue patterns of drug abuse, criminal behaviors, and neglectful parenting.

The combination of exposure to the toxic effects of the drug itself and to the aberrant behavior of adult MA users puts children living in these settings in a uniquely dangerous and damaging environment. However, no empirical studies have measured the impact of this circumstance.

With the cooperation of existing Drug Endangered Children (DEC) programs and the Los Angeles County Department of Child and Family Services, ISAP is about to begin a two-year pilot study to analyze existing Los Angeles DEC case data to enhance our understanding of the extent, epidemiology, and medical problems (e.g., respiratory, dental, dermatological, etc.) and developmental problems (e.g., cautions or delays) of drug-exposed children, as well as child-welfare case management services, treatment, and placement for these children.

The pilot study will further ongoing and expanded research applications on drug-endangered children at the state and national levels.

'Access to Care' Project To Address Substance Abuse Among UCLA Students



www.uclaisap.org

By Suzanne Spear, Project Director (sspear@ucla.edu)

Hheavy drinking is common among college students and often a rite of passage for freshmen.

The 2003 National Survey on Drug Use & Health found that individuals aged 18-25 reported the highest rates of binge drinking (41.6%) and heavy drinking (15.1%) compared to all other age groups, and college students reported more use than their non-college peers.

White students reported significantly higher rates of heavy drinking than did African-American, Hispanic, and Asian students.

To address underage drinking as well as drug use and other high-risk activity among college students, the Center for Substance Abuse Treatment, which is part of the Substance Abuse and Mental Health Services Administration

(SAMHSA), recently funded 12 college campuses across the country to expand screening activities in campus-based health clinics and to deliver brief interventions or brief counseling services to students at high risk.

"College and university health service centers provide an ideal setting to identify and intervene early with students who are abusing drugs or alcohol," SAMHSA Administrator Charles Curie said. "Brief and early intervention can help keep students on track towards healthy and productive lives."

UCLA is the only site in California to receive this grant, which amounts to \$1.5 million over three years.

The UCLA project, entitled "UCLA Access to Care," is a collaborative effort between UCLA ISAP, UCLA Student Psychological Services, and PROTOTYPES, a community service provider.

The UCLA Access to Care project will institute a very brief four-question screen for alcohol and drug use as part of routine care at the UCLA Student Psychological Services, a branch of the Arthur Ashe Student Health & Wellness Center.

Brief Screening Questions

UCLA students will be asked questions such as the following as part of their routine care at UCLA Student Psychological Services.

- How often did you have a drink containing alcohol in the past year?
- How many drinks did you have on a typical day when you were drinking in the past year?
- How often did you have 6 or more drinks on one occasion in the past year?
- Have you used any illicit drug (e.g., marijuana, methamphetamine, cocaine, heroin) in the past 30 days?

For students that appear to be at risk for problem use, health providers will offer educational information about the risks of alcohol and drug abuse and brief advice and counseling to help motivate them to change their behavior.

The project will screen a minimum of 3,000 students per year and con-

duct brief interventions with 300 students per year.

ISAP researchers Richard Rawson, principal investigator, and Suzanne Spear, project director, will oversee the project.

Olga Tuller of PROTOTYPES will train the staff and monitor the delivery of the screening and brief intervention. She and Vivian Brown, executive director of PROTOTYPES and co-principal investigator on the project, have longstanding training roles with UCLA Student Psychological Services.



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By Sherry Larkins, Ph.D., Project Director
(slarkins@mindspring.com)

In the fall of 2003, ISAP Principal Investigator Steven Shoptaw received funding to investigate the diffusion of HIV and other sexually transmitted infections (STIs) within drug-using networks and from drug users to non-drug users.

Project F.L.O.W.

This study, known as "Project F.L.O.W." (Friends, Lovers, Others, and Women), is part of a cooperative agreement funded by the National Institute on Drug Abuse, and includes sites in Los Angeles, Chicago, North Carolina, and Russia.

Research on HIV and other STIs among substance users has mostly focused on the injection-drug using population. Less is known about drug-facilitated sexual behaviors that increase transmission of HIV and STIs among non-injection drug users.

Over the past 18 months, researchers from several universities and institutes have worked collectively to develop a research agenda aimed at improving our understanding of infectious disease patterns in several U.S. cities and abroad.

Hollywood Clinic

To this end, we have acquired clinic space in Hollywood, where we are collecting behavioral and biological data from 2,500 patients over the next three years.

Calendar of Events

October

October 25 & 26

**Addiction Health Services Research Conference -
The Substance Abuse Services Ecology**
RAND, Santa Monica, CA - www.uclaisap.org/ahsr/

November

November 11-13

**2nd Annual Western Conference on Addictions -
Improving Treatment with Scientific Knowledge**
Universal City, CA - www.uclaisap.org



Pedro Chavez (left) and Larry Re, research interviewers/HIV counselors for Project F.L.O.W., demonstrate a blood draw, which will be part of the study's assessment of sexual and drug-using risks among participants.

The study employs a recruitment method called respondent-driven sampling (RDS), in which patients' sexual and/or drug-using partners are invited to participate in the study. Using RDS will allow us to trace the spread of HIV and other STIs through social and sexual networks.

We are targeting drug-using and non drug-using men who have sex with men (MSM), men who have sex with men and women (MSM/W), and the female sexual partners of MSM/W.

Patients will be paid \$50 to complete a one-time visit, during which we will collect urine, blood, saliva, and rectal mucosa samples.

These specimens will be tested for HIV, chlamydia, gonorrhea, syphilis, human papillomavirus, and drug use.

Additionally, patients will complete a one-hour computer-assisted survey assessing their sexual and drug-using risks.

These data will allow us to determine the individual (behavioral and biological), network, and environmental characteristics that influence the speed, extent, and path of the spread of HIV and other STIs. The first wave of recruitment began in August and will continue through July 2006.

ISAP Associate Director M. Douglas Anglin Ranks in Top 2% of NIH Grant Awardees for Amount of Funds Received

M. Douglas Anglin, an associate director of ISAP, has been awarded \$36,937,336 in extramural National Institutes of Health (NIH) grants over the past 25 years, which places him in the top 2% of awardees based on amount awarded, according to health economists at Columbia University.

Dr. Anglin has been conducting research on drug abuse epidemiology, etiology, natural history, HIV and AIDS risk, treatment process and outcome, and policy since 1972 and is the author or co-author of more than 200 articles. He has been principal investigator on more than 30 federally funded studies and numerous state- and county-funded projects.

Dr. Anglin's ranking among NIH awardees is one of the findings of Drs. Pierre Azoulay and Joshua Graff Zivin of Columbia University, who are quantifying the impact that prominent researchers have on the research productivity of their colleagues. Their overall goal is to more

completely assess the returns from public investment in biomedical research.

The almost \$37 million awarded to Dr. Anglin includes direct and indirect costs, adjusted for inflation.

National Institute of Justice Journal Features 'Forever Free' Program

ISAP's "Forever Free" Program, an intensive treatment program for women inmates with substance abuse problems was featured in a *National Institute of Justice Journal* (Issue No. 252) article on reentry programs for women inmates.

The full report on the Forever Free Program, written by Michael Prendergast and Elizabeth Hall of ISAP and Jean Wellisch, an independent consultant, is available at <http://www.ncjrs.org/pdffiles1/nij/grants/199685.pdf>.

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