

# Update from NIAAA

*Alcohol Prevention, Treatment, and Recovery Research*

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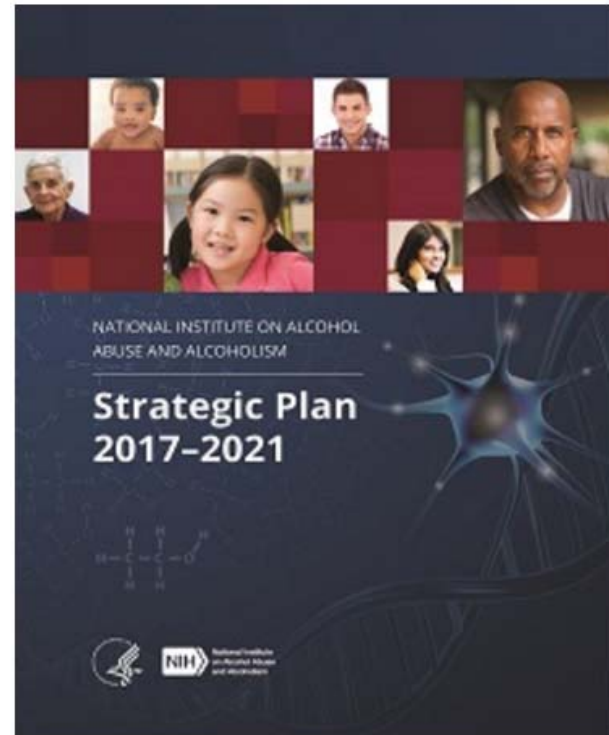
NASADAD 2017 Annual Meeting



National Institute  
on Alcohol Abuse  
and Alcoholism

# NIAAA Strategic Plan: 5 Goals

1. Identify **mechanisms** of alcohol action, pathology, and recovery
2. Improve **diagnosis** and tracking
3. Develop & improve **prevention** strategies
4. Develop & improve **treatments**
5. Enhance **public health impact** of NIAAA research



# Epidemiology + Prevention Research

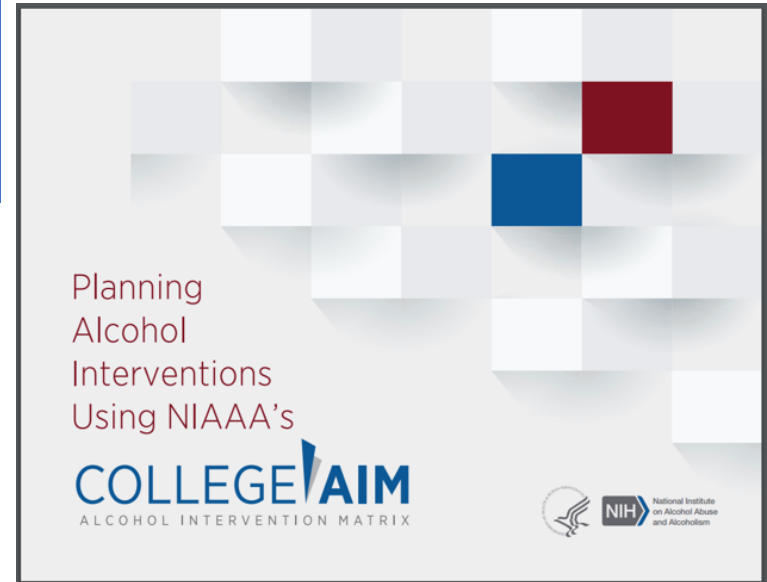
- Promote universal alcohol screening
  - Adapt adult screening for novel settings + populations
  - Evaluate brief youth screener
  - Investigate multi-substance screening
- Underage drinking
  - How alcohol impacts brain development in youth (ABCD study)
  - Interventions for high school + college populations
- Interventions for alcohol misuse in adults
  - During pregnancy
  - Older adult populations
- Adapting interventions for under-served communities
- Policy research (e.g., drunk driving)

# Multilevel Prevention Trial among High School Students in Cherokee Nation

- Underage drinking prevention strategies adapted for rural and Native American youth (Oklahoma)
- *Communities Mobilizing for Change on Alcohol*
  - Community organizing intervention
  - Trains teams of adults to implement effective policies
  - Reduce alcohol access, use, and consequences
- *CONNECT*
  - Individual-level intervention
  - Trains school social workers on health consultations
  - School-based screening & brief intervention (9<sup>th</sup>-10<sup>th</sup> graders)
- Interventions (vs. control group) reduced **30-day alcohol use** and **heavy drinking episodes** over 2.5 year study period

# College AIM

- Prevention planning for **College Administrators**
- Review available options
  - *Effectiveness and cost*
  - *Individual-level strategies (student attitudes, behaviors)*
  - *Environmental strategies (settings, policies)*
- Toolkit helps colleges:
  - *Assess local problem*
  - *Select effective strategies*
  - *Plan how to deploy and evaluate*



# Alcohol Policy Information System

Choose a topic below to see information on a specific policy area:

## Taxation

Beer Taxes  
Wine Taxes  
Distilled Spirits Taxes

## Retail Sales

Keg Registration  
Beverage Service Training  
Sunday Sales

## Underage Drinking

Possession/Consumption/Internal Possession  
Purchase  
Furnishing  
Age of Server-On-Premises  
Age of Seller-Off-Premises  
Use/Lose: Driving Privileges  
Hosting Underage Drinking Parties  
False Identification

## Alcohol Control Systems

Beer-Retail  
Beer-Wholesale  
Wine-Retail  
Wine-Wholesale  
Distilled Spirits-Retail  
Distilled Spirits-Wholesale

## Alcohol Beverages Pricing

Drink Specials  
Wholesale Pricing Practices and Restrictions

## Pregnancy and Alcohol

Warning Signs: Drinking During Pregnancy  
Criminal Prosecution  
Civil Commitment  
Priority Treatment  
Child Abuse/Neglect  
Reporting Requirements

## Blood Alcohol Concentration (BAC) Limits

Adult Drivers  
Drivers Under 21  
Recreational Boaters

## Health Care Services and Financing

Health Insurance: Losses due to Intoxication ("UPPL")  
Health Insurance Parity

## Transportation

Open Container  
Vehicular Insurance: Losses due to Intoxication

## Cannabis Policy Topics

Detailed policy information is available on the [Recreational Use of Cannabis](#).

### Additional Cannabis Policy Resources:

- [Cannabis Policy Taxonomy \(CPT\)](#), an inventory and taxonomy of cannabis policies.
- Information on states that have [recently adopted ballot measures](#) legalizing the recreational use of cannabis since the most recent update of this website.

**NEW!**

NIH

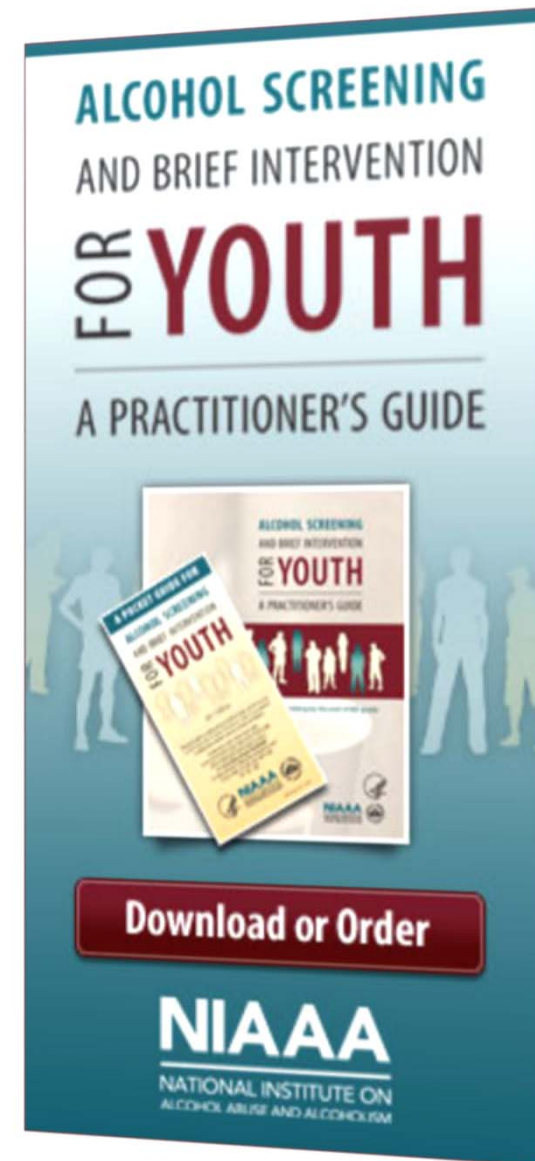
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<https://alcoholpolicy.niaaa.nih.gov>

# Youth Screener

- Detect risk early
- Empirically based
- Fast and versatile
- Includes friends' drinking

*Guide, pocket guide, and online training (Medscape) are all available*



# Medications Development

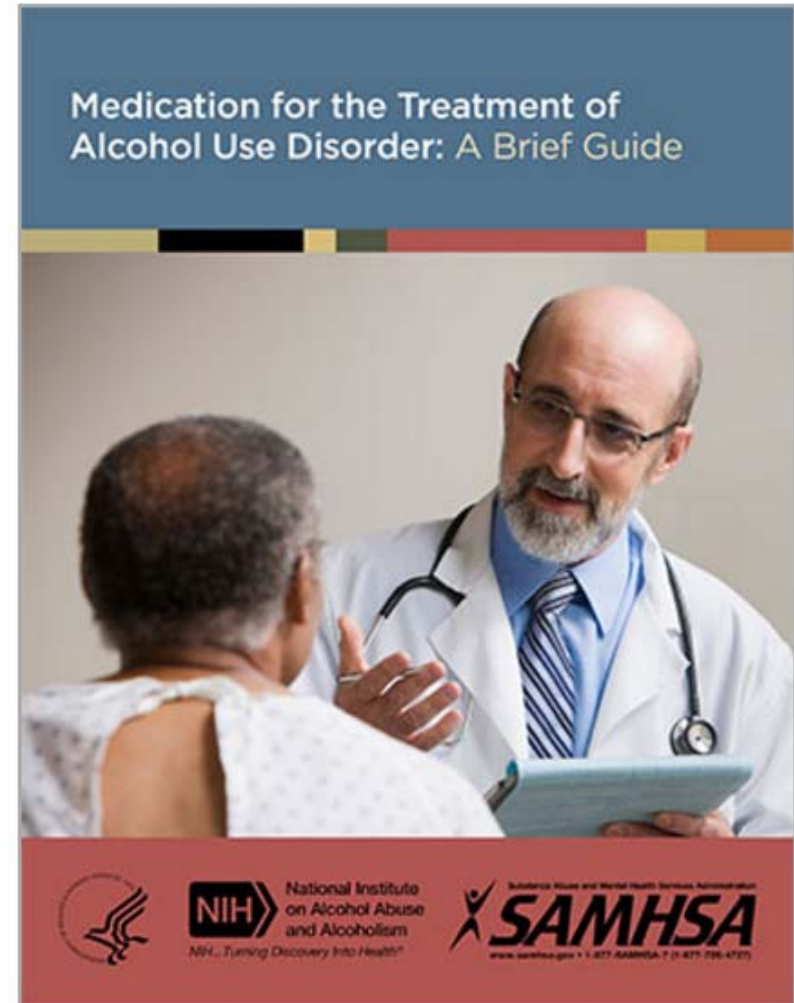
- Medications for AUD and for alcohol-related liver disease
- Clinical trials on novel and repurposed compounds
- Explore new clinically meaningful endpoints for medications trials
- Identify candidate therapeutics for patients with co-occurring conditions
  - Mental health, alcohol-related organ damage, HIV
- Strategies for broader use of FDA-approved meds
  - Disulfiram, Naltrexone, Acamprosate





# Medications Guide

- Collaboration with SAMHSA
- Guidance for clinicians
- Approved medications
- Patient assessment
- Treatment planning
- Prescribing info
- Patient monitoring



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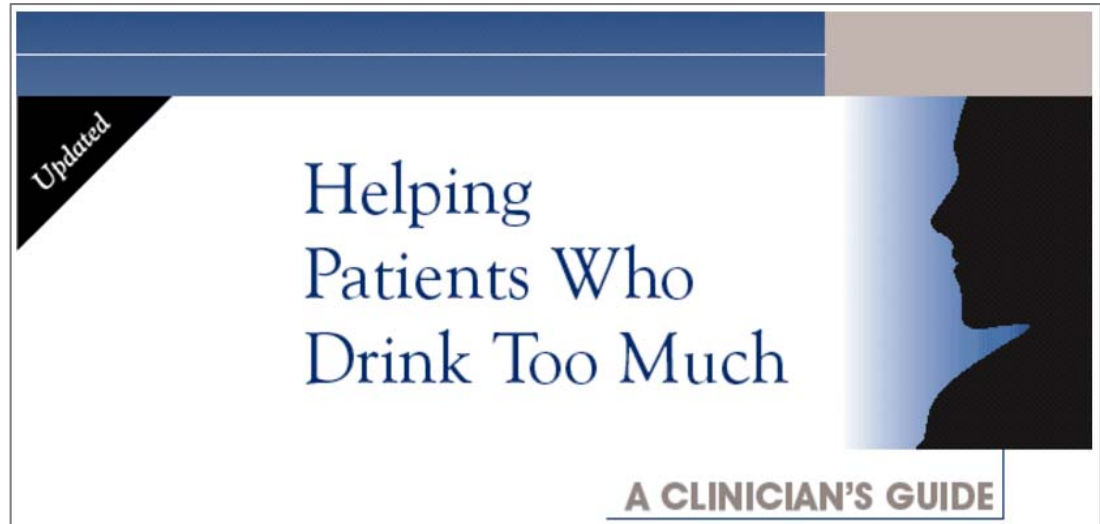
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# Behavioral Treatments

- Developing new behavioral therapies
  - For alcohol treatment
  - For individuals with FASD
- Adapting existing effective treatments for new populations/settings
- Develop strategies to enhance engagement, retention, and compliance of patients in treatment.
- Evaluate combinations and sequences of behavioral treatment.
- Mechanisms of behavior change – understanding the active ingredient in behavioral therapies
- Longitudinal studies of the natural history of change in drinking behavior
- Novel research methods to study the complex interactions among individuals, their social systems, and treatment settings

# Clinician's Guide

- Ask
- Assess
- Advise & Assist
- Followup Support



*Also available:*

- *User's guide*
- *Medications prescribing guide*
- *Online clinician training (video cases)*
- *Patient education materials*



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# Rethinking Drinking

- Identifying risky drinking patterns
- Harms & symptoms
- Drink calculators
- Strategies for cutting down
- Support for quitting

The screenshot shows the homepage of the Rethinking Drinking website. At the top, the logo reads "RETHINKING DRINKING" with the tagline "Alcohol & your health" below it. To the right of the logo are links for "Email Page", "Print", "Link to Us", and "Bookmark & Share". A search bar is also present. Below the logo is a navigation menu with links for "HOW MUCH IS TOO MUCH?", "THINKING ABOUT A CHANGE?", "TOOLS", "Q&A'S", and "HELP LINKS". The main banner features a background image of various alcoholic drinks (wine, beer, spirits) and the text "DO YOU KNOW: WHAT COUNTS AS A DRINK?". Below the banner, there is a section titled "Do you enjoy a drink now and then?" with a paragraph of text and a link to "get started". To the right of this text are three interactive buttons: "Check your drinking pattern" (with a glass icon), "See signs of a problem" (with a mountain icon), and "Get tools to make a change" (with a gear icon).



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# Recovery & Relapse Research

- Develop formal & operational definitions of recovery
  - Capture dynamic (vs acute/static) nature of recovery process
- Identify neurobiological, cognitive, or genetic processes that may be potential risk factors for relapse
- Identify mediators/moderators of recovery & relapse
- Role and effectiveness of mutual help and other support services in sustained recovery
- Post-treatment supports (recovery monitoring and management)
- Real-time data collection that can signal risk of relapse
- Recovery housing and systems of care

# A-CHESS

- Smartphone app for AUD patients leaving residential treatment
- Provides monitoring, information, support, easy communication with counselors
- Quick response in high-risk situations
- Well-designed RCT showed fewer risky drinking days among patients assigned to A-CHESS vs usual followup
- Additional projects looking at strategies to broadly disseminate, adapt as treatment extender



# Biosensor Development

- Challenge: create a wearable, non-invasive device capable of measuring blood alcohol levels in near real-time, and store/transmit data
- Prototypes being reviewed and tested
- Still improving calibration, accuracy, wearability
- Goals:
  - Enhance research (improve accuracy & timeliness; less reliance on self-report)
  - Enable consumer feedback (like fitness trackers)



# Health Services Research

- Understanding variation in treatment availability, access, cost, quality
- Gender/racial disparities in treatment utilization & outcomes
- mHealth and other innovative care delivery
- Implementation science – how to scale up effective treatments for widespread routine use
  - Specialty programs, primary care, other settings





## SEARCH FOR OPTIONS FOR ALCOHOL TREATMENT

### Search For Options

Find Licensed Professional Therapists

Find Accredited Treatment Programs

Find Doctors Who Are Board-Certified in  
Addiction Medicine



Alcohol Treatment  
Navigator Toolkit

There are Many  
Routes to Recovery



HOME > SEARCH FOR OPTIONS > FIND ACCREDITED TREATMENT PROGRAMS



# COMING SOON

# Thank You!

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