

October 17, 2019



D.C. Update: Fact sheet on alcohol use for parents of college students, American Lung Association brief on tobacco and opioids, and more

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Meet the Member

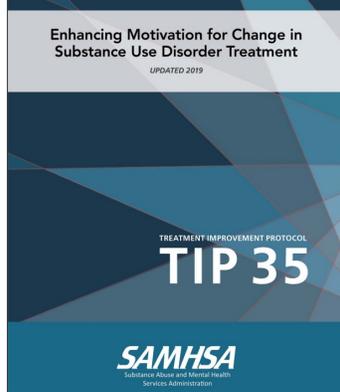
Mark Stringer, Immediate Past President of NASADAD

Mark Stringer serves as Director of the Missouri Department of Mental Health (DMH), where he is responsible for the overall operations of the department and its three divisions: Behavioral Health, Developmental Disabilities, and Administrative Services. He is a nationally certified counselor with over 35 years of experience in the substance use disorder and mental health fields. In 2014, Mr. Stringer received the Ramstad-Kennedy Award for his outstanding leadership in support of recovery and Recovery Month. Mr. Stringer serves as Immediate Past President of NASADAD's Board of Director, and he also serves as Chair of NASADAD's Public Policy Committee.



Around the Agencies

SAMHSA TIP 35 Update: Enhancing Motivation for Change in SUD Treatment



The Substance Abuse and Mental Health Services Administration has updated its [Treatment Improvement Protocol \(TIP\) 35, Enhancing Motivation for Change in Substance Use Disorder \(SUD\) Treatment](#). This TIP describes how SUD treatment counselors can influence positive behavior change by developing a therapeutic relationship that respects and builds on a client's autonomy. The TIP also describes different motivational interventions counselors can apply to all the stages in the Stages of Change (SOC) model related to substance misuse and recovery. A consensus panel developed this TIP based on a review of the literature and on panel members' experience in the addiction treatment field.

[NIAAA releases fact sheet on underage alcohol use for parents of college students](#)

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) released a new [fact sheet](#) as part of its college drinking prevention materials. The resource is intended for parents with children who are beginning college and encourages them to have discussions about the harmful effects of underage drinking. As described in the fact sheet, research shows that students who abstain from drinking often do so because their parents discussed alcohol use and the consequences associated with it. The resource encourages parents to talk with students and continue to reach out periodically to keep the lines of communication open, and to learn about the school's alcohol prevention and emergency intervention efforts.

HIGH-RISK DRINKING AMONG COLLEGE STUDENTS



[NIDA releases video on the effects of drugs on men versus women](#)

The National Institute on Drug Abuse (NIDA) released a new [video](#) discussing the differing effects of drugs depending on the sex of the individual. Dr. Rajita Sinha discusses pharmacokinetics--the way in which humans break down a drug within the body--and differences in the way drugs enter the bloodstream based on the sex of the person. This leads to different effects on men and women, both in the acute period after using substances and in the long term. According to the video, considering sex and gender differences is an important factor in the study of the causes and treatment of substance use disorders.

[SAMHSA releases recovery housing best practices and guidelines](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced the release of a new [publication](#) required by the Substance Use Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act. "Recovery Housing: Best Practices and Suggested Guidelines" builds on the policies, practices, and guidance from national organizations and identifies ten guiding principles to provide safe and effective recovery housing. The publication is intended to serve as a tool for recovery home operators, stakeholders, and State policy makers.

[SAMHSA updates Anger Management for SUD and MH Clinics manual](#)

The Substance Abuse and Mental Health Services Administration has updated its cognitive-behavioral therapy (CBT) manual on [Anger Management for Substance Use Disorder and Mental Health Clinics](#). The manual, which was originally published in 2002, was designed for use by clinicians who work with clients who have substance use and mental health problems co-occurring with anger management problems. In addition, it has been used by [individuals](#) for self-paced study outside of a group counseling setting. The manual describes a

12-week cognitive-behavioral anger management group treatment model. Each of the 90-minute weekly sessions offers specific instructions for group leaders, tables and exhibits that illustrate the key conceptual components of the treatment, and between-session challenges for group members.

Tribal Behavioral Health Grant applications now being accepted by SAMHSA

The Substance Abuse and Mental Health Services Administration (SAMHSA) is seeking applications for the FY 2020 [Tribal Behavioral Health Grant Program](#). The purpose of this program, as described by SAMHSA, is to prevent suicide and substance misuse, reduce the impact of trauma, and promote mental health among American Indian/Alaska Native (AI/AN) youth through the age of 24 years. Eligible applicants are American Indian/Alaska Native (AI/AN) tribes, tribal organizations, Urban Indian Organizations, or consortia of tribes or tribal organizations. Applications are due on December 10, 2019.

Upcoming Events Red Ribbon campaign launches photo contest for schools

The National Family Partnership recently announced the launch of their National Red Ribbon Photo Contest as part of



their yearly Red Ribbon Campaign. As described on their website, "the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities." The photo contest, co-sponsored by the Drug Enforcement Administration (DEA), is an opportunity for schools to win \$1,000 by creating a decoration on their campus that promotes the red ribbon messages. Red Ribbon Week will be held October 23-31, and details on how to apply can be found [here](#).

SPR call for abstracts due October 31st

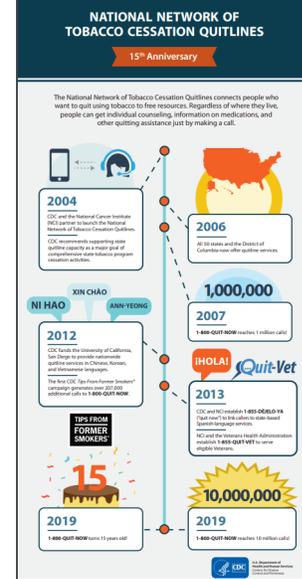
The Society for Prevention Research (SPR) will hold its next Annual Meeting May 26-29, 2020 in Washington, DC. This year's conference theme is, "Why Context Matters: Towards a Place-Based Prevention Science." The theme aims to recognize the role that location, distance, distribution, connectivity, place, neighborhood, and activity space have on health outcomes. SPR is currently accepting abstracts that "stimulate creative spatial thinking to advance prevention science by further integrating place into existing behavioral theories, testing new theories and research designs, using technologies such as Geographic Information Science, and examining new data collection and analytic methods." The deadline for [abstract submission](#) is October 31, 2019.

In the News

1-800-QUIT-NOW celebrates 15 years of helping people quit tobacco use

In 2004, tobacco quitlines went nationwide when the Centers for Disease Control and Prevention (CDC) and the National Cancer Institute (NCI) launched the National Network of Tobacco Cessation Quitlines. This initiative entailed the 1-800-QUIT-NOW portal, set up by NCI, as well as dedicated funding for State quitlines from CDC. The National Network of

Tobacco Cessation Quitlines is [celebrating 15 years](#) of offering quitline services to people in every State, the District of Columbia, Guam, and Puerto Rico. Since its inception, over 10 million callers have taken advantage of tobacco cessation services.



American Lung Association publishes brief and fact sheet on tobacco and opioids

The American Lung Association (ALA) has published a brief on [Tobacco and Opioids](#). The brief notes the high rate of tobacco use among those who have an opioid use disorder, and recommends integrated treatment. The specific approaches to integrating treatment for tobacco use into substance use disorder (SUD) treatment are:

- Utilize resources that are covered by the patient's healthcare coverage.
- Integrate smoking cessation into SUD treatment plans, including routinely screening for, and documenting, tobacco use.
- Implement health systems changes to facilitate integration of tobacco dependence treatment into SUD treatment.
- Implement tobacco-free campus policies at substance use treatment centers.
- Educate substance use treatment program providers and staff about the health effects of tobacco use and tobacco dependence treatment.

The ALA also released a [fact sheet](#) on the topic, providing an abbreviated overview of the link between opioid use and lung health.