

November 14, 2019



D.C. Update: Opioid Research and Development Roadmap, NIAAA study finds that marijuana and alcohol use during early pregnancy can disrupt fetal development, and more

[Visit our Website](#)



Meet the Member

Sarah Mariani, Vice President for Prevention

Sarah Mariani, who serves as Vice President for Prevention on the NASADAD Board of Directors, is the Section Manager overseeing substance use prevention and mental health promotion services for the Washington State Division of Behavioral Health and Recovery. Sarah has a strong commitment to serving youth and families in high need communities in all of the Section's programs and initiatives. Currently, she focuses on policy development and strategic planning to ensure effective service delivery and outcomes. Sarah is the co-chair for the State Prevention Enhancement Policy Consortium that oversees the State's five-year Strategic Plan for Substance Use Disorder Prevention and Mental Health Promotion and in this role, she also serves as Washington State's National Prevention Network (NPN) representative, and is currently President of the NPN.

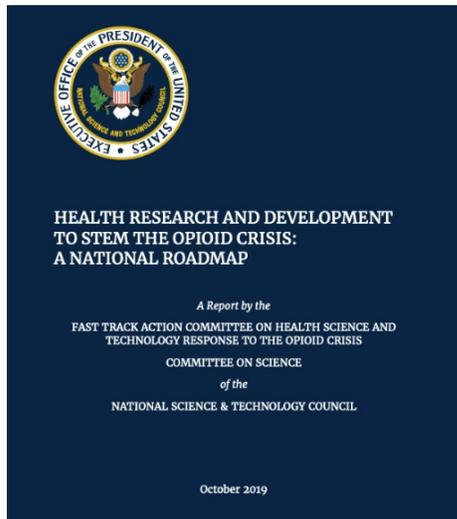


Prior to joining the State, Sarah was the Executive Director for a county program working to prevent youth violence and substance use. Working in prevention for over twenty years, Sarah has contributed to the development of multiple substance use prevention and mental health promotion initiatives including development of the Community Prevention and Wellness Initiative model and an online professional development platform for prevention professionals in the State of Washington.

News from NASADAD

Center of Excellence for Integrated Health Solutions now serving SSAs and primary care providers

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently awarded a grant to the National Council for Behavioral Health to create a Center of Excellence for Integrated Health Solutions (CIHS). The purpose of the Center is to assist in the implementation of high-quality, evidence-based treatment for individuals with co-occurring physical and substance use/mental disorders. CIHS has contracted with NASADAD to create a six-month learning collaborative that will bring together Single State Agencies (SSAs) and primary care providers to increase the integration of substance use treatment into primary care settings. The first learning collaborative will focus on integration in Federally Qualified Health Centers (FQHCs). In addition, a [webinar](#) will be held by CIHS on Wednesday, November 20th from 2:00-3:00 p.m. EST to provide information on the tools and resources provided by the Center.



Around the Agencies

White House and NIH release Health Research and Development to Stem the Opioid Crisis Roadmap

The National Institutes of Health (NIH) recently [published](#) their "Draft Report on Health Research and Development to Stem the Opioid Crisis: A Federal Roadmap" in the Federal Register. The Opioid Fast Track Action Committee (Opioid FTAC) was tasked with creating a roadmap that identifies research and development (R&D) critical to addressing key gaps in knowledge and tools and opportunities to improve cross-agency coordination of R&D. The draft report is categorized by seven areas of R&D including

the Biology and Chemistry of Pain and Opioid Addiction; Non-Biological Contributors to Opioid Addiction; Pain Management; Prevention of Opioid Addiction; Treatment of Opioid Addiction and Sustaining Recovery; Overdose Prevention and Recovery; and Community Consequences of Opioid Addiction. Each section includes recommendations from the FTAC and an eighth section that provides recommendations to enhance cross-agency coordination. Public comments on the draft report are due by December 5, 2019 to opioidroadmap@OSTP.eop.gov.

Upcoming CDC meeting of the Board of Scientific Counselors of the National Center for Injury Prevention and Control

The Centers for Disease Control and Prevention's (CDC) National Center for Injury Control and Prevention, led by Director Debra Houry, MD, MPH, will be holding a meeting of its Board of Scientific Counselors. The meeting will be held December 4, 2019, from 9:00 am-4:40 pm EST, and December 5, 2019, from 9:00 am-11:30 am EST in Atlanta, Georgia. On the afternoon of December 4th, the CDC is expected to give a background presentation for a potential update of the 2016 [CDC Guideline for Prescribing Opioids for Chronic Pain](#). The CDC is also expected to request that NCIPC's Board of Scientific Counselors establish an Opioid Workgroup. There will be public comment periods on each meeting day: from 3:35 p.m. – 4:05 p.m. on December 4, 2019, and from 10:40 a.m. – 10:55 a.m. on December 5, 2019. Individuals can register to dial into the meeting [here](#).

Registration opens for National Drug and Alcohol Facts Week 2020

The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) announced the opening of registration for National Drug and Alcohol Facts Week (NDAFW) 2020. The

purpose of NDAFW is to educate students on the myths about drugs and alcohol use that teens receive from the internet, social media, TV, music, and friends. From March 30th through April 5th, 2020, activities and events will be hosted by schools, community groups, after school clubs, and prevention organizations. NIDA and NIAAA provide event ideas, toolkits, and free materials for organizations that register to hold an event.

To learn more about NDAFW and register to hold an event, click [here](#).



Research Roundup

NIH study examines the use of risk factors and causes of death in prevention research

A [study](#) recently published by the National Institutes of Health (NIH) Office of Disease Prevention (ODP) examined NIH grants awarded from 2012 to 2017 to determine whether the use of leading risk factors and causes of death and disability were measured in prevention research. According to the press release, the study found that while the top 10 risk factors for death are associated with more than half of the deaths in the United States, only a third of NIH supported prevention research measured those risk factors as exposures or outcomes. Researchers concluded that there are opportunities for the NIH to pursue studies that address risk factors through the use of clinical trials.

NIAAA study finds that marijuana and alcohol use during early pregnancy can disrupt fetal development

A [study](#) funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health (NIH), examined the effects of using both marijuana and alcohol during early pregnancy. Researchers administered cannabinoids (CBs), which include cannabidiol (CBD) and tetrahydrocannabinol (THC), to mice on day eight of their pregnancy which is similar to the third and fourth weeks of a human pregnancy. Results indicated that one-time exposure to CBD and THC caused eye, brain, and facial malformations similar to those caused by prenatal alcohol exposure. Additionally, when mice were given both CBs and alcohol, the likelihood of developing birth defects more than doubled. The lead scientist on the study, Scott Parnell, stated "Our finding that simultaneous exposure to alcohol and CBs induces the highest rate of birth defects, even at low doses of these substances emphasizes the need for more research to better understand the effects of alcohol and CBs on the developing embryo."

In the News

E-cigarette manufacturer Juul to stop selling mint flavor

As described in an [article](#) from *The Hill*, leading e-cigarette manufacturer Juul recently announced that it will stop selling mint flavored products. Two studies recently released by the *Journal of the American Medical Association (JAMA)*, indicated that mint was the most popular flavor used by high school students in 2019. An announcement by Juul CEO K.C. Crosthwaite indicated that the decision to stop the sale of mint flavored pods was due to the results of the two studies. The Trump Administration is currently preparing to ban the sale of flavored vaping products and recently completed a review of the Food and Drug Administration (FDA) guidance, indicating that the ban will take effect in the near future. Crosthwaite stated, "These results are unacceptable and that is why we must reset the vapor category in the U.S. and earn the trust of society by working cooperatively with regulators, Attorneys General, public health officials, and other stakeholders to combat underage use. We will support the upcoming FDA flavor policy."

News article discusses increase in collegiate recovery programs

An [article](#) published in *Inside Higher Ed* discusses the increase and acceptance of recovery programs in colleges and universities across the country. A report from the University of Maryland School of Public Health found that collegiate recovery programs (CRP) “contribute to both better academic outcomes (e.g., graduation rates, GPA) and successful recovery.” The report also concluded that the programs and their visibility may have an effect on the entire student body, for those who are contemplating abstinence and with students in recovery serving as positive influences. As described in the article, the Department of Education (Ed) and the Office of National Drug Control Policy (ONDCP) have endorsed the expansion of recovery support services in academic settings, and college administrators have increasingly embraced these programs. As a result, the article notes that in the last seven years there was a tenfold increase in CRPs, from 12 programs in 2012 to 136 in 2019.
