

THE IPRN NEWS

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**We need to be the change we wish to see in the world.
Gandhi**

The Utah School on Alcoholism and Other Drug Dependencies

IPRN is once again planning to send a number of individuals to the Utah School on Alcoholism and Other Drug Dependencies. IPRN has been committed to support the Utah School for many years. We send individuals not only to bring back the latest information on addiction and recovery but also to take to the school all of the things that Iowa has been doing in our PRN program. We try to give back what we have learned over the years.

We plan to send a number of students from both Drake and the University. Our hope is that they will also share what the programs at our colleges are doing and bring back information from other colleges. One of the main purposes of the Utah School is to provide net-working opportunities between the different states.

The Utah School has been an excellent resource to assist our program in reaching the goals we have set for ourselves. As our program has changed and grown over the years, our goals have remained constant.

IPRN Goals:

- Provide recovery assistance**
- Identify and approach the impaired pharmacist, pharmacy technician, or pharmacy student with their problem;**
- Recommend facilities for evaluation and referral;**
- Persuade the pharmacy professional to enter appropriate treatment; and**
- Monitor the pharmacy professional's rehabilitation and reentry into the profession**

If you are interested in attending the Utah School or are interested in contributing to these goals, please contact IPRN.

**The information on the school is available online at
<http://uuhsc.utah.edu/uas/>**

We are committed to excellence!

Dan Anderson Research Award

CENTER CITY, MINN. (December 28, 2006) - Rudolf H. Moos, Ph.D., senior research career scientist at the Department of Veterans Affairs in Palo Alto, Calif., and professor in the Department of Psychiatry at Stanford University in Palo Alto, has won the 2006 Dan Anderson Research Award. Sponsored by the Butler Center for Research at Hazelden, the award honors a single published article by a researcher who has advanced the scientific knowledge of addiction recovery.

Moos earned the award for his study, "Rates and predictors of relapse after natural and treated remission from alcohol use disorders," published in a 2006 issue of the journal *Addiction* (Vol. 101, pages 212-222). The study found that individuals with alcohol use disorders who participated in treatment or Alcoholics Anonymous within the first year of recognizing their problem were much more likely to stay sober for the long term than individuals who didn't receive help via treatment or AA.

"I'm surprised and honored to receive this award," said Moos, who teamed with his wife, Bernice S. Moos, on the study. "I had heard of the Dan Anderson Research Award and the many esteemed honorees from the past. I am very grateful for the recognition."

In his study, Moos compared three-year remission rates and subsequent 16-year relapse rates for a group of individuals who entered treatment or AA within the first year of seeking help and for a group of individuals that similarly recognized their alcohol problem but did not get help from treatment or AA. Study participants were contacted by phone at 1, 3, 8 and 16 years after entering the study.

Two key findings: (1) After the three-year follow-up, 62.4 percent of participants who received help within the first year remitted (or stayed sober), while only 43.4 percent of the group that got no help remitted. (2) At the 16-year follow-up, among the group that had put their alcohol problems into remission, 60.5 percent of the no-help group relapsed, while 42.9 percent of the remitters who got help relapsed.

"A difference of 15 to 20 percent is very significant," said Moos. "Our study indicates that if an individual recognizes an alcohol problem and gets into treatment or AA relatively soon after that, then they are much more likely to be remitted after three years and to stay remitted after 16 years."

Moos said his findings help prove that "natural remission," a term used to describe individuals who get sober without help, "may be less stable than remission that is associated with obtaining help. Our findings on the benefits of relatively rapid entry into treatment and/or AA support the value of strengthening the referral process for individuals who recognize their alcohol problems and initiate help-seeking," said Moos. "Those gatekeepers or first-responders who do the initial

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IPRN has maintained a 24-hour, toll-free hotline. Calls made to the hotline included individuals needing help and concerned others.

***The toll free number is:
(877) 890-IPRN***

assessments of people with alcohol problems need to be aware of the important role they can play up front. Assessing help-seekers' readiness for change may help target high-risk individuals for interventions. Motivational Interviewing techniques could help guide those individuals to treatment or AA."

"A long-term study like this one is very rare and helps us better understand the factors related to sustaining positive outcomes," said Valerie Slaymaker, Ph.D., director of the Butler Center for Research. "The Scientific Panel that selected Moos for the award was highly impressed by his effort to collect 8- and 16-year outcomes, and by the message that help-seeking can make a remarkable difference in an individual's life up to 16 years later."

Moos has been the recipient of many awards during his distinguished career, including the prestigious R. Bradley Smithers Distinguished Scientist Award, given by the American Society of Addiction Medicine in 2006. Moos will accept the award and a \$2,000 honorarium on May 21 at the National Association of Addiction Treatment Providers (NAATP) conference in San Diego. The award is named for Dan Anderson, Ph.D., the former president of Hazelden and one of the major architects of the Minnesota Model, the multidisciplinary approach to addiction treatment that has been replicated worldwide. Anderson died on Feb. 19, 2003 at age 81.

Moos's research was selected as the best from among several outstanding candidates by the nine-member Scientific Panel of the Butler Center for Research. The panel includes Slaymaker; Dennis Donovan, Ph.D., University of Washington; Carlton Erickson, Ph.D., University of Texas-Austin; James McKay, Ph.D., University of Pennsylvania; A. Thomas McLellan, Ph.D., University of Pennsylvania; Timothy Sheehan, Ph.D., Hazelden; Candice Walker, Ph.D., Hazelden; Constance Weisner, Ph.D., University of California-San Francisco; and Ken Winters, Ph.D., University of Minnesota.

Past award winners include Reid K. Hester, Ph.D., of Behavior Therapy Associates in Albuquerque; Stephanie O'Malley, Ph.D., Yale University School of Medicine; Howard A. Liddle, Ed.D., University of Miami; Robert J. Meyers, Ph.D., University of New Mexico; Bankole Johnson, M.D., University of Texas Health Science Center; Henri Begleiter, Ph.D., State University of New York; Richard Longabaugh, Ed.D., Brown University; Dace Svikis, Ph.D., Johns Hopkins University; Michael Fiore, M.D., University of Wisconsin; and Stephen T. Higgins, Ph.D., University of Vermont.

Recognizing outstanding research and conducting research of its own are the primary objectives of the Butler Center for Research, the research arm of Hazelden. To learn more call 1-800-257-7810.

Information on this prestigious award can be found at <http://www.hazelden.org/web/public/dananderson.page>.

You can make a difference!

AUDIT

Alcohol Use Disorders Identification Test

The AUDIT is the best test for alcoholism screening because it detects hazardous drinking and alcohol abuse. It has a greater sensitivity in populations with a lower prevalence of alcoholism.

The AUDIT can be administered as a paper-and-pencil test.

One study suggested that questions 1, 2, 4, 5, and 10 were nearly as effective as the entire questionnaire. If confirmed, AUDIT would be easier to administer.

IPRN

Providing direction as a confidential resource

Providing support through caring volunteers

Providing education about impairment

Question	0 Points	1 Points	2 Points	3 Points	4 Points
1. How often do you have a drink containing alcohol?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
3. How often do you have 6 or more drinks on 1 occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the past year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the past year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the past year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the past year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the past year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or has someone else been injured as a result of your drinking?	No		Yes, but not in the past year		Yes, during the past year
10. Has a relative, friend, or a doctor or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the past year		Yes, during the past year

The maximum possible score is 40. A score of 8 or more is suggestive of problem drinking. For women, the cutoff point should be 4 or more.

Sharing ideas and information.

Resources

SAMHSA: Substance Abuse and Mental Health Services Administration

SAMHSA is the Federal agency charged with improving the quality and availability of prevention, treatment, and rehabilitation services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses.

CSAP: Center for Substance Abuse Prevention

The SAMHSA center whose mission is to provide national leadership in the Federal effort to prevent alcohol, tobacco, and illicit drug problems. CSAP participates in the development of new knowledge about prevention, disseminates it in a user friendly manner, and encourages its application in settings where it is likely to prevent or reduce substance abuse.

CSAT: Center for Substance Abuse Treatment

The SAMHSA center that has programs designed to improve treatment services and make them more available to those in need.

NATTC: National Addiction Technology Transfer Center

A nationwide, multi-disciplinary resource that draws upon the knowledge, experience and latest work of recognized experts in the field of addictions.

NCADI: National Clearinghouse for Alcohol and Drug Information

NCADI is the world's largest resource for current information and materials concerning substance abuse.

NIAAA: National Institute on Alcohol Abuse and Alcoholism

The NIAAA, a research institute of the National Institutes of Health, supports and conducts biomedical and behavioral research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems. NIAAA also provides leadership in the national effort to reduce the severe and often fatal consequences of these problems

NIDA: National Institute on Drug Abuse

NIDA is working to ensure the rapid and effective transfer of scientific data to policy makers, drug abuse practitioners, other health care practitioners and the general public.

ONDCP: Office of National Drug Control Policy

The ONDCP works to promote the implementation of drug control policies and programs at the State and local level of government.

NCJRS: National Criminal Justice Reference Service

Data on crime and drugs, prisoner statistics, victims, law enforcement, juvenile justice, and crime prevention.

Please feel free to call IPRN if you need assistance, need information or need help with an intervention.

We can help!

The Iowa Pharmacy Recovery Network is always in need of caring volunteers throughout the State of Iowa. The profession needs you to make a difference!

If you know anyone who would like to receive this newsletter just email and we will add them to the mailing list. Otherwise, feel free to pass the news along.

Also, if you wish to be removed from the email list, please let me know. Thanks!

ISAIC

The Iowa Substance Abuse Information Center serves as a resource for all Iowans. They can help access treatment providers and prevention programs or find answers to questions relating to substance abuse, mental health or problem gambling.

ISAIC has information on hundreds of substance abuse and problem gambling-related topics.

ISAIC is the RADAR (Regional Alcohol and Drug Awareness Resource Network) state center for Iowa. The RADAR Network is sponsored by the Center for Substance Abuse Prevention's (CSAP's) information component, the National Clearinghouse for Alcohol and Drug Information (NCADI). Working together, these organizations provide a wealth of information to keep those in the substance abuse prevention field informed about the latest regulations, alcohol and drug use, scientific findings, campaigns and materials, and other resources. In its role as a State RADAR Network Center, the Iowa Substance Abuse Information Center is available to help answer questions from the public and to help connect members of the public with prevention resources.

Check out the ISAIC calendar for meetings in your area.

ISAIC was established as a special service of the Cedar Rapids Public Library with funding from the Iowa Department of Public Health, Division of Behavioral Health and Professional Licensure, and the Center for Substance Abuse Prevention's National Clearinghouse for Alcohol and Drug Information. ISAIC is Iowa's Regional Alcohol and Drug Awareness Resource (RADAR) Center. In that capacity, ISAIC provides individuals and organizations in Iowa with access to a comprehensive collection of print and other media resources on substance abuse, problem gambling, mental health, and related topics.

Iowa training events, continuing education courses, conferences, online courses, and distance learning opportunities are listed on the ISAIC training calendar.

ISAIC has information on hundreds of substance abuse and problem gambling-related topics. Print materials, including brochures, pamphlets, posters, and government publications are available from ISAIC.

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The *Substance Abuse Update* is an e-mailed newsletter published monthly which reports news from ISAIC as well as news and information from related agencies and organizations in Iowa.

The *Recovery Iowa* website seeks to organize a grassroots effort to reduce the stigma attached to those in recovery from substance abuse addiction, was established by ISAIC and others to meet the growing need to address issues affecting the recovery community.

ISAIC can be found online at <http://www.drugfreeinfo.org>.

Be a part of the solution!