

Texas Node Newsletter



January 2013

Volume 2, Issue 1

INSIDE THIS ISSUE:

Node Highlights	1-2
Protocols in Progress	3-4
CTP Scoop	5
Bridging the Gap	6
Training & CEUs	5-6
Upcoming Events	8
Publications	7-8

Click & find us
online:



Trivedi's Thoughts

Dear Texas Node,

This is the time where we all have undoubtedly reflected upon our accomplishments of the past year and are now in the midst of working toward our goals for this year. I'd like to take this opportunity to provide a 'State of the Node' update.

Last year was eventful and productive on many fronts. Study activities continuing into this year include four protocols (CTN-0037 STRIDE, CTN-0048 CURB, CTN-0049 Project HOPE, and CTN-0052 BRAC) at five sites. STRIDE at Memorial Hermann Prevention and Recovery Center, STRIDE at Nexus Recovery Center, and CURB at the South Texas VA will be closing in the next few months.

Looking forward, BRAC at Nexus and Project HOPE at Parkland will continue this year and undoubtedly our sites will perform superbly. We will also complete our commitment as the STRIDE Lead Team this year. Finally, four CTN studies are on the horizon and their timing is dependent upon the current financial climate that is likely impacting all of us, whether we are performing research or direct patient care.

Other indicators of the Node's performance include dissemination of information related to addiction treatment advances. Our publication record last year continued its upward trend. Our goal is to continually improve on this metric. We expect to publish significantly more this year, especially related to data collected in the STRIDE trial that we are leading. We hosted a successful conference last spring in Dallas in which free CEUs were provided to treatment providers. Given the current climate of research funding, we are fortunate to have the support of excellent colleagues whose willingness to donate their time will allow us to offer the conference again this April.

I want to thank and recognize all of you for your tremendous support of our common goal of improving addiction treatment outcomes. Without your collaboration, this work would not be possible.

Many Regards,



Node Highlights

2013 TEXAS ADDICTION RESEARCH TO PRACTICE CONFERENCE

LEARN HOW SCIENCE CAN IMPROVE ADDICTION TREATMENT

Featured Speakers:

Sidarth Wakhlu, M.D. - Pharmacotherapy
Scott Walters, Ph.D. - Motivational Interviewing
Angela Stotts, Ph.D. - Acceptance and Commitment Therapy



Friday, April 26, 2013

9:00 a.m. - 4:00 p.m.



CENTER FOR COMMUNITY
COOPERATION
2900 LIVE OAK STREET
DALLAS, TX 75204

*Stay tuned for more information about the conference, including **free** CEUs!
Sponsored by Nexus Recovery Center, Inc. and the Texas Node.*

Congratulations to these elected CTN Leaders from our Node:

Executive Committee

CTP Representatives:

Becca Crowell, Al Cohen, Larry DeMarzo,
John Gardin, Nancy Hamilton

PI Representatives:

John Rotrosen, Maxine Stitzer, Roger
Weiss, Theresa Winhusen, George Woody

Research Development Committee

PI Representatives:

Kathleen Brady, Dennis Donovan, Edward
Nunes, and **Madhukar Trivedi**

CTP Representatives:

Kathy Burlew, Marc Fishman, Louise Haynes,
and Candance Hodgkins

Protocols in Progress



CTN-0037 Stimulant Reduction Intervention using Dosed Exercise (STRIDE)

This trial will determine if exercise vs. health education, both of which are added to treatment as usual, improves substance abuse treatment outcomes in people with stimulant abuse or dependence.

Happy New Year Texas Node! We hope you all had a wonderful holiday season and an even better new year! As you can see from our pictures, we made a point to bring the holiday spirit to Nexus and to all of our participants.

Memorial Hermann completed their final participant visit in January. They finished STRIDE with an impressive 96% primary outcome availability rate.

Congratulations!

Nexus is in the home stretch now, working hard to keep our remaining participants in good attendance for the rest of the study.

Availability of primary outcome data for Nexus continues to be high at 89% and Nexus. And Nexus has increased its follow-up attendance by another one percent! Go team!

As both sites prepare for study close-out, we have been working diligently to review all of our data with a fine-toothed comb. As a result, both sites' latest interim Monitoring Visits conducted by Emmes were a great success! Retention of the final participants (for Nexus) and data quality is the main focus now, and we're happy to report that both areas are doing quite well. Excellent job, teams!

~Contributed by Mora Kim



CTN-0048 Cocaine Use Reduction with Buprenorphine (CURB)

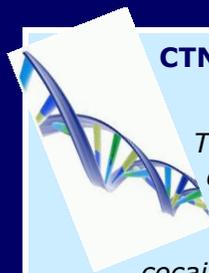
CURB's aim is to investigate the safety and effectiveness of buprenorphine in the presence of naltrexone for the treatment of cocaine dependence in individuals meeting diagnostic criteria for cocaine dependence and either past-year opioid dependence, abuse, or use with a history of opioid dependence.

The **South Texas VA** has stayed busy over the past few months pushing for a strong finish to the CURB trial. Recruitment for the CURB study ended with our site contributing 22 randomizations and a site treatment exposure rate of 81%.

The final active phase visit occurred on December 14, 2012, and we have five participants in the follow-up phase as of January. Our staff is actively in communication with our remaining available participants to ensure finishing the trial with a high follow-up attendance rate.

We had a routine monitoring visit in January and our final participant follow-up visit is scheduled for March 5th. Many members of our staff have joined the manuscript groups that will begin teleconferences in February so that our site may contribute to the planned CURB publications.

~Contributed by Alex Carrizales



CTN-0048-A-1 CURB Genetics Protocol

The CURB Genetics Study's primary aim is to determine what role genes play in the effectiveness of buprenorphine and naltrexone as a potential treatment for cocaine dependence.

As of January, 280 samples have been collected from the 302 randomized CURB participants, representing a 93% recruitment rate. Close-out of the Genetics study is occurring now and only requires sites to return or destroy the sample collection kits and ensure the final data is complete and clean.

~Contributed by Dr. Robrina Walker



CTN-0049 Project HOPE (Hospital Visit as Opportunity for Prevention and Engagement) for HIV-Infected Drug Users

Project Hope will evaluate the effectiveness of a brief intervention in achieving viral suppression when delivered to HIV-infected drug users recruited from the hospital setting.

The Project HOPE team screened 167 participants and randomized 42 into the study, reaching the halfway point of recruitment in January!

As we add more participants to the study, our Patient Navigators are working diligently to engage each of their participants into HIV and substance use treatment. Each participant on their caseload has a unique set of challenges and needs.

Through the use of Motivational Interviewing, the Patient Navigators encourage participants to move towards positive changes in their lives. When they are not meeting with their participants in person, Orlando House and Deneen Robinson are answering calls from their participants, researching new services or attempting to re-engage participants who are lost to follow up. All of their hard work is paying off and the **Parkland** site is #1 for completion of Month 1 intervention visits and #3 in Month 2-3!



Orlando & Deneen

The entire team continues to receive praise from the Lead Team for our excellent recruitment rate and the site coordinator Stacy Abraham was asked to share recruitment strategies on a national call. Credit for our success also goes to Research Assistant Kate Dzurilla and Outreach Worker Gerald Strickland.

We completed a successful monitoring visit in January with minimal findings and were applauded for attention to detail in completing all aspects of the study, specifically the informed consent process which has been challenging for this inpatient population.

~Contributed by Stacy Abraham, MPH



Buspirone for
Relapse-Prevention
in Adults with
Cocaine Dependence

CTN-0052 A Randomized Controlled Evaluation of Buspirone for

Relapse-Prevention in Adults with Cocaine Dependence (BRAC)

The BRAC study's main objective is to evaluate the efficacy of buspirone, relative to placebo, in preventing relapse in cocaine-dependent adults in residential treatment who are planning to enter outpatient treatment upon discharge.

Dallas had a beautiful white Christmas, but unfortunately Old Saint Nick did not get the message and failed to deliver the kind of white crackly Christmas that CTN0052 needs (female crack users in Nexus' residential program). Since mythical figures are failing to help our recruitment rate, Lisa Stephenson, Hamsa Kumar, and John Tillitski are taking it to the streets and posting recruitment flyers in shelters, churches, and community gathering points.

Nexus is currently renovating the old adolescent dormitory and will expand the adult women's program by 17 beds. We anticipate this will increase our recruitment rate. We are also considering having Hamsa record a radio spot to advertise the study – she'll be bringing back Hammertime because we're too legit to quit.

On the positive side, our first four participants have successfully completed the study without missing a visit! We will miss working with them as they brought a lot of joy and humor to our work. Finally, we welcome our new local quality assurance monitor, Stacy Jackson, to the team. She's been holding our feet to the fire and I have heard rumblings about having an iron maiden installed as "just a reminder."

Hamsa, Lisa, Mora, & John



~Contributed by John Tillitski

CTN Scoop

To share your news, please send information to Jeanne.McCurdy@utsouthwestern.edu



Nexus Officially Opens New Youth Hall

The construction of the new 12,500 square-foot Youth Hall was completed with the open house for the community held on December 12th. On December 31st, an excited group of adolescents and counselors moved in. Some of its features include 32 beds, an exercise room, a group room, a living area, Dallas Independent School District classrooms where adolescents will attend school while in treatment, a computer lab, and counselor offices.

In 1993, Nexus reached out to this group by opening its adolescent program. In 2013, it remains the only provider in Texas that offers a pregnant/postpartum treatment program for adolescents. The previous adolescent dorm is being converted into additional adult women and detoxification beds.

A very large gift was donated to Nexus in December, and the building will be named for that donor. The official ribbon cutting ceremony was held on January 29. The "donor recognition sign" will be revealed after the ribbon is cut. Congratulations, Nexus, on this impressive achievement for the community!



NIDA's CCC offers FREE webinars throughout the year that are available to people within *and* outside of the NIDA CTN

The 2013 schedule will be announced soon.

2012 and earlier webinars now archived for viewing include:

- ◆ [Managing Safety and Crisis Situations](#)
- ◆ [Helping Patients with Substance Abuse Disorders and Pain](#)
- ◆ [Personality Disorders and Addiction](#)





Bridging the Gap

Dr. Karen Chartier Presented at the National Summit on Health Disparities

Karen G. Chartier, Ph.D. participated on a panel at the Summit on the Science of Eliminating Health Disparities, in National Harbor, MD on December 18, 2012. The 2012 Summit involved many NIH institutes and centers, including NIDA and brought together clinicians, researchers, and community, business, and policy leaders around national and international efforts to eliminate health disparities.

Dr. Chartier's panel was titled "Social Determinants of Alcohol-related Disparities: Epidemiology, Etiology, and Treatment." Her presentation summarized epidemiologic data on differences across U.S. ethnic groups in drinking, alcohol related social and health harms, and treatment use. Dr. Chartier currently serves as the Site PI for CTN-0052 at Nexus Recovery Center, Inc. in Dallas.

As part of the CTN's Minority Interest Group, Dr. Chartier also presented the poster "Lessons Learned on Treating Racial/Ethnic Minority Substance Abusers" at the Summit. The poster summarized secondary analysis results from four CTN analyses addressing racial/ethnic minorities (listed below). Dr. Chartier's co-authors included biostatistician Thomas Carmody, former Research Coordinator Maleeha Akhtar, and collaborators Scott Walters and Diane Warden.

L. Montgomery, A.K. Burlew, A. Kosinski, and A. Forcehimes – "Motivational Enhancement Therapy (MET) for African American Substance Users"

A.K. Burlew, L. Montgomery, A. Kosinski, and A. Forcehimes – "Does Treatment Readiness Enhance the Response of African American Substance Users to MET?"

K. Chartier, T. Carmody, M. Akhtar, S. Walters, and D. Warden – "Hispanic National Group Differences in Substance Use, Cultural Factors and Treatment Outcomes among Treatment-Seeking Adults"

L.M. Ruglass, D.A. Hien, and M. Hu – "Racial/Ethnic Match and Treatment Outcomes for Women with PTSD and Substance Use Disorders Receiving Community-Based Treatment"

3 FREE NAADAC and NBCC credit hours:

Addressing Sexual Issues in Addictions Treatment Workshop



What: 2.5 hour workshop developed by the CTN's Research Utilization Committee.

1. Read the *Counselor* magazine article "Addressing Sexual Issues in Addictions Treatment."
2. View videos: Introduction (3 min.); The Real Men are Safe (REMAS) Clinical Trial (40 min.); and HIV/STD Safer Sex Skills Building (SSB) Groups for Women in Methadone Maintenance or Drug-Free Outpatient Treatment (50 min.)
3. Take a quiz.

Click [here](#) to jump directly to the CEU page for all the materials and more information.

Recent Publications

click first author for abstracts*

***Tamm, L., Trello-Rishel, K.,** Riggs, P., **Nakonezny, P. A.,** Acosta, M., Bailey, G., & Winhusen, T. (2013). Predictors of treatment response in adolescents with comorbid substance use disorder and attention-deficit/hyperactivity disorder. *Journal of Substance Abuse Treatment*. doi: 10.1016/j.jsat.2012.07.001

Chartier, K. G., Hesselbrock, M. N., Hesselbrock, V.M. (2013). Ethnicity and gender comparisons of health consequences in adults with alcohol dependence. *Substance Use and Misuse*. doi:10.3109/10826084.2013.747743

***Donovan, D. M., Daley, D. C., Brigham, G. S., Hodgkins, C. C., Perl, H. I., Garrett, S. B.,...Seamans, C.L. . . Zammarelli, L.** (2013). Stimulant abuser groups to engage in 12-Step: A multisite trial in the National Institute on Drug Abuse Clinical Trials Network. *Journal of Substance Abuse Treatment, 44*(1), 103-114. doi: 10.1016/j.jsat.2012.04.004

***Dreifuss, J. A., Griffin, M. L., Frost, K., Augenstern, J., Fitzmaurice, G., Potter, J. S., . . . Weiss, R. D.** (2013). Patient characteristics that predict treatment outcome for prescription opioid dependence: Results from a multisite study. *Drug and Alcohol Dependence*. doi: 10.1016/j.drugalcdep.2012.12.010

Feldstein, E., **Walters, S. T.,** & Baer, J. S. (2012). Adolescents and young adults In C. Wagner & K. Ingersoll (Eds.), *Motivational interviewing in groups*. New York: Guilford Press.

***McHugh, R. K., DeVito, E. E., Dodd, D., Carroll, K. M., Potter, J. S., Greenfield, S. F., . . . Weiss, R. D.** (2013). Gender differences in a clinical trial for prescription opioid dependence *Journal of Substance Abuse Treatment*. doi: 10.1016/j.jsat.2012.12.007.

McKinney, C. M., Chartier, K. G., Caetano, R., & Harris, T. R. (2012). Alcohol availability and neighborhood poverty and their relationship to binge drinking and related problems among drinkers in committed relationships. *Journal of Interpersonal Violence, 27*(13), 2703-2727. doi: 10.1177/0886260512436396.

***Stoutenberg, M., Rethorst, C. D., Fuzat, G., Greer, T. L., . . . Trivedi, M. H.** (2012). STimulant Reduction Intervention using Dosed Exercise (STRIDE) – Description of the exercise intervention and behavioral program to ensure adherence. *Mental Health and Physical Activity, 5*(2), 175-182. doi: 10.1016/j.mhpa.2012.08.003

***Westover, A. N., Nakonezny, P. A.,** Winhusen, T. M., **Adinoff, B.,** & Vongpatanasin, W. (2013). Risk of methylphenidate-induced prehypertension in normotensive adult smokers with ADHD. *The Journal of Clinical Hypertension, 15*(2), 124-132. doi: 10.1111/jch.12039.

***Winhusen, T. M., Somoza, E. C., Lewis, D. F., Kropp, F. B., Horigian, V. E., & Adinoff, B.** (2013). Frontal systems deficits in stimulant-dependent patients: Evidence of pre-illness dysfunction and relationship to treatment response. *Drug and Alcohol Dependence, 127*(1-3), 94-100. doi: 10.1016/j.drugalcdep.2012.06.017.

Recent Publications (cont'd)

Mark Your
Calendar



Feb. 22nd

Texas Research
Society on Alcoholism
Austin, TX

Mar. 13th-16th

Society for Research
on Nicotine & Tobacco
Boston, MA

Mar. 13th-16th

American
Psychosomatic Society
Miami, FL

Mar. 17th-20th

American Academy of
Health Behavior
Santa Fe, NM

Mar. 20th-23rd

Society of Behavioral
Medicine
San Francisco, CA

Mar. 20th-24th

American Counseling
Association
Cincinnati, OH

Apr. 2nd-4th

National Rx Drug
Abuse Summit
Orlando, FL

Apr. 26th

Texas Addiction
Research to Practice
Conference
Dallas, TX

Brooks, A., Likhnygina, Y., Meade, C. S., **Potter, J. S.**, Calsyn, D. A., & Greenfield, S. F. (In Press). Ethnic differences in the rates and correlates of HIV risk behaviors among drug abusers. *American Journal on Addictions*.

Chartier, K. G., Vaeth, P. A. C., & **Caetano, R.** (In Press). Ethnicity and the social and health harms from drinking. *Alcohol Research & Health*.

***Denton, W.**, **Adinoff, B.**, Lewis, D., **Walker, R.**, Winhusen, T. (In Press). Family discord in association with increased substance use for pregnant substance users. *Substance Use and Misuse*.

Leahy, M. M., Jouriles, E. N., & **Walters, S. T.** (In Press). An examination of college students' receptiveness to alcohol-related information and advice: A psychometric evaluation. *Journal of College Student Development*.

***Potter, J. S.**, **Marino, E. N.**, Hillhouse, M. P., Nielsen, S., Wiest, K., Canamar, C. P., Martin, J. A., Ang, A., Baker, R., Saxon, A. J., Ling, W. (In Press). Buprenorphine and methadone maintenance treatment outcomes for opioid analgesic, heroin, and combined users: Findings from Starting Treatment with Agonist Replacement Therapies (START). *Journal of Studies on Alcohol and Drugs*.

***Potter, J. S.**, & **Marino, E.** (In Press). Chronic Pain Perspectives: Practical strategies for identifying and monitoring opioid misuse risk in clinical practice. *Journal of Family Practice*.

*Winhusen, T. M., Lewis, D. F., **Adinoff, B. H.**, Brigham, G., Kropp, F. B., Donovan, D. M., **Seamans, C. L.**, . . . Somoza, E. C. (In Press). Impulsivity is Associated with Treatment Non-Completion in Cocaine- and Methamphetamine-Dependent Patients but Differs in Nature as a Function of Stimulant-Dependence Diagnosis. *Journal of Substance Abuse Treatment* doi: 10.1016/j.jsat.2012.12.005.

*Directly from research conducted within the CTN.

Did you know...

A brief encounter with a stranger who acknowledges a person leads people to feel more socially connected than people who were deliberately ignored? Next time, try a smile and you may make someone's day.

LiveScience, May 25, 2012: [Why You Should Smile at Strangers](#)

To Do:

- add meetings to calendar
- email info for the next newsletter