

CONNECTIONS

The Newsletter for Addiction Professionals



President's Message

By Angela Hayes

Hello everyone, hope everyone has kept warm and dry this winter season. At the end of January the IAAP Board of Directors (BOD) met for our annual retreat in Brown County. During the two day meeting we laid out our vision for the future of IAAP. As many of you know, with the implementation of licensure for addictions counselors in Indiana, IAAP is pretty much out of the certification business. This change in direction had us examining where IAAP is at and more importantly where we are going.

As a professional organization, we want to be supportive, helpful and a solid resource for education that meets our members professional needs. As a result we have come up with a statement that we feel clarifies our direction "IAAP The Addiction Professionals: Education, Training, Ethics." The BOD agreed that we to bring our members education and training that enhances competence and is ethically sound. We will be hosting C.C. Nuckols to our spring conference April 10 and 11th who will speak on opioid addiction and synthetic drugs, and for the fall conference we plan to host a conference on the DSM V.

Continued on page 2 see PRESIDENT



ARE YOU UPDATED?

Please contact us to update your address & email to avoid missing important information!

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IAAP NEEDS YOU!

Look Inside this issue for Exciting Leadership and Advocacy Opportunities to Gain Skills and Support Addiction Professionals.



A MESSAGE FROM YOUR EDITOR IN CHIEF

Each article in the newsletter has been hand selected for your viewing pleasure. If the article has been submitted to the editor in chief, the article will have the name of the person who has submitted the article. If the article was selected by me for the newsletter, you will no longer see a name of the person who submitted the article.

Please remember this newsletter is created for our members, and we would like to include articles that are pertinent to the addiction field, and your specific interests. If you have an article you would like to see featured, please submit the article for review.

Live well. Laugh often. Love much. -Kay

PRESIDENT Continued

The BOD also discussed the need for advanced training. I certainly know as a seasoned professional is was always a bit tricky finding a conference that gave me new information or more importantly new therapeutic tools that I could use with my clients. So, this will also be a goal as we move forward. We certainly appreciate any training ideas that our members have as we want to bring everyone together for a quality training opportunity.

In terms of other items discussed at the retreat, we of course want to grow membership and encourage participation from our members on IAAP's various committees and have representation from each region in Indiana on our BOD. IAAP has joined with NAADAC again this year for the spring membership drive, which will allow new members (including student, military and retired members) to join for \$20 off the standard fee. This discount is also open to past members who have lapsed in their membership for at least a year. The drive begins March 1st and continues through March 31st. Spread the word to any potential members and help IAAP improve our membership.

Thanks to all of you for making IAAP a great organization, I along with the BOD are proud to serve you!

Best wishes,

Angela Hayes, LMHC, LCAC

Angela Hayes, LMHC, LCAC
IAAP President



2015 IAAP Events Calendar

REGISTER TODAY! – www.iaapin.org

IAAP Annual Spring Conference

April 10–11, 2015

Opioid Addiction with Cardwell C. Nuckols, PhD

Next Certification Committee Meeting:

April 10, 2015

Save the Dates!

IAAP Certified Clinical Supervisor Training – July 2015

IAAP Annual Fall Conference – September 25–26, 2015



2016 IAAP Events Calendar

IAAP Annual Spring Conference – April 8–9, 2016

IAAP Ethics Training – July 15, 2016

IAAP Annual Fall Conference – September 23–24, 2016

Marketing Committee



This association for Addiction Professionals exist to serve the membership with education, training, and ethics. With that as our motivation we offer two conferences each year, one in the spring and one in the fall. And we also offer training in the summer. We understand that each of us in this profession carry full schedules that includes both our personal and professional commitments.

Creating treatment plans, writing notes, attending meetings, and doing individual and groups sessions seem to keep us over the top busy. Therefore on April 10 and 11 we offer the expertise of C.C. Nuckols, PhD. He will increase our understanding and ability to effectively treat Opioid and Designer Drug Addiction. If you personally or your agency would like to sponsor this event please contact IAAP Central Office at 317-481-9255.

If you are interested in bringing a co-worker, please do!

Jeanne Hayes
IAAP Marketing Committee



Want pizza, chocolate, French fries? Highly processed foods linked to addictive eating

Science Daily
Source: University of Michigan

A new University of Michigan study confirms what has long been suspected: highly processed foods like chocolate, pizza and French fries are among the most addictive.

This is one of the first studies to examine specifically which foods may be implicated in "food addiction," which has become of growing interest to scientists and consumers in light of the obesity epidemic.

Previous studies in animals conclude that highly processed foods, or foods with added fat or refined carbohydrates (like white flour and sugar), may be capable of triggering addictive-like eating behavior. Clinical studies in humans have observed that some individuals meet the criteria for substance dependence when the substance is food.

Read More:
<http://www.sciencedaily.com/releases/2015/02/150220110126.htm>

Story Source:
The above story is based on [materials](#) provided by [University of Michigan](#). Note: Materials may be edited for content and length.



Marijuana use is associated with excessive daytime sleepiness in adolescents

Science Daily
Source: Nationwide Children's Hospital

A study published recently by researchers from Nationwide Children's Hospital, found 10 percent of adolescents sent to a Sleep Center for evaluation of excessive daytime sleepiness with testing results consistent with narcolepsy had urine drug screens positive for marijuana, confounding the results.

"Our findings highlight and support the important step of obtaining a urine drug screen, in any patients older than 13 years of age, before accepting test findings consistent with narcolepsy, prior to physicians confirming this diagnosis," said Mark L. Splaingard, MD, director of the Sleep Disorders Center at Nationwide Children's Hospital and senior-author on the study. "Urine drug screening is also important in any population studies looking at the prevalence of narcolepsy in adolescents, especially with the recent trend in marijuana decriminalization and legalization."

Read More:
http://www.sciencedaily.com/releases/2015/02/150213164721.htm?utm_source=feedburner

Story Source:
The above story is based on [materials](#) provided by [Nationwide Children's Hospital](#). Note: Materials may be edited for content and length.

Reclassification of cannabis linked to cannabis psychosis

Science Daily

Source: University of York

Researchers from the University of York have demonstrated that the change in cannabis declassification in 2009 has coincided with a significant increase in hospital admissions for cannabis psychosis - rather than the decrease it was intended to produce.

The UK Misuse of Drugs Act (1971) divided controlled drugs into three groups - A, B and C - with descending criminal sanctions attached to each class. Cannabis was originally assigned to Group B, but in 2004, it was transferred to the lowest risk group, Group C.

Read More:

<http://www.sciencedaily.com/releases/2013/07/130718101156.htm>

Story Source:

The above story is based on [materials](#) provided by [University of York](#). Note: Materials may be edited for content and length.

Acute psychological stress reduces ability to withstand physical pain

Science Daily

Source: American Friends of Tel Aviv University

Traffic slows to a crawl, then a stop. You are trapped in a bottleneck nightmare, and late for a meeting. The stress takes a toll on you psychologically -- but your body is at risk as well, according to a Tel Aviv University researcher.

A new study by Prof. Ruth Defrin of the Department of Physical Therapy at TAU's Sackler Faculty of Medicine published in the journal PAIN finds that acute psychosocial stress has a dramatically deleterious effect on the body's ability to modulate pain. Prof. Defrin, together with TAU doctoral student Nirit Geva and Prof. Jens Pruessner of McGill University, applied acute stress tests on a large group of healthy young male adults to evaluate the behavior of the body's pain modulation mechanisms prior to and after the induction of stress.

Read More:

http://www.sciencedaily.com/releases/2015/02/150205111806.htm?utm_source=feedburner

Story Source:

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Words of Wisdom

"The next time your core beliefs are challenged, allow yourself to be curious instead of furious." Randy Gage

"Ability may get you to the top, but it takes character to keep you there." John Wooden

"Don't be afraid to take a risk because you are afraid you might fail." Linda McMahon

Omega-3 fatty acids, vitamin D may control brain serotonin, affecting behavior and psychiatric disorders

Science Daily

Source: UCSF Benioff Children's Hospital Oakland

Although essential marine omega-3 fatty acids and vitamin D have been shown to improve cognitive function and behavior in the context of certain brain disorders, the underlying mechanism has been unclear. In a new paper published in FASEB Journal, serotonin is explained as the possible missing link tying together why vitamin D and marine omega-3 fatty acids might ameliorate the symptoms associated with a broad array of brain disorders.

In a previous paper published last year, authors Patrick and Ames discussed the implications of their finding that vitamin D regulates the conversion of the essential amino acid tryptophan into serotonin, and how this may influence the development of autism, particularly in developing children with poor vitamin D status.

Read More:

http://www.sciencedaily.com/releases/2015/02/150225094109.htm?utm_source=feedburner

Story Source:

The above story is based on [materials](#) provided by [UCSF Benioff Children's Hospital Oakland](#). Note: Materials may be edited for content and length.

Painkiller Abuse Sparking HIV Outbreak in Southern Indiana

Reuters Health Information

Source: Medscape

By Steve Bittenbender

LOUISVILLE, Ky. (Reuters) - An outbreak of HIV among people injecting prescription drugs prompted health officials in southern Indiana to step up warnings on Wednesday against needle sharing and unprotected sex.

Since mid-December, the Indiana State Department of Health has confirmed 26 cases of HIV and four other people have been preliminarily diagnosed with the virus.

Department spokeswoman Amy Reel said the cases had popped up in Clark, Jackson, Scott and Washington counties, all north of Louisville, Kentucky, and Perry County, an hour west of Evansville.

Read More:

<http://www.medscape.com/viewarticle/840405?src=emailthis>



A SOBER CHUCKLE ... Rx: LAUGHTER



<http://humoropedia.com/10-best-gambling-jokes/>



Advertisement Opportunities

Place your ad here!



New opportunities are now available to advertise in the IAAP electronic newsletter! If you would like to place an ad or if you want more information on how to advertise with us in our electronic newsletters, please contact Stephanie by email at stephanie@centraloffice1.com.



IMPORTANT NEWSLETTER UPDATE:

In order to help the association **GO GREEN**, the IAAP newsletter is going to become electronic!

Beginning with this issue of the IAAP newsletter, members will now see their newsletter in their email inbox! If you would prefer to receive a printed copy, please contact Stephanie by email at stephanie@centraloffice1.com.

Thank you for showing IAAP your **electronic support!**

It's time to sharpen your assessment tools to include Medical Conditions and Medication History.

NEWS RELEASE FRIDAY, JANUARY 16, 2015

NIH NEWS (National Institutes of Health) A recent NIH study reveals many Americans are at risk for alcohol-medication interactions. The research is among the first to estimate the proportion of adult drinkers in the US who may be mixing alcohol-interactive medications with alcohol. NIH released results showing that nearly 42% of US adults who drink, also report using medications known to interact with alcohol. Such medications are widely used and prescribed for common conditions such as depression, diabetes and high blood pressure. Among those over 65 years of age, who drink alcohol, nearly 78% report using alcohol-interactive medications.

The researchers analyzed data from more than 26,000 adults ages 20 and older who participated in the National Health and Nutrition Examination Survey (1999-2010). The survey asks participants about alcohol use in the past year and prescription drug use in the past month. The main type of alcohol-interactive medications reported in the survey were blood pressure medications, sleeping pills, pain medications, muscle relaxers, diabetes and cholesterol medications, antidepressants, and antipsychotics.

A 2010 study published in the *Canadian Journal of Public Health* reported that automobile drivers were much more likely to weave and speed if they were under the influence of drugs like Xanax in addition to alcohol than if they had consumed alcohol alone.

And according to a 2011 study published in the *American Journal of Therapeutics*, people who visited an emergency room after taking too much of the sleeping drug Ambien were more than twice as likely to end up in an intensive care unit if they had also consumed alcohol, compared with Ambien-takers who had not had anything to drink.

According to information broadcast on the Anderson Live program, in 2010, 339,721 Americans were treated for alcohol abuse in conjunction with a secondary drug. There are hundreds of thousands more who don't get the treatment they need fast enough and wind up in emergency rooms or dead. The mixture of alcohol and drugs has, through a variety of factors, become one of the most pervasive and threatening addiction problems in the country, specifically for teenagers and younger adults. Of those treated or hospitalized for a simultaneous alcohol and drug problem in 2010, a staggering majority was between the ages of 18 to 30. Over the past three decades, fatalities from mixing alcohol and drugs have increased by more than 3,000 %.

Given the increasing abuse of prescription medications across the US, it becomes necessary for our intake assessments of clients to include taking the history of medical conditions and medications prescribed for those as well as the usual A/DA history. Many people are not educated and do not read the inserts given out by pharmacies, and have no idea not to mix their medications with drinking.

FOR A COMPREHENSIVE RESOURCE TOOL ABOUT MEDICATIONS AND THE EFFECT OF MIXING THEM WITH ALCOHOL, GO TO:

<http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>

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REGISTER TODAY! 2015 Spring Conference April 10-11, 2015

Opioid Addiction
With Cardwell C. Nuckols, PhD
www.iaapin.org



BENEFITS OF NAADAC/IAAP MEMBERSHIP

- 33 free CE's via NAADAC's web-site: www.naadac.org - (*Medication Management for Addiction Professionals: Campral Series and Blending Solutions*).
- Free access to NAADAC's online Career Center at www.naadac.org.
- Assistance with referrals concerning ethical or legal questions or complaints and two free hours of help on a Legal Assistance Hotline provided by NAADAC's liability company with malpractice insurance available through the Van Wagner Group.
- Free subscription to NAADAC's official magazine, *Addiction Professional*, which is published six times annually.
- Peer support and network opportunities through national and state conferences and workshops.
- Reduced rates for continuing education including the qualification course for the U.S Department of Transportation's Substance Abuse Professional.
- Reduced rates for publications such as the *Basics of Addiction Counseling: A Desk Reference and Study Guide*, used by experienced professionals and as a guidebook for preparation for certification exams.
- Access to the *NAADAC News*, the association publication only available to NAADAC members.
- Substantially reduced rates for professional Certification and re-certification as National Addiction Counselor (NCAC) or Master Addiction Counselor (MAC). *Please note that certification is not included in NAADAC membership but is a separate process. (Certification is not a requirement of membership in NAADAC.)*
- New avenues for job opportunities and advancement with higher levels of certification.
- A 20 percent discount on all Hazelden Publishing and Educational Services (PES) resources.