



The Addictions Newsletter

The American Psychological Association, Division 50

President's Column



Linda Carter Sobell, PhD, ABPP
Division 50 President

Division 50 (Society of Addiction Psychology). Why Read a President's Column?

Before answering that question let me give all of our members a BIG SHOUT OUT and

THANKS for casting enough apportionment votes to allow Division 50

(Society of Addiction Psychology) to have two seats at APA's Council of Representatives meetings.

Why Read This Column? To learn how Division 50 has become very successful in a short time period, and how a recent capstone conference, the *Collaborative Perspectives on Addictions* (CPA) has further shaped the success of the SoAP.

To understand why Division 50 has become so successful is to appreciate that it has only been an official APA division for 17 years (1993) whereas the first 19 divisions emerged 76 years ago (1944). Last month, I reviewed some of SoAP's historical milestones starting in 1975.

Collaborative Perspectives on Addiction (CPA) Annual Conference

One of SoAP's successful milestones, CPA, first held in 2013, has grown and flourished. Starting and sustaining any conference large or small is no small feat. CPA, now in its 8th year, has not only sustained itself, but as shown in the table below, has been well received by our members, particularly our early career psychologists.

CPA Conferences: 2013-2020

Year	2013	2014	2015	2016	2017	2018	2019	2020
Location	Atlanta	Atlanta	Baltimore	San Diego	Albuquerque	Tampa	Providence	San Diego
# Attendees	81	104	150	173	198	198	291	310
# Symposia	10	7	8	10	15	18	21	26
# Posters	24	30	65	78	88	96	155	164

Spring 2020

One reason we go to conferences is to connect with colleagues and students. However, some conferences are so big that I have on more than one occasion only been able to wave to a colleague as we passed one another going up and down the escalator.

CPA was designed to be a small boutique, friendly, addiction psychology-focused conference that fosters professional networking and offers sessions for clinicians and researchers, and where we can sit down and spend time with our colleagues and students. Importantly, CPA supports the 'career pipeline,' with programming specifically aimed at early career psychologists with an interest in addiction.

Please join us this year in San Diego (April 2nd-4th). The theme is: Substance Use and Addictive Behaviors Across the Lifespan (more information can be found on our division's website).

Editor's Corner



Dana Litt, PhD
Editor



Jennifer Cadigan, PhD
Assistant Editor

Things are getting busy for Division 50!

- We are getting ready to elect new candidates to office.

- Please take a moment to get to know our SoAP candidates so that you can be prepared to make an informed vote this spring.
- CPA is closely approaching.
- We hope to see you in San Diego! Please see updates on the APA conference this summer!



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Be sure to start with our President's Column, where Linda Sobell, PhD shares her insights into the success of the CPA conference since its inception. In this issue, we are also thrilled to announce our award winners: Sandra Brown, Kirk Bowden, Mark Prince, and David Sheff. We have a wonderful ECP piece by our ECP Representative, Noah Emery on how SoAP is an ideal place to call a professional home. Dr. James G. Murphy also provided a relatable and useful column on how to respond (and move on from) disappointing grant reviews. In addition, I am so excited that we had several submissions for "Clinical Translation" that do an excellent job applying novel research findings to clinical practice. Please check out these pieces on page 5. As usual, we got some really insightful and exciting submissions for "SoAP Box Soundbites" and "Show and Tell". Finally, be sure to check out the announcements page for updates from *Psychology of Addictive Behaviors* related to incoming editorial board members and new instructions for authors, updates from the Diversity, Equity and Inclusion (DEI) Committee of Division 50, and job postings.

For the next issue, I am hoping to continue soliciting new content. I am so excited about the submissions we received this time and I am hopeful that more people will feel comfortable submitting content in the coming issues. Please submit any of the content requested below to me (dana.litt@unthsc.edu) by June 1, 2020.

-SoAP Box Sound Bites. In 50 words or less, please respond to the following prompt—What should be the top priority of Division 50 in the coming year?

-Show and Tell. This is the place to show off your recent accomplishments, accolades, awards and/or to and highlight the cool ways in which you promote your lab (websites, Facebook pages, Instagram accounts, etc.). Send us a link and description of your current projects, awards, or media attention you may

have received, and any other information that you would like to share with our readers. Please limit responses to 200 words.

-Community Corner. For the coming issue, I want to hear about ways in which you share your research and/or clinical work to the broader community. Please limit responses to 200 words.

-Clinical Translation. Do you have any recently published work that you wish you would have had more room in the manuscript to discuss clinical implications and applications? We would love for you all to share recently published work and give us more information about how your research findings could be useful for clinicians. Please limit responses to 1,000 words.

-Finding Success in Failure. Finding Success in Failure. In line with the recent trend of prominent academics and clinicians sharing their "CVs of Failures", we want to hear about a time in your career that things didn't go your way. For this next issue, I am hoping someone will share lessons learned from mentoring experiences that were less than ideal. How did you handle this, what did you learn, and what would you recommend to others who might find themselves in a similar boat? Please limit responses to 500 words.

-Ethical Issues. In this column, we are looking for articles focused on describing ethical issues you may come across in your research and/or addiction-related clinical practice. Specifically, we want to hear what the ethical issue was, how you handled it, and lessons learned. Some examples could be issues related to googling patients, how you handled it when a patient contacted you on social media, or what happens when you run into a research participant out in the real world. Please limit responses to 500 words.



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If you have any suggestions for how we can make the SoAP Box more relevant and impactful for you, please don't hesitate to let me know. Wanting to see articles on a specific topic? Send your topic ideas to me for upcoming issues. I am always open to ideas for new columns, hot topics to cover, or anything else you think would be useful for our readers.

ECP Spotlight: Finding a Professional Home

Noah Emery, PhD
Brown University



I would like to start this edition of the Early Career Psychologist Spotlight by introducing myself. My name is Noah Emery and I am currently a NIDA-funded postdoctoral research fellow at Brown University's Center for Alcohol and Addiction Studies. My program of research focuses on integrating cognitive and affective science with behavioral pharmacology to identify mechanisms of behavior change that underlie substance use vulnerability in youth and developing interventions targeting these mechanisms. Clinically, I work with adolescents and families affected by substance use and co-occurring conditions at Bradley Children's Hospital. I am profoundly grateful to have been elected as the new Early Career Representative to the Executive Committee of SoAP. I am honored to serve in this role because **SoAP is my professional home.**

Finding an organization to call your professional home is an important step in your career. A professional home provides a welcoming community of like-minded researchers and clinicians that affords its members a platform to grow into independent leaders in their respective fields. Whether you are an undergraduate student considering a career in addiction psychology, a first-year graduate student, or a postdoctoral fellow like myself, there are numerous

professional societies to choose from. All these organizations do exceptional work in their respective areas and I am a member of several. However, when it comes to a professional home, I contend that **SoAP offers an experience that is second to none.**

As a non-traditional, first-generation college student who is also a member of an underrepresented group, one of the most important lessons I learned over the years is that **talent is randomly distributed, but opportunity is not.** In my experience, CVs can vary widely and those from diverse backgrounds are often underrepresented due to this disparity. Being an agent of change requires awareness of how systemic inequalities affect students' and early career professionals' ability to excel. I believe attending to this is imperative to ensure a dynamic and diverse workforce capable of addressing complex global health issues. SoAP is committed to providing opportunities to promote equity and prepare our members to be active citizens and thoughtful leaders in the addiction science community. In this way, I would submit that **SoAP is truly the land of opportunity.**

SoAP has [numerous benefits](#) and ways to get involved that make membership pay off. I would like to highlight two of these opportunities.

1. Grants – SoAP offers [two grant mechanisms](#) designed to aid junior investigators in establishing their research program. The Student Research Grant supports graduate student research in the field of addiction psychology by awarding three grants annually of \$1,250. The Early Career Research Grant awards two grants annually of up to \$5,000 to professionals within 10 years of completing their doctorate. Securing extramural funding is crucial for the advancement of junior investigators (e.g., investigators scores, tenure and promotion), and these grants were designed to aid SoAP's junior members in this process. Importantly, both grants come with an additional \$500 in travel funds to present the findings at SoAP's annual meeting, [Collaborative Perspectives](#)



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[on Addiction](#). This effectively reduces financial barriers to conference attendance, while increasing the visibility of junior members.

2. Leadership and governance roles – SoAP invites students and early career professionals to get involved in shaping the future of addiction psychology through [committee involvement](#). There are committees with charters to promote inclusive excellence, organize conferences, review grants, ensure access to state-of-the-art education and training in addiction science, and advocate for legislation at both state and federal levels. I personally have benefited greatly from involvement in several committees over the years. I would highly recommend getting involved. The responsibilities are not onerous, and the payout is priceless.

In addition to taking advantage of SoAP's opportunities for involvement while filling out your CV, you can further capitalize on SoAP membership through mentorship. Thoughtful mentorship has had a profound influence on my life personally and professionally. I would not be where I am today if it was not for the amazing mentorship I received over the years. My path to a PhD was far from conventional. While enrolled in community college, I was extremely fortunate to have a professor pull me aside and ask me about my future because they saw potential in me. I am in this position today as a direct result of that conversation and others like it. Hence, I view all my professional interactions as an opportunity to pay it forward.

Some of the best advice I ever received (from a member of this society, no less) was to **get your mentorship a la carte**. Science is a team sport and few people are good at everything. Finding people with experience in areas where you seek further development is vital to becoming the professional you want to be. SoAP membership provides you access to a community of addiction professionals from around the globe that, in my experience, are available and

willing to help. Throughout my SoAP membership, I have personally received guidance and mentorship in treating addictive behaviors, applying to internship and faculty positions, running clinical trials, and translating scientific findings to a lay audience. Perhaps most importantly though, my mentorship experiences have instilled the importance of remembering where I come from and what my past experiences bring to addiction psychology, why I chose this career, and that I am a whole person with a life outside my profession. In fact, SoAP has an official mentorship program meant to connect research staff, trainees, and early career professionals with mentorship in numerous areas related to addiction research, education, and treatment.

In summary, I believe selecting SoAP as your professional home will provide you with the opportunity to showcase your talents while cultivating new experiences, all within a special community of addiction professionals. It did for me. In my role on the executive committee, I view it as my responsibility to ensure that these opportunities are available to you as well.

I hope this has been helpful. Please feel free to reach out if you have any questions or share this information with others you think might benefit from it. I'm available at div50ecp@gmail.com.



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Clinical Translation: The Importance of Behavioral and Addiction Treatment Recommendations for Patients with Chronic Pain



Margeaux Cannon

Margeaux Cannon, Lisa M. McAndrew, Alye Brunkow, & Jessica L. Martin

The University at Albany, State University of New York

Opioids are often prescribed for patients with chronic pain, even though the long-term risks (e.g., addiction, misuse, overdose) are greater than the long-term benefits (Dowell, Haegerich, & Chou, 2016; Hengstebeck et al., 2017; Krebs et al., 2018). Effective alternatives to opioids for long-term pain treatment are available, such as cognitive behavioral therapy (CBT; Kerns, Sellinger, & Goodin, 2011; Morley, Williams, & Eccleston, 2013), but it is not known whether behavioral treatments are being recommended to and used by patients with chronic pain, nor whether patients are even interested in these less-risky approaches to pain management.

Treatment	Received Recommendation for Treatment	Used Treatment	Interested in Treatment
Medication	85.05%	83.19%	73.69%
CBT	33.91%	36.49%	65.11%
Addiction	16.02%	15.27%	21.04%

Recently published in *The Journal of Pain* by Brunkow & Cannon, et al. from the University at Albany and the VA New Jersey Health Care System, East Orange, New Jersey VA, “Doctor recommendations are related to patient interest and

use of behavioral treatment for chronic pain and addiction,” addresses the question of whether patients with chronic pain are interested in behavioral treatments for their pain and addiction, and suggests factors that may be related to behavioral treatment interest and use. The authors collected an online sample of 1050 adult patients in the United States with chronic pain and asked about interest in and use of treatments for chronic pain, including CBT and medication. The survey also asked questions about opioid misuse and addiction treatment and if the patient had ever received a recommendation from their doctor for addiction treatment.

Patients were more likely to have used medication than behavioral treatment for pain or addiction treatment, and were more likely to have received a recommendation for medication than behavioral treatment for pain or addiction treatment. Patients were generally interested in both medication and behavioral treatments for pain and less interested in treatment for addiction. Importantly, patients who received a recommendation for a particular treatment were significantly more likely to be interested in and have used the treatment.

These findings also show that medications are still the primary treatment recommended to and utilized by patients with chronic pain. However, findings also suggest that patients who receive recommendations for treatments from their doctors are more interested in and more likely to have used these treatments. Although patient interest in behavioral treatments is high, utilization and recommendations are relatively low. Therefore, instead of focusing public health efforts on convincing patients to consider behavioral treatments, efforts are needed to encourage providers to effectively make recommendations for behavioral treatments to their patients with chronic pain. Simultaneously, providers must be aware of the risks and limitations of medicinal treatments for chronic pain.



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The study also found that those at risk for opioid misuse (i.e., 63% of respondents who used opioids) were more interested in the behavioral treatments than those who did not screen positive for opioid misuse. This finding goes against the common assumption among providers that patients who use opioids will be drug seeking and opposed to alternatives to opioids (Cooper & Nielsen, 2017). It is also notable that while 63% of participants who use opioids screened positive for opioid misuse, only 23% of patients using opioids had received a recommendation for addiction treatment. This finding may indicate a need for providers to increase addiction screening efforts, or the need to train providers on effective ways to talk to their patients about addiction and addiction treatment options. The data suggests that making recommendations for addiction treatment to this high-risk population could increase their interest in and eventual engagement in addiction treatment.

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Clinical Translation:

The Role of Alcohol Use, Negative Urgency, and Sensation Seeking in Casual Sexual Behavior Among College Students



Melissa M. Ertl, Laura M. Longo, Rena L. Pazienza, Alex A. U. Agiliga, Frank R. Dillon, & Jessica L. Martin

The University at Albany, State University of New York

Melissa M. Ertl

Members of the HABITS Research Team at University at Albany have recently collaborated to publish a study in Substance Use and Misuse titled, “Associations among Negative Urgency, Sensation Seeking, Alcohol Use, Self-Esteem, and Casual Sexual Behavior for College Students.” Casual sexual behavior includes any sexual encounter that may or may not include intercourse that occurs outside of the context of a committed or romantic relationship. This study, conducted with 413 undergraduate student men and women, investigated contextual influences of casual sexual behavior for college students to learn more about factors that could be targeted in interventions to reduce potential consequences from engaging in casual sex, especially in the context of alcohol use.

Findings from this study demonstrated that alcohol use mediated the positive association between negative urgency and casual sexual behavior as well as the positive association between sensation seeking and casual sexual behavior, as expected. However, hypotheses surrounding self-esteem as a moderator of



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these mediated relations were not supported. Despite lack of support for moderated mediation, these results are in line with previous research that has found positive associations between negative urgency and alcohol use, sensation seeking and alcohol use, and alcohol use and engagement in casual sexual behavior. These findings also build on previous research that found similar indirect associations between these constructs with risky sexual behavior, and yet this study represents the first examination of these constructs with casual sexual behavior, which is a distinct construct and has been understudied in comparison to risky sexual behavior. It is important to study casual sexual behavior among college students because it is increasingly common among young adults, and although it does not necessarily indicate risky sexual behavior, casual sexual behavior has nonetheless been associated with certain negative mental and physical health outcomes, such as low self-esteem, depressive symptoms, loneliness, embarrassment, disappointment, regret, condomless sex, and exposure to sexually transmitted infections.

Based on the findings of this study, psychologists should continue to conduct campus-wide health prevention and educational interventions for college students, since each semester between 30% and 55% of college students report a casual sexual experience (Manthos et al., 2014; Owen et al., 2011; Vrangalova, 2015), and as many as 80% of college students will report a casual sexual experience in their lifetime (Garcia & Reiber, 2008; Reiber & Garcia, 2010). For example, normative reeducation and expectancy challenge interventions may be efficacious in addressing heavy alcohol use. Because the present study found that alcohol use accounted for associations between facets of impulsivity (i.e., negative urgency, sensation seeking) in relation to casual sexual behavior, targeted interventions that jointly address casual sexual behavior in the context of heavy alcohol use are warranted and may be one potential pathway to reducing co-occurring health risk

behaviors among college students. Especially given that consent may be impaired when casual sexual behavior occurs under the influence of alcohol, efforts to provide educational programs on consent, alcohol use, and casual sex may be beneficial.

Future prevention interventions should continue to address casual sexual behavior from a health risk prevention lens in line with harm reduction efforts. At the same time, from a sex positive perspective, interventions should also seek to support the ways in which casual sexual behavior can be healthy, to the extent that it may facilitate pleasure, meaning, and connection with others. When working with clients, psychologists should be mindful about their own biases in the context of sexual behavior and substance use, particularly surrounding values about casual sexual behavior. Moreover, psychologists should be comfortable with openly asking about and discussing clients' casual sexual behavior in the context of alcohol use—as intoxicated sex is a risk factor for poor sexual health outcomes and other health consequences. Brief motivational interviewing interventions that incorporate personalized feedback and information on protective behavioral strategies can encourage students to monitor and reduce their alcohol consumption, and consider short- and long-term consequences for decision-making about sex.

Concerning impulsivity and personality-based interventions, individuals who are relatively high in sensation seeking may benefit from strategies to increase positive arousal, such as exercise, or to decrease potentially unrealistic positive expectancies about alcohol use, such as improved sexual experiences. Distress tolerance techniques may be useful for addressing negative urgency given that intense negative affect can disrupt efforts to maintain self-control and can lead to problematic drinking and even blackouts that precede engaging in casual sexual behavior. Addressing propensity to behave impulsively and seek out exciting, novel experiences,



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such as sex with a new partner or stranger, can be explored to better understand these types of behaviors and identify protective factors that promote consideration of potential long-term consequences prior to engaging in health risk behaviors.

Because casual sexual behavior has been researched less extensively than risky sexual behavior—especially in the context of alcohol use research among college students—more research is needed on the efficacy of interventions that seek to promote sexual health and well-being while reducing sexual risk, as well as on how casual sexual behavior can be a normative, healthy behavior demonstrative of exploration in college students. In light of alcohol use that may co-occur with casual sexual behavior, prevention efforts that aim to reduce the prevalence of heavy episodic drinking that can lead to intoxicated sex have the potential to reduce negative consequences associated with each of these health risk behaviors.

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SoAP Box Sound Bites

“What unique insights do you think addiction psychologists can provide to improve public health more generally?”



Dennis L. Thombs, PhD, University of North Texas Health Science Center:

Addiction psychologists can improve public health by engaging with non-academic communities to address the social and economic determinants of health. Addiction psychologists should involve themselves in debates about public policies that contribute to the development of addiction, block investment in substance abuse prevention and addiction treatment, and perpetuate stigma surrounding addiction and mental disorder.

Neo Gebru, University of Florida: Addiction psychologists can improve public health by



(1) answering the question “so what?” in their research, and (2) identifying effective ways to encourage healthy behaviors. It is essential that we contribute to bridging the T0 – T4 translation gaps and consider scaling up of interventions to improve public health more generally.



Rose Marie Ward, PhD, Miami University:

Addiction psychologists tend to see addiction's impact on the system and how the system facilitates or discourages substance use. Within those systems, addiction psychologists should explore the consequences of the abuse and the patterns of behavior.

For the next issue, please respond to the following



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prompt in 50 words or less “What should be the top priority of Division 50 in the coming year?” Please send submissions to dana.litt@unthsc.edu by June 1, 2020.

Show and Tell



Scott Walters, PhD has been named the Steering Committee Chair for the HEALing Communities Study, part of the NIH HEAL (Helping to End Addiction Long-Term) Initiative, an aggressive, trans-agency effort to speed scientific solutions to stem the national opioid public health crisis.

Scott Walters, PhD
University of North
Texas Health Science
Center



Dana Litt, PhD was recently interviewed by a local NPR affiliate about an NIAAA funded project that she and Melissa Lewis, PhD are currently conducting related to parenting, social media, and substance use.

Dana M. Litt, PhD
University of North
Texas Health Science
Center



Kirk Bowden, PhD was asked to serve as the Special Issues Editor of “Psychology and the Opioid Epidemic” a special issue of *Translational Issues in Psychological Science (TPS)*. “*Translational Issues in Psychological Science (TPS)*,” is a journal co-sponsored by the American Psychological

Kirk Bowden, PhD
Rio Salado College

Association (APA) and the American Psychological Association of Graduate Students (APAGS). The journal has a two-fold mission – the publication of translational psychological research on current issues and the mentoring of graduate students and postdocs in all aspects of the publication process. As a part of TPS’s unique mentoring role, psychology graduate students serve as the Associate Editors for each issue and are the majority of manuscript reviewers. Additionally, each manuscript submitted to TPS must have a student author/co-author. To achieve the translational research aim, each manuscript must



Melissa A. Lewis, PhD
University of North
Texas Health Science
Center

This is the place to show off your recent accomplishments, accolades, awards and/or to and highlight the cool ways in which you promote your lab (websites, Facebook pages, Instagram accounts, etc.). Send us a link and description of your current projects, awards, or media attention you may have received, and any other information that you would like to share with our readers. Please limit responses to 200 words.



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James G. Murphy, PhD

The University of
Memphis

Finding Success in Failure

How to Deal with Critical Grant Reviews: Advice for Students and Early Career Addiction Scientists

It is fitting that I am writing this column on Valentine's Day Eve, because much like the search for a dating partner entails opening yourself up to the possibility of painful rejection, writing grants also involves the possibility

(more precisely strong likelihood) of rejection. It can be soul crushing to be rejected after months of hard work on a grant proposal, and particularly for early career scientists, our first grant proposal is often the embodiment of our central research passion and what we, at the time, believe will launch our career. I can still remember my experience as a postdoc when I received a good but not fundable score on an R21 that I had submitted for the 3rd time. To compound my angst and insecurity several of my postdoc classmates had grants funded in the same cycle. I was crushed by that score 15 years ago and convinced that my best chance at ever receiving funding was gone.

Since then I have had multiple grants funded, and many more unfunded, and now review grants for NIAAA. I am happy to share some advice about how to cope with critical grant reviews in a manner that maximizes both your wellness and your likelihood of future funding. First, in terms of wellness, this is a key time to practice your adaptive coping responses. Seek out social support, exercise and eat well, and lean into other aspects of your professional (and personal) identity that are less capricious than grant funding: savor your successes with publications, clinical work, and/or teaching. Remind yourself that success with grants requires persistence, experience, the ability to tolerate rejection, AND LUCK. As a

grant reviewer, I am struck by how many strong applications, from exceptional researchers, are not funded – there is literally no shame in not being funded. Work on being completely non-defensive to the feedback from the grant reviewers. Take a pragmatic approach and try to maximize your efforts by systematically modifying and resubmitting a proposal that is not funded (vary the population, methods, funding agency etc.). Try to be as responsive as possible to reviewers – it is almost never a good idea to disagree with reviewers in a revision, unless there was a clear mistake (e.g., they missed something that was in your application or misrepresented other published literature). In that case talk with your program officer and respond in a manner that allows the reviewer to save face.

Keep in mind that many applications are eventually funded that are initially not discussed. At the same time, many excellent applications are not funded because they may be lacking in one area (e.g., innovation, or in the case of a training grant, not proposing training that extends your existing training in a meaningful and practical way). Don't be overly wedded to your unsuccessful proposal and accept the fact that you may need to move on to a new proposal. It is also helpful to consider that your most personally meaningful, and perhaps even most professionally significant contributions may come from studies that are not grant funded. Finally, keep in mind that an unfunded grant is never a total waste of time. You can use sections of the proposal as a review paper or as an element of another grant application.

In line with the recent trend of prominent academics and clinicians sharing their "CVs of Failures", we want to hear about a time in your career that things didn't go your way. For this next issue, I am hoping someone will share lessons learned from mentoring experiences that were less than ideal. How did you handle this, what did you learn, and what would you recommend to others who might find themselves in a similar boat? Please limit responses to 500 words and send to dana.litt@unthsc.edu by June 1, 2020.



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Division Announcements

Psychology of Addictive Behaviors[®] (PAB)

The Official Publication of the Society of Addiction Psychology (APA Division 50) is the premier journal for addiction psychology and publishes peer-reviewed articles on substance use, behavioral addictions, and addictive disorders.

Published articles feature a range of topics, including:

- epidemiological studies on the prevalence and correlates of addictive behaviors
- human laboratory research on the effects of psychoactive substances
- prevention and treatment of substance use disorders
- human neuroscience and translational studies that bridge bench to bedside
- dissemination and implementation science

New Instructions to Authors in 2020

- New article types, including commentaries and registered reports
- Open science badges
- Structured abstracts
- Public health significance statements

Visit the *PAB* webpage to learn more and submit your manuscript!

<https://www.apa.org/pubs/journals/adb>

2020 Editorial Board

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Diversity Corner



Seema L. Clifasefi, PhD
Diversity Committee Chair
University of Washington

Happy 2020! It is an honor to serve as the Chair of the Diversity, Equity and Inclusion (DEI) Committee for Division 50. Over the past few months, we have recruited individuals to join our committee, hosted our inaugural meeting, sent out a climate survey to better understand where we are at



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as a Division, and begun to set our priorities for the upcoming year.

The results of our climate survey were telling. We had a very low response rate (3%), which is important data in and of itself. Of the people that did respond, most identified as **White** (77%) **women-identifying** (67%), being in their **30s** (50%), and as relatively new members **with between 1-5 years of experience with Division 50** (52%). Virtually all climate categories (e.g., race, gender, socio-economic status, sexual orientation, etc.) were ranked at or below average for being a positive environment for marginalized groups. Division 50 members, we have some serious work to do!

Considering these results, as well as qualitative data/suggestions from the surveys, our committee is working on honing our priorities. Some of our top priorities include: 1) retention and recruitment of under represented groups to enrich Division 50; 2) a focus on diversifying our portfolio of programming to address DEI and social justice causes, as they relate to addiction. For instance, we hope to work to add DEI criteria back to the APA scoring system for programming consideration, set future conference themes to be aligned with these issues, collaborate with other divisions that are diversity focused, allocate funds for travel awards specific to these causes, and support researchers from under represented groups; 3) Working to embed DEI focused policies into Division 50 to ensure accountability & more equitable systems (e.g., having incoming Division 50 presidential candidates speak to how they would work to address the DEI issues/recommendations put forth by this committee and the larger membership).

We acknowledge that in order to create change, we need buy in from leadership and the Division 50 community at large. We have discussed potential pitfalls that we may encounter as we work toward our

goals. For example, if we are just focused on increasing topics that address diversity in research, how can we ensure that we do so in a way that allows for members from identified underrepresented groups' voices to be elevated? Over the next several months, we will get clearer on our goals and intentions, and then work with leadership to move towards translating these stated goals/agendas into action.

I am so grateful for all the individuals who have stepped up to collectively work toward building a more inclusive and equitable Division 50. We have an open door policy on our committee, so if you are interested in joining our efforts, please be in touch: seemac@uw.edu or better yet, hop on our monthly calls. Our meetings are held by Zoom on the 4th Tuesday of each month, and our next meeting will be Tuesday, February 25th from 1:30-3pm PST. These meetings are open to any interested member and the call in information will be the same each month: <https://uw-phi.zoom.us/j/606735968>; One tap mobile: +16699006833,606735968# US (San Jose); +16465588656,606735968# US (New York). All are welcome. I continue to look forward to working with you all toward creating a Division 50 that we are all proud to be a part of.

Announcing Candidates for SoAP Offices

Lauren Hoffman, PhD & Christian Garcia, MS
SoAP Nominations and Elections Committee

Thanks to all of you who nominated one or more of the candidates!

We are pleased to announce that we have six candidates for three offices. All candidates received more than the 2.5% of the nominations required to be placed on the slate. We would like to thank each and every one of the candidates for agreeing to volunteer their time and energy to promote the advances in



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research, professional training, and clinical practice within the broad range of addictive behaviors!

James Bray and Mark Sobell are running for President-Elect. Rick Barnett and Bruce Liese are running for APA Council Representative. Angela Heads and Lesia Ruglass are running for Member-at-Large (Public Interest). You can view candidate statements below.

Thanks to all of you who nominated one or more of the candidates!

Please remember to vote in April!

Additionally, we are seeking a new chair for the Nominations and Elections Committee to start in August of 2020, so please contact Lauren Hoffman at lhoffman1@mgh.harvard.edu if you're interested.

Candidate Statements

Division 50 President-Elect



James H. Bray, PhD:

The Society of Addiction Psychology is at an important juncture and needs continued strong leadership to sustain its vitality and growth. As an active researcher, clinician, and educator for psychology and former APA President I bring a unique perspective and can

represent the multiple needs of our SoAP. I have had the honor to represent the Division as APA Council Representative for the past 6 years. To continue the growth of the SoAP, I believe that we need new input and ideas.

As President I will focus on: (1) providing leadership to expand opportunities for all psychologists who work in addiction psychology, (2) providing leadership around new practice areas, such as primary

care, integrated health care and SBIRT, (3) continuing and expanding the outstanding publications from the SoAP, (4) developing advocacy both within and outside of SoAP and APA for addressing substance abuse and addiction issues, and (5) expanding membership services for the changing needs of psychologists. I have extensive experience within APA and can work effectively to represent the Society as President. I welcome this opportunity to serve you and the Society of Addiction Psychology at this important point in our history. I appreciate your vote for President.

James H. Bray is a Chair and Professor of Psychology at University of Texas San Antonio. Active in APA governance and service: 2009 APA President, Member of the APA Council representing Division 50 (2014-2020), APA Board of Educational Affairs (1996-1998), Chair of the APA Committee on Rural Health, CAPP Primary Care Task Force, 1995 President of Division 43, Member at Large of Division 50. I am an active substance abuse researcher with funding from NIH and SAMHSA.



Mark B. Sobell, PhD, ABPP:

I have been a member of the Society of Addiction Psychology (SoAP) since its inception and consider SoAP to be my professional home, having worked in addictions for 5 decades. For the past 2 years I have worked with 3 former

Presidents and the current President of SoAP to write the application for a Subspecialty of Addiction Psychology, currently being considered by the American Board of Professional Psychology (ABPP). I am a fellow in 7 divisions of APA, have been President of Division 12 (Society of Clinical Psychology, SCP, 2013) and have been a member of



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the APA Council of Representatives (SCP) for the past five years. I also am a member of APA's Publications and Communications Board.

SoAP, with more than 1,150 members, has grown tremendously over the past decade, with many achievements including the very successful annual Collaborative Perspectives on Addiction conference and spearheading a drive (with five other divisions) toward gaining formal recognition of Addiction Psychology as an ABPP subspecialty. We have a serious need, however, to attract more early career members and to continue to address the research—practice gap. These are challenges I would welcome as your President, as well as advocating for addiction psychology representation in integrated health and telehealth services, two areas of mushrooming growth in professional psychology. I am a licensed psychologist, Board Certified in Behavioral and Cognitive Psychology (ABPP), and have published over 300 articles/book chapters, and 8 books. I am presently President's Distinguished Professor of Psychology at Nova Southeastern University, Florida.

APA Council Representative



Rick Barnett, PsyD, LADC:

I am running for Division 50 APA Council Representative to take an active role in positioning Addiction, as it relates to all health, mental health, and social issues, in the spotlight at all Council of Representatives communications, meetings, and decisions. As a

psychologist and licensed alcohol and drug counselor for over two decades, I understand addiction education, treatment, research, and recovery deeply. As a person in long-term recovery from addiction, my lived experience adds a personal touch to my candidacy (as well as my work with others). I have a

strong and balanced voice for our Division and the amazing work we do individually and as a group for our peers, for the public, and other health and non-health professionals. As an active APA member and Division 28, 38, 50, and 55 member, I am plugged into what's happening within and outside APA with regards to addiction. I look forward to growing relationships within and outside APA so that Division 50 and Addiction is firmly on the consciousness of all who care about this area of expertise. I know how to be an effective team-player having served on many government, non-profit, and other Boards in roles such as President, Treasurer, Secretary, and more. I have served on the Board of the VT Psychological Association for 10 years, as President, Federal Advocacy Coordinator, Legislative Chair, Public Education Coordinator, Continuing Education Chair, and paid lobbyist. I am eager to serve in this capacity and I'm appreciative of your vote! Thank you.



Bruce S. Liese, PhD, ABPP:

I am writing to ask for your vote. I would like to represent you on the APA Council of Representatives. I have always had a profound commitment to our Division. I was among the founding members back in 1993, and my commitment to

our Division has never waned. I am presently Member-at-Large for Practice. I have served as Division 50 President (2017-2018), and prior to that I was Membership Chair for three years. Back in 1994, I became Editor of our newsletter, then known as The Addictions Newsletter (TAN), where I served for 10 years. I received the Division 50 President's Citation for my work in that role, and then several years ago our Division presented me with an award for Distinguished Career Contributions to Education and Training. I have also received the APA President's Citizen Psychologist Award for volunteer work in my local community.



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While involved in our Division, my day job has been Professor of Family Medicine and Psychiatry at the University of Kansas for more than 35 years. As you might guess, my teaching, research, and clinical practice have all revolved around addictions. I am also the Clinical Director of the Cofrin Logan Center for Addiction Research and Treatment at the University of Kansas.

For more than a quarter century Division 50 has given so much to me. I can't imagine a better way of giving back than continuing on our board as APA Council Representative. Thank you in advance for your support!

Member-At-Large (Public Interest)



Angela M. Heads, PhD:

It would be a great honor to serve as Member-at-Large (Public Interest) for the Society of Addiction Psychology (SoAP). My research focuses on risk and protective factors related to substance use, HIV prevention, addiction treatment, health

disparities, and cultural determinants of mental and physical health in underserved populations. I have experience which qualifies me to perform the duties of the position (serving as a liaison between the SoAP and the APA Public Interest Directorate). In 2012, as a Minority Fellowship Program Psychology Summer Institute (PSI) fellow, I was involved in lobbying activities related to mental health equity which required me to meet with state representatives in Washington, D.C. Currently, in addition to my research and clinical work, I am part of the leadership team for the Texas Mental Health Equity Mentorship Network which requires communication and collaboration among several academic medical organizations to provide training, research and

mentoring opportunities to students and early career faculty. Addressing health disparities and cultural determinants of health requires knowledge of and a desire to influence policy. Because of these experiences and interests, I believe that I am an ideal candidate. The position of Member-at-Large is an opportunity for me to contribute to SoAP and the APA on a larger scale. Thank you for your support.



Lesia M. Ruglass, PhD:

I would be honored to serve as Member-at-Large (Public Interest) for SOAP. I am a licensed clinical psychologist and an associate professor in the Applied Department at the Graduate School of Applied and Professional Psychology (GSAPP) at

Rutgers University–New Brunswick, where I also serve as assistant director of the Center of Alcohol Studies. For the past 20 years, my clinical and research interests have centered on: 1) testing the efficacy and effectiveness of combined and integrated psychological interventions for co-occurring trauma/PTSD, and substance use disorders (SUDs); 2) understanding the biopsychosocial mechanisms underlying SUDs (particularly cannabis and tobacco use disorders); and 3) understanding and reducing racial/ethnic disparities in trauma/PTSD, SUD, and treatment outcomes.

I have been an APA member since 1996. From 2012-2017, I served in various elected roles in Division 56, as the early career representative (ECP), co-chair of the diversity committee, and member-at-large. In those capacities, I was involved in the education of the public through publications and resources demonstrating the links between stress, socioeconomic status, and racial/ethnic disparities in



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interpersonal violence exposure and physical and mental health.

As part of the APA Minority Fellowship Psychology Summer Institute, I participated in training on federal advocacy and had the opportunity to advocate on Capitol Hill for additional support for the program. These experiences provided me with significant insights into the strategies needed for successful advocacy. I look forward to the opportunity to liaise with the APA public interest directorate and the SOAP advocacy and Policy Committee in service of developing educational and training resources as well as public policies that ensure equitable access to treatment and societal resources for all. Thanks for your consideration.

2020 Award Recipients for the SoAP!

Sherry McKee, Chair Fellows and Awards Committee Members: Sara Jo Nixon & Carlos DiClemente

The SoAP Fellows and Awards Committee is pleased to announce the following 2020 Award Recipients.

Sandra Brown: Distinguished Scientific Contributions to the Application of Psychology

Dr. Brown is the richly deserving 2020 recipient of the Distinguished Scientific Contributions to the Application of Psychology award. Dr. Brown is a Distinguished Professor of Psychiatry and Psychology and the Vice Chancellor of Research at the University of California, San Diego. Dr. Brown has been an exceptional researcher in our field, with a 36-year history of NIAAA funding focused primarily on alcohol and youth, examining etiological factors, developmental trajectories, interventions, and outcomes. She has led landmark longitudinal examinations focused on the trajectories of youth substance involvement, clinical trials to improve our array of tools to prevent and mitigate these problems, and neurocognitive consequences of early alcohol and drug involvement. Most recently, Dr. Brown's work

has led to landmark multisite longitudinal studies of youth (NCANDA, ABCD) that will provide critical information about how substance use can shape brain development and function into adulthood.

Additionally, an impressive publication record, mentorship of junior colleagues, and exemplary service to the field all contribute to Dr. Brown's exceptional scientific contributions to the application of psychology.

Kirk Bowden: Distinguished Career Contributions to Public Interest

Dr. Bowden is the 2020 recipient of the award for Distinguished Career Contributions to Public Interest. Dr. Bowden is the Chair of Addiction and Substance Use Disorders Program & Behavioral Health Services at Rio Salado College. Dr. Bowden is an exceptionally qualified candidate for this award based on his more than thirty years of distinguished service as an addiction professional. He has advanced public interests in addiction science through his work as a nationally recognized addiction educator and public policy leader. Dr. Bowden has been very involved in federal government public policy with the Substance Abuse and Mental Health Services Administration (SAMSHA), the Center for Substance Abuse Treatment (CSAT), and the Addiction Technology Transfer Center (ATTC). He regularly advocates with state and federal leaders on the importance of applying scientific methods and evidence-based research in developing substance use and addiction public policy, making him an ideal recipient of this award.

Mark Prince: Distinguished Scientific Early Career Contributions

Dr. Prince is the 2020 recipient of the award for Distinguished Scientific Early Career Contributions. Dr. Prince received his Ph.D. in Clinical Psychology from the University of Syracuse in 2014. He



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completed an NIAAA-sponsored T32 Postdoctoral Research Fellowship at the University of Buffalo and is currently an Assistant Professor of Psychology at Colorado State University. Dr. Prince's research is focused on the treatment of substance misuse (primarily alcohol and cannabis) using brief technology-based interventions, the measurement of substance misuse, and advanced statistical analyses of complex addictions data. Dr. Prince is a highly productive young scientist, with over 50 peer-reviewed publications and demonstrated success in obtaining extramural grants. Dr. Prince is a distinguished early career scientist who is richly deserving of this award.

David Sheff: Outstanding Contributions to Advancing the Understanding of Addictions

Mr. Sheff is the 2020 recipient of the award for Outstanding Contributions to Advancing the Understanding of Addictions. David Sheff is the author of *Beautiful Boy: A Father's Journey Through His Son's Addiction*, a number-one *New York Times* bestseller. Mr. Sheff is on the advisory boards of the Jed and Clinton Health Matters Campus Program, designed to help colleges and universities promote emotional wellbeing and mental health programming, reduce substance abuse and prevent suicide among their students. He recently launched the Beautiful Boy Fund, devoted to making quality, evidence-based treatment available to people who need it and identifying and supporting research to further the field of addiction medicine. For this award, Mr. Sheff is an exceptional candidate.

APA Program Committee

Susan Collins & Megan Kirouac
SoAP (Division 50) Co-chairs
2020 APA Convention

We hope you're having a good start to 2020! It's been a busy start for the Program Committee, and we are

happy to give you an update on the SoAP Programming for the 2020 APA Convention that will take place August 6-9 in Washington DC.

First off, we would like to thank SoAP members for submitting and reviewing our program submissions. This was a big accomplishment because our division had an unprecedented number of high-quality submissions, including 50% more symposium submissions, compared to last year. Additionally, we were informed in December that APA unexpectedly cut all its divisions' allotted programming hours. Unfortunately, SoAP's were cut by approximately 30%. Taken together, these points made our selection process highly competitive this year.

The resulting stellar programming includes divisional and collaborative symposia, posters, and skill-building sessions elevating SoAP's 2020 theme, "*50 Years of Harm Reduction: Past, Present and Future*," which was chosen by trailblazing leader in harm reduction research and clinical practice and SoAP's 2020 President, Dr. Linda Sobell. This year's programming also emphasizes key APA and Division 50 priorities, including early career and student contributions, diversity and inclusion, collaboration across divisions, and "Deep Poverty." Throughout the program, we are also proud to prominently feature APA Fellows, a MacArthur Genius Award-Winner, and renowned experts in science, clinical practice and policy, including the Director of the FDA's Center for Tobacco Products. Here is an initial rundown of our programming.

We were thrilled to work with our colleagues at Divisions 28, 45, 54, 35, 44, 6, and 25 to put together cross-cutting Collaborative Symposia for the main APA program:

- *Harm reduction or harm induction? Exploring the current research on e-cigarettes and vaping*
- *Innovative interventions with Native Americans through integration of traditional practices*



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- *A collaborative data blitz on sex and gender vulnerabilities in psychological health*
- *Diverse translational perspectives in the development of opioid and substance use disorders*
- *The past, present and future of NIH sex as a biological variable policy*
- *A push and a nudge: Leveraging behavioral economics to improve scientific health*

We are excited to feature the following Division 50 scientific symposia:

- *Deconstructing “Treatment”: Importance of harm reduction in criminal justice reform*
- *Paradigm shift: Research on the introduction of harm reduction into diverse settings and populations*
- *The traditional gender role hypothesis: Alcohol use and other health risk behaviors among Latinas*
- *Advances in substance use disorder research: Comorbidity and its underestimated implications*
- *An update on alcohol use disorder: From etiology to treatment*
- *E-cigarette use among youth: An examination of behaviors, motives and policies*
- *Ethical considerations of court-ordered treatment*
- *Mobile assessment and intervention in addiction: Recent advances (sponsored by Division 28)*

There will also be exceptional harm-reduction skill-building sessions for clinicians:

- *User-driven harm reduction 101: Naloxone, clean works and safer-use strategies*
- *Loving people who love alcohol and drugs: Harm reduction psychotherapy for family, friends and community*
- *Integrative Harm Reduction Psychotherapy: Bringing relational, psychodynamic, cognitive,*

behavioral and mindfulness strategies together in a harm-reduction frame

Early Career Investigators Poster Session and Social Hour

SoAP is proud to sponsor three poster sessions at the Convention, including the Early Career Investigators Poster Session and Social Hour featuring up-to-date research on a broad range of addictive behaviors. This event is cosponsored by SoAP, Division 28 (Psychopharmacology and Substance Abuse) and NIH, and is an excellent way to reconnect with old colleagues, meet new colleagues, and engage in stimulating conversations about addiction psychology. As if all that isn't enough, there will also be delicious catered food on offer. Join us on Friday, August 7th, 4-6pm!

SoAP Presidential Panel and Business Meeting

Aside from our exciting collaborative programming, symposia, poster presentations, and skill-building sessions, we would also like to draw your attention to our Division 50 Presidential Panel entitled, “**Harm Reduction: Over 50 years and future directions.**” The Presidential Panel, which will take place from 2-3pm on Friday August 7th, will be led by Dr. Linda Sobell and will feature panelists Drs. Mark Sobell, Katie Witkiewitz, and Susan Collins. The Presidential Panel will be immediately followed by the SoAP Business Meeting and Awards Ceremony, and both events are open to everyone. At the business meeting, we will discuss the past year's activities of the Executive Board and all SoAP committees, as well as distribute awards to SoAP members who have made outstanding contributions to the field. Please come to hear what we have been up to and to celebrate your colleagues.

Our collaborative partnership with Division 28

As in previous years, we have developed our program in close collaboration with Division 28. They, too, have an outstanding lineup planned, as do many other



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divisions who will be sponsoring events that will be relevant to SoAP members. Be sure to check out Division 28's events and all the Convention events that are colisted by SoAP (Division 50) in the APA Program.

Please note that SoAP programming will begin at 8am on the first day of the conference, Thursday, August 6th, so please plan to arrive by Wednesday night so you don't miss out!

We look forward to seeing you at the 2020 APA Convention in DC!

(P.S. We also hope to see many of you at our Collaborative Perspectives on Addiction meeting in San Diego in April! Check out <https://addictionpsychology.org/conventions/cpa/2020-collaborative-perspectives-addiction-meeting> for more details.)

Announcements

JOIN US FOR CPA2020 IN SAN DIEGO!

The 2020 CPA conference will feature 3 full days of scientific programming and networking opportunities, including:

3 Keynote Addresses	22 Symposia
3 Networking Events	4 Panels
2 Wellness Activities	165 Posters

Hotel Solamar – San Diego
April 2-4, 2020
www.addictionpsychology.org/CPA

COLLABORATIVE PERSPECTIVES on ADDICTION

Social Media:
#CPA2020
@APADivision50

**Postdoctoral Fellowship in Addiction Research
Institute for Addiction Science University of Southern
California Los Angeles, CA**

The University of Southern California Addiction Science Training Consortium (USC-ASTC) is recruiting candidates for 1 to 3-year postdoctoral fellowships. With support from a primary mentor (and a team of secondary mentors), ASTC fellows have ample opportunities to lead and collaborate on papers related to their mentors' ongoing projects. The ASTC fellowship program offers programming including structured training in transdisciplinary approaches to addiction science, development of an independent research program, grant writing, manuscript development, staff management, mentoring junior trainees, and other career development activities through the USC Institute for Addiction Science. The University of Southern California's Institute for Addiction Science (IAS; ias.usc.edu) is the hub for transdisciplinary addiction science research and education within the university. IAS includes 55+ faculty members across various disciplines including but not limited to public health, social work, psychology, policy, pharmacy, medicine, psychiatry, engineering, economics, and communications. Fellows will be encouraged to take advantage of the IAS resources, which include administrative support, an expert speaker series, community outreach initiatives, opportunities to take courses at USC, pilot funding, a 10-hour brain scan pilot program for imaging researchers, grant submission support, and access to Los Angeles' diverse populations, and prevention, treatment, recovery and criminal justice services. Ideal candidates possess outstanding writing ability, excellent methodological skills, an appreciation of transdisciplinary approaches, and a strong interest in pursuing a career in addiction research.

The first round of applications will be reviewed on March 1st, 2020. The start date is flexible but should be no later than September of 2020. To apply, please send a cover letter, statement of research interests, three paper reprints, and CV. Additionally, please arrange to have three letters of recommendation. All materials should be sent via email to Kristin Dahlquist, IAS Director of Operations at kdahlqui@usc.edu. Candidates are encouraged to contact the IAS faculty members they are interested in working with as mentors prior to submitting application materials. IAS faculty members and their respective research can be found on the website, ias.usc.edu.