

# ALUMNI NEWS

Summer School of Alcohol Studies  
New Jersey Summer School of Alcohol and Drug Studies

April 1990

Center of Alcohol Studies, Rutgers, The State University of New Jersey

## JEREMIAH MILBANK, JR., RECEIVES OUTSTANDING ACHIEVEMENT AWARD

The 1989 Outstanding Achievement Award of the Summer School of Alcohol Studies went to Jeremiah Milbank, Jr., president of the J.M. Foundation. The New York City-based foundation has played an important role in providing scholarship support for medical students to attend schools on alcohol and drug studies throughout the country.

The award citation honors Milbank for "his significant contribution to and leadership in the alcohol studies field" and states that his "commitment, dedication and determination have been an inspiration to professionals and other individuals concerned with providing education on alcohol and alcoholism to the medical community."

Mr. Milbank, a resident of Greenwich, Conn., is chairman of the board of Boys Clubs of America, president of the International Center for the Disabled, and a member of the Robert Wood Johnson Foundation National Advisory Committee.

### ALUMNI DUES

Please remember to send in your Alumni Association dues. The 1990 Alumni Association Scholarships depend on YOUR SUPPORT.

### 1990 SUMMER SCHOOLS

**Advanced School of Alcohol and Drug Studies** June 3-8, 1990

Over 25 courses; 3.5 CEUs  
(35 contact hours)

Cost: \$525.00 (tuition, room and meals)

Application Deadline: May 1, 1990

**Summer School of Alcohol Studies** June 17-29, 1990

A new **two-week** program; 50 courses;  
8 CEUs (80 hours)

Cost: \$1,225.00 (tuition, room and meals)

Application Deadline: May 15, 1990

**New Jersey Summer School of Alcohol and Drug Studies** July 15-20, 1990

50 courses; 3.5 CEUs (35 hours)

Cost: \$525.00

Application Deadline: June 1, 1990



Vernon Johnson, with Gail Milgram, at his 25th year celebration at the Summer School of Alcohol Studies

### 25 YEARS AT SSAS

Vernon Johnson celebrated his twenty-fifth year at the Summer School of Alcohol Studies in 1989. Dr. Johnson is president emeritus of the Johnson Institute in Minneapolis, Minnesota, which he founded in 1966. He is author of *I'll Quit Tomorrow*, considered one of the classic texts in the treatment of chemical dependency, and of *Intervention: How to Help Someone Who Doesn't Want Help* (Johnson Institute Books, 1986). He is recognized internationally for his work in intervention and treatment of the chemically dependent, and over the years many students at the Summer School of Alcohol Studies have benefited from his courses and lectures. The occasion was marked by a special presentation of mementos of the years at Rutgers.

### INTERNATIONAL NUMBERS

The 1989 Summer School of Alcohol Studies was a world-wide event. Students came from Bermuda, West Germany, Denmark, Sweden, Norway, the Soviet Union, and Japan, 1 Territory and 7 of the 10 provinces of Canada, and from 27 states in the U.S., the District of Columbia, and 1 U.S. Territory.

Almost half of the 600-plus students at the one-week New Jersey School came from 28 other states, Canada, Denmark and Sweden.

### SSAS NOW A TWO-WEEK PROGRAM

The Summer School of Alcohol Studies will change in 1990, the 48th year of this venerable institution. The School has been shortened from three to two weeks, but the courses will have the same classroom time of twenty hours for each course. To accommodate the change, there will be two two-hour morning classes each weekday. Rutgers University has granted 8 Continuing Education Units for the revised program, equivalent to 80 contact hours toward certification/recertification in most states.

"In recent years prospective students have said that they want to attend the Summer School but that they cannot take three weeks away from their work," said Dr. Milgram, Executive Director of the School. "The response to the change in format has been quite positive; the faculty and prospective students are enthusiastic about the new time frame."

### 1989 ALUMNI ASSOCIATION SCHOLARSHIP RECIPIENTS

**Evelyn L. Clough, R.N.**  
Family Recovery Center  
Soldotna, Alaska

**Patricia Flaherty**  
Veritas Villa  
Kerhonkson, New York

**Donald P. Loker**  
First Step Sarasota  
Sarasota, Florida

**Michael J. MacMunn**  
Catholic Charities  
Worcester, Massachusetts

**Jane A. McCaleb**  
Women's Alcohol Program of CASPAR  
Cambridge, Massachusetts

**Kevin Murphy**  
Brattleboro Retreat  
Brattleboro, Vermont

**Charles J. Murray**  
Charter Lakeside Hospital  
Memphis, Tennessee

The 1989 SSAS students worked in the following occupational settings: mental health and social service agencies, 23%; hospitals, 16%; educational systems, 15%; the Armed Forces, 10%; the courts or law enforcement, 8%. 73% were working toward certification or recertification; 74 had master's and 40 had doctorate degrees.



## ALUMNI ASSOCIATION OFFICERS

President	<b>Emily McNally</b>
Immediate-past-President	<b>Ralph Whaley</b>
1st Vice President	<b>Alonzo Lowe</b>
2nd Vice President	<b>William J. O'Donnell</b>
Members-at-Large	<b>Jessie Rojas</b> <b>Janet Gleason</b>
Treasurer/Secretary	<b>Gail G. Milgram</b>
Recording Secretary	<b>J. George Strachan</b>
Scholarship Committee	<b>Michael Cullinan</b> <b>Ruth Anne Koenick</b> <b>Joan Chamness</b>

## FAS/ARBD PREVENTION PROGRAM

Perinatal care providers in New Jersey are recipients of a Fetal Alcohol Syndrome/Alcohol-Related Birth Defects Prevention Training Program designed and implemented by the Education and Training Division, under the direction of John Brick, Ph.D. These FAS coordinators are receiving training and educational materials in FAS/ARBD so that they will be able to train other health care providers throughout the state of New Jersey. The coordinators also attended a FAS Track in the Summer School of Alcohol Studies, which allowed them to participate in the "Rutgers Experience" while attending additional sessions tailored to the group. The results of a subsequent needs assessment were used to construct a workshop in the Fall of 1989. The FAS/ARBD prevention program is funded by the New Jersey Dept. of Health.



## THE PRESIDENT'S LETTER

Dear Alumni:

Your membership in the Rutgers Alumni Association of Alcohol Studies is an acknowledgement of the great educational opportunities offered by the Rutgers summer schools. This past summer the 1989 three-week Summer School of Alcohol Studies drew students not only from all over the United States but from many other countries as well. In addition, a record number of students attended the one-week New Jersey Summer School of Alcohol and Drug Studies.

Your membership dues made it possible for seven deserving health professionals to attend the three-week school this past summer. I had the opportunity to meet the scholarship recipients and found them to be enthusiastic, bright, and dedicated professionals who were grateful for the chance to attend Rutgers. I would like to share with you one of their letters which typifies many of their experiences and sentiments. One student made the most of the trip to New Jersey by participating in almost everything that occurred during the three-week "Rutgers Experience." This letter was written during the summer school:

"I wish to sincerely thank you for letting me have a scholarship, which enabled me to participate in the tremendous program offered at the Rutgers Summer School of Alcohol Studies. I truly believe that this is one of the best experiences of my life... I can see myself growing in a professional capacity, in ways which would not have occurred on the job. I find it both exciting and stimulating to be surrounded by so many people of accomplishment in the field. The experience has also convinced me further that I do need to finally complete a master's program for myself.

"I know that those who may eventually benefit the most from my experience here will be my patients, because I will have so much more understanding. I am grateful for the courage to come to Rutgers to participate. One day, I hope to be in a position to help another person to have this experience. Thank you for your help!"

I want to thank all of you alumni, also! It was very rewarding for me to meet the scholarship recipients and to know that your Alumni dues made it possible for them to attend Rutgers. Many people are in need of the training and education offered by Rutgers and are open and willing to learn. Your dues enable some of them who cannot afford the tuition to attend.

I hope 1990 is a successful year for you. Together, let's make this an outstanding year — and decade — for learning. I believe that we are all (students, alumni, Rutgers administration, faculty, and staff) committed to a common goal... that of maintaining the high quality of education in the Rutgers summer school.

Sincerely,

Emily B. McNally, Ph.D., C.A.C.

President, The Alumni Association of Alcohol Studies

## CLEARINGHOUSE PROGRAMS EXPAND

A number of exciting new training programs are now available to New Jersey professionals through the New Jersey Alcohol/Drug Resource Center and Clearinghouse. In the spring of 1989, Substance Awareness Coordinators from 69 school districts attended a 2-day intensive training program, and the NJSSADS in the summer, where they attended 10 hours of specialized courses in addition to the school's regular program. At the college level, representatives from 14 different institutions of higher learning attended the SSAS or the NJSSADS, and others are attending the Continuing Education Seminars during the year. In January, a seminar for new supervisors and managers unfamiliar with alcohol and drug issues in the workplace attracted a full house.

In related projects, Clearinghouse staff are surveying funding resources available for alcohol and drug programs in higher education, and the programs, courses, and policies in place at State colleges and universities. The Clearinghouse also serves as consultant to the New Jersey Greek Task Force, to assist these organizations in their guidelines on alcohol and drug issues.

For information on Clearinghouse activities, write to the Center of Alcohol Studies or call (201) 981-0964.

## CURRICULUM GUIDE COMPLETED

A guide to assist educators in selecting or evaluating alcohol and other drug curriculum for their schools or programs has been prepared by Terri Jones of the New Jersey Alcohol/Drug Resource Center and Clearinghouse staff. The programs were selected from those reported in use in a state-wide survey. The guide evaluates the curricula against the legislative standards established by the state and a comprehensive checklist developed by Clearinghouse staff. Copies of the guide can be reviewed at the Center of Alcohol Studies Library.

## ALUMNI NEWS

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The Summer Schools of Alcohol and Drug Studies

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## J&J INITIATES SCHOOL NURSE PROGRAM

As part of the Live for Life® wellness program, Johnson & Johnson inaugurated a Fellowship Program for School Nurses at the 1988 NJSSADS. In 1989, selected school districts sent two school nurses (responsible for grade 7 and up) to NJSSADS, and the respective school principal also attended for one day and an evening. In addition to attending the school, the nurses worked together in special course sessions to concentrate on specific issues relating to their school and professional responsibilities.

## SOVIET PHYSICIANS ATTENDED SSAS

As part of an on-going educational program, seven distinguished Russian physicians and scientists participated in the 1989 Summer School of Alcohol Studies: Georgi Roudenko, M.D., Chief of the Department of Psychiatry at the Central Medical Refresher Institute, Moscow; Yuri Zaitzev, M.D., Senior Researcher at the Laboratory of Molecular Biology, Institute of Experimental Medicine of the Academy of Medical Sciences, Leningrad; Aleksandr Lomachenkov, M.D., Scientific Secretary of the Leninrad Scientific Research Psychoneurological Institute; Lazar Mizrahi, M.D., Chief, Laboratory of Molecular Mechanisms of Drug Addiction and Alcoholism at the Scientific Research Institute of Psychiatry, Georgia; Sergei Pirozhkov, Ph.D., Senior Researcher, Laboratory of Biochemistry, All-Union Research Center on Medico-Biological Problems of Narcology, Moscow; Lamara Kelesheva, Ph.D., Chief of the Division of Theoretical Basis of Alcohol Motivation, Scientific Research Institute of Normal Physiology, Academy of Medical Sciences, Moscow; and Sergei Dvoryak, M.D., Assistant Professor, Department of Narcology, Odessa Medical Institute.

Scholarship support for the doctors and scientists was provided by the Christopher D. Smithers Foundation.

## Live for Life® School Nurses Fellowship Summer 1989

A fellowship from Johnson & Johnson excitement at Rutgers.

Friends we never knew we had — bonding, sharing, learning, fun.

Always on the run. Classes, lectures, dining hall —

we had a ball, and I think we all would agree

time well spent, knowledge gained, ideas to bring home, you see!

Teachers, coordinators, facilitators — caring, sharing

of their great wealth of knowledge.

They let us know by their words and deeds

In doing so they met our needs, showed us a goal, sent us on our way.

With tears, and cheers

we left...but we brought with us

memories...people, places,

walks, talks...ideas...that we, too,

might be aware of the starfish

along the way, and as school nurses

reach out. And so we say...

Thanks with love

Merryl Garley, R.N., B.S.N.  
Albuquerque, New Mexico



## FACULTY MEMBER WRITES PAMPHLET

Ceola Loan, NJSSADS faculty member, is author, with Bettina M. Scott and Sandie Johnson, of the latest addition to the Center of Alcohol Studies Pamphlet Series. "Alcoholism Treatment Issues Affecting African-American Youth" discusses some of the special problems facing African-American teenagers in the inner cities of America, and the treatment and aftercare issues which must be considered in effective programming for this population.

Ms. Loan teaches the course, "Alcohol and Other Drug Counseling: A Cultural Perspective" at the New Jersey School and she will be teaching also at the Advanced School in 1990. The pamphlet can be ordered from the Center of Alcohol Studies Publications Division.

## PAMPHLET ON THE FAMILY

Joan K. Jackson, Ph.D., has written a special introduction to her classic report "The Adjustment of the Family to the Crisis of Alcoholism" for the Center of Alcohol Studies Pamphlet Series. This thoughtful essay reviews the important research on family treatment of alcoholism since her initial study, which is still being reprinted in basic textbooks on family therapy and by Al-Anon.

"The Adjustment of the Family to the Crisis of Alcoholism: A Reprint with a New Introduction by the Author" is available from the Center of Alcohol Studies Publications Division.

## NEW DIRECTOR SOUGHT FOR THE CENTER OF ALCOHOL STUDIES

Rutgers, The State University of New Jersey, invites applications and nominations for the position of Director of the Center of Alcohol Studies in New Brunswick, New Jersey. The Director provides scientific and educational leadership to the Center, which is a major research, clinical and educational unit within the University.

Applicants must have a doctorate, an outstanding scholarly record, a demonstrated capacity for leadership, administrative experience, and a readiness to work cooperatively with a distinguished faculty.

Education and Training Division  
Center of Alcohol Studies  
Rutgers, The State University of New Jersey  
New Brunswick, New Jersey 08903

## ORDER FORM

Date: \_\_\_\_\_

- Please send next year's catalog (1991):
- Summer School of Alcohol Studies
  - New Jersey School of Alcohol and Drug Studies
  - Continuing Education Seminars
  - Center of Alcohol Studies' Publications Catalog

Send to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SPORTS COACHES ATTEND INSTITUTE

High-school athletic directors and coaches from throughout the state of New Jersey attended an Alcohol Education Institute in December. John Brick, Ph.D., designed the one-day program sponsored by the Prudential Insurance Company of America, Inc., and conducted by the Education and Training Division. Experts spoke on "Alcohol and Drug Use: National Update" (John Brick), "The Role of Athletic Directors and Coaches in Understanding and Dealing with Alcohol Problems in the School" (Thomas Griffin), "Steroid Use and Drug Abuse in Athletes" (Robert Pandina), and "Prevention and Health Promotion Strategies for High-School Coaches" (Judy Shelton). Jean Clute represented the Prudential Insurance Company at the event.

## COLLEGIATE TREATMENT PROGRAM AT RUTGERS

An innovative treatment program for college students with alcohol and drug problems has been instituted on the New Brunswick campus of Rutgers University. The New Jersey Collegiate Substance Abuse Program is the first of its kind in the nation. The unique features of the program allow students to remain on campus and continue their coursework, at least on a limited basis, while engaged in inpatient and partial-residential treatment. The treatment strategy is based on a combination of self-help and current clinical intervention models.

The program is a collaborative effort of the Center of Alcohol Studies Division of Clinical Services, headed by Barbara McCrady, Ph.D., and the Rutgers Office of Student Life Policy and Services.

## CERTIFICATION SURVEY

Information on alcoholism and drug abuse counselor certification requirements in all of the states is currently being gathered by the New Jersey Alcohol/Drug Resource Center and Clearinghouse. This survey will include the contact within the state health department, the address of the state certification board, and the contact person with the board. To date, information has been collected from over half the states.

## MEDICAL STUDENT AND PRUDENTIAL SCHOLARSHIPS

In 1989, 25 medical students or physicians-in-training received fellowships from the J.M. Foundation and the Scaife Family Foundation: 8 attended the three-week Summer School of Alcohol Studies and 17 the one-week New Jersey Summer School of Alcohol and Drug Studies.

The Prudential Insurance Company of America, Inc., awarded 12 scholarships to the SSAS and 66 partial scholarships to the NJSSADS. These Prudential scholarships are available to primary, secondary and college teachers and to community educators.

## PDH CREDITS AWARDED

The 1989 Summer School of Alcohol Studies was awarded Professional Development Hours by the Employee Assistance Certification Commission. Applications for PDH credit has been made for all three summer schools in 1990.

## A LETTER TO THE ALUMNI

Dear Alumni,

The 1990 summer programs have something for everyone.

A dynamic one-week Advanced School begins the summer (June 3 - June 8, 1990). There will be over 25 courses, designed for professionals in the field. Each participant will enroll in two courses, attend general lectures and special interest seminars, and participate in a variety of recreational activities. Rutgers grants 3.5 Continuing Education Units, which is equivalent to 35 hours toward initial or recertification in most states.

The Summer School of Alcohol Studies has been modified to a dynamic two-week format. We hope that this will enable more of you to return, as taking three weeks away was becoming a significant problem for many. The two-week time frame has met with an enthusiastic response from faculty, future students, treatment facilities, agencies, etc. Participants will enroll in two courses (20 classroom hours each), attend lectures and seminars and still have time to interact with fellow students from around the world. Meals will be served over the weekend and many activities have been planned to make the weekend as full as the week. Everything possible has been built into the school so that it will continue to be special and unique. We've even had another dorm air-conditioned so that the New Jersey weather won't be a problem. Eight CEUs (80 hours) will be awarded.

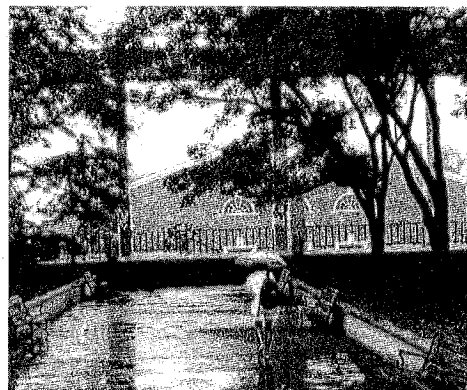
The third, and last, school of the summer is the New Jersey Summer School of Alcohol and Drug Studies, which is also an exciting school. In 1989, more than 600 participants attended; their sharing and interaction produced an excellent week. Fifty courses, lectures, and seminars are offered; 3.5 CEUs (35 hours) are awarded.

I hope that many of you will be able to participate in one of the 1990 schools. Please also pass this information along to your colleagues. We are always pleased to introduce individuals to the "Rutgers Experience."

Best wishes,

Gail G. Milgram, Ed.D.

Professor/Director, Education and Training Division



The Alumni Association of Alcohol Studies



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