

May 2024

The International Consortium of Universities for Drug Demand Reduction

NEWSLETTER



From The Desk of Executive Director
Kevin P. Mulvey, PhD

Welcome to our May newsletter. I have some exciting news to share with you about our work.

We have been awarded a contract from Colombo Plan to manage and operate the Global Credentialing and Certification Center (GCCC). This includes specifically overseeing the examinations and credentialing of International Certified Addiction Professional (ICAP). We have been transitioning tasks and staff to ICUDDR since March of this year. This initial contract will run until September. We are excited to take on this new work and look forward to working with our regional partners to encourage the workforce to take examinations and gain credentialing.

Another highly anticipated event, coming in a short 23 days, is our joint global conference with the International Society of Substance Abuse Professionals (ISSUP). The 2024 Global Conference, held in Thessaloniki, Greece, has the theme of: "The Art of Healing: A new era in substance use prevention, harm reduction treatment, and recovery support". We are in the final stages of organizing and while we no longer have funds to support travelers and attendees, we do encourage you, if possible, to come and meet your colleagues and learn about what is taking place around the globe. The presentations are going to be exceptional, providing the state of science as well as important news from the field. As I have mentioned in previous newsletters, we are looking forward to having a plenary panel and 16 other sessions.

In this edition of our newsletter, I want to draw your attention to the inaugural scientific column section. Our hope for this additional section is that it will be a "State of the Science" where we will have guest columnists to present on specific topics. Ms. Hala Najm R.Ph, MPH is the main point of contact for this section. If you would like to volunteer to write a column for future editions, **please reach out to Ms. Najm at NajmH@icuddr.org**.

Help ICUDDR and your fellow members: You or your colleagues may be developing course or programs in addiction studies, including syllabi, assignments, and exercises. If you are and are willing to share these resources, please let us know. After a review process, your courses or course materials could be included in a free teaching resources manual. Contributors will be acknowledged. I hope you will consider submitting your work. Send them to info@icuddr.org.

In the newsletter, you will also find information regarding our upcoming webinars as well as other sessions of interest. These sessions may be implemented by our partners, and you are welcome to join.

Kevin Mulvey

What you'll find:

From the Desk of the Executive Director

Meet ICUDDR Board Member: **Dr. Rania Mamdouh**

Meet ICUDDR Staff Member: **Samitha Gunasakera**

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GCCC Updates

2024 ICUDDR Global Conference: Thessaloniki, Greece

Things to share...

New Updates & Resources

Connect with ICUDDR

Meet ICUDDR Board Member: Dr. Rania Mamdouh



Dr. Rania Mamdouh received her PhD degree in Psychiatry from Cairo University, Egypt, in 2007 and a ISAM Diploma in Addiction Medicine in 2004. She received intense training by Prof. Rakhawy on group therapy. Her MD thesis was on the impact of different types of group therapy on substance use patients. She received an Addiction Research internship course at UCLA and ISAP, in 2014 in California. She received UTC Training, ICUDDR and ISSUP, in 2019- 2020. Dr. Rania is currently an Associate Professor of Psychiatry, in the Addiction Unit of the Psychiatry department, at Cairo University. Dr. Rania participated in developing and implementing the Egyptian National

Program for Prevention of Drug Use in Schools and Youth Centers from 2004 until 2011. She also worked with the WHO-EMRO for one year in the development of the Middle East Life Skills Program for adolescents. She developed "Serenity Girls Program" psychiatric and addiction program for Women in Cairo, in 2007 and is currently the program manager. She has participated in and published many national and international articles in various research areas such as addiction in women, adolescents drug use and prevention programs implementation, mindfulness techniques among opiate use patients, impact of group therapies among substance use patients, and synthetic drugs. She began the family intervention program in the Addiction Unit in Cairo University, in 2015 and it is still continuing today.

Dr. Rania participated with the ministry of health in the National Biannual Surveys on drug use from 2009 until 2018. Dr. Rania is a consultant in Addiction Psychiatry in Al Amal Hospital, Sultanate Oman, 2017.

She shared in development of the

Egyptian National Program for Pregnant Addict Women who won the best practice in Africa in 2021 by the African Union.

She is currently sharing in training of the multidisciplinary team of the National MAT Program (Medications Assisted Therapy). She leads the training of the Team of Egyptian National Women Substance Use Program since 2021, she joined the technical committee of the Egyptian National Observatory of Drugs and Drug Use. Dr. Rania has 22 years of practice, teaching and lots of training in Addiction Psychiatry and prevention.

She joined ICUDDR Africa and organized the UTC training for 42 psychiatrist and psychologist in Egypt in 2021. She is also a board member in African Global Health Association (for expanding the Health Harm Reduction Programs).

Thank you, Dr. Mamdouh for all of the amazing work you are doing!

Meet ICUDDR Staff Member: Samitha Gunasakera



Samitha Gunasekera leads the coordination efforts with addiction professionals worldwide on the credentialing and certification process. Driven by her firm belief that credentialing and certification significantly enhance the professionalization of the drug demand reduction workforce, Samitha is a dedicated advocate contributing to the growth and development of the GCCC initiatives across the globe.

Prior to joining the ICUDDR as the Senior Programme Officer of the GCCC, Samitha was part of the GCCC team under the umbrella of Colombo Plan Drug Advisory Programme (CPDAP) for nearly a decade; initially as a Programme Officer (Credentialing) and later on as a Senior Programme Officer (Credentialing).

She has a wealth of experience in the development field having worked in various organizations based in Sri Lanka, including The Asian Development Bank (ADB), The United Nations Office for Coordination of Humanitarian Affairs (UNOCHA), and The United Nations Development Programme (UNDP).

Samitha holds a Bachelor of Science in Management from the University College of Dublin, Ireland, and an Executive Master of Science in Project Management from Asia-e-University in Malaysia. She lives with her husband and daughter in Sri Lanka.

Welcome!

New members of the ICUDDR Family!

Today, we have **448 Institutions** consisting of **722 Faculty Members** from Africa, Asia, the Pacific, Europe, Latin America, the Caribbean, the Middle East, the United States and Canada.

We welcome **5** new Universities:

- Universidad Técnica Particular de Loja-Ecuador Ecuador
- Universidad del Salvador Argentina
- Duke University, School of Nursing United States of America
- Bogomolets National Medical University Ukraine
- Ben-Gurion university in Beer-Sheva Israel

Upcoming Trainings & Events

This coming Monday!

Part 4 of the Pharmacology Webinar Series:

Navigating Ketamine

Ketamine, a controversial drug is a dissociative anesthetic used in clinical trials for addressing treatment-resistant depression. As a psychoactive drug, there's a risk of misuse, safety, and long-term effects. Know more about this drug, in the 4th session of The Pharmacology Series: Navigating Ketamine presented by Dr. Howard Cohen, a board-certified medical Doctor in Addiction & Geriatric Psychiatry, Pain Medicine, Psychiatry, and Psychosomatic Medicine.



Howard Cohen, MD

Board Certified in Pain Medicine, Psychiatry, Addiction & Geriatric Psychiatry and Psychosomatic Medicine

Automated captions for the following languages are available: Arabic, Czech, Danish, Dutch, Estonian, Finnish, French, German, Hebrew, Hindi, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Persian, Polish, Portuguese, Romanian, Spanish, Swedish, Tagalog, Tamil, Telugu, Thai, Turkish, Ukrainian, & Vietnamese.

See you on June 3, 9:00 to 10:15 AM (US Eastern Time).

[Register Here](#)



Emerging Trends of Global Prevalence of E-Cigarettes & Mitigating Adolescent Risky Behaviors through Parental Involvement

Hala Najm, R.Ph, MPH



with more young people using drugs compared to previous generations [3]; this presents new challenges for public health and prevention efforts.

This edition highlights two critical topics: (1) the emerging trends of global prevalence of e-cigarettes and heated tobacco products (HTPs) use among adolescents and youth; (2) the role of parental involvement in mitigating adolescent risky behaviors.

As traditional tobacco control measures have successfully reduced cigarette smoking rates, the rise of alternative nicotine delivery systems has raised concerns about their impact on youth initiation and long-term health outcomes. There has been an increase in e-cigarette, vape, and heated tobacco devices (HTDs) use as alternatives to traditional cigarettes. A key difference between these products is that e-cigarettes and vapes do not use tobacco. Instead, they vaporize an e-liquid solution containing nicotine and flavors when a user draws on it, while HTDs heat real tobacco within a specific temperature range using an electronic heat-control system to prevent it from burning.

Since the commercial emergence of e-cigarettes and HTDs in the mid-2000s and 2015 respectively, limited data exists on the global prevalence of these products. The Centers for Disease Control states that e-cigarettes were the most commonly used tobacco product in 2021 among U.S. youth[4]. Moreover, a recent meta-analysis showed that adolescents have higher lifetime HTD use prevalence than adults[5]. Addressing youth use of these products requires regulatory measures and responsible marketing practices by manufacturers and industry stakeholders, including retailers. However, enforcing these rules can be challenging, especially as adolescents and youth often find ways to access such products.

This brings us to the second important topic: the role of parental involvement in mitigating adolescent risky behaviors. Adolescent risky behaviors, including substance use, are mostly influenced by peers and parents. Additionally, schools and neighborhoods affect adolescent behavior, albeit typically in less direct ways.

These influences can be direct, such as the availability and accessibility to substances, or indirect, such as the normative belief that substance use is common among peers. A recently published cross-sectional study[6] highlights that parental involvement plays a crucial role in reducing adolescents' risk behaviors. Adolescents who practice joint activities with their parents for more than an hour per day report lower levels of risky behavior engagement, less peer pressure, more peer support, and stronger parental control and family support. Importantly, this parental involvement does not reduce the time adolescents spend with peers, emphasizing the importance of parents engaging in activities with their children. In broad terms, adolescents who have open lines of communication with their parents and describe their parents as available and understanding are less likely to engage in dangerous behavior[7],[8].

In conclusion, tackling adolescent substance use requires both solid prevention strategies and active parental involvement. With the rise in e-cigarette and heated tobacco use among youth, ongoing vigilance and regulation are crucial. Parents, your role is vital—keep communication open and stay engaged in your children's lives.



Dr. Hala Najm is a registered pharmacist with a master's degree in public health and a Fulbright Humphrey fellowship in SUD prevention, treatment and recovery at Virginia Commonwealth University.

[1] Hutton, R., & Sepúlveda, M. J. (Eds.). (2020). Shaping summertime experiences: Opportunities to promote healthy development and well-being for children and youth. National Academies Press.

[2] Trucco, E. M. (2020). A review of psychosocial factors linked to adolescent substance use. *Pharmacology Biochemistry and Behavior*, 196, 172969.

[3] UNODC. (2022). United Nations Office on Drugs and Crime- Drug Report 2022. <https://www.unodc.org/unodc/en/data-and-analysis/world-drug-report-2022.html>

[4] Centers for Disease Control and Prevention. (2022, March 10). Tobacco product use and associated factors among middle and high school students - national youth tobacco survey, United States, 2021. Centers for Disease Control and Prevention.

https://www.cdc.gov/mmwr/volumes/71/ss/ss7105a1.htm?s_cid=ss7105a1_w

[5] Tianze, S. et al., (2023, April 19). Global prevalence of heated tobacco product use, 2015-22: A systematic review and meta-analysis. *Addiction* (Abingdon, England). <https://pubmed.ncbi.nlm.nih.gov/37005862/>

[6] Koning, I., & Voogt, C. (2024). Adolescents Spending Time with Their Parents: Does It Matter?. *Youth*, 4(2), 556-566.

[7] Guilamo-Ramos, V., Jaccard, J., Dittus, P., & Bouris, A. M. (2006). Parental expertise, trustworthiness, and accessibility: parent-adolescent communication and adolescent risk behavior. *Journal of Marriage and Family*, 68(5), 1229-1246.

[8] Marta, E. (1997). Parent-adolescent interactions and psychosocial risk in adolescents: An analysis of communication, support and gender. *Journal of adolescence*, 20(5), 473-487.

May Review:

Education, Trainings, & Conferences

Part 3 in the Pharmacology Webinar Series:

ADHD Medications and Addiction

On May 10th, Betsy Byler taught us about ADHD medications. During the presentation, she explained the differences between types of ADHD medications, went over non-medical use of ADHD medications in the US, and discussed how to treat ADHD among individuals in recovery.

If you missed it, watch the recording here



Implementation Science: Understanding the Know-Do Gap in Prevention

On May 24th, Dr. Andreas Hein presented on implementation science. At this presentation, Dr. Hein went over why evidence based implementations are important, the complexity of implementation science, as well as some skills that are helpful for implementation.

If you missed it, watch the recording here



Co-Creation in Community-Based Prevention (Joint Webinar with ISSUP)

On May 28th, 288 individuals from 74 countries joined us for a joint webinar with ISSUP, "Co-Creation in Community-Based Prevention". This was presented by Dr. Ina Koning and Samuel Tomczyk and discussed the importance of the larger community context when planning implementations.

If you missed it, watch the recording here

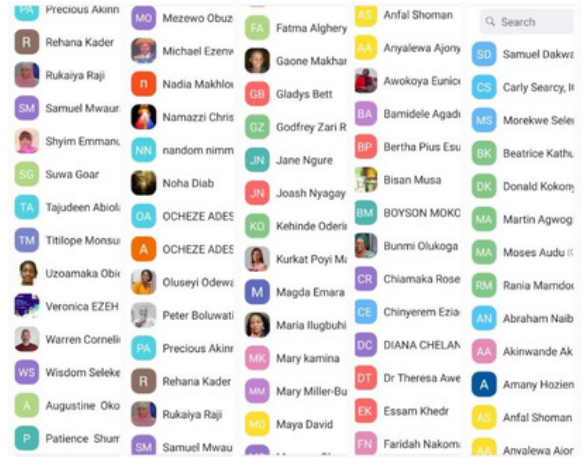


Regional Activities

Africa

The Africa Regional Coordinating Center, led by Dr. Beatrice Kathungu and Dr. Martin Agwogie, and in cooperation with Dr. Rania Mamdouh, organized and hosted the webinar, “How to Help Families Overcome Chemical Dependency of a Member with a Substance Use Disorder.” Eighty-nine individuals joined this live event.

If you would like to watch the recording,
click here



Dr. Michael O Ezenwa shared the following regarding a recent drug policy approval at Nnamdi Azikiwe University:



“I have the pleasure to inform you that the Senate of Nnamdi Azikiwe University approved the harmonized drug policy document of the university on Wednesday, May 8, 2024. This is a drug use prevention document and the first in the long history of the institution. I am very happy to be part of this history. This in my view, is a major breakthrough given the number of staff that opposed the policy during its index introduction to the Senate.

The policy document covers staff, students, visitors and all members of the University community. It completely bans the sale, storage, handling, use, or any form of involvement with all manner of intoxicating substances within the University and defines different levels of punishment for offenders. Alcohol beverage was for the time being singled out to be sold from 6.00pm and only at designated centres. Such centres must not open for business until 6.00pm and a limit is set to the quantity that an individual can buy. The policy also contains a monitoring team for effective implementation.

I am grateful to the Vice Chancellor of the University Prof. Charles Esimone, the Deputy Vice Chancellor, Prof. Joseph Ikechebelu, members of the Senate of the University and members of the special Committee that drafted and followed up the policy document.”



Asia-Pacific

Representatives from Indonesia, Pakistan, Philippines, Sri Lanka, Thailand, and Vietnam joined the regional meeting on May 20, 7:00 PM (GMT +7). Dr. Prapapun, the Regional Coordinator presented the current initiatives and updates, while Dr. Wickarama invited members to publish in The Journal of Clinical, Counseling, and Health Psychology (ISSN 2833-3713, 2020), no publication fees are collected at this time.

Verna Felipe facilitated the discussion on regional research collaboration in which the output will be presented at next year’s conference. For inquiries reach out to:

felipev@icuddr.org.

ITTC Update

ITTC Colombia's Podcast

ITTC Colombia recently launched a podcast, "Prevención Activa". The first episode focuses on vaping and its effects.

You can watch the podcast here



Knowledge Nuggets – ITTC Indonesia

Madison Walsh, MSc, from the University of Michigan delivered an insightful presentation on addiction medicine curriculum and the gaps in care in the United States. The ITTC Network thanks Madison for this informative conversation!

Highlight panels for the 2024 Global Conference

We are excited to announce that the ITTCs will present a three-part panel series at "The Art of Healing"—the ICUDDR and ISSUP joint conference in Thessaloniki, Greece.

We hope you can attend the sessions and learn more detail about the work being done through the ITTC Network:

- **"Systems Change and the Role of the University through the Lens of the ITTC Network: Part 1"**
- **"Systems Change and the Role of the University through the Lens of the ITTC Network: Part 2"**, ITTC initiatives in Vietnam, South Africa, and Peru
- **"Systems Change and the Role of the University through the Lens of the ITTC Network: Part 3"**, ITTC initiatives in Colombia, Ukraine, and Indonesia

Connect with the ITTC's Network Coordinating Office

The International Technology Transfer Center (ITTC) Network for Drug Demand Reduction develops and strengthens the workforce, organizations, and systems that provide substance use prevention, treatment, and recovery support services. Based in universities and research centers, ITTCs utilize a variety of strategies to accelerate the use of scientifically-based and culturally appropriate practices.

The ITTC Network Coordinating Office based at the University of Missouri, Kansas City (UMKC) works in partnership with the International Consortium of Universities on Drug Demand Reduction (ICUDDR) to unite the Centers into a mutually supportive network. Some benefits of being an ITTC are the connections to a strong network of drug demand reduction experts and the opportunity to collaborate closely with professionals around the world. The ITTC Network provides ongoing development opportunities for its members through various modalities.

www.ittcnetwork.org



The next ICAP exams in Treatment, Prevention, & Recovery Support are scheduled in the following locations:

- Greece (after the 2024 Global Conference)
- Johannesburg, South Africa - **MOVED TO SEPTEMBER**

Watch for updates on future exam locations.

2024 Global Conference



24-28 June 2024

Thessaloniki, Greece

The Art of Healing

A new era in substance use prevention, harm reduction, treatment, and recovery support

**Conference
Webpage**

**FAQ
Webpage**

Things to share...

GACD Implementation Science School is Accepting Applications

The Global Alliance for Chronic Diseases Implementation Science School is an intensive program for early-career researchers, facilitated by some of the field's most prominent global experts. Through lectures, small group sessions, facilitated group work, and panel discussions, trainees learn how to study and implement research findings into policy and practice, select and apply theories, models, and frameworks, and create a professional network for future collaborations.

[More information](#)

Applications due: June 17, 2024

Resources added to ICUDDR Website

DID YOU KNOW?

ICUDDR has 350+ resources in its collection of journal articles, curricula, brochures, tools, webinars and more. The list can be filtered by resource type and/or topic.

Visit our resource webpage

New Journal Articles

Exploring indicators of natural recovery from alcohol and drug use problems: findings from the life in recovery survey in Flanders

This study surveyed individuals in recovery in Flanders in order to dive deeper into the concept of natural recovery. They sought to both validate existing literature on the topic, as well as explore how various strengths and barriers impacted natural recovery.

[Click here to read the article](#)

A qualitative study of experiences with physical activity among people receiving opioid agonist therapy

This article examined the impact of physical activity on those receiving opioid agonist therapy, as many receiving this treatment had various comorbidities. Since physical activity provides benefits for other conditions, the authors explored the potential benefits, barriers, and experiences in this context.

[Click here to read the article](#)

New Report

Alcohol Misuse and Gun Violence: An Evidence-based Approach to State Policy

Created by the Johns Hopkins Bloomberg School of Public Health Center for Gun Violence Solutions and the Consortium for Risk-Based Firearm Policy, this report offers a set of state-based policy recommendations to address the intersection of alcohol misuse and firearms. A core component of our public health approach is assessing through research, and the best available evidence that our policy recommendations are effective and strive for equitable outcomes. To achieve this, the authors use the Racial Equity Impact Assessment (REIA) tool for Gun Violence Prevention to inform their recommendations. This resource was recently discussed during a plenary session at the Alcohol Policy 20 Conference.

[Click here to read the report](#)

Do you want to join the ICUDDR Consultant Registry?

If you have expertise to share and are interested in consulting opportunities with ICUDDR, please complete our short form at:
<https://forms.gle/PqKXK1jnE2heXikKA>

Call for Teaching Manual Resources

Do you have course materials including syllabi, assignments, and worksheets that you'd be willing to share? Submit your materials for review and potential compilation into a resource manual for members by course.

Send them to info@icuddr.org

Did you publish a journal article?

Did you publish a journal article in the field of Prevention, Treatment, or Recovery?

If you did publish an article in a journal, please share it with us by emailing it to Info@icuddr.org, and we will help promote your work.

Connect with ICUDDR

