



【44th Edition】

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Education Center for Prevention of Drug Abuse : Please add us on “Line”!

Dear scholars and experts:

With the impact of COVID-19 since 2019, online platforms that accommodate the next generation of social interaction have set a trend. Additionally, in the era of information explosion, anti-drug knowledge related advocacies provided through physical entities alone are very limited in strength. Traditional physical tours can no longer compete with digitalization trends, while the Education Center for Prevention of Drug Abuse (CPDA) is confronted by the challenges of having to undergo transformation. In response to the online to offline (O2O) trend and increase the reach of anti-drug propaganda, the CPDA created an official line account this year (2022). Based on the latest government policy and tendency to substance abuse, related information is delivered to users from time to time, in order to enhance public knowledge and continue to bring anti-drug promotion into full play.



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UNODC Reports

UNODC's 'Super Skills' supports skill development for vulnerable children worldwide

➤ **Editorial Office**

Vienna (Austria), 20 November 2021- On World Children's Day, the United Nations Office for Drugs and Crime (UNODC) is launching 'Super Skills', the next phase of its 'Listen First' initiative, supporting evidence-based drug use prevention to raise happy, healthy children.

Prevention of substance abuse is a key target under the 2030 Agenda for Sustainable Development, specifically under Sustainable Development Goal (SDG) 3 on Health. 'Super Skills' aims to support social and emotional skill development as a foundation for substance use prevention for children and youth, especially in marginalized communities.

"Drug use prevention based on science is an effective investment in a healthy future. Amidst the ongoing COVID-19 pandemic and its disruptions to education and social interactions, the new phase of UNODC's 'Listen First' initiative offers valuable support for children to develop skills which help them build resilience to drug use, and empower them against adversity," said UNODC Executive Director, Ghada Waly.

'Listen First' was launched in 2016 during the United Nations General Assembly Special Session (UNGASS) on the World Drug Problem. The global campaign, using the hashtag #ListenFirst, raised awareness of science-based drug prevention and of the need to listen to children and youth. Its second phase, 'The Science of Care' series [Listen First (unodc.org)], was released in 2020 to support parents and caregivers during the COVID-19 pandemic. The initiative has been adopted nationally in Lithuania, Poland, Serbia, Slovenia and the United Arab Emirates.

The key messages of the new series, 'Super Skills: The Science of Skills' are:



Evidence-based science to prevent drug use in children and youth is essential to communities' health and well-being.

Listening to children and youth is the first step to help them stay healthy and safe.

Social and emotional skill development lays an essential foundation for substance use prevention in children and youth.

Five fun, engaging 3D videos show animated 'Super Team' characters who face common life challenges and use social and emotional skills to solve problems, build relationships and improve their magical community, turning their difficulties into Super Powers.

The characters intercut with real children shown coping with their emotions, friends, community, and life tasks. In addition, each video comes with science-based educational material focused on social and emotional competencies - Empathy, Compassion, Respect, Gratitude, Honesty, Integrity, Confidence, Hope, Motivation, Curiosity.

Endorsed by international partners, such as WiRED International and the International Society of Substance Use Professionals (ISSUP), the materials are available for educators, parents, teachers, policymakers, health workers, prevention workers, and the wider public.

'Listen First' materials are available in English, Spanish, and French on the Listen First website, with guidance on local adaptations.

To see the first 'Super Skills' videos, produced by Ethan Films click:

<https://youtu.be/B4Lp72G2bzE> (English)

<https://youtu.be/624h7v5vnEU> (French)

https://youtu.be/O_Q6k6K16VY (Spanish)

This paper is from : United Nations Office on Drugs and Crime

<https://www.unodc.org/unodc/press/releases/2021/November/unodcs-super-skills-supports-skill-development-for-vulnerable-children-worldwide.html>



NIDA Reports



Making Addiction Treatment More Realistic and Pragmatic: The Perfect Should Not be the Enemy of the Good

➤ **Publications**

This essay was also published by Health Affairs on January 3, 2022.

Last year saw drug overdose deaths in the U.S. surpass an unthinkable milestone: 100,000 deaths in a year. This is the highest number of drug overdoses in our country's history, and the numbers are climbing every month.

There is an urgent need for a nationwide, coordinated response that a tragedy of this magnitude demands. Recent data from 2020 shows that only 13 percent of people with drug use disorders receive any treatment. Only 11 percent of people with opioid use disorder receive one of the three safe and effective medications that could help them quit and stay in recovery.

The magnitude of this crisis demands out-of-the-box thinking and willingness to jettison old, unhelpful, and unsupported assumptions about what treatment and recovery need to look like. Among them is the traditional view that abstinence is the sole aim and only valid outcome of addiction treatment.

While not using any drugs or alcohol poses the fewest health risks and is often necessary for sustained recovery, different people may need different options. Temporary returns to use after periods of abstinence are part of many recovery journeys, and it shouldn't be ruled out that some substance use or ongoing use of other substances even during treatment and recovery might be a way forward for some subset of individuals.

Reduced number of heavy drinking days is already recognized as a meaningful clinical outcome in research and medication development for alcohol addiction. Clinical endpoints other than abstinence, such as reduced use, are now being considered in medication trials for drug use disorders. This could facilitate



the approval of a wider range of medications to treat addiction, as well as open the door to medications that address symptoms associated with it, such as sleep disorders and anxiety. The existing medications methadone, buprenorphine, and naltrexone have proven to be effective at reducing relapse risk and improving other outcomes in patients with opioid use disorder, but more options could benefit more patients. And medications to treat other drug use disorders are needed.

Temporary returns to drug use are so common and expected during treatment and recovery that addiction is described as a chronic relapsing condition, like some autoimmune diseases. Yet these setbacks may still be regarded by family, friends, communities, and even physicians as failures, resetting the clock of recovery to zero. Patients in some drug addiction treatment programs are even expelled if they produce positive urine samples.

Healthcare and society must move beyond this dichotomous, moralistic view of drug use and abstinence and the judgmental attitudes and practices that go with it.

There are still many unknowns about the different trajectories that recovery may take, but stereotypes should not guide us in the absence of knowledge. Research in the field of nicotine addiction shows that a person's first cigarette after a period of abstinence raises the risk of returning to their pre-treatment use pattern but does not always have that outcome. Research on the consequences of returning to opioid, stimulant, or cannabis use after a period of non-use is still needed, but there is little evidence to support the assumption—reinforced in movies and TV shows—that a single return to drug use following on a one-time loss of resolve will automatically lead the individual straight back to their former compulsive consumption.

Medicine can perhaps learn from the recovery world, where a distinction is increasingly made between a one-time return to drug use, a “slip” or “lapse,” and a return to the heavy and compulsive use pattern of an individual's active addiction—the more stereotypical understanding of relapse. The distinction is meant to acknowledge that a person's resolve to recover may even be strengthened by such lapses and that they need not be catastrophic for the individual's recovery.

A return to substance use after a period of abstinence may also, in some cases, lead to less frequent use than before treatment. Such a trajectory has been identified in research on drug and alcohol treatment



outcomes in adolescents. For some drugs, any reduced use is likely beneficial: Less frequent illicit substance use means less frequent need to obtain an illicit substance and fewer opportunities for infectious disease transmission or fatal overdose. It may also increase the likelihood that a person can be a supportive family member, hold a job, and make other healthy choices in their life.

But as long as treatment is only regarded as successful if it produces abstinence, then even one-time lapses can trigger unnecessary guilt, shame, and hopelessness. If an individual feels like they are bad, weak, or wrong for taking a drink or drug after a period in recovery, it could potentially make it more likely for those slips to become more serious relapses. As it now stands, even a slip can produce a positive urine sample or force the honest patient to self-report a return to drug use, which can then trigger the judgment and punitive policies of their treatment program or the law as well as trigger the personal sense that they have failed again and there is no hope for their recovery.

Another deleterious effect of equating treatment success with abstinence and drug use with treatment failure is that some people with SUDs are unready to give up substances completely. In fact, this is one of the main reasons people who could benefit from addiction treatment do not seek it. Although it may not be ideal or optimal, treating an opioid or methamphetamine use disorder even while a person continues to use cannabis or alcohol would be a net individual and public health benefit.

Realistically and pragmatically addressing addiction requires that we not let the perfect be the enemy of the good. Right now, we need all the good we can get. It also means offering supports for people with SUD that protect against the worst consequences of drug use. Syringe-services programs reduce HIV transmission and offer people an entry point into treatment; naloxone distribution to people who use opioids and their families reduces overdose fatalities. Neither of these measures increase drug use in communities that implement them, as critics often worry.

Other harm-reduction modalities being studied include personal drug-testing equipment like fentanyl test strips, as well as overdose prevention centers—places where people can use drugs under medical supervision, which are in operation in other countries and, as of late November, are available in New York City. Such services could potentially help mitigate some of the risks associated with lapses and relapses,



such as heightened risk of overdose due to lost tolerance. The latter currently accounts for many fatal overdoses after people with an untreated opioid use disorder are released from prison, for example.

Drug addiction is a chronic but treatable disorder with well-understood genetic and social contributors. It is not a sign of a person's weakness or bad character. Continued or intermittent use of drugs, even by people who know they have a disorder and are trying hard to recover from it, must be acknowledged as part of the reality of the disorder for many who struggle with it. Just as we must stop stigmatizing addiction, we must also stop stigmatizing people who use drugs as being bad or weak, and instead offer them support to help prevent addiction's most adverse consequences.



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Reference: Volkow, N.D. (2022), Making Addiction Treatment More Realistic And Pragmatic: The Perfect Should Not Be The Enemy Of The Good. Health Affairs.

<http://doi.org/10.1377/forefront.20211221.691862>.

This paper is from : National Institute on Drug Abuse

<https://nida.nih.gov/about-nida/noras-blog/2022/01/making-addiction-treatment-more-realistic-pragmatic-perfect-should-not-be-enemy-good>



Taiwan Research News

A Study on the Effects of Substance Use Disorder and Mental Illness on the Homicide 、 Aggravated Assault and Indiscriminate Murder

Yu-Wei, Liao

Homicide and aggravated assault, as well as indiscriminate killing/injuring of people that have intensified in our society in the past 10 years. These major criminal cases all seem to point to the perpetrator's mental illness or substance addiction, but there is currently no empirical research in Taiwan to prove the effect of mental illness, drug addiction, and alcohol addiction on homicide, serious injury, and indiscriminate homicide. Therefore, it is necessary to conduct the critical study to explore the findings.

In this study, a cross-sectional random sampling survey method was used to conduct a questionnaire survey on homicide or serious injury inmates in 4 prisons in Taiwan. A total of 400 questionnaires were administered, and 359 valid questionnaires were responded, with an effective response rate of 89.75%. The questionnaire is divided into two parts, the first part is basic information and general questions, using SPSS 24.0 for descriptive statistical analysis, the second part is research mode verification, using Smart PLS 3.2.2 for path analysis.

The study found that 44% of the victims were strangers, 89% of the subjects had no prior plan before



committing the crime, 24% self-reported mental illness, 36% self-reported drug use, and 28% had problem with drinking. In addition, the overall variance explained of the research model can reach 65.7%, representing a 65.7% probability of indiscriminately killing violent crimes under the comorbidity of drug history, alcohol addiction, mental illness and drug use. The behavior of drug use is affected by the combination of drug history, alcohol addiction and mental illness, and the probability of occurrence can reach more than 65%. In addition, the probability of homicide, serious injury and homicide serious injury committed by drug users were 33.2%, 45.4% and 11.9%, respectively. What is more worthy of our attention is that if drug users have a history of homicide, they are more likely to commit violent crimes of indiscriminate killing and injuring others, all of which are statistically significant.

Since this questionnaire adopts a self-reported retrospective survey. If the content involves professional judgment of disease diagnosis, it is not possible to assess whether the two are consistent because it is not diagnosed by a physician, which is a limitation of this research. Moreover, based on the results of empirical research, it is suggested that the treatment of persons with mental disorders, drug addiction and alcohol addiction should be encouraged and strengthened in the future.



The Rehabilitation Process of Alcoholism: A Study of the Influencing Factors

Kuan-Hua, Chen

In the light of the worseness of alcohol addiction problems in recent years, such problems not only become a potential risk for the society, but also cost the public a significant sacrifice. It is naturally crucial to make helping alcoholics come off their addictions the top priority. Therefore, this study takes abstainers of alcohol addiction as study subjects, to research for causes of alcohol addiction, rehabilitation journey of alcohol abstinence, and related recovery factors and maintenance factors. It is a qualitative research study that collects data with interview method, as well as purposive sampling method for sample collection. Consequently, there are eight male participants in the study with a history of alcohol addiction that completed their alcoholism treatment and continued to remain their soberness.

The study result suggests that the most common circumstance when an alcoholic first encountered alcohol happened at a gathering or a party with friends in their teenage years. The cause of alcohol addiction may be triggered by life pressure, daily habits, psychological reasons, friends, family, job, or work-related events respectively. Once a person becomes addicted to alcohol, the addiction brings comprehensive changes into the person's life, such as physical health, psychological health, family dynamics, work performance, and social encountering. The alcohol addiction may further prompt deviated or criminal behaviors like drunk driving, violence, and burglary.

At the early stage of becoming alcoholically addicted, the alcoholic is rarely aware of the addiction



to go on an abstinence. However, they may be motivated to quit alcohol due to health issues, family relationships, self-awareness, or other external factors. The interviewees in this study mostly seek for help from medical institutions, prisons, or rehabilitation facilities for addiction treatment and therapy. Moreover, during the journey of becoming sober, the alcoholics that try to quit alcohol are often challenged by boredom in life, pressure of negativity, reconnecting with friends whom they used to drink together, or easy accessibility of alcohol.

In the process of quitting alcohol addiction, the recovery factors can be categorized into internal recovery factors and external recovery factors. Internal recovery factors include physical conditions, self-precipitations, pursuing inner stability and elevating correspondence skills, whereas external factors include staying in a monitored environment, influence of religious belief, companionship of former alcoholics, and family support. On the other hand, the maintenance factors after complete soberness lie in several aspects which include the individual's physical and mental wellness, family support, general prevention, environment, religious belief, and social support, to carry on the result of quitting alcohol addiction. Among all the factors above, religious belief and social support play the most prominent part in maintaining soberness. Conclusively, based on the result of the research, this study proposes related suggestions and recommendations as a reference for empirical enactment or policymaking.



Taiwan Events News

Chia Nan University of Pharmacy & Science “2022 CNU Anti-drug and Information Security Robot Competition”

With modern technological advances and innovation and the rise of the Internet, IoT, artificial intelligence, and robotics industry, robots are no longer confined to traditional industrial applications. On the contrary, they have become a part of human life, including such innovative applications as education, entertainment, home security, medical services, disaster relief, etc. While modern technology has grown by leaps and bounds, various cross-domain professional teams have been integrated, leading to the inevitable trend of innovative diverse development.

In view of the drug abuse population that has become younger in average age, in order to educate young students to adapt to the ever-changing society of the future, stay away from the temptation of drugs, build up sufficient information security knowledge, and demonstrate adequate social competitiveness, it is important to cultivate students' innovative mindsets, problem-solving ability, and teamwork. Therefore, the Chia Nan University of Pharmacy & Science (CNU) and the Public Health Bureau, Tainan City Government (PHB) will co-hold the “2022 CNU Anti-drug and Information Security Robot Competition”. The three creative competitions of “Loser Robots”, “Knowledge Master Robots”, and “Intelligent Robots”, anti-drug propaganda and the concept of information security will be incorporated into the Robot Creative Competition. In addition to enabling young students to acquire knowledge about robotic technology, an insight can be gained into drug abuse prevention and information security. By means of entertaining and teaching, we can see into the future of a drug-free community and a healthy environment built in concerted efforts.

- ★ Registration deadline: February 28, 2022 (Sunday).
- ★ Registration method: Online registration at: <https://forms.gle/ainS51LsvMrRMejt9>.
- ★ Data and venue: Chia Nan University of Pharmacy & Science (CNU) auditorium on March 12th, 2022 (Saturday)

This information is supplied by the Department of Multimedia and Game Development, Chia Nan University of Pharmacy & Science.

<https://reurl.cc/zM5a4>



Latest Conferences Information

➤ Editorial Office

Conference	Host Organization	Date	Location
SRNT 28th Annual Meeting	Society for Research on Nicotine and Tobacco (SRNT)	March 15-18 2022	Baltimore, Maryland, USA Contact: info@srnt.org
ASCPT 2022 Online Annual Meeting	American Society for Clinical Pharmacology and Therapeutics (ASCPT)	March 16-18 2022	Online Meeting Contact: meetings@ascpt.org.
The ASAM 53rd Annual Conference	American Society of Addiction Medicine (ASAM)	March 31-April 3 2022	Hollywood, Florida, USA Contact: meetings@ASAM.org
2022 Annual Meeting	Society of Behavioral Medicine (SBM)	April 6-9 2022	Baltimore, Maryland, USA Contact: info@sbm.org
Uniting the global community to face the challenge of addiction	International Society of Substance Use Professionals (ISSUP)	May 11-16 2022	Abu Dhabi, United Arab Emirates, and Virtual Contact: info@issup.net