

FIGHTHERING FRIENDS

FRI THE NEWSLETTER OF FRIENDS RESEARCH INSTITUTE

COGNITIVE BEHAVIORAL THERAPY *for South Africa*

Donnie Watson, Ph.D., FRI Principal Investigator, received a five-year grant from the National Institute on Drug Abuse (NIDA), entitled, "Cognitive Behavioral Therapy for South Africa." The overarching goal of this study is to develop and evaluate the efficacy of several clinical training/approaches for transferring evidenced-based cognitive-behavioral therapy (CBT) techniques for the treatment of cocaine use disorders to Republic of South Africa (RSA) community treatment providers.

Recent epidemiological evidence indicates a dramatic rise in the amount of available cocaine in RSA and in the number of individuals seeking treatment over the past 10 years, although the trend has stabilized in the past couple of years. The conclusion that the increasing availability of cocaine in RSA may be contributing to the increasing treatment demand was further illustrated in July of

2003 when one of the largest cocaine seizures in RSA history took place in Johannesburg. South African scientists and policy makers theorize that this drug use is associated indirectly with HIV transmission due to risky sex behavior (e.g., compared with non drug users, drug users are more likely to engage in risky sexual behaviors such as sex with multiple partners and unprotected sex). For these reasons, there is considerable interest in importing evidenced-based cocaine treatment approaches to RSA.



Bottom Row (from left to right): Jeanne Obert, Master Trainer, Matrix Institute on Addictions; Angela Hawken, Co-Investigator, UCLA; Julia-Ann Kavich, Research Assistant, FRI; and Lusanda Rataemane, Project Coordinator, Mental Health and Addiction Centre, South Africa. Top Row (from left to right): Jason McCuller, Project Director, FRI; Felipe G. Castro, Collaborating Scientist, Arizona State University; Donnie Watson, Ph.D., Principal Investigator, FRI; Mansour Shawky, M.D., Visiting Scholar at UCLA ISAP (no role on project); Richard Rawson, Ph.D., Co-Principal Investigator, UCLA; Prof. Solomon Rataemane, Co-Principal Investigator, Medical University of South Africa; and Tom Freese, Co-Investigator, UCLA.

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South Africa *(continued from page 1)*

There have been significant advances in the development of empirically-based drug treatment approaches in recent years. Many of these approaches were developed in the United States and have the potential to be adapted to benefit individuals from other countries and/or cultures. For example, CBT has been established as an efficacious treatment method for cocaine use disorders. Despite theoretical promise, the transfer of science-based drug abuse treatments, like CBT, from the United States to treatment professionals in other countries has largely been understudied. Therefore, Dr. Watson's grant will evaluate several methods for transferring an empirically-supported cocaine use/abuse treatment to clinicians in RSA. Technology transfer methods such as the types that the researchers hope to evaluate may eventually help provide new strategies to address the treatment needs of cocaine users, as well as make a potential contribution to important HIV prevention efforts, in the Republic of South Africa.

The goal of this 5 year project is to assess the efficacy of three (3) training approaches on RSA clinicians' ability to adhere to the core elements of a research based model for individual CBT that is adapted for use in RSA. In this regard, this project will examine three methods of training 150 RSA clinicians at 30 treatment centers in a 12-session CBT intervention adapted from the Carroll CBT model. These methods include: 1) An in-vivo (IV) CBT training and supervision program in which clinicians receive approximately 84 hours of training and supervision with CBT from a South African Professional who will be trained in the United States (U.S.) by an Expert Trainer; 2) A distance learning only (DLO) training and supervision approach, in which RSA clinicians will receive 84 hours of training and supervision via a teleconferenced and interactive broadcast originating in South Africa with a South African Professional who will be trained in

the U.S. by an Expert Trainer; and 3) A self instructional manual only approach (MO). The researchers will measure the knowledge and skills of individual RSA therapists to deliver individual CBT for cocaine abuse. Further, they will calculate the cost of delivering each of the training models in order to allow an impact analysis of the training efforts to consider the real world limitations associated with training costs. It is expected that these methods for the training of RSA community-based treatment organizations will provide empirical data on how to best facilitate their adoption of evidence-based CBT techniques for cocaine treatment in RSA and the US.

Start-up work on this study recently began. The researchers are in the process of establishing subcontract agreements between collaborating institutions, selecting and training an RSA master trainer, making initial cultural revisions to the CBT manual, and acquiring IRB approvals from all institutions involved. The core of this research study is expected to begin in the summer of 2006, as both the U.S. and RSA researchers are excited to embark on this timely and beneficial project.

Congratulations!

FRI would like to congratulate **Monique Wilson**, SRC Data Manager, who will be awarded with a doctoral degree from Morgan State University in May 2006. Ms. Wilson began with the Social Research Center in 1996 as a mentor for the Community-Based Intervention for Children project while she was still an undergraduate at Morgan State University. In May, she will be awarded her Doctor of Public Health degree, having successfully

defended her dissertation on March 8th. Her dissertation is entitled: *The Relationship of Social Environment to Cigarette, Alcohol and Marijuana Use Among Adolescents in the United States: Gender and Racial/Ethnic Differences*. Congratulations to Dr. Wilson on this accomplishment.



Ask The IRB Staff

When should payments to participants be considered as income and included in their tax return?

All payments to participants constitute income to the individual study participant and should be included in that individual's income tax return. For payments for study participation in excess of \$600, in cash or any items of value (including vouchers, gift certificates, goods, etc.), in a calendar year, FRI is required to issue a 1099. This means that subjects paid more than \$600 for their participation will be required to complete IRS Form W-9, which asks for participants' name, address, and social security number. Because of this requirement, the IRB would like to ensure that participants are informed that they will be asked for this information.

Therefore, if subjects will be paid more than \$600 for their participation, then the following paragraph should be included in the Reimbursement/Compensation section of the informed consent document:

"If you complete this research study you will receive at least \$600 for your participation. As a result, you must complete IRS Form W-9 before the research begins. This form contains your name, address, and social security number and will be submitted to Friends Research Institute's Accounting Office. At the end of each year FRI will issue an IRS Form 1099-Misc to you, and the Internal Revenue Service. This Form tells you and the Internal Revenue

Service that a payment was made to you for your services, but it does not say that you were paid for participation in a research study. That information will remain confidential. You are responsible for paying any state, federal, Social Security or other taxes on the payments you receive."

Researchers should be aware that a participant may refuse to give his/her social security number or a participant may not have one. The IRB recommends that if a potential participant does not have, or refuses to provide a social security number, then s/he may choose to participate in the study without payment, or choose not to participate at all.

Researchers should also note that the IRS provision is for payment of \$600 per year, not per study.



Employees' Corner

Important Announcements!

- FRI will begin to charge a \$25 fee to employees, if their paycheck is cashed prior to the check date as doing so is in violation of IRS's Constructive Receipt Law. This, of course, does not apply to employees who have signed up for direct deposit.
- Please direct all 401(k) retirement inquiries to **Michele Hipsley**, Director of Administration, who also acts as the Plan Administrator for FRI's 401(k) plan through John Hancock. Michele can be reached at 410-823-5116 or [mhhipsley@friendsresearch.org](mailto:mhipsley@friendsresearch.org).
- Effective January 1, 2006, retirement plan contribution limits have increased to \$15,000 (\$20,000 for employees age 50 and over). These limits are in effect through 2008.
- If Principal Investigators would like to receive their monthly statement by email and have not yet informed FRI, please contact **Wanda L. Cross**, Financial Administrator, at 410-823-5116 or wcross@friendsresearch.org.
- Effective January 1, 2006, FRI's mileage reimbursement rate increased to 44.5 cents per mile.
- Employees are no longer required to list their Social Security numbers on their timesheets due to identity theft concerns.

Protecting Research Volunteers in Denver

Hospital Corporation of America (HCA)–HealthONE hospitals in Denver has awarded a contract to FRI to provide IRB, human research subjects protections, and laboratory animal welfare consultations. **Norma McCormack**, FRI HR Manager and IRB Supervisor, will be responsible for overseeing this project and providing necessary consultation.

To date, FRI has made several site visits to meet with HCA's Continental Division leadership, current and future PIs, and IRB staff, and to provide a comprehensive audit of the existing IRB files and operations. Following the evaluation and recommendations, **Ms. Judy Hatch**, BSN, RN, an experienced ethics and compliance officer with HCA–HealthONE, was appointed as the new IRB Administrator in Denver. The new IRB and staff held their first convened meeting on March 15th, and Ms. McCormack was in attendance. The IRB is currently scheduled to meet once a month, and will review approximately 300 studies a year. The studies range in scope from investigational new drugs, to clinical devices, to surveys. Most of the studies are cancer and cardiac related, and there are a few studies regarding breast implants, which are already FDA approved but are reviewed as Humanitarian Use Devices.

In addition to IRB and human subjects protections oversight, fields in which FRI is well accustomed, this contract provides an opportunity for FRI to resume laboratory animal facility consultations for the first time in decades. FRI's oversight of animal research began with **Dr. Perry Black's** neurological research using chimpanzees and **Dr. John Lilly's** Dolphin research, almost twenty-five years ago. Laboratory animal care and use is now carefully regulated in the United States. All institutions conducting research with vertebrates must have an Animal Welfare Assurance (AWA) from the Office of Laboratory Animal Welfare (OLAW), a division of NIH, which describes the means they will employ to comply with the Public Health Service Policy on the Human Care and Use of Laboratory Animals. Institutions must also have an Institutional Animal Care and Use Committee (IACUC), which is analogous to an IRB. The new IACUC will meet approximately four times a year, and will review approximately 25 studies a year. The current studies utilize mice in reproductive protocols.

FRI will continue to provide expert consultation to the IRB, IACUC, and HCA–HealthOne over the next three years, and then as needed. This is an important undertaking for FRI to help manage both human and animal studies to ultimately ensure the protection of HCA–HealthOne's research participants, and FRI welcomes the opportunity.

WELCOME NEW EMPLOYEES!

Beginning in 2006, FRI will extend a formal welcome to its new employees, in *Gathering Friends*.

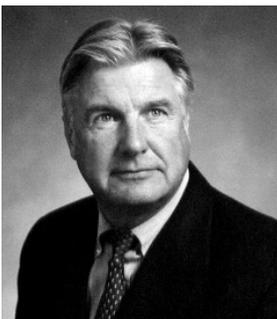
Welcome to FRI's new employees of 2006, thus far. We look forward to many exciting years together.

- 1/18/06 **Karin Aebersold**, Research Assistant at the Seattle VAMC
- 1/25/06 **Erica Marrari**, Research Interviewer at Social Research Center
- 3/6/06 **Eric Stahl**, Addictions Counselor at Epoch Counseling Center, Catonsville
- 3/20/06 **Jennifer Rueschlin**, Addictions Counselor at Epoch Counseling Center, Landsdowne
- 3/22/06 **Jan Gryczynski**, Evaluation Assistant at Social Research Center
- 4/3/06 **Veronica Buser**, Secretary at Epoch Counseling Center, Catonsville
- 4/10/06 **Mandylyn Moxey**, Secretary at Epoch Counseling Center, Catonsville

Gathering Friends is a publication of Friends Research Institute, Inc. (FRI). Please forward any correspondence to Julie Simon Edelson, FRI, 505 Baltimore Avenue, P.O. Box 10676, Baltimore, MD 21285.

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A Message from the Executive Director

I would like to take this opportunity to thank our researchers and staff for their steadfast commitment and dedication to FRI during this challenging time for the research community, at large. Because of new budget priorities and budget reductions, there have been drastic cuts for research grants on the federal level. This means that fewer research grants are being awarded, and there is stronger competition for the money that remains. Thus, researchers all over the country are having to face the brunt of these cuts, while still fostering advancement in their fields of study.

Despite these challenging times, our FRI researchers and research staff are working harder, making advancements in their field, and writing and submitting more grants than in previous years. Our administrative staff has taken on numerous additional

tasks and responsibilities due to budget cuts, with dignity and grace. In addition, our administrative staff and Board of Directors have been hard at work promoting FRI and seeking out new opportunities for growth, as well as recruitment of new investigators.

While I will not deny that this is a challenging time for the research community, I am confident that this year will also prove to be an exciting and productive year for FRI. Again, I would like to thank all of the investigators and employees who have helped FRI to become the exceptional organization that it is today, and that it will continue to be in the future.

—Patrick F. Bogan

Happy Anniversary!

Congratulations to the following employees who have recently celebrated an anniversary with FRI. We appreciate your loyalty and dedication to the organization.

NOVEMBER	YEARS	DECEMBER	YEARS	JANUARY	YEARS
David Hoyte	9	Thomas Hanlon, Ph.D.	46	Jan Marshall	20
Michael Gordon, Ph.D.	6	Patrick Bogan	37	Dorothea Collins, Sc.D.	8
Stuart King	5	Donnette Randolph	10	Robert Schwartz, M.D.	6
David Highfield, Ph.D.	4	Jessica Fradis	6	Elizabeth Katz, Ph.D.	6
Michele Ricketts	4	John Roll, Ph.D.	6	Julia-Anna Kavich	2
Carmen Albizu, Ph.D.	1	Luna Yojay, Ph.D.	5	Glorimar Caraballo	1
Abigail Gonzalez	1	Elena Nieves	5	Luis Roman-Badenas	1
Rosaura Lopez	1	Jessica Lopez	4	Kimberly Alford	1
		Bryan Johnson	1	Terrance Hudson	1
FEBRUARY	YEARS	MARCH	YEARS	APRIL	YEARS
Judith Horst	16	Steven Carswell, Ph.D.	9	Diana Caldwell	17
Claudia Reynolds	8	Donna Lucker	8	Monique Wilson, Ph.D.	10
Edward Sanders	7	Ned Rubin	6	Scott Kehir	5
Ruslan Damadzic, M.D.	7	Leslie Amass, Ph.D.	6	Warren Lee	4
Donnie Watson, Ph.D.	5	Jonathan Kamien, Ph.D.	6	Lynette Yeow	3
Ma Anna Teresa Mapa	4	Susan Tangires	6	Shakeeta Smith	3
Raymond Szczepanski	4	Julie Edelson	4	Jazmin Warren	2
Deborah Crocetti	1	Sylvia Lyons	1	Babita Das	1
				John Hargrave	1