Tips to Make Your Holidays Greener!
Help make every day Earth Day, even Christmas, Chanukah and Kwanza! by following these guidelines:

1. A single cross-country plane flight uses about 1 ton of carbon dioxide per passenger! If you're traveling by air, you can mitigate its effects by buying carbon offsets. If you are visiting many loved ones, try to "lump" visits to those living in the same region, and also carpool with your family.

2. Put less packaging on your gifts. Reuse wrapping paper; use old magazines, or use decorations from nature. Reuse cardboard boxes and packing peanuts. Buy recycled or tree-free cards made from materials like hemp - or send e-cards!

3. Re-gifting is not a crime! Pass along hand-me-downs and heirlooms. These are also called "story gifts" because they carry stories with them, and often invoke treasured memories.

4. Use "Do It Yourself" décor - make the room festive with berries, popcorn and outdoor greens.

5. Recycle your Christmas tree when you can no longer use it. Many neighborhoods have tree recycling programs.

6. When throwing a party, use utensils, plates, napkins and tablecloths that aren't paper or plastic. Only run a full dishwasher. Recycle any cans or bottles and compost leftover food.

7. Give away untouched leftovers and unwanted gifts. Others less fortunate than you could be very appreciative of these re-given gifts.

8. Give gifts from the heart instead of from the store! Offer to help with chores, or give of your time to baby-sit or make a nice dinner for a family member or friend.

9. If you want to purchase a gift, donate to charities in your loved ones’ name, or purchase your presents from your favorite environmental organizations' online stores.

10. Buy organic or locally-grown produce and cook at least some vegetarian meals - make the most out of food resources and fuel. Prepare food that does not have to be refrigerated to lower the amount of power wasted by continually opening and closing the fridge.

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Delaware Valley Node Provider Updates

Interim House Implements Innovative DBT Initiative

For more than 35 years, Interim House, Inc, a residential and outpatient substance abuse treatment program for women in Philadelphia, has been regarded as a pioneer in the behavioral health field, best known for its responsiveness to the complex and changing needs of women with substance abuse problems. Interim House is an affiliate of Public Health Management Corporation (PHMC), a non-profit public health institute that promotes community health through outreach, education and health promotion, research and evaluation, technical assistance, and direct services. In pursuit of continued excellence, Interim House recently completed a Dialectical Behavioral Therapy (DBT) Training and Supervision Initiative in response to the increasing number of women entering the
program with Axis II diagnoses, including Borderline Personality Disorder.

Funded by a one-year capacity building grant from the Pew Charitable Trusts Vulnerable Adults Program, the DBT Training and Supervision Initiative offered instruction to Interim House clinicians in one of the few evidence-based treatment practices with demonstrated effectiveness for individuals with Borderline Personality Disorders (BDP) and/or histories of self-harming behaviors. DBT, which was developed by Marsha Linehan Ph.D., is a cognitive behavioral treatment program that helps clients learn to better understand, regulate and tolerate their emotions and improve their interpersonal skills. Clients also learn specific strategies for preventing self-harm and for decreasing behaviors that interfere with treatment or their quality of life.

The Interim House DBT Initiative included a year-long series of monthly trainings in DBT, as well as regular group and individual clinical supervision to ensure effective integration of the model into clinical practice. The project also included a small process and outcome evaluation conducted by the Research and Evaluation Department at the Public Health Management Corporation, Interim House’s parent company and a member of the Delaware Valley Node of the CTN. Preliminary data from the evaluation indicates that the DBT training helped to improve client retention, decrease the number of client outbursts and aggressive behaviors, increased client satisfaction and improved staff morale.

Documentation of the informed consent of the subjects - either the signed informed consent form or the short form and the written research summary - are records related to conducted research that are typically held by investigators and must be retained for at least three years after completion of the research, unless the IRB waived the requirement for informed consent or the requirement for documentation of informed consent (45 CFR 46.117).

If investigators have been designated to retain certain records (e.g., informed consent documents signed by subjects) on behalf of the institution as required by the HHS regulations at 45 CFR 46.115(b), they must retain the records in some form. Such records may be preserved in hardcopy, electronic or other media form and must be accessible for inspection and copying by authorized representatives of HHS at reasonable times and in a reasonable manner (45 CFR 46.115(b)). Retention of multiple copies of each record is not required. Investigators should follow the institution’s policies and procedures for retaining records. If investigators who have been designated to retain records on behalf of the institution leave that institution, the investigators and the institution should identify the successor responsible for maintaining those institutional records, either at the original institution or wherever the records are relocated, for the period of time required under HHS regulations at 45 CFR 46.115(b). Taken from www.hhs.gov

<table>
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<th>Regulatory Q &amp; A</th>
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<td><strong>Question:</strong> What records should investigators keep, and for how long?</td>
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<td><strong>Answer:</strong> The HHS protection of human subjects regulations require institutions to retain records of IRB activities and certain other records frequently held by investigators for at least three years after completion of the research (45 CFR 46.115(b)). In addition, other regulations may apply and require retention of these records for a longer period of time.</td>
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**Delaware Valley Node Trial Progress:**

CTN 0027-START – The START study has ended recruitment at all remaining sites as of October 30, 2009. Current efforts have focused on answering queries and updating study logs. Retention survey, ROSP, will be reviewed by UPenn and City of Philadelphia IRBs in December. This leads to 6-weeks of outreach and 1-week of intense interviewing at the site.
LAX Pilot Project: Staying or Not Staying in HIV Treatment
Site: Jonathan Lax Clinic, Phila., PA
Recruitment is ongoing at the Jonathan Lax Center at Philadelphia Fight. To date, 29 clients have been interviewed. Anna Pecoraro, Psy.D., University of Pennsylvania/CTN Postdoc, and Allen Howell, LAX Outreach Coordinator, have been doing a great job on this project!

CTN 0047 “Screening, Motivational Assessment and Referral to Treatment in the Emergency Department” (SMART-ED).
Study Objectives: To evaluate the implementation of and outcomes associated with a screening and brief intervention process to identify individuals with substance use, abuse, or dependence seen in emergency departments (EDs) and to provide interventions and/or referral to treatment consistent with the severity of their substance use disorder. Thomas Jefferson in the running for this study. Sites will be notified once final approval is received from DSMB.

CTN Dissemination Library
The CTN Library is web-based, and includes all the CTN related publications (under What’s New). The web site is maintained by the Washington Node of the Clinical Trials Network. The address is: http://ctndisseminationlibrary.org
For a detailed list of upcoming conferences, click on “Upcoming Conferences” under “Dissemination Opportunities”. For additional information, contact Ed Weiss, Assoc. Project Manager, Delaware Valley Node eweiss@tresearch.org or call 215-399-0980 x145.

AIDS FUND - Thousands of walkers, runners and volunteers braved the weather for the 23rd annual AIDS Walk Philly on October 18th! For anyone who couldn't make it, donations can still be made. Go to: http://www.aidswalkphilly.org/index.php Click on “Donate” or visit: AIDS FUND at 1315 Spruce Street, 4th Floor, Monday - Friday 10:00 AM - 4:00 PM

"No war on the face of the Earth is more destructive than the AIDS pandemic. I was a soldier. But I know of no enemy in war more insidious or vicious than AIDS. Will history record a fateful moment in our time, on our watch, when action came too late?"
- Colin Powell

Make a difference!
Grants Corner
The following funding opportunities may be of interest to researchers:
Medications Development for Cannabis-Related Disorders (R01)

**RFA-DA-10-016 (R01) - [Receipt Date: April 30, 2010]**
Targeted Library Synthesis and Screening at Novel Targets for Potential Drug Addiction Treatments and Research Tools (R21/R33)

**RFA-DA-10-005 R21/R33 - [Receipt Date: December 4, 2009]**
Exploring Epigenomic Processes and Non-Coding RNAs in HIV/AIDS

**RFA-DA-10-010 (R01), RFA-DA-10-011 (R21) - [Receipt Date: December 23, 2009]**
Substance Use and Abuse among U.S. Military Personnel, Veterans and their Families

**RFA-DA-10-001 (R01), RFA-DA-10-002 (R21) - [Receipt Date: December 22, 2009]**

*Clarification to Budget Requirements for RFA-DA-10-005 Targeted Library Synthesis and Screening at Novel Targets for Potential Drug Addiction Treatments and Research Tools (R21/R33)
(NOT-DA-10-002)
National Institute on Drug Abuse

Requests for Applications
*Effectiveness Research on Smoking Cessation in Hospitalized Patients (U01)
(RFA-HL-10-020)
National Heart, Lung, and Blood Institute
National Cancer Institute
National Institute on Drug Abuse
Application Receipt Date(s): January 19, 2010

Program Announcements
*Development and Application of PET and SPECT Imaging Ligands as Biomarkers for Drug Discovery and for Pathophysiological Studies of CNS Disorders (R21)
(PA-10-023)
National Institute of Mental Health
National Institute on Aging
National Institute on Alcohol Abuse and Alcoholism
National Institute of Biomedical Imaging and Bioengineering
National Institute on Drug Abuse
Application Receipt/Submission Date(s):
Multiple dates, see announcement.

Other funding opportunities can be found by visiting:
http://www.nida.nih.gov/Funding/rfa.html

**HAPPY HOLIDAYS**
FROM ALL OF US AT THE DELAWARE VALLEY NODE OF THE CLINICAL TRIALS NETWORK

Send updates for this newsletter to dcardillo@tresearch.org