

Center for Studies of Addiction Newsletter

February 2014



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THE TREATMENT RESEARCH CENTER TURNS 43

The Center for Studies of Addiction/Treatment Research Center (CSA) was founded in 1971 with the dual purpose of providing high quality treatment for drug and alcohol addiction, and advancing research frontiers. For 43 years, the CSA has played a key role in the development of new treatments for addictive disorders, utilizing both psychotherapy and pharmacotherapy.

Researchers at the CSA were the first to show efficacy for antidepressants in the treatment of opiate addiction, and the first to demonstrate the usefulness of naltrexone in the treatment of alcoholism. Current research is now focusing on developing a medication that improves the treatment of cocaine dependence and on personalizing the treatment of alcohol dependence by identifying genetic predictors of treatment response.

With the funding of the Clinical Trials Network in 1999, the Center developed research affiliations with approximately 20 drug and alcohol treatment programs in the Delaware Valley and Southern New Jersey.

Finally, the CSA was integral in the development of the Addiction Severity Index (ASI), which is now widely used in both research and clinical settings.

New Treatments discovered or developed at the CSA:

Oral and long-acting naltrexone for alcohol dependence

Buprenorphine for opioid dependence

Acamprosate for alcohol dependence

Topiramate to reduce heavy drinking

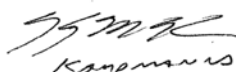
A MESSAGE FROM DR. KYLE KAMPMAN

The Treatment Research Center (TRC) has been at its current location at the corner of 39th and Sansom Streets for the past 25 years. I have had the good fortune to be associated with the TRC for 24 of those years.

The TRC is a special place. Its mission is threefold: 1) To provide outstanding patient care, 2) To conduct cutting edge research, and 3) To develop skillful and empathic treatment providers. I am extremely proud of the TRC and all that has been accomplished here, not the least of which is the compassionate care we provide for our patients.

This newsletter is intended to update our friends and neighbors about activities of the TRC. We invite those who are interested in what we have to offer to call or visit our [website](#).

Sincerely,



KAMPMAN IS

P50 GRANT HIGHLIGHTS

The UPenn P50 Center has been a national and regional resource for information on and treatment of cocaine dependence.

The University of Pennsylvania's P50 Center has served as one of the Medication Development Centers of Excellence (MDCE) of the National Institute on Drug Abuse (NIDA). It has been both a national and regional resource for information on cocaine dependence. Penn's MDCE has collected a wealth of information and expertise in evaluating treatments for co-occurring cocaine and alcohol dependence (CAD). Our MDCE's theme has been to develop and test innovative medications and medications combined with novel types of psychosocial interventions for treating cocaine dependent populations, especially CAD patients.

Component 1: Rapid Clinical Trials Evaluating Medications for Cocaine and Alcohol Dependence. We completed clinical pilot trials examining the following medications: acamprosate, varenicline, extended-release naltrexone, and vigabatrin. Additionally, we completed clinical trials for the treatment of cocaine and alcohol dependence examining topiramate ([Drug and Alcohol Dependence, November 2013](#)), and treatment of cocaine dependence with modafinil (paper is being prepared for publication) and varenicline (study is still ongoing).

Component 2: Human Laboratory Studies of Promising Novel Compounds for Cocaine Dependence. We conducted trials studying the impact of the NK1 antagonist, aprepitant, on stress-induced cocaine and alcohol craving, and the impact of varenicline on cocaine and alcohol craving. Data analyses have been completed, and the final papers are being prepared for publication.

Component 3: Combining Medications for Treating Co-occurring Cocaine and Alcohol Dependence. We completed a large clinical trial evaluating the combination of modafinil (400mg/day) and naltrexone (150mg/day for males and 100mg/day for females) for the treatment of CAD. Data analyses have been completed, and the final paper is being prepared for publication.

Additional efforts supported by the MDCE Core include:

- NeuroCore Pilot Program,
- Genetic DNA Sampling of Cocaine Dependent Subjects,
- Remote Observed Dosing of Suboxone via Skype to Improve Medication Adherence, and
- Extended-release Injectable Naltrexone for Amphetamine Dependence in Iceland.



*Dr. Bankole Johnson, D.Sc., M.D.,
M.B., Ch.B., M.Phil.*

COCAINE AND TOPIRAMATE: THE LATEST FINDINGS

Kampman et. al's pilot trial of topiramate for the treatment of cocaine dependence (2004) had positive results that were successfully replicated by Johnson et. al's double-blind, randomized, placebo-controlled 12-week trial on topiramate for the treatment of cocaine addiction (2013). The University of Virginia's clinical trial concluded that topiramate reduced cocaine use more than placebo treatment.

[Click here for full press release](#)

NEIGHBORHOOD SPOTLIGHT: UNIVERSITY CITY HOUSING COALITION



After a homeless man froze to death while sleeping on Penn's campus in 1984, a small group of students began the [University City Housing Coalition](#). Since then, it has grown to be much more than a soup kitchen, serving 5 hot meals a week and sandwiches on Saturday. The coalition also supports medical, dental, and legal clinics, staffed by students and professionals from the University of Pennsylvania. It also serves as a mailing address for the homeless who need a personal address, as well as a referral source for shelter, housing, food, and clothing.

Receiving no money from Federal or State funds, the coalition is run on donations and volunteered time. For more information, call 610-527-1547.

"My favorite aspect of the TRC is that study participants are the main focus and concern of all staff."

EMPLOYEE PROFILE: GAIL KAEMPF, MSN, CRNP



Gail Kaempf, the Nurse Manager, is a Family Nurse Practitioner. She has worked at the Treatment Research Center for 18 years. During this time, she also worked part-time at Minute Clinic, providing walk-in health care to anyone who needs it. Prior to the TRC, Gail worked at Presbyterian Hospital as a Perioperative Clinical Nurse Specialist. While there, she conducted a study, "The Effect of Music on Anxiety: A Research Study" that was published in the Association of periOperative Registered Nurses (AORN) Journal, and presented at the National AORN Conference. Gail has served as a consultant to pharmaceutical companies related to medications and therapy for alcohol dependence.

Receiving an academic achievement award while earning an MSN in nursing education from Villanova University, Gail continued her post-masters of Family Nurse Practitioner at the University of Delaware. Highlights from her career include being an international trainer for Medical Management, presenting multiple times at national, state, and local nursing conferences, and being published in nursing journals for her work in periOperative nursing and alcohol dependence.

When asked about her work in treating drug and alcohol addiction, Gail replied, "My favorite aspect of the TRC is that study participants are the main focus and concern of all staff." Outside of work, she enjoys gardening, hiking, camping, cooking, and yoga. She is a yoga instructor and is completing a course for yoga therapy certification. When asked about other future goals, Gail wants to "figure out what I want to be when I grow up."

STUDY HIGHLIGHTS

In collaboration with Columbia University, the University of Pennsylvania Treatment Research Center began a new and innovative study in July 2013, "**Multicenter Trial of Combined Pharmacotherapy to Treat Cocaine Dependence: A Phase III, Randomized, Double-Blind Trial of Adderall-XR and Topiramate**"

The study investigates the combined use of Adderall-XR, FDA approved for ADHD, and topiramate, an anticonvulsant that has also been shown to have efficacy in treating alcohol and nicotine dependence. Mixed amphetamine salts are known to increase baseline dopamine signaling, while topiramate reduces cocaine-induced dopamine release. It is hypothesized that the two pharmacotherapies with distinct mechanisms of actions will produce a synergistic overall effect in the treatment of cocaine dependence.

Between the TRC and Columbia University, we hope to recruit 198 Participants over a three year period.

Principle Investigator: Dr. Kyle Kampman, M.D.

Nursing Staff: Gail Kaempf, MSN, CRNP, Laurie Downing, MSN, CRNP, Brenda Beitler MSN, APRN, BC

Diagnosticians: Margo Hendrickson, DSW, LCSW, CCDPD

Research Coordinator: Mary Slome

Research Technicians: Edward Doyle, Jessica Burrell, Kathleen Feeney

Click below for a complete list of our clinical trials:

[Addiction Treatment and Medication Development Division](#)

[Brain-Behavioral Vulnerabilities Laboratory](#)

Penn Behavioral Health



Treatment Research Center

**Addiction Treatment
& Research**



UPCOMING EVENTS AT THE CENTER

March 3

Reagan Wetherill, PhD, University of Pennsylvania

March 10

Hengyi Rao, MD, University of Pennsylvania

March 24

Babi Chakravorty, MD, University of Pennsylvania
Alcohol Misuse and Sleep Problems

March 31

Jacob Dubroff, MD, University of Pennsylvania
PET Imaging in Nicotine and Alcohol Abuse

CONTACT US

If you have any questions regarding one of our clinical trials, please call 215-243-9989 or email addicted@med.upenn.edu