16 Drug Abuse in Rural America: New Solutions to a Growing Problem
Zili Soboles, ScD

Although the percentage of the U.S. population living in mostly rural areas has declined over the past 50 years, information from our national data systems indicates growing rates of illicit drug use in rural areas — particularly among the young.

COVER STORY
& FEATURES

22 The Miracle of Equine Therapy
Marjorie Zugich, MA, CET II, Ted Klontz, MA, MAC, CSAC, CET II, and Deb Leinart, MS, LPC, CET II, CSAT II

It has been suggested that equine therapy is a natural evolutionary development having its roots in the experiential therapy movements of the ‘70s. Explore the elements of equine therapy in this diverse article featuring contributions from five different facilities that have witnessed the power of equine therapy firsthand.

28 The Best Methods of Managing Pain in the Recovering Patient
Howard A. Heit, MD, FACP, FASAM

A noted pain specialist explains the best methods to treat pain in the recovering client — including why long-acting or controlled-release opioids are the preferred choice and how the primary care physician needs to establish boundaries for the client in conjunction with the counselor. The successful treatment of pain with non-opioid analgesics is also discussed.

34 Ethnic Cultures and Substance Abuse
S. Lala Straussner, DSW, MSW, CAS

It is a rare substance abuse counselor today who does not work with clients from a variety of racial, cultural, ethnic, and religious backgrounds. While there has been an increasing emphasis on ethnic and cultural sensitivity and what has been termed “cultural competence,” it is not always clear what these terms mean in actual practice with clients. This article seeks to clarify these concepts in relation to substance abusing clients.

40 Blending Grief Therapy with Addiction Recovery
Mark Sanders, LCSW, CADC

Tragedy can strike your client at any time, but when they are struggling through the stages of recovery it can be especially destructive. This article assists counselors in developing technical skills to help clients successfully release and cope with their pain — while reminding us the greatest gift we can give a bereaved client is our loving spirit.
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Stanton Peele ruffled feathers, while the NAADAC president's efforts to rally membership has caused some concern.

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