



Life Adversities and Risk for Chronic Disease

“Life Adversities and Risk for Chronic Disease” in recognition that adverse life experiences can make a long lasting impact on an individual’s overall health. Life adversities can lead to a negative sense of well-being that are more likely to develop substance abuse/misuse and addiction, anxiety, major depression, post-traumatic stress disorder, and other chronic diseases. This meeting will engage and challenge researchers, clinicians, and those in the community trenches, to work together to improve health equity by eliminating existing racial/ethnic disparities in health access, quality of care and outcomes.

Wednesday, October 9

11:30AM Registration Begins

12:00PM Welcome

12:05-1:05PM PODS Luncheon

Introduction by Kathryn Nowotny, PhD, University of Miami

1:20-2:50PM **Substance Abuse in the Youth and Adult URM Community of Greater New Orleans: Barriers, Challenges and Opportunities**

The community panel will discuss barriers and issues on substance abuse in the underrepresented minority community of the Greater New Orleans Area. Three experts on the topic will be speaking in this panel: 1) Mr. David Alvarez, Director of LA Voz de la Comunidad Community Coalition, whose work focuses on building the Latinx community capacity to prevent youth behavioral health risk factors; 2) Dr. Keith Winfrey is the Chief Medical Officer for the New Orleans East Louisiana Community Health Center (NOELA CHC), the only trilingual (English/Spanish/Vietnamese) clinic in the metro area; and 3) Ms. Alejandra Salinas, a clinical social worker and clinical care manager at the Immigration and Refugee Services Department of the Catholic Charities Archdiocese of New Orleans, which provides trauma responsive care to immigrant youth and families.

Co-Chairs:

1. Flavia Souza-Smith, PhD, LSUHSC
2. Ed Trapido, PhD, LSUHSC

Speakers:

1. David Alvarez, Director, LA Voz de la Comunidad Community Coalition
2. Dr. Keith Winfrey, Chief Medical Officer, New Orleans East Louisiana Community Health Center
3. Alejandra Salinas, Clinical Social Worker and Clinical Care Manager, Immigration and Refugee Services Department, Catholic Charities Archdiocese of New Orleans

3:00-4:00PM **Implicit Bias**

Implicit Bias refers to unconscious attitudes that influence our actions and decisions based on the attribution of negative qualities to all individuals from a particular group. These biases can negatively impact women and persons of color as they progress through the ranks of establishing research careers in an academic setting. The panelists will briefly discuss personal experiences



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that shaped their desire to champion diversity, inclusivity, and justice. In addition, they will provide guidance for becoming an effective active bystander when faced with racism, microaggressions, sexual harassment, and white privilege, and strategies to mitigate the negative effects of stereotyping threats. This panel is intended to provide a safe space for investigators who are pursuing an independent research career and need a forum to discuss practical approaches for avoiding personal fatigue and burnout as their careers unfold.

Co-Chairs:

1. Laura O'Dell, PhD, University of Texas at El Paso
2. Teresa Ramirez, PhD, The American Physiological Association
3. Carlos Bolanos Guzman, PhD, Texas A&M University

Speakers:

1. Crystal Hoyt, PhD, University of Richmond, "Mindsets Matter for Diversifying Scientific Leadership"
2. Teresa Ramirez, PhD, The American Physiological Association, "The Effects of Implicit Bias in The Sciences"
3. Sonia Flores, PhD, University of Colorado Anschutz Medical Campus, "Personal Experiences"

4:30-6:00PM

Poster Session

7:00PM

ECLC Mixer (Walk On's Bistreaux & Bar)

Thursday, October 10

8:30-10:00AM

Addiction: The Intersectionality Between Biological Sex/Sexual Orientation/Gender Identity and Drug Use/Abuse

Biological sex plays a crucial role in substance use, abuse, and addiction. Evidence shows that women transition from drug use to drug dependence faster and struggle significantly more than men to remain drug free. The neurobiology underlying these differences are largely unknown as the majority of bio/medical research has been done on males/men, with findings then applied to females/women. Similarly, research shows that sexual and gender minority groups (i.e., gay, lesbian, bisexual, transgender) are significantly more vulnerable than heterosexuals to drug use, abuse, and dependence. As damaging as the practice of applying research findings in men to women has been to the advancement of women's health, assessments of drug use, abuse and dependence from a binary (male-female) perspective can be equally detrimental to the advancement of sex and gender minorities' health. This panel will cover these topics from biological mechanisms to epidemiology to prevention/treatment. Dr. Millie Rincon-Cortes (University of Pittsburgh) will discuss preclinical findings showing that females are more susceptible to stress-related disorders than males, and that increased sensitivity of dopamine neurons to stress in females may underlie these effects. Dr. Linda Perrotti (University of Texas, Arlington) will examine preclinical data indicating that assessment of drug withdrawal using scales generated in males often miss drug-withdrawal symptomology in females. Next, Dr. Irene Tami-Maury (University of Texas, MD Anderson Center) will highlight the multidimensions of sexual orientation and gender identity and discuss the importance of assessing tobacco use/nicotine addiction outside the binary male-female perspectives. Understanding biological



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and social aspects influencing vulnerability to substance abuse and other chronic disorders that are unique to women and sexual/gender minorities will improve health equity in health access, quality of care and outcomes.

Co-Chairs:

1. Irene Tami-Maury, DMD, MSc, DrPh, University of Texas MD Anderson Cancer Center
2. Carlos Bolanos-Guzman, PhD, Texas A&M University

Speakers:

1. Irene Tami-Maury, DMD, MSc, DrPh, University of Texas MD Anderson Cancer Center, "Gender Identity Disparities in Cigarette Smoking and Nicotine Addiction"
2. Linda Perrotti, PhD, University of Texas at Arlington, "Sex Differences in Opiate Withdrawal Syndrome"
3. Millie Rincon-Cortes, PhD, University of Pittsburgh, "Sex-Dependent Effects of Stress on the Dopamine System"

10:15-11:15AM Reflections on the History and Future of the NHSN: What it means for Science, Scientists and You - Dr. Hortensia de Los Angeles Amaro (Plenary Presentation)

The NHSN's rich history was shaped by the initial vision, commitment and effort of a generation of senior Latino scientists. The NHSN creators prioritized the advancement of knowledge regarding substance use among Latinos and to the development of a future cadre of Latino basic and social scientists. The NHSN veteranos gifted us with a legacy of mentoring, a sense of familia, value of contributions within and across disciplines, and the importance of investigating meaningful questions with the potential to improve the health of Latino communities. Our subsequent leadership remained steadfast to these principles and ensured that new generations of scientists received support, a scientific home, mentoring, research training, and expanded networks of senior and peer scientists. This presentation offers reflections on the NHSN's developmental trajectory and proposes a strategic agenda for a way forward- for the future of the NHSN. With the goal of transitioning NHSN to an exciting next phase, I will present major themes and strategies stemming from selective interviews and surveys conducted with our membership. To chart and implement the journey ahead, it will require our collective mindful reflection and strategic action. To be successful, it will require that collectively, we renew our commitment to each other as the guardians of NHSN mission. And, it will require that we work together to implement a roadmap for transformative growth, impact and sustainability. Invito a cada uno de ustedes a esta tarea importante.

11:30-12:30PM Membership Lunch

12:45-2:15PM Co-occurring Alcohol Use Disorder and Post-Traumatic Stress: Vulnerability and Therapeutic Strategies

A history of exposure to trauma is a strong and enduring predictor of negative mental health consequences including posttraumatic stress disorder (PTSD) and alcohol use disorders (AUD). The co-occurrence of PTSD and AUD is a public health concern because it worsens adverse health outcomes and complicates treatment for both. These presentations will cover the topic from possible biological underpinnings, to epidemiology to treatment. Dr. Nicholas Gilpin (Professor, LSUHSC-New Orleans) will discuss preclinical data regarding the neurobiological mechanisms underlying traumatic stress-induced escalation of alcohol drinking and avoidance behavior. His

lab uses a rodent model that mimics the fact that only a small proportion of trauma exposed individuals develop PTSD to examine post-stress behavioral and biological divergence across sexes and over time. Dr. Katherine Karriker-Jaffe (Senior Scientist, Public Health Institute's Alcohol Research Group, Emeryville-CA) will present findings from two studies on stress, PTSD, AUD and affective disorders in Mexican Americans and American Indians. The stress measures were culturally specific to each racial/ethnic group. Nevertheless, there appear to be striking differences in stress exposure and PTSD diagnosis across the two racial/ethnic groups. Next, Dr. Tracy Simpson (Professor, University of Washington) will present data regarding the strong moderating effect of coping drinking motives on the day-to-day relationship between PTSD and drinking among individuals with comorbid PTSD/AUD. Additionally, she will share results from a recently concluded randomized clinical trial comparing two approaches to treating comorbid PTSD and AUD. Cognitive Processing Therapy (CPT), an empirically-based intervention for PTSD, and Relapse Prevention, an empirically-based intervention for AUD. Both interventions resulted in significant clinical improvement on both PTSD and drinking outcomes, but RP had a stronger effect with regards to heavy drinking days. The basic to translational science integration of ongoing studies will help build an integrated model of etiology and care that focuses on both trauma and alcohol interventions may help improve treatment outcomes for this challenging clinical population.

Co-Chairs:

1. Lucas Albrechet-Souza, PhD, LSUHSC
2. Luis Natividad, PhD, University of Texas at Austin
3. Judy Arroyo, PhD, NIAAA, Minority Health and Health Disparities

Speakers:

1. Nicholas Gilpin, PhD, LSUHSC, "Amygdala CRF Regulation of Traumatic Stress Effects on Behavior"
2. Katherine Karriker-Jaffe, PhD, Public Health Institute, "PTSD in Mexican American and American Indian Adults"
3. Tracy Simpson, PhD, Puget Sound and University of Washington, "Cognitive Processing Therapy and Relapse Prevention in the Treatment of PTSD and Comorbid Alcohol Use Disorders"

2:30-4:45PM Breakout Sessions

Breakout Session A1: Trends in Alcohol and Other Substance Use Among Sexual Minorities in the United States: The Influence of Sex, Race/Ethnicity, Sexual Orientation and Discrimination

In recent years there has been an increased focus in the health of sexual and gender minority (SGM) populations in part due to their formal designation as a health disparity population for NIH research and the 2011 Institute of Medicine report on the health of LGBT populations. SGM people like some other traditionally defined minority groups are known to be at increased risk for alcohol and other substance use disorders (AUD and SUD, respectively). Understanding the unique challenges faced by SGM individuals is important to identify the social determinants that contribute to AUD and SUD-related health disparities. This panel will provide an overview of the influence of several determinants of health disparities among sexual minorities, including differences by sexual orientation/identity, experiences of discrimination, and intersections

between marginalized identities and multiple sources of oppression on AUD/SUD risks. First, Robert Peralta will present an overview of recent survey data on sexual orientation, sex, and age differences in the prevalence of AUDs among U.S. adults. Next Sean Esteban McCabe will report on how discrimination affects DSM-5 alcohol, tobacco, and other drug use among sexual minorities in the U.S. Finally, Cindy Veldhuis, drawing on data from women in same-sex/gender relationships in New York City, will focus on how sexual minority women, including women of color, cope with the stress of multiple sources of oppression.

Co-Chairs:

1. Erika Perez, PhD, Xavier University of New Orleans
2. Judy Arroyo, PhD, NIAAA, Minority Health and Health Disparities

Speakers:

1. Sean McCabe, PhD, University of Michigan, “DSM-5 Alcohol, Tobacco, and Other Drug Use Disorder Severity and Sexual Orientation Discrimination: A National Study”
2. Cindy Veldhuis, PhD, Columbia University, “Coping with Intersecting Oppressions: Health Behaviors, Stress and Coping Among Sexual Minority Women of Color”
3. Robert Peralta, PhD, The University of Akron, “Sexual Minority & Majority Adults: Sex-Specific Prevalence Estimates from a National Survey, 2015-2017”

Breakout Session A2: **Partnering with the Community**

Public health research that simultaneously empowers the community while actively involving them in the research process is paramount to achieving effective and sustainable interventions. This panel will explore the challenges and benefits of partnering with the community in chronic disease and substance misuse research. The present session will 1) introduce models of community partnership including Community-based collaborative research and Community-led collaborative research, offering key similarities and differences; 2) explore an example of community partnership with the HIV-infected Hispanic immigrant community and how strides were made towards achieving equitable care; 3) illuminate important factors to take into account when working with multiple stakeholders in the community via lessons learned from a large-scale multi-site opioid use project application. The panel seeks to answer questions including: How do you find and engage with community partners for research projects? What are important considerations when working with community partners? and How can community partners and researchers work together to reach a common goal? The panel will conclude with recommendations on how to best implement effective community partner relationships to improve the quality of care for vulnerable populations while making sure their voices are heard.

Chair:

1. Margarita Alegria, PhD, Massachusetts General Hospital

Speakers:

1. Margarita Alegria, PhD, Massachusetts General Hospital, “Bridging the Users of Research with the Producers of Research Through Community-Based Participatory Research”
2. Kate Perkins “HOPE for ME: Insights from the Program Development Process”
3. Julie Levison, MD, Phil, MPH, Massachusetts General Hospital, “Community Partnerships for a More Effective Response to the HIV Epidemic in Latino Populations”

Breakout Session B1: Grant Writing and Review – Albert Avila, PhD, NIDA

Securing funding in order to conduct research is critical to sustaining an independent research career, and for early-stage investigators this is no exception. Learning the NIH grant process, application strategies and resubmission tips will enhance your chances of success. If you are a graduate student, postdoc, junior faculty member, are unsure what funding opportunity is a good fit for your career stage or if you have general questions about the NIH grant process, then this session may be for you. Presentation points will include: a brief introduction to the NIH grant process, funding opportunities, as well as general tips and strategies regarding grant application submissions.

Breakout Session B2: Neuroscience Datablitz

This breakout session will offer basic scientists the opportunity to share their exciting discoveries in the field of neuroscience that expand our understanding of the brain, and of drug abuse and addiction. The goals of this breakout session are to highlight the latest work of basic scientists with the NHSN community; to provide an opportunity for discussion with other scientists with similar interests; and to facilitate the development of collaborations among NHSN members.

Co-Chairs:

1. Arturo Zavala, PhD, California State University, Long Beach
2. Sergio Iniguez, PhD, The University of Texas at El Paso

Speakers:

1. Lucas Albrechet-Souza, PhD, LSUHSC, "Endocannabinoids Expression in the Amygdala After Exposure to Predator Odor Stress"
2. Claudia Aguirre, University of California at Los Angeles, "Chronic Intermittent Voluntary Alcohol Consumption Affects Sensitivity to Negative Feedback but no Overall Probabilistic Discrimination or Reversal Learning"
3. Francisco Flores-Ramirez, The University of Texas at El Paso, "The Enduring Anxiogenic Phenotype Induced by Juvenile Antidepressant Exposure is Ameliorated by Fluoxetine Re-Exposure in Adult Female C57BL/6 Mice"
4. Armando Salinas, PhD, NIAAA, "Real-Time Sub-Second Monitoring of Acetylcholine Dynamic in Freely-Moving Mice with a Novel, Genetically-Encoded Fluorescent Sensor"
5. Jorge Sierra Fonseca, PhD, The University of Texas at El Paso, "Impaired Proteostasis and Abnormal Tau Accumulation in Response to Early Life Stress in the Adult Hippocampus"

Breakout Session B3: Early Career Lab Management and Leadership Skills

Please join us for this interactive panel which will be focused on questions and answers. Scholars at different stages throughout their academic career are expected to demonstrate leadership and good management skills. In fact, the success and upward trajectory of their research program may be partially attributed to these characteristics. From establishing strategic plans to building a winning team, as well as using the right tools and good time management strategies, leadership and lab/project management are essential topics in the professional development of early career researchers. For many, building a successful lab oftentimes feels like a puzzle and an uphill battle. Additionally, few formal opportunities exist to obtain relevant and useful in-depth insights of the nuts and bolts of "lab management" from the perspective of early



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career investigators who have been successful in this endeavor. As such, this breakout session aims to gather panelists who have established functional and prosperous research teams. Through an exchange of questions and answers between the audience and panelists, this session will address the most common challenges faced by early career investigators regarding the development and sustainability of their research lab. Examples of topics to be addressed include: lab identity, selection and training of team members, meetings, organizational and communication tools, interpersonal issues, among others. The session will include considerations of both social/behavioral and basic science labs.

Chair:

1. Virmarie Correa Fernandez, PhD, University of Houston

Speakers:

1. Alice Cepeda, PhD, University of Southern California
2. Ian Mendez, PhD, The University of Texas at El Paso

7:00PM Awards Dinner Dance

Friday, October 11

9:00-10:30AM New Investigators in Drug Abuse Research

Co-Chairs:

1. Eden Robles, PhD, The University of Texas at El Paso
2. Marisela Agudelo, PhD, Florida International University

Speakers:

1. Anapaula Themann, The University of Texas at El Paso, "Aggression Alters Responses to Mood-Related Stimuli in Adult Sexually Experienced Male CD-1 Mice"
2. Cho Hee Shrader, University of Miami, "An Exploration of Social Networks on Latina Seasonal Farmworker Community's Stressors and Coping Strategies"
3. Danielle Levitt-Budnar, PhD, LSUHSC, "Chronic Alcohol and Ovariectomy Reduce Expression of Mitochondrial-Related Genes in Skeletal Muscle of SIV-Infected Female Rhesus Macaques"
4. Diana Sheehan-Delgado, PhD, Florida International University, "Sustained Viral Suppression Among Latino Men Who Have Sex with Men Living with HIV"

10:30AM Meet Your Mentor Break

"Mentoring" will be a recurring theme during this year's NHSN meeting, with invited contributions from the newest to the most senior NHSN members, as well as leaders of the NHSN Early Career Leadership Committee and the NHSN Mentoring Initiatives and Programs. Follow the NHSN Twitter feed (@theNHSN) for posts about this NHSN meeting theme, including the 'flash mob' mentoring event during the time of the mid-morning break between the Friday morning sessions.

Organizer: James Anthony, PhD, Michigan State University

11:15-12:45PM Intervention, Dissemination, and Implementation

STRESS-COPING INTERACTIVE MODEL ANALYSIS FOR DISSEMINATION AND IMPLEMENTATION OF BEHAVIORAL HEALTH INTERVENTIONS WITHIN HISPANIC COMMUNITIES
Background: Implementation and Dissemination Science studies the transfer of scientific knowledge to inform community-based interventions (Brownson et al., 2012). A contemporary problem in evidence-based interventions (EBIs) is their limited cultural relevance for many Hispanics from limited: community



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engagement, acceptability (unappealing), practicability (inconvenient), feasibility (hard to implement), and integrability (low community fit) (Alvidrez et al., 2019).

Methods: We conducted a systematic review of stress literature since the year 2000 examining two databases (PsycInfo and Medline) with key terms: [Stress]+[Hispanic]+ one of 12 domains (acculturation, family, resilience, etc.). Our two guiding research question were: "Since the year 2000, What are salient themes in stress-coping research with Hispanics?" And, "How can these themes inform practice?" From an original sample of 446 articles, we conducted a two-stage selection process. In Stage 1 we screened journal abstracts on: (a) a journal Impact Factor;1.5, (b) article focus on stress, (c) a Hispanic focus, and (d) an empirical study. This review yielded 147 articles. In Stage 2, we conducted an in-depth review of whole articles rating: (a) quality of science, and (b) cultural relevance for Hispanics, identifying 50 articles to extract themes to inform our six-factor Interactive Stress-Coping-Outcomes Model." This process follows the Framework Synthesis approach described by Gough et al. (2017), that builds on an initial model (our six-factor S-C-O Model), to produce an emergent model informed by these studies. **Results:** A major theme has been the emergence of ethnic discrimination stress among Hispanics. Other themes have also emerged.

Discussion: We will continue these S-C-O Model analyses to identify cultural core components" that affect Hispanic behavioral health, to inform EBI cultural adaptations to increase EBI effectiveness and cultural relevance for Hispanic populations.

Co-Chairs:

1. Felipe Gonzalez-Castro, PhD, Arizona State University
2. Cristina Bares, PhD, University of Michigan

Speakers:

1. Flavio Marsiglia, PhD, Arizona State University, "Dissemination and Implementation of an Efficacious Youth Substance Abuse Prevention Intervention in Mexico: Challenges & Opportunities"
2. Richard Cervantes, PhD, Behavioral Assessment Associates, Inc, "Stress-Coping Interactive Model Analysis for Dissemination and Implementation of Behavioral Health Interventions within Hispanic Communities"
3. Yessenia Castro, PhD, University of Texas at Austin, "Eso No Es Realistico" Standard Back-Translation Procedures Are Not Enough"

12:45PM

Closing