

Preventing Substance Use Dependence Before Treatment is Necessary



Helene White

Distinguished Professor, Center of Alcohol Studies

CURRENT RESEARCH

Longitudinal studies provide empirical evidence to inform the development of effective interventions to prevent substance abuse and dependence

The National Institutes of Health reports that 24.6% of people 18 or older engaged in binge drinking in the last month and 7% of the same population was diagnosed with an alcohol use disorder. Perhaps even more startling, alcohol-related causes are the third leading preventable cause of death in the United States. So how can these preventable deaths be stopped? How can the lives of the nearly 17 million Americans each year diagnosed with an alcohol use disorder be improved with effective treatment? Dr. Helene White, Distinguished Professor of Sociology at Rutgers University's Center of Alcohol Studies, studies the development, causes, consequences, and prevention of substance use including alcohol and illicit drugs as well as the associations of substance use with other problem behaviors.

Using longitudinal data collected from community and at-risk samples, who were followed from childhood or adolescence into adulthood, her studies allow her to look at how individuals change over time thus, leading to successful prevention strategies for the future. Additionally, she develops and evaluates substance use interventions for college students. Driven by the philosophy that "understanding the early risk and protective factors will allow us to better screen young people for interventions," Dr. White aims to create programs that will prevent the onset of substance abuse. With close collaborations at both Rutgers University and the University of Pittsburgh, Dr. White is positioned to make an impact and integrate her research into interventions nationwide.

Current research includes:

- Prevention Programs: Dr. White studies different types of substance use prevention programs in...

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AFFILIATION



Rutgers University

EDUCATION

- Ph.D., in Sociology, 1975 , Rutgers University

AWARDS

- Senior Scholar Award, Alcohol, Drug, and Tobacco Section of the American Sociological Association, 2005
- New Jersey Woman of Achievement award from the New Jersey State Federation of Women's Clubs of GFWC (2005)
- Top Cited Award, International Journal on Drug Policy (among the top 10 articles cited 2006-2008) (2009)
- Translation Science Award, Society for Prevention Research (2013)
- Fellow, Society for Prevention Research (2014-present)

RESEARCH AREAS

Health & Wellness, Alcoholism, Addiction, Substance Abuse Research

FUNDING REQUEST

Your contributions will support the continued research of Dr. Helene White, of Rutgers University, as she investigates the early risk and protective factors to address in order to combat substance use and abuse. Donations will fund the necessary \$1M for an additional longitudinal study and/or \$250K/year for secondary data analysis of existing data. In choosing to donate, you will allow Dr. White to conduct more analysis that can make a difference in the lives of those impacted by substance use, abuse, and dependence while helping to prevent future substance use dependence.