



Cambridge Health Alliance

Division on
Addiction



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

Quarterly News & Updates

Fall | 2025

Welcome to the Division on Addiction's Fall 2025 Quarterly Newsletter!

Announcements



We're hiring! We're seeking a Community Health Educator to support professional and community-based capacity building and addiction-focused public health initiatives. Interested in joining the Division on Addiction? [Click here](#) to learn more about the role and how to apply.



Save the date! This year, Gambling Disorder Screening Day will be held on Tuesday, March 10, 2026. To learn more about how to become a Screening Day host or supporter, visit [our website](#).

Outreach Corner

Upcoming Events



[The MA Technical Assistance Center for Problem Gambling Treatment \(M-TAC\)](#) is hosting three upcoming trainings: Introduction to Gambling & Co-occurring Disorders on January 22 from 9:30am-11:00am and a two-part series: Introduction to Screening & Assessment for Gambling Disorder Part I (Screening) on February 3 from 10:00am-12:00pm and Part II (Assessment) on February 10 from 10:00am - 11:30am. While it is not required, we strongly encourage participants to attend both trainings. Click [here](#) to register and learn more.

We partner with Health Resources in Action to produce M-TAC trainings and resources, which are funded by the Massachusetts Department of Public Health's Office of Problem Gambling Services.

Responsible Drinking Inventory



The [Responsible Drinking Inventory \(RDI\)](#) is a new, evidence-based measure of beliefs and behaviors related to responsible alcohol use created by Division on Addiction researchers. The RDI provides researchers, healthcare professionals, and anyone curious about their own alcohol use with a practical way to better understand responsible drinking patterns and attitudes. Check out our [Research Snapshot](#) to learn more, and access the RDI on page 2.

The Brief Addiction Science Information Source (BASIS) Microlearning Course



New modules available!

Check it out at DivisionOnAddictionCourses.org

Professional Education Corner

We're proud to announce that four new modules have been added to The Brief Addiction Science Information Source (BASIS) Microlearning Course. This is an online course for allied health professionals to

learn more about recent addiction research and its implications for treatment and public health. The new modules cover recent scientific findings that offer new insights into gambling, drinking, smoking, and substance use. Visit DivisionOnAddictionCourses.org for more information about this free continuing education opportunity!

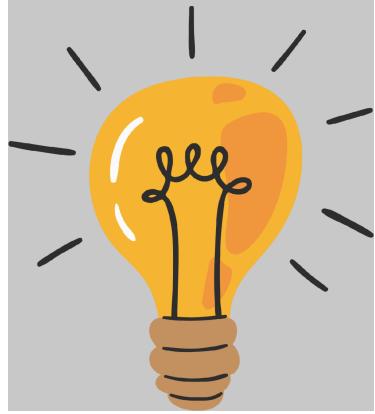
Did You Know?



Platforms like Twitch and TikTok have popularized gambling livestreams, where viewers watch streamers as they place bets on games, like blackjack or sports

betting. What are the implications of gambling livestreams for young adults' intentions to gamble and risks for problem gambling? Researchers in the UK recently explored these questions by surveying young adults who gambled in the past year and routinely watched gambling livestreams. Participants reported feeling an emotional bond with the streamer, and this bond was reinforced by the interactive gambling features offered by the livestream, such as earning points for engaging with the streamer. Some participants found that watching streams reduced their urge to gamble, while others reported that it worsened cravings. These findings might be helpful for healthcare providers who are responsible for helping clients reduce gambling cravings and urges. Read more about this study at [The BASIS](#).

Research Spotlight



Research Spotlight

Researchers, policymakers, healthcare professionals, and the alcohol industry often use the term "responsible drinking" to promote healthy alcohol consumption. But, this term is poorly defined, leaving consumers in the dark about what it means to "drink responsibly." To work towards a definition of responsible drinking that might be helpful for individual drinkers, [Dr. Heather Gray and colleagues](#) developed The Responsible Drinking Inventory (RDI), an 18-item tool for measuring drinking beliefs and behaviors. They first worked with a sample of consumers to develop a set of instrument items that captured the most important aspects of

responsible drinking. Then, using more samples of consumers, they shortened and clarified their instrument items. They determined that the resulting RDI demonstrated appropriate reliability and validity, helping predict drinking outcomes measured 3 months later. The RDI includes items that reflect one's beliefs about the short- and long-term risks that their drinking may pose to themselves or others, behaviors that should be avoided while drinking, and their own drinking patterns and behaviors. In the process of creating the RDI, Dr. Gray and colleagues developed a working definition of responsible drinking: *the tendency to drink alcohol in a manner that avoids harm to the self or others, guided by an honest assessment of one's personal limits and an understanding of the situations in which it is never safe to drink*. To view the 18-item tool, see page two of our [Research Snapshot](#). If you'd like a full copy of this article, contact us at info@divisiononaddiction.org.

Dr. Gray says, "Many programs have been developed to promote responsible drinking, especially among young people who are at high risk for drinking harms. It's been hard to measure the effectiveness of these programs, in part due to a lack of consensus about how to measure responsible drinking. We hope this tool is helpful for researchers. It might also be helpful for individual drinkers who are concerned about their drinking, and for the healthcare providers who work with them."



Addiction Quizzes

Discover how much you really know about addiction! Take our free quizzes on topics like gambling disorder, responsible gambling, and addiction in adolescence. [Click here](#) to test your knowledge!

Our Latest Publications

Cho, S.J., Gainsbury, S.M., LaPlante, D.A., Louderback, E.R., Nguyen, S., D'Souza, M., & Heirene, R.M. (2025). CONSORT Adherence among randomised controlled trials in the behavioural addictions literature: A systematic review. *Current Addiction Reports*, 12. <https://doi.org/10.1007/s40429-025-00676-1>

Gray, H. M., Barlow, D., Bird, E., Bliesner, M. R. S., Campbell, B., Jones, R. R., LaPlante, D. A., & Whelshula, M. (2025). Evaluation of the *xaʔtús* (First Face) for Mental Health program at a youth residential addiction treatment facility. *American Journal of Orthopsychiatry*. Advance online publication. <https://doi.org/10.1037/ort0000899>

Gray, H. M., & Edson, T. C. (2026). Perceived burdensomeness partially mediates the longitudinal relationship between problem gambling and suicidal ideation. *Addictive behaviors*, 172, 108527. <https://doi.org/10.1016/j.addbeh.2025.108527>

Gray, H. M., McCullock, S. P., Slabczynski, J. M., Siu, A. M., & LaPlante, D. A. (2025). Development and validation of the Responsible Drinking Inventory. *Psychological Assessment*. Advance online publication. <https://dx.doi.org/10.1037/pas0001428>

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