



**AND  
IMPLEMENTATIONS: CONNECTING CLINICIANS,  
RESEARCHERS, AND ADMINISTRATORS**

START NOW began implementation in 2007. Since then it has been adopted in multiple countries, adapted to a range of settings, and translated into several languages. This bulletin is intended to foster communication and collaboration. Please feel free to reach out to anyone whose contact information is contained in one of the settings. We will plan on sharing updates on a quarterly basis.

**The First START NOW International Conference**

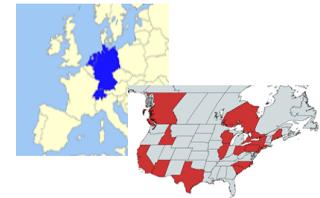


On Friday, September 14, 2018 clinicians and researchers from the Netherlands, Germany, Switzerland, and the US met at the Psychiatric Clinic of the University of Basel to discuss the various applications of START NOW and its adaptations for correctional, forensic psychiatric, residential treatment, community, and school settings. Discussions on evaluation and research of the various models were discussed and plans for multisite collaborations. The location and date of the next conference will be announced in the months ahead. Stay tuned!

VTC Virginia Tech Carilion  
School of Medicine

UPK  
Universitäre  
Psychiatrische Kliniken  
Basel

Edition 2018, Issue #1



Websites for more  
information:

**USA:**

[http://libguides.jchs.edu/  
startnow](http://libguides.jchs.edu/startnow)

**Europe:**

<https://istartnow.ch/>





**BASEL, SWITZERLAND**

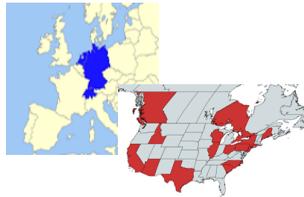
**GIRLS WITH ODD AND CD IN RESIDENTIAL CARE: Prof. Dr. Christina Stadler**



A recently developed approach targeting the specific needs of girls with ODD and CD in residential care is START NOW. The aim of this group-based behavioral skills training program is to specifically enhance emotional regulation capacities to enable females with CD or ODD to appropriately deal with daily-life demands. It is intended to enhance psychosocial adjustment and well-being as well as reduce oppositional and aggressive behavior. The study protocol of the FemNAT-CD intervention trial is entitled 'Group-Based Treatment of Adolescent Female Conduct Disorders: The Central Role of Emotion Regulation'. The study is a prospective, confirmatory, cluster-randomised, parallel-group, multi-centre, randomized controlled trial with 128 institutionalised female adolescents who fulfil the diagnostic criteria of ODD and/or CD. Institutions/wards were randomized either to provide the 12-week skills training as an add-on intervention or to provide treatment as usual. The study has just been completed and data is now being analyzed. For more information, please check the website at <https://istartnow.ch/>



**Edition 2018, Issue #1**



**ROANOKE, VIRGINIA US**

**START NOW IN MEDICATION ASSISTED OUTPATIENT OPIOID ADDICTION TREATMENT: Robert Trestman PhD MD**

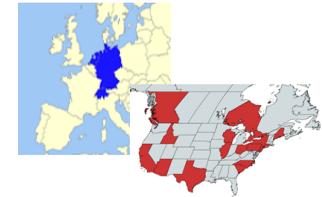


This investigation involves a randomized clinical trial examining the effectiveness of combining buprenorphine/naloxone MAT with START NOW, a skills-based psychosocial intervention modified specifically for the ambulatory substance use disorder (SUD) patient population. In addition to tracking clinical outcomes such as abstinence rates through weekly urine drug screens, this investigation will use: clinician assessments of disease severity, researcher evaluated tests of delayed discounting (DD)

and demand tasks, and self-report surveys assessing impulsivity, aggression, interpersonal skills, and other measures to capture the patients' sense of progress in treatment in regards to their substance use, health, lifestyle, and community. By using DD and functional magnetic resonance imaging (fMRI), the identification of the neural correlates of START NOW treatment response will begin to elucidate the mechanisms of START NOW's effects and more. This investigation's outcome measures will not only compare the effectiveness between START NOW and treatment-as-usual (TAU), but also provide a more realistic, holistic view of patients and their well-being throughout the recovery process. For more information, please check the website at: <http://libguides.jchs.edu/startnow>.



**Edition 2018, Issue #1**



Are you using START NOW? Please share your experience! Send any feedback to [Trestman@VT.edu](mailto:Trestman@VT.edu)

