



ADE Incorporated In Touch

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ADE WEBSITE FACELIFT

ADE Incorporated is pleased to announce that the ADE website will be receiving a facelift very shortly. Not only will the website be exhibiting a new appearance, several new features will be added over the coming months. It is our desire to create a website that serves as a resource for all of your substance abuse assessment and program questions.

One of the highlights of the new website will be the addition of forums. Forums are also referred to as bulletin boards or online discussion sites. Many of you have utilized forums when you are looking for an answer to a question or information on a product or service. ADE would like our customers to utilize our website and



forums to discuss best practices, to share ideas, to keep us informed of concerns, and hopefully to network with others in the industry and across the country.

ADE also hopes to add features such as: online training videos, online support, upcoming product information and more. As more of our customers are moving to the Internet and web-based programs, it seems logical to provide new services that will allow improved operation and increased productivity.

We look forward to your feedback, as always, and hope that you find this new resource helpful!

Visit us at <http://adeincorp.com>

Alcohol Abuse Leads to Depression

A statistical modeling study suggests that problems with alcohol abuse may lead to an increased risk of depression, as opposed to the reverse model in which individuals with depression self-medicate with alcohol, according to a report in the March issue of Archives of General Psychiatry, one of the JAMA/Archives journals.

A number of epidemiological studies have shown that alcohol abuse or dependence is associated with major depression, according to background information in the article. However, it has previously been unclear whether one disorder causes the other, or whether a common underlying genetic or environmental risk factor increases risk for both.

Using data gathered from a 25-year study of health and development in New Zealand, David M. Fergusson, Ph.D. and colleagues of the Christchurch School

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of Medicine and Health Sciences, University of Otago, Christchurch, New Zealand, examined the associations between alcohol abuse and depression. A sample of 1,055 participants born in 1977 were assessed for both conditions at ages 17 to 18, 20 to 21, and 24 to 25 years and also asked questions about lifestyle and demographic features.

At ages 17 to 18, 19.4 percent of the participants met criteria for alcohol problems and 18.2 percent for major depression; at ages 20 to 21, 22.4 percent had alcohol disorders and 18.2 percent major depression; and at age 24 to 25, 13.6 percent met alcohol disorder criteria and 13.8 percent had major depression. At all ages, alcohol abuse or dependence was associated with an increased risk of major depression—those who fulfilled criteria for alcohol abuse or dependence were 1.9 times more likely to also fulfill criteria for major depression.

Three models were tested to fit the data—one in which major depression and alcohol abuse disorders had a reciprocal association within time, a second in which alcohol disorders caused major depression and a third in which major depression caused alcohol disorders. “This analysis suggested that the best-fitting model was one in which there was unidirectional association from alcohol abuse or dependence to major depression but no reverse effect from major depression to alcohol abuse or dependence,” the authors write.

“The underlying mechanisms that give rise to such an association are unclear; however, it has been proposed that this link may arise from genetic processes in which the use of alcohol acts to trigger genetic markers that increase the risk of major depression,” they continue. “In addition, further research suggests that alcohol’s depressant characteristics may lead to periods of depressed affect among those with alcohol abuse or dependence.”

The causal links also may include an increased risk of depression due to stressful life circumstances brought by alcohol problems, including social, financial, and legal issues.

“However, further research is required to elucidate the nature of the possible links between alcohol use and major depression,” the authors conclude.

Source: JAMA

TECHNOLOGY UPDATES

ADE Incorporated is proud to announce that in an on-going effort to provide the best possible services and products to all of our customers, we are upgrading our server security and uptime even further. A fully redundant and secure data center with sophisticated power backup systems, high tech security, advanced fire suppression and cooling systems, will allow for even more confidence in data security and availability. The direct benefits to our ADE Incorporated customers, include:

- * Advanced security and safety of stored data
- * Increased server uptime for reliability and availability
- * Improved protection in the event of fire or other disasters

ADE Incorporated believes that our customers deserve assurance that client data will always be safe, protected and available. We think you will agree!



ADE Incorporated is a respected provider of assessment and case management software for substance abuse programs.

ADE Incorporated is dedicated to the development and support of quality products designed to meet the evaluation, assessment, tracking and reporting needs of professionals working in the field of substance abuse evaluation and assessment.

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