

BOOK REVIEWS

Drug Abuse Prevention with Multiethnic Youth, by Gilbert J. Botvin, Steven Schinke and Mario A. Orlandi (Eds.). Thousand Oaks, Calif.: Sage Publications, Inc., 1995, 359 + x pages, \$25.95 (paper).

Drug Abuse Prevention with Multiethnic Youth, which grew out of a conference (June 1993) sponsored by Cornell University Medical Center and the National Institute on Drug Abuse, explores a timely and critical topic. Indeed, adolescent drug abuse is front-page news. Recent national surveys have documented an increase in the use of both illegal and legal substances by adolescents. The book's focus on all drug usage, including alcohol, cocaine, marijuana and tobacco, is one of its major strengths.

Drug use is especially problematic among minorities, who are more likely to carry the additional burdens of poverty and racism. While some prevention programs have demonstrated positive outcomes for minority youth, especially informational campaigns and some of the school-based drug education programs, further efforts are needed to improve drug prevention evaluation research. This volume addresses the existing gaps in prevention research, specifically in theory, methods and measurement.

The book is divided into three sections: (1) definition and measurement issues, (2) differences and similarities in drug use prevalence rates among racial/ethnic groups, and (3) models of effective drug abuse prevention programs for multiethnic youth.

Chapters 1-3 clarify the use of the terms *race*, *ethnicity* and *ethnic identity*. These terms are often used interchangeably, without much thought about the differences between the narrowly defined construct of race, which is based on phenotype (i.e., skin color and facial features), and the much broader construct of culture, which includes the influence of language, shared history, beliefs and attitudes. The authors highlight the controversy about using race as a variable to predict or explain drug use and the need to expand the research focus to include more measures of socioeconomic factors. They also focus on the difficulty of conducting research without reliable and valid measures of ethnicity and ethnic identity. The lack of empirical measures for these constructs is a major challenge for the field.

Too little effort is made to synthesize the large amount of data presented on drug prevalence rates, ethnic differences and etiology. The best parts of the second section of this volume are the literature review on risk and protective factors that limit drug use, presentation of the influence of acculturation on drug abuse and the discussion of the patterns and paradoxes in ethnic group differences. Of special interest are findings of lower drug use among some minority groups as compared with whites.

The chapters that focus on promising approaches to drug abuse prevention for multiethnic youth provide the most practical aspects of the book. The authors' approach to adolescent drug abuse prevention is comprehensive, and they highlight successful programs in schools, communities, homes and churches. Included are excellent literature reviews of the family's influence on adolescent drug use and of the recent efforts to develop community programs for successful minority drug abuse prevention efforts. This section is well written and organized, and contains a wealth of practical information presented in concise tabular and graphic formats.

To summarize, this volume is an excellent reference for researchers in drug prevention, public health professionals, and students in related service and public health areas. Ethnicity is an important factor in substance abuse by adolescents. Sensitivity to this issue has major significance in the development of effective intervention strategies. The lack of valid and reliable measures of ethnicity remains a major challenge for all public health professionals who seek to reduce and prevent drug abuse among minority youth. The model drug abuse prevention programs for African Americans, Asian Americans and Latinos presented in this text provide both the theoretical and the practical information necessary to start, conduct and evaluate high-quality intervention research in minority communities. However, as the authors of these chapters note, conducting research with minority communities is a challenge. Pervasive mistrust of research in many minority communities is a legacy of racism, and this affects efforts to intervene in communities of color. Overcoming this legacy by including community groups in the planning and oversight of research projects and making sure that the community benefits from all research endeavors is the most important lesson presented in this book.

FRANCES A. STILLMAN, ED.D.
*Welch Center for Prevention, Epidemiology,
and Clinical Research
Johns Hopkins University School of Medicine
Baltimore, Md.*

Introduction to Alcoholism Counseling: A Bio-Psychosocial Approach (2d ed.), by Jerome D. Levin. Washington, D.C.: Taylor & Francis, Inc., 1995, 280 + xv pages, \$59.95 (cloth), \$24.50 (paper).

As in the first edition, this book is intended to provide counselors and counseling students, as well as "the general reader, the recovering person, and the family and friends of the alcoholic," (p. xiv) current information about the field of alcoholism. That it does. This second edition, expanded by

over 100 pages, includes material from the first edition with many additions. Chapter 1 provides information about alcohol as a chemical, beverage and drug, and the second chapter is about other "recreational" drugs, including marijuana and hashish; CNS depressant drugs other than alcohol; CNS stimulant drugs, including amphetamines and cocaine; as well as narcotics and hallucinogens. Other chapters in Part 1 address somatic illnesses associated with ethanol abuse; an historical perspective on the use of alcohol; an attempt to define "alcoholism"; and research on alcoholism. The second part of the book is an exploration of etiological theories of alcoholism, and Part 3 is about treatment methods.

The author's opinion and point of view are made clear throughout the book. Rather than simply stating what the correct assumptions are, he enlightens the reader with how and why he has come to believe as he does. For example, in the chapter in which he attempts to define alcoholism, he suggests that the disease concept is not the only way to conceptualize alcoholism. He proposes that this conceptualization may be more a "metaphor" than an actual explanation of irrefutable facts and, in fact, goes on to say that "teaching the disease concept is basically antitherapeutic with young people" (p. 97). In addressing the reader, he points out that "this conceptualization has its critics and . . . their arguments have merit" (p. 98). His presentations are clear and balanced, providing challenges to some dearly held beliefs in the alcohol treatment field, such as the inevitability of the progression of the disease. Research is cited throughout the book to provide support for the material being presented. This chapter is stimulating, and will challenge alcoholism counselors to clarify their own beliefs about what constitutes alcoholism and how it should be understood.

The book is quite informative and generally clearly written, but I found some parts overly complex at times. For example, there is an excess of detail provided about the "second messenger system" (p. 15). This is unnecessary if, as the author asserts, the book is really for general consumption. In addition, complexity and detail become cumbersome as Levin attempts to support his own psychoanalytic bias by providing a plethora of theoretical material on ego and self psychology. In addition, the value and thoughtfulness of the abundant diverse material are obscured by the sometimes melodramatic case presentations and attendant analyses. It seems to me that this, too, is beyond his intended audience, and may be more appropriate for upper level psychology students. The author tries to substantiate the self-psychology perspective about alcoholism with research, but it seems tenuous, as when he suggests that "Rorschach protocols [of

alcoholics] either have no color responses indicative of emotional blocking and repression, or they have one or more pure color responses indicative of an inability to contain feelings and/or being overwhelmed by them" (p. 131). He goes on to suggest that these findings are therefore indicative of the presence of ego weakness in alcoholics. There are a number of other generalizations put forth in the book that are difficult to support by the literature. For example, he suggests that something "is intolerable for those who are as perfectionistic as alcoholics usually are" (p. 207) and he supports the idea of "the clinical alcoholic personality" (p. 201). In addition, the treatment approach attendant to a self-psychology formulation of alcoholism is often not well suited to solution-focused, problem-oriented shorter term treatment demanded by managed care. Thus, the emphasis on this particular conception and treatment approach may be less valuable than others presented with less enthusiasm.

Levin has included information about newer treatment approaches, including acupuncture and Naltrexone. Although he is clearly a fan of 12-step approaches, he also presents other options for community self-help, such as Rational Recovery and Women for Sobriety. In a short section in the treatment methodology chapter, he addresses the issue of "Abstinence versus Controlled Drinking as a Treatment Goal" (p. 194). In this same section, the author also introduces the concept of harm reduction, or what he calls "Risk Management" (p. 195) as a potential treatment approach. His discussion of historical and anthropological studies is especially good, and includes information that allows the reader to begin to understand the importance of the context of drinking, both for the individual client, as well as in our society as a whole.

On the whole, I liked this book. Generally, the material presented was clear and concise, and the author's perspectives are distinctly described, so that readers do not have to attempt to discern them on their own. The book is broad in its scope, the information is accurate, and the material is well-supported by psychological research citations. Despite the limitations of too much detail presented at times and some sweeping generalizations made about alcoholics, this book does, indeed, present correct bio-psycho-social approaches to alcoholism counseling, and it will be a valuable addition to the libraries of alcoholism counselors, or others interested in this field.

EDWARD M. RUBIN, PSY. D.
Dual Diagnosis Service
Sinai Samaritan Medical Center
Milwaukee, Wis.