This is a book about the interplay between two issues that dominate the evening news – drugs and criminal behavior. Neither issue is new. Both have plagued American society from its beginning. What is different is our response to these issues. To illustrate, before there was cocaine, heroin, and prescription drugs there was alcohol and tobacco. The fermentation of apples pressed into cider each fall insured American colonists that their daily nutritional needs for fruit would be met by an ample supply of that amber liquid stored in wooden casks and found in cellar holes throughout the colonies. In those casks small microbes ingested sugar and excreted by way of a byproduct alcohol. When the percentage of alcohol climbed to 6, the little critters died in their own waste. With time, later immigrant groups would bring the necessary knowledge to brew beer (considered by many Europeans to be less a beverage and more a food) and to distill grains and berries into even more potent intoxicating beverages.

The mind-altering effect of alcohol on the behavior of colonists was a concern from the beginning with efforts to control its misuse dating to the earliest establishment of settlements in New England. Interestingly and this is the point, the majority of those efforts focused on the control of those intoxicating beverages more than on the individual psychological weaknesses of the individual. Mind you, the misbehaving consumer was urged, pleaded with, entreated, and beseeched to stop his/her destructive behavior but the “Demon” was rum not the individual! It was believed that the individual was not a personality-disordered miscreant but rather a person poisoned by the consumed beverage and not “in his/her right mind.” The phrase “not in their right mind” implies that the formerly inebriated person was or could be a contributing member to society and not a parasite. Thus, across the colonies and later the United States one sees local evidence of the rigid regulation of taverns to feed, house, and serve beverages to the traveler and local citizenry. Tavern operators were chosen on the basis of public standing and licensed by the community to operate an “ordinary” that complied with the moral standards of the area. In the minds, writings, and initiatives of these first substance abuse specialists when these early community controls loosened due to the growth of urban areas (seaports), the rising immigrant population (the first wave being the Irish), and the emergence of businesses solely intended to serve alcohol (saloons), more vigorous actions were necessary. Again, the anti-saloon movement and the prohibition of the commercial manufacturing,
distribution, and sale of alcoholic beverages were societal and not deviant individual approaches.

Tobacco did not enjoy the European reputation of being considered a nutritious food and from its earliest introduction into Europe and other areas encountered strong religious and governmental opposition. True, tobacco was assumed to possess certain medicinal qualities to treat ailments such as snake bites, fever, exhaustion, and the Black Plague. Indeed, the great diarist Samuel Pepy recorded

This day... I see in Drury Lane houses marked with a red cross [denoting the presence of the Plague]... which was a sad sight to me... It put me into an ill conception of myself and of my smell, so I was forced to buy some roll tobacco to smell and chaw, which took away the apprehension (Gullotta, 2009, p. 5).

As tobacco’s medicinal purposes quickly evaporated into thin smoke and the meaning of, “blowing smoke up one’s ass,” lost its original curative meaning to represent instead hoodwinkery for a period of time lasting from the mid-1800s to America’s entry into the World War I, anti-tobacco movements were as vocal and nearly as successful as the anti-saloon movement. The anti-tobacco league saw this weed as noxious in its odor, filthy in its waste products of smoke, ash, and spittle, and debilitating to the health of its user.

For the careful reader who questions the use of spittle in the previous sentence, you are correct – tobacco does not spit but it does create copious amounts of saliva in those like Pepy who choose to chew or “chaw” it. Whether America during the 1700s and 1800s had a shortage of spittoons or good shots is a question still awaiting study but this we do know – travelers to the states were awestruck, perhaps the better word is shocked, by how Americans disposed of their saliva. Consider, for example, Charles Dickens’s impression of visiting the US Congress in session:

The Senate is a dignified and decorous body, and its proceedings are conducted with much gravity and order. Both Houses are handsomely carpeted; but the state to which these carpets are reduced by the universal disregard of the spittoon with which every member is accommodated, and the extraordinary improvements on the pattern which are squirted and dabbled upon it in every direction, do not admit of being described. I will merely observe, that I strongly recommend all strangers not to look at the floor; and if they happen to drop anything, though it be their purse, not to pick it up with an ungloved hand on any account (Dickens, 1898, pp. 176–177).

Was Congress the only setting in which spit and fur flew? Apparently not, as this English traveler through the American frontier observed:

We discussed these important questions [in the Tavern] until my companions paired themselves off into their respective beds. I selected the cleanest corner of the [room] that had been least spat upon [not wanting to share a bed with another person] – and lay down on the floor with my carpetbag for a pillow (Anonymous, 1863, p. 499).

Lastly, picture Dickens after a busy day of sightseeing and speaking being visited by several gentlemen in his hotel room, “who in the course of conversation frequently missed the spittoon at five paces; and one (but he was certainly short-sighted) mistook the closed sash for the open window at three (Dickens, 1898, p. 177).” Ah, the image of Dickens staring at his hotel
window as a copious slow-moving brownish yellow mass descended to the window sill is priceless.

The practice of saw dusting floors in public eating and drinking establishments offered a practical but no more sanitary solution to the messy practice.\(^1\) As the public health movement gathered momentum in the late 1800s and into the progressive era that marked the beginning of the last century, laws were passed discouraging the use of the common tin drinking cup to be found by the well pump and spitting on sidewalks. Success in tightening controls on alcohol and tobacco grew during this time period culminating in the prohibition of the public manufacturing and sale of alcoholic beverages except for medicinal and religious purposes. Interestingly, an individual’s production of beer and wine for his or her own consumption was exempted from the Volstead Act. Tobacco usage escaped a similar fate thanks to the outbreak of hostilities in Europe in 1914. Tobacco usage, especially the use of cigarettes, was encouraged by American generals like Black Jack Pershing who saw the tranquilizing effects of tobacco as necessary to men before and after battle. As he bluntly stated, “You ask me what we need to win this war? I answer tobacco as much as bullets” (Black Jack Pershing cited in Burns, 2006, p. 158).

During WWII, draft deferments were extended to tobacco growers to insure that an adequate supply of this weed was available to servicemen and women. It would not be until 1964 that the words found in King James’ 1604 anonymously published *Counter-Blaste to Tobacco* gained new credence, “[tobacco is] hateful to the nose, harmful to the brain, [and] dangerous to the lungs (King James 1604/1932, pp. 34–35).

Importantly and presently, the majority of efforts devoted to the reduction of tobacco use in America are focused more on the control of this noxious weed than on the individual psychological weaknesses of the individual. Mind you, again, the misbehaving consumer is urged, pleaded with, entreated, and beseeched to stop his/her destructive behavior but the “Demon” is nicotine not the individual! Thus, while smoking cessation programs, patches, and gum exist there is seemingly a consensus that higher taxes, regulating usage in public locations, and establishing age-to-purchase laws are more useful approaches.

Why dwell on both these legal addictive substances? The answer is found in a series of papers published nearly 40 years ago by Denise Kandel and her associates (Kandel, 1981; Kandel & Faust, 1975; Kandel, Kessler, & Margulies, 1978; Kandel, Yamaguchi, & Chen, 1992) that have never been refuted. Kandel proposed that the gateway or, if you prefer “stepping stones” to illegal substance abuse begins with the use of tobacco and alcohol. Delay the onset of their use and the likelihood that other mind-altering substances will be tried drops dramatically. Thus, recent efforts to more tightly regulate

---

\(^1\)For those who might think that this unhealthy behavior was solely American, Freud (1950) reveals that he spat on the stairs of a client when the need arouse and a spittoon was not available much to the consternation of the women’s servant. Interestingly, Freud took offense at the servant’s anger viewing it as disrespectful of his stature as a doctor.
the distribution of alcohol and tobacco products should have over time a positive effect in reducing drug use by the greater US population. Still, there will be that population subset who despite the barriers erected to discourage drug use will abuse drugs, commit criminal offenses, and end up in the justice system. Followers of Durkheim would sigh and remark that this is inevitable. Society, every society, needs deviants committing acts that violate the standards of acceptable community behavior. These violations serve to unite the rest of the community in outrage and define good law-abiding folk from bad law-breaking folk. Readers of Kai Erikson’s (1966) classic *Wayward Puritans* or students of the “Red Scare” episode in America after WWII recognize that many times the rules (laws) a society establishes at one time will be seen as ludicrous at some future date. Mind you, we are not suggesting that drug abuse should be ignored or that stealing and assault should be tolerated. What intrigues us is that prior to the arrival of the first immigrants (Irish Catholics) who were neither British nor Protestant to the States in the early 1800s what little crime existed was handled in a manner that expulsion from the community was a rare occurrence. This leads us to the conclusion that when the substance is stigmatized the reentry of the user into mainstream society is less fraught with difficulty than when the individual is stigmatized.

How so? Simply put, to have membership in a group one must belong, be valued, and be able to make a meaningful contribution to the group. In most of American society, the criminal drug user is not viewed as a part of society. The drug-using criminal is simply put – dirt. This criminal drug user is not valued. The drug-using criminal should be locked away – forever. This criminal drug user is not able to make a meaningful contribution to society. Employ an ex-con, a junkie – never. Unable to escape the past, criminals embrace the underground culture that does accept, value, and enable them to contribute to their culture. The challenge for society is balancing individual responsibility for missteps in one’s life with our collective responsibility for reintegrating the criminal into our society. Our laws suggest that this is the intention but the editors of this volume over a lifetime have grown suspicious that those laws were never intended for everyone. Thus, we begin this book with skepticism that what society wants it really does not say, and the successful evidence-based interventions that emerge from the failures that surround us are too often ignored for the old ways.

With this cautionary comment in place, in Chapter 1 Weinman reminds us that criminal drug abusers can be effectively treated using social behavioral interventions. Importantly, the use of this methodology can be employed successfully with resistant individuals reminding us of the earlier discussion in this preface that the “Demon” was found in the substance and not the person. Remove the substance and the probability that improvement will occur increases. The difficulty of successfully treating this population is made clear in the second chapter by Samenow whose description of addicted personalities reminds us of the story about the woman whose purse was stolen twice in one week – once by a wino who felt guilty about it, and then by a drug user who helped her look for it. The point of this dark humor is that many substance-abusing criminals possess personality disorders. In these instances it is not the misuse of drugs that brings out deviant behavior; rather those
behavioral tendencies existed prior to drug use. Samenow echoes the observation made earlier and throughout this volume that behavioral interventions offer the greatest likelihood of success. In Chapter 3 Heffron and his associates examine several substances including alcohol and tobacco for their impact on the brain in-utero, in childhood, and adolescence. These three chapters provide the reader with an overview of the subject area leading to the next set of chapters that examine the individual through the system.

In Chapter 4 Hiller and his associates discuss the importance of screening and the proper assessment of drug-abusing criminals. The appropriate assessment should lead to the application of the correctional intervention most likely to succeed. Chapter 5 by Paparozzi and Guy is a logical extension of the previous work focusing as it does on the growing technology to monitor substance abusers as the criminal justice system seeks alternatives to incarceration.

Staton-Tindall and her colleagues in Chapter 6 provide a statistical backdrop enabling the reader to discern the correlation between drug abuse and criminal behavior. She and her fellow writers then examine several interventions to ascertain what works, what might work, and what doesn’t work with this population. Chapter 7 is an extension of the previous chapter with Chodrow and Hora addressing the issue of impaired driving.

The next four chapters take the reader on a journey through the criminal justice system. Beginning with Chapter 8 by Marlowe on drug courts, the reader understands the absolute importance of structure in this setting and that the evidence suggests that for adults they can be effective. Unfortunately, the same encouraging statement cannot be made for with juveniles. Chapter 9 examines probation. Carey draws the reader’s attention to the correlation between caseload and success. Success is measured by staying out of the justice system. Proper caseloads and appropriate supervision encouraging behavioral change can mean a decline in recidivism of up to 30%.

In Chapter 10 Rodriguez extends this discussion to include the importance of case management. The next chapter discusses drug treatment in prison facilities. MacKenzie and her colleagues share the results of a meta-analysis that provides cautious preliminary evidence about those programs that may work. Therapeutic communities, self-help efforts like AA, and behavioral approaches reached the authors level of statistical acceptance \( p \leq 0.10 \).

Chapter 12 on parole by Taxman shares the reality that the literature on this practice is fraught with difficulties. From the pessimism emerges a recurring theme appearing in this volume that behavioral approaches are most likely to demonstrate success.

The remaining five chapters address special issues and populations within the justice system. The first of these is women within the correctional system. In Chapter 13 Zweben examines the dramatic increase of women in the system and the reality that many have children. In Chapter 14 Magaletta and Leukefeld take a look at the importance of self-help in the transformation of the drug-abusing criminal to reformed citizen. They observe that self-help is an integral part of most rehabilitation programs, that it contains a behavioral element, and they caution that arbitrarily insisting that individuals enter self-help programs like AA is no guarantee of a successful outcome. In Chapter 15 the appropriate use of pharmacological agents is discussed. Schwartz and his
co-authors discuss the growth of psychopharmacology in recent years and the reality that for many these drugs offer drug-abusing criminals an opportunity to change the pathway their lives have taken. Chapter 16 focuses on co-occurring disorders. It should not be surprising that with the appropriate closure of many in-patient mental health facilities and the inadequate funding of community mental healthcare that the correctional system would soon become the dumping ground for individuals whose mental health issues would eventually lead them into circumstances that were illegal. Lurigio discusses the stigmatization these inmates experience and suggests that integrated treatment approaches are preferable to either sequential or parallel treatment plans. The final chapter in this sequence examines the reality that drug-abusing inmates are at special risk for having contracted or contracting HIV. Oser and her colleagues examine those interventions that presently appear most useful. This volume concludes with the editors’ assessment of the current relationship between evidence-based knowledge and customary field practice.

We conclude this preface with a special thanks to the talented authors with whom we have had the privilege to work with over the past 2 years. Their contributions provide those in the criminal justice system with a useful assessment of the value of the practices currently being employed to rehabilitate offenders. For students, drug treatment professionals, and policy makers, this volume suggests those directions in monitoring and treatment that hold the greatest promise for reducing recidivism. Whether the will to pursue those evidence-based pathways exists remains to be seen.

New London, CT Thomas P. Gullotta

References

Handbook of Evidence-Based Substance Abuse Treatment in Criminal Justice Settings
Leukefeld, C.G.; Gullotta, Th.P.; Gregrich, J. (Eds.)
2011, XV, 342 p., Hardcover
ISBN: 978-1-4419-9469-1