

TERRY A. RUSTIN, M.D.

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Associate Professor
University of Texas School of Nursing at Houston,
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Houston, Texas 77030
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Born: June 1, 1948, in Iowa City, Iowa

Citizenship: USA

Undergraduate Education

Stanford University; Stanford, CA; B.A. (Psychology) with distinction, 1970

University of Texas Medical Branch School of Nursing; Galveston, TX; B.S.N. student (degree expected December 2010)

Graduate Education

University of Oregon Medical School; Portland, OR; M.D. 1974

Postgraduate Education

Tucson Hospitals Medical Education Program; Tucson, AZ

Straight Medicine Internship, July 1974 - June 1975

Internal Medicine Residency, July 1975 - June 1977

Academic Appointments

Associate Professor, University of Texas School of Nursing; Houston, Texas, 2002 - present

Assistant Professor, University of Texas School of Nursing; Houston, Texas, 1996 - 2001

Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Texas Medical School at Houston; Houston, Texas, 1996 - 2004

Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Texas Medical School at Houston; Houston, Texas, 1989 - 1996

Assistant Professor, Behavioral Sciences, University of Texas School of Public Health, Houston, Texas, 1989 - 1996

Clinical Assistant Professor, Department of Psychiatry, Baylor College of Medicine, Houston, Texas, 1988 - 1992

Instructor, Department of Psychology, Houston Community College, Houston, Texas, 1996 - 1997

Hospital Appointments

Woman's Hospital of Texas; Houston, Texas (consulting staff, psychiatry and medicine)

IntraCare Medical Center Hospital; Houston, Texas (active staff, psychiatry and medicine)

Memorial Hermann Hospital; Houston, Texas (active staff, medicine)

Licensure

State of Texas; December 3, 1980: #F8656

Certification

American Board of Internal Medicine, July 1977
American Society of Addiction Medicine, April 1987; recertified April 1997
American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy
Certified Practitioner (CP), February 1991
Trainer, Educator, Practitioner (TEP), February 1995

Professional Organizations

American Society of Addiction Medicine
Association for Medical Education and Research in Substance Abuse
Harris County Medical Society
Texas Medical Association
Texas Research Society on Alcoholism

Appointments in the American Society of Addiction Medicine

Conference Director, 2003 Regional Medical-Scientific Conference (Houston, TX)
Symposium Director, 2002 Annual Medical-Scientific Conference (Atlanta, GA)
Co-Director, 1996 National Conference on Nicotine Dependence (Washington, DC)
Co-Director, 1995 National Conference on Nicotine Dependence (Toronto)
Member, Nicotine Dependence Committee, 1987 - present
Member, Review Course Committee, 1989 - 1996
Co-Director, 1993 State of the Art in Addiction Medicine Conference (Orlando)
Texas State Chairman, 1989 - 1992
Co-Director, 1992 Review Course (Atlanta)
Co-Director, 1992 Review Course (Chicago)
Symposium Coordinator, Nicotine Dependence Symposium, 1992 Annual Meeting
Director, 1991 State of the Art in Addiction Medicine Conference (Orlando)
Director, 1990 Review Course (Atlanta)
Co-Director, 1988 Review Course (New Orleans)

Grants Received

Dual Diagnosis Service Expansion Grant TCADA #06-1160-983-TDD (T. Rustin, Project Director and Principal Investigator) July 1998 – August 2002, “Harris County Dual Disorders Project.” Amount: \$1,250,000 annually for four years.
Biomedical Research Support Grant RR-05745 (T. Rustin, Principal Investigator). April 1990 - March 1991, “Comparison of Craving for Nicotine and Cocaine,” Amount: \$2500
Biomedical Research Support Grant (University of Texas School of Public Health, D. Lairson, Ph.D., Principal Investigator), 1990 “Primary Care Problem Intervention.” Amount: \$25,000

Honors and awards

Finalist, McGovern “Teacher of the Year” Award, University of Texas School of Nursing, 2009
Listed in Best Doctors in America (Addiction Medicine), 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009
Finalist, McGovern “Teacher of the Year” Award, University of Texas School of Nursing, 2005
Recipient, “Public Service Award,” July 2001, Houston Police Department, for helping design and implement the training program for the Crisis Intervention Team

“Exemplary Program” designation by Center for Substance Abuse Treatment awarded to our Dual Recovery Program, June, 2001
Recipient, “Outstanding Teacher Award,” June 2000, University of Texas-Houston Medical School Department of Psychiatry Residency Program
Recipient, “Individual Distinguished Service Award, 1998”; given by The Treatment Works! Coalition of Houston/Harris County.
Elected Fellow of the American Society of Addiction Medicine, January 1997
Recipient, “Dean’s Teaching Award,” 1991, 1992, 1994, University of Texas-Houston Medical School.
Recipient, “Outstanding Teacher in Behavioral Sciences,” June 1994, University of Texas-Houston Medical School.
Finalist for the 1984 Marty Mann Award of the National Association of Alcoholism and Drug Abuse Counselors, “Outstanding Communicator in the Alcoholism Field.”
Recipient, Zerka Moreno Award for “Distinguished accomplishment in the fields of psychodrama, sociometry and group psychotherapy”; given by the American Society of Group Psychotherapy and Psychodrama, 1991.
Recipient, “Outstanding paper by a physician-in-training,” Arizona Medical Association, June 1976

Grant Review Panels

Service on NIDA Grant Review Panels, 1992, 1994.

Community Service

Member of the Board of Directors, Alté Community Center (2003-2006)
Member of the Board of Directors, The Right Step Foundation (2004-2006)
Member, Substance Abuse Commission of Harris County (1996-2000)
President, Coalition on Substance Abuse Services, Houston, Texas (1996-1997)
Consultant, The Council on Alcohol and Drugs-Houston (1995-present)
Consultant, Over The Hill Inc. (chemical dependency agency) (1991-1993)

Seminar presentations for community chemical dependency groups

Member, Physician’s Health and Rehabilitation Committee, Texas Medical Association
Presenter of conferences to physicians on impaired physicians

Publications

A. Abstracts

Hickey, JV, Rustin TA, & Crays, L. DNP Clinical Seminars Using Online, Real Time Adobe Connect Technology. American Association of Colleges of Nursing, Doctoral Education Conference: Health Systems Transformation and Doctoral Education in Nursing: A New Era. January 22, 2009, San Diego, CA (poster presentation).
Rustin, TA. (2007). Use of an online discussion board to improve diagnostic skills. Abstracts of the Advances in Teaching and Learning 2007, 8th Annual Regional Conference, Houston, TX .
Rustin, TA. (2003). Use of psychodrama therapy techniques in classroom teaching. Abstracts of the Advances in Teaching and Learning 2003, 4th Annual Regional Conference, Houston, TX.
Rustin, TA. (2000). Incorporating nicotine dependence into the treatment of other addictions. Abstracts of the 11th World Conference on Smoking OR Health. Chicago, IL, USA.

- Dougherty, DM, Moeller, FG, Cherek, DR, & Rustin, TA. (1995). Measures of Aggression in Recent Cocaine Abusers. Problems of Drug Dependence, 1995: Proceedings of the 57th Annual Scientific Meeting, Volume II. NIDA Research Monograph. Washington, DC: U.S. Government Printing Office.
- Boutros, N, Rustin, TA, & Zouridakis, G. (1991) Cocaine Use and the P50 Auditory Evoked Response. Proceedings of the First European Psychophysiology Conference, June 26, 1991. Tilburg, The Netherlands.
- Rustin, TA. (1988). The Smoking Dependence Scale: A preliminary report. *Alcoholism: Clinical and Experimental Research*, 12:194.
- Rustin, TA. (1987). Opioid detoxification using guanabenz. *Alcoholism: Clinical and Experimental Research*, 11:96.
- Rustin, TA. (1986). Physician's attitudes about cigarette smoking. *Alcoholism: Clinical and Experimental Research*, 10:100..

B. Refereed original journal articles

- Rustin, TA, & Hickey JV (2009) Use of an online clinical seminar in Doctor of Nursing Practice education. (submitted for publication)
- Rustin, TA. (2008). Sublingual buprenorphine in the treatment of acute and chronic pain. *Pain Physician* (submitted for publication).
- Rustin, TA. (2008). De-escalating phencyclidine-intoxicated clients in acute settings: Behavioral management. *Counselor* 9(6):54-59.
- Rustin, TA. (2008). Using artwork to understand the experience of mental illness: Mainstream artists and Outsider artists. *GMS Psychosoc Med* 2008; 5:Doc07 (20080708). <http://www.egms.de/en/journals/psm/2008-5/psm000052.shtml>
- Rustin, TA. (2007). Assessment and management of street drug users in a psychiatric emergency service. *Psychiatric Issues in Emergency Care Settings*, 6(3):8-17.
- Rustin, TA. (2007). Street drug intoxication in the emergency setting: Clinical case presentations. *Psychiatric Issues in Emergency Care Settings*, 6(3):18-21.
- Rustin, TA. (2007). Reducing contraband in a psychiatric hospital through the use of a metal detector. *Texas Medicine* 103(5):51-56.
- Steinberg, ML, Hall, SM, & Rustin, T. (2003). Psychosocial therapies for tobacco dependence in mental health and other substance use populations. *Psychiatric Annals* 33(7): 469-478.
- Rustin, TA. (2002). Improved outcome in dual recovery patients receiving case management. *Dual Network*, 2(1):25-27.
- Rustin, TA. (2001). Techniques for smoking cessation: What really works? *Texas Medicine*, 97(2):63-67.
- Rustin, TA. (2001). Pharmacists can help their patients quit smoking. *Texas Pharmacy*, Winter 2001:26-31.
- Rustin, TA. (2000). Assessing nicotine dependence. *American Family Physician*, 62:579-590.
- Rustin, TA. (1998). Incorporating nicotine dependence into addiction treatment. *Journal of Addictive Diseases*, 17(1):83-108.
- Moeller, FG, Dougherty, DM, Rustin, T, Swann, AC, Allen, TJ, Shah, N, & Cherek, DR (1997) Antisocial personality disorder and aggression in recently abstinent cocaine dependent subjects. *Drug and Alcohol Dependence* 44:175-182.
- Schmitz, JM, Oswald, LM, Jacks, SD, Rustin, T, Rhoads, HW, & Grabowski, J. (1997). Relapse prevention treatment for cocaine dependence: Group vs. Individual format. *Addictive Behaviors*, 22(3):405-418.

- Project Match Research Group. (1994). Project MATCH: Rationale and methods for a multisite clinical trial matching alcoholism patients to treatment. *Alcoholism: Clinical and Experimental Research*, 17(6):1130-1145.
- Boutros, N, Zouridakis, G, Rustin, T, Peabody, C, & Warner, D. (1993). The P50 component of the auditory-evoked potential and subtypes of schizophrenia. *Psychiatry Research* 47:243-254.
- Rustin, TA, & Olsson, PA (1993). Der »Sobriety Shop«: Ein variante des Zauberladens zur therapeutische arbeit mit abhängigen. *Psychodrama: Zeitschrift für theorie und praxis von psychodrama, soziometrie und rollenspiel*, 6:235-247. (German translation and publication of JGPPS article).
- Rustin, TA, & Olsson, PA (1993). Sobriety Shop: A variation on Magic Shop for addiction treatment patients. *Journal of Group Psychotherapy, Psychodrama and Sociometry*, 46:12-22.
- Rustin, TA, & Tate, JC. (1993). Measuring the stages of change in cigarette smokers. *Journal of Substance Abuse Treatment*, 10:209-220.
- Hollister, LE, Krajewski, K, Rustin, T, & Gillespie, H. (1992). Drugs for cocaine dependence: Not easy. *Archives of General Psychiatry*, 49:905.
- Lairson, DR, Harrist, R, Martin, DW, Ramby, R, Rustin, TA, Swint, JM, Harlow, K, & Cobb, J. (1992). Screening for patients with alcohol problems: Severity of patients identified by the CAGE. *Journal of Drug Education*, 22: 337-352.
- Rustin TA. (1988). Nicotine dependence. *The Counselor*, February 1988.
- Rustin TA. (1981). MD's hold key to intervention door: Physicians best able to handle confrontations. *Focus*, 4(3):9-11.
- Rustin, TA. (1976). Diagnosis and management of ethanol withdrawal syndromes. *Arizona Medicine*, 33:282-287.
- Rustin, TA. (1972). Caring for the emotional needs of hospitalized children. *The New Physician*, 3:14-18.

C. Invited articles

- Rustin, T. (1994) EAPs and the Treatment of Nicotine Dependence, Part I. *EAP Professional Report*, 4(11):6-7.
- Rustin, T. (1994) EAPs and the Treatment of Nicotine Dependence, Part II. *EAP Professional Report*, 4(12):6-7.
- Rustin, T. (1994). EAPs and the Treatment of Nicotine Dependence, Part III. *EAP Professional Report*, 4(13):6-7

D. Editorials and Correspondence

- Rustin, TA. (2005). Attracting students to primary care. *New Engl J Med* 352(1):94-5.
- Rustin, TA, McIndoo T. (1995) What should we call ex-smokers? *Tobacco Control*, 4:400.
- Rustin, TA. (1989) Pimper pimped. *JAMA*, 262(18): 2542.
- Rustin, TA. (1977). Alcohol and blood-pressure. *New Engl J Med* 297(8): 450.

E. Chapters

- Rustin, TA. (2008). Substance abuse. In: Glick RL, Berlin JS, Fishkind A, Zeller S. Emergency Psychiatry: Principles and Practice. Philadelphia: Wolters Kluwer/LWW.
- Rustin, TA. (1999). Management of nicotine withdrawal. In Graham, A.W. and Schultz, T.K. (Eds.) Principles of Addiction Medicine, Second Edition. Chevy Chase, MD: American Society of Addiction Medicine.

- Rustin, TA. (1998) Incorporating nicotine dependence into addiction treatment. In Gold, M.S. (Ed.) Smoking and Illicit Drug Use. New York: Haworth Press.
- Rustin, TA. (1994). Nicotine dependence and its treatment. In Miller, N.S. (Ed.). Principles of Addiction Medicine. Washington, DC: American Society of Addiction Medicine Press.
- Rustin, TA. (1991). Recovery-oriented nicotine addiction therapy. In Cocores, J. (Ed.). The Clinical Management of Nicotine Dependence. New York: Springer/Verlag.

F. Books

- Rustin, TA. (1996). Keep Quit: A motivational guide for recovering smokers. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1996). Countdown to Quit. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1996). Go! The Clean and Free Workbook III. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1996). Get Set! The Clean and Free Workbook II. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1996). Get Ready! The Clean and Free Workbook I. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1996). The Facilitator's Guide to the Clean and Free Workbooks. Center City, MN: Hazelden Publishing.
- Rustin, TA. (1991, 1994) Quit and Stay Quit: A personalized program to stop smoking. Center City, MN: Hazelden Educational Materials.
- Rustin, TA. (1989) Quit and Stay Quit: Medical Treatment for Smokers. Houston, TX: Discovery Press.
- Rustin, TA. (1989) Facilitator's Guide to Quit and Stay Quit. Houston, TX: Discovery Press.

G. Other Media

- Rustin, TA. (1996). Understanding the Problems of Nicotine Dependence (video). Center City MN: Hazelden Publishing.
- Rustin, TA. (1996). The Stages of Change in Nicotine Dependence (video). Center City, MN: Hazelden Publishing.
- Rustin, TA. (1993). Dealing with resistance in the treatment of addicted patients (audiotape). Practical Reviews in Pediatrics, 15:11.

H. Presentations to professional groups, conferences, workshops, Grand Rounds, etc.

Numerous.

Other professional communications

- Hosted "Alcoholism in Our Community" program on station KFRD in Rosenberg, Texas, 1981 - 1983, doing over 100 shows.
- Medical journalist: staff writer, ASAM News (1989-present); staff writer, Medical World News and the International Medical News Service (1981-1984); Senior Associate Editor, The New Physician magazine (1972-1975).

Professional positions

July 2009 – present	Consultant, JSA Health, Houston, Texas (psychiatric telemedicine)
October 2008 – present	Consultant, StopCold, a division of LiveAbility, Inc, Lake Charles, LA (smoking cessation)
October 2006 – January 2009	Medical Director, University of Texas Health Services, Pearland, Texas
January 2004 – January 2006	Medical Director, BioBehavioral Program, IntraCare Medical Center Hospital; Houston, Texas
September 2004 – August 2005	Consultant, Bioterrorism Preparedness Project, Harris County, Texas
March 2003 – May 2005	Medical Director and attending physician, Student Health Service, University of Houston-Downtown; Houston, Texas
February 2002 – present	Medical Advisor, The Council on Alcohol and Drug Abuse-Houston; Houston, Texas
September 1997 – September 2002	Director, Dual Recovery Programs and Specialized Medical Services, Mental Health and Mental Retardation Authority of Harris County; Houston, Texas
September 1996 – August 1997	Medical Director, TRS Behavioral Care; Houston, Texas
November 1995 – August 1996	Director of Clinical Programs, Houston Recovery Campus, Houston, Texas
June 1989 – October 1995	Medical Director, Addiction Treatment Unit, Harris County Psychiatric Center, Houston, Texas
September 1991 – August 1993	Medical Director, Addiction Treatment Program, St. Joseph Hospital, Houston, Texas
September 1984 – June 1989	Medical Director, Addiction Treatment Program, West Oaks Hospital, Houston, Texas
June 1984 – December 1985	Medical Consultant, University of Houston Student Health Service, Houston, Texas
August 1982 – May 1984	Medical Director, Texas Gulf Coast Center (free-standing addiction treatment program), Houston, Texas and Rosenberg, Texas
September 1981 – July 1982	Medical Director, Addiction Treatment Program, Southmore Hospital, Pasadena, Texas
August 1980 – September 1981	Medical Director, Raleigh Hills General Hospital, Houston, Texas
July 1978 – August 1980	Medical Director, Addiction Treatment Program, St. Joseph Hospital, Tucson, Arizona
July 1977 – July 1978	Medical Director, Addiction Treatment Program, Kino Community Hospital, Tucson, Arizona
August 1976 – August 1980	Medical Director, Outpatient Addiction Treatment Program, Alcoholism Council of Southern Arizona, Tucson, Arizona
July 1977 – August 1980	Private Practice, Tucson, Arizona

Terry A. Rustin, MD

Dr. Rustin is a faculty member at the University of Texas Health Science Center at Houston, School of Nursing, where he teaches addictions and the clinical assessment of patients. He also provides consultation to individuals and organizations in clinical and programmatic areas of behavioral medicine and addiction treatment, the assessment and treatment of dual disorders patients, and advanced training in addiction counseling and psychotherapy.

Dr. Rustin has practiced internal medicine and behavioral medicine for fifteen years in the private sector and seventeen years in the public sector. Dr. Rustin's public health experience includes the design and implementation of fourteen separate community-based medical and service programs, beginning in 1971. Among these programs have been private for-profit, private not-for-profit, public not-for-profit, governmental, and university-affiliated programs; they have focused on addiction treatment, mental health treatment, service to hospitalized children, smoking cessation, and outreach for the homeless. He has contributed to the development of programs on bioterrorism preparedness, impaired professionals, and suicide prevention, and has led hundreds of training seminars on addiction treatment, smokefree facilities, counseling methods, teambuilding, dealing with countertransference, patient evaluation, dual disorders treatment, and conflict resolution.

Dr. Rustin has a special interest in nicotine dependence, and has developed a treatment program for nicotine dependence based on addiction-recovery principles; he is currently working with LiveAbility, a care provider based in Lake Charles, LA, to develop a tobacco recovery program for use in physicians' offices. He has written a series of books for clients describing this recovery process, and a companion volume for treatment professionals to assist them in developing such programs. He has also produced a pair of videos on nicotine dependence to supplement these materials.

Dr. Rustin is a community leader in the assessment of opioid addicted patients for detoxification and maintenance on buprenorphine. He provides training for physicians in the use of buprenorphine for addiction treatment and for chronic pain treatment.

In 1991, Dr. Rustin directed the transition of the addiction treatment program at the Harris County Psychiatric Center to a smoke-free program. This program successfully integrated the treatment of nicotine dependence into the context of addiction treatment, and has served as a model for programs across the nation. Dr. Rustin shares this experience by providing consultations and training sessions for hospitals and treatment programs planning to go smokefree and to incorporate nicotine dependence treatment into their programs. He speaks frequently at nicotine dependence conferences around the country.

In 1998, Dr. Rustin designed and implemented a comprehensive, integrated program for the treatment of patients with co-occurring mental illness and substance abuse disorders. This program received a designation of "Exemplary Program" by SAMHSA, as one of the nation's seven outstanding programs for the treatment of these patients. He served as Texas Chairman for the American Society of Addiction Medicine for four years, and served as the director of the Review Course in Addiction Medicine offered by the Society from 1988 through 1993. He was the Co-Director for the Society's 1995 and 1996 National Conference on Nicotine Dependence.

Dr. Rustin began psychodrama training in 1983 under Zerka Moreno; he completed his training under Evie Lotze and received psychodrama certification in 1990. He continued training in psychodrama under Evie Lotze and received his certification as a trainer in 1995. He utilizes psychodramatic techniques in his clinical practice and as a modality for training professionals in their respective fields, and has led many psychodrama training workshops for psychodrama trainees.

As a physician teaching at a School of Nursing, Dr. Rustin is developing an ambitious response to the nursing and nursing faculty shortage. His monograph on this topic is forthcoming.

He is certified in Internal Medicine by the American Board of Internal Medicine; in Addiction Medicine by the American Society of Addiction Medicine; and in psychodrama therapy by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. He is a Fellow of the American Society of Addiction Medicine. He has been listed in "The Best Doctors in America" in Addiction Medicine each year since 1996.