

Dr Adam R. Winstock

Consultant Psychiatrist and Addiction Medicine Specialist
MBBS, BSc, MSc, MRCP, MRCPsych, FACHAM, MD

Curriculum Vitae

June 2016

Contact adam@globaldrugsurvey.com

Citizenship I hold dual citizenship in the United Kingdom and Australia

Summary of professional qualifications

June 1988	Bachelor Science, Psychology (BSc)
June 1991	Bachelor of Medicine, Bachelor of Science (MBBS)
March 1994	Member of the Royal College of Physicians (MRCP) UK
May 1997	Member of the Royal College of Psychiatrists (MRCPsych)
July 2000	Masters of Science (MSc)
Nov 2002	Fellow of the Australasian Chapter of Addiction Medicine (FACHAM)
Aug 2008	Doctor of Medicine (MD) UNSW Australia

Education and experience

I enrolled in a degree in medicine in 1985 at the Middlesex Hospital, University College London. In 1988 I completed a psychology degree (BSc) before qualifying as a Medical Doctor (MBBS) in 1991. I then undertook post graduate general physician training in London and Bath UK, obtaining my MRCP in 1994. After practicing for six months, I commenced my training as psychiatrist at the Maudsley Hospital and obtained my MRCPsych in 1997. I then spent four years as clinical lecturer at the Institute of Psychiatry (IOP London) obtaining an MSc in 1999, and my CSST in general adult psychiatry and addiction psychiatry in 2001. I moved to Australia in 2002 taking up the role of Clinical Director for the South West Sydney Area Health Service Drug and Alcohol Service and as Senior Lecturer at NDARC at the University of NSW, obtaining my FACHAM (RACP) in 2002 and my MD in 2008. I returned to London in April 2009 to fulfil the roles of Clinical Senior Lecturer at the Institute of Psychiatry and Honorary Consultant Psychiatrist at the Maudsley Hospital. Until December 2015 I was Consultant Addiction Psychiatrist for the Southwark Area Community Drug and Alcohol Team and Clinical Lead for the Maudsley Party Drug Clinic. I am currently Clinical Lead for Addictions for Care UK across 3 London Prisons. I am also Director of the Global Drug Survey, which I founded in 2011.

Current appointment (June 2016 - present)

Consultant Addictions Psychiatrist and Clinical Lead for the Addiction for London Prisons

Care UK Great Guildford Street London SE5 based at HMPs Brixton, Pentonville and Wormwood Scrubbs

- Provide high level strategic advice and clinical governance support to Care UK
- Provide clinical leadership to over 30 clinicians
- Responsible for assessment and management of over 500 patients with drug and alcohol
- Assess and review 150 patients each month
- Provide support and training to the prison's primary care service, working closely with the senior GP to support their staff in the effective management of those with substance use problems
- Develop protocols to improve assessment, management and monitoring of clients undergoing induction and detoxification interventions

January 2011 –December 2015

Consultant Addictions Psychiatrist

Southwark Community Drug and Alcohol Team, South London and Maudsley NHS Trust, London SE5

Provide senior clinical leadership and support to the Assessment and Brief Treatment Team at Southwark Community Drug and Alcohol Service

Address the full range of clinical addiction issues with a focus on optimising opioid treatment and assessment, and the management of alcohol and crack cocaine problems, common psychiatric and physical co-morbidities

Specialist management of substance use disorders within vulnerable groups such as pregnant women, those with children, patients with chronic pain, patients with HIV and Hepatitis C, members of the lesbian, gay, bisexual, and transgender community

Specialist in issues relating to Chem Sex and the use of novel psychoactive substances

Specialist in the management of cannabis use, novel drug abuse disorders and working with young people

Consultant to the Maudsley Hospital Party Drugs Clinic (methamphetamine, GHB, K, mephedrone, MDMA)

January 2011 – (current)

Senior Addictions Clinician: Substance Misuse Team

Her Majesty's Prison (HMP) Brixton, London SW2 5XF

Honorary Senior Lecturer in the Addictions

National Addiction Centre, Institute of Psychiatry, King's College London De Crespigny Park, SE5 8AF

- Conduct research and author peer reviewed papers
- Deliver and evaluate educational sessions for students
- Contribute to the ongoing development and review of core teaching curriculum

August 2011 – (current)

Founder and Director

Global Drug Survey data-mapping agency, 124-128 City Road, London EC1V 2NJ

- Design and evaluate the world's largest annual online drug survey
- Publish survey results with international media partners, in peer reviewed journals and author reports for health and policy agencies including EMCDDA
- Consult with UK, European and Australasian lead drug agencies
- Architect of a range of android apps (drugs meter series and drinks meter) to help users compare their drug use to others to flag high and risky drug use and act as an early warning and referral to treatment
- Deliver training to Police, Expert Witness groups and security staff in Australia and the UK

April 2009 – January 2011

Clinical Senior Lecturer in the Addictions and Program Leader for the MSc in Clinical and Public Health Aspects of Addiction

National Addiction Centre, Institute of Psychiatry, King's College London De Crespigny Park, SE5 8AF

- Oversaw all aspects of curriculum design, delivery and evaluation as well as student selection and assessment
- Conducted research, obtained funding, published peer review papers, provided research supervision
- Planned, developed and delivered education modules

Honorary Consultant Addictions Psychiatrist

Lewisham Community Drug and Alcohol Team, South London and Maudsley NHS Trust, London SE5

- Assessed and managed patients with complex problems related to substance use and mental health
- Provided clinical leadership to multidisciplinary team
- Contributed to audit and clinical governance

April 2002 - 2010

Conjoint Senior Lecturer

National Drug and Alcohol Research Centre, 22 – 32 King Street, Randwick, NSW 2031, Australia

- Co-chief investigator on NHMRC-funded cannabis trial and collaboration with other researchers
- Conducted research and authored peer reviewed papers

September 2008 – March 2009

Clinical and Education Consultant, Policy Advisor

Commonwealth Department of Health and Aging (Australia), Australian General Practice Network, Australian Police, New South Wales Department of Health, The Australian Capital Territory Department of Health, New South Wales Police and Northern Territory Government

- Developed and delivered drug and alcohol and mental health training packages across Australia
- Authored best practice guidelines for drug and alcohol professionals and police
- Monitored national treatment programs and advised on gaps in training and service delivery

October 2005 – September 2008

Senior Staff Specialist Drug Health Services

Sydney South West Area Health Service, Liverpool Hospital, Elizabeth Street, NSW 2170, Australia

Conducted 4 - 6 clinical sessions per week for the opioid treatment program, co-morbidity clinics and hospital telephone consultancy support line (for health professionals), in addition to teaching, research and national consultancy and advisory role

Director of the NSW State Wide Advisory Team (SWAT Project)

- 2 year project funded by the NSW Department of Health, run through SSWAHS
- Aimed to expand the capacity of specialist, community and primary care services that provided treatment for those with substance use problems particularly opioid dependence
- The SWAT project team (myself, a project manager, a researcher and administrative support) systematically conducted high level consultations with all eight NSW Area Health Services (providing services to 6 million people), their respective public clinics and GP Divisions (37 and 32 across NSW respectively) and regional pharmacy representatives.
- Its aims were to develop locally determined and resourced, sustainable frameworks to increase the capacity of service providers to care for those with substance related problems.
- Reporting outcomes included clinical activity maps for each area health service and recommendations on clinical service development that addressed local concerns.
- Central to the project was the development of *Streamed Shared Care* that matched patients to providers based on client complexity.
- The project provided five reports, two NDARC monographs and two online *Patient Journey Kits* aimed at improving the shared care of those with substance use and mental health problems in the community by using Medicare care plans and item number rebate programs.

February 2002– September 2005

Area Clinical Director

(Former) Sydney South West Area Health Service, Liverpool Hospital, Elizabeth Street, NSW 2170, Australia

- Provided clinical leadership and strategic policy development in areas relating to drug and alcohol use to a large population (950,000) in the culturally diverse Area Health Service
- Developed and implemented clear clinical governance structures and introduced standardised assessment and treatment policies, as well as protocols to improve and streamline service provision such as treatment matching.
- Over saw three public pharmacotherapy units, 15 community sites and a 20-bed in patient specialist unit. This required the management of over 150 staff including six doctors, 50 nurses and other clinical and support staff
- Services directly managed by me included three public pharmacotherapy units dosing 750 patients (another 750 in the community), five general hospital's consultancy and liaison services, a 20 bed in patient specialist unit and 15 community sites.
- I also worked with my co director in taking the service through two significant organisational changes; 1). Under my clinical leadership SSWAHS increased its medical workforce and recruitment in nursing and allied health positions, and 2). SSWAHS became a site for clinical research.

1997 - 2001

Specialist Registrar and Clinical Lecturer

National Addiction Centre, Institute of Psychiatry South London and Maudsley NHS trust. Denmark Hill, London, SE5 8AZ, UK

Clinical delivery, teaching and research under the supervision of Professor J. Strang

Higher clinical training experience with specific regard to substance misuse

- Routine and high dose prescribing for opiate dependence including methadone, buprenorphine, buprenorphine/naloxone and diamorphine for maintenance.
- Outpatient detoxification from opiates using lofexidine, clonidine, buprenorphine, methadone, codeine based products and naltrexone, and from alcohol using benzodiazepines. Extensive experience in the o/p management of stimulant and cannabis users.
- Specialist knowledge, skills and experience in the management of those with problems related to ketamine, GHB, mephedrone and other new substances of abuse.
- Clinical management of a 20 bed in patient unit-providing assessment, stabilisation and withdrawal for those with problems related to alcohol, stimulants, cannabis and benzodiazepines in addition to opioids. Approximately 50% of the patients had significant co morbid mental health problems.
- Assessment and management of pregnant drug users and collaborative parenting assessments with social services.
- Development of coordinated pregnancy services for drug using women.
- Extensive experience in assessment, training and collaborative service provision in management of co morbid psychiatric and physical problems within drug and alcohol users.
- Hospital Consult and Liaison. This included development and implementation of policies and procedures for the management of common substance use related problems in general hospital and the setting up of a hospital consult service across 5 general hospitals including accident and emergency screening and acute management protocols for drug induced behaviour disturbance .
- Pregnancy specific issues including domestic violence and child risk assessment.
- Assessment and management of complex dependent patients with chronic pain.
- Management of specialist prescribing such as injectables including diamorphine and methadone.
- Drug use and criminality. I am currently lead addiction consultant for HMP Brixton where I am in charge of assessment and policy development. In Australia, during my time as clinical director my area was a pilot for 3 court diversion schemes; Adult Drug Court, Magistrates Early Referral Into Treatment (MERIT) and Youth Drug Court. I developed policies and protocols to improve the structures supporting clinical governance between health agencies and to assist in the treatment matching of patients.
- Management of drug uses with viral hepatitis and HIV.
- Focused harm reduction experience through client education sessions with emphasis on safer injecting and overdose prevention.
- Clinical audit and professional development program implementation and evaluation.
- Clinical supervision and investigation of serious untoward incidents.

- Liaison with police and other emergency services.
- Shared care models of service delivery including the development of four-way agreement framework for managing drug users in the community.
- Skills in individual and group motivational interviewing and relapse prevention.
- Assessment and management of the addicted doctor and liaison with the GMC and NSW Medical Board.
- Writing of expert witness reports for the court, police and coroners.

Additional Skills Training

July 2001	CSST in general adult psychiatry (sub-specialisation in substance misuse) Section 12 Approved / Approved Clinician (UK)
Oct 1996	Family Therapy, under the supervision of Dr Jonathan Dare using the structural model
April 1996	Motivational Interviewing course with Leeds Addiction Unit. UK
April 1999	Advanced Motivational Interviewing Institute of Psychiatry, London UK
April 2007	Cognitive Behavioural Therapy for amphetamine abuse, NSW with Assoc Prof Amanada Baker
April 2011	Mentoring and Coaching Course (SLAM NHS Trust – European accreditation being sought)

Membership of Scientific Associations

- Member of the Society for the Study of Addiction
- Member of the London Toxicology Group
- Member of the International Harm Reduction Association
- Member of APSAD

State Committee Memberships/advisory roles

- I am a member of the Independent Scientific Committee on Drugs
- I am part of the expert advisory group for Project Neptune (the development of National Guidelines for the Management of Club Drug use in the UK 2014-present)
- I was part of PHE's National Intelligence Network on Drug Health Harms (2013-2016)
- I have provided expert advice to the Home Office, the Advisory Council of the Misuse of Drugs the Department of Health on range of drug related issues since 2009
- I have provide expert advice to the EMCDDA and was tasked with conducting the research component of the clinical risk assessment on mephedrone for them with Dr John Marsden 2010
- Chair of the Chapter Education Committee for the Chapter of Addiction Medicine (RACP). November 2004-September 2006
- Chair of the steering committee for the development of guidelines for the introduction of buprenorphine – naloxone (Suboxone into) Australia (RACP) 2006
- Quality in Treatment Group, NSW Dept of Health and was previously a member of the Clinical Advisory Panel. 2002-July 2008
- State Steering committee for Dual Diagnosis. 2003-2008
- Working group for the development of National Co-morbidity Guidelines
- Working group for the development of National Guidelines for the Management of methamphetamine psychosis. 2005/6
- Working group for the development of National Guidelines for the use of Buprenorphine (and co-author) 2005
- Expert advisor to the TOKEIN 2 study group chaired by Professor Gavin Andrews.2006

Current and recent research/educational grant awards

- Co-applicant with Professor Iain McGregor (University Sydney) NHMRC on preclinical trials on mephedrone \$285,000 AUD (2011)
- Risk assessment of mephedrone for EMCDDA. £18,000 2010 GBP (2011)
- Double blind randomised placebo controlled trail of lithium in the management of cannabis withdrawal.

\$520,000 AUD with the NHMRC* (2008)

- National needs analysis and consultation for the development of national training program on drug and alcohol for the Australian Police (Cost Shared Funding Agreement) \$135,000 AUD + GST* (2008)
- Access All Areas DVD - the development and evaluation of a DVD resource for in and out of treatment drug users. Commonwealth Dept of Population and Aging/ANCD. \$185,000 AUD* (2007)
- Pharmacy Practice in NSW and Victoria. Commonwealth Dept of Population and Aging/ANCD. \$15,000 AUD*

Past research grants (pre 2007)

- Post marketing surveillance of Suboxone. Co-investigator with NDARC
- A trial of Suboxone. Co-investigator in a multi centre research trial
- The development of an interactive CD –ROM to train general hospital staff in the use of the CIWA-AR for the management of alcohol withdrawal. Funded by AERF \$100,000 AUD*
- Trial of lithium for cannabis detoxification (with NDARC) Funded by Commonwealth Department of Health \$45,000 AUD*
- A consumer survey of NSW pharmacotherapy services in NSW funded by Reckitt Benkiser \$30,000 AUD*
- A consumer survey of treatment satisfaction of community treated opiate dependent clients. Funded by Commonwealth Department of Health \$25,000 AUD*
- Double blind placebo RCT of monoamine precursors for stimulant withdrawal. Funded by DoH \$62,500 AUD*

* Chief investigator and grant holder (NHMRC lithium trial handed to colleagues in Australia as I was not able to remain the CI while living in the UK)

Publications in peer reviewed (data based) journal papers

I have published over 120 papers, monographs and book chapters. I have published a minimum of 5 peer papers year per year in peer reviewed journals since 2006. I am first author on over half of my publications. My h-index is currently 27.

2016

Barratt, M.J., Ferris, J.A. and Winstock, A.R., 2016. Safer scoring? Cryptomarkets, social supply and drug market violence. *International Journal of Drug Policy*.

Kaar, S.J., Ferris, J., Waldron, J., Devaney, M., Ramsey, J. and Winstock, A.R., 2016. Up: The rise of nitrous oxide abuse. An international survey of contemporary nitrous oxide use. *Journal of Psychopharmacology*, 30(4), pp.395-401.

2015

Allsop DJ, Bartlett DJ, Johnston J, Helliwell D, **Winstock A**, McGregor IS, Lintzeris N. The effects of lithium carbonate supplemented with nitrazepam on sleep disturbance during cannabis withdrawal *J Clin Sleep Med* 2015

Winstock A, Lynskey M, Borschmann R, Waldron J Risk of seeking emergency medical treatment following consumption of cannabis or synthetic cannabinoids in a large global sample. *J Psychopharmacology* 2015

Uosukainen H, Tacke U, **Winstock AR**. Self-reported prevalence of dependence of MDMA compared to cocaine, mephedrone and ketamine among a sample of recreational poly-drug users. *Int J Drug Policy*. 2015 Jan;26(1):78-83.

Garnett C, Crane D, West R, Michie S, Brown J, **Winstock A**. Normative misperceptions about alcohol use in the general population of drinkers: A cross-sectional survey. *Addict Behav*. 2015 Mar;42:203-6

Freeman TP, **Winstock AR**. Examining the profile of high-potency cannabis and its association with severity of cannabis dependence. *Psychol Med*. 2015 Jul 27;1-9. [Epub ahead of print]

Shiner M, **Winstock A**. Drug use and social control: The negotiation of moral ambivalence. *Soc Sci Med*. 2015 Aug;138:248-56. doi: 10.1016/j.socscimed.2015.06.017. Epub 2015 Jun 15

Morley KI, Lynskey MT, Moran P, Borschmann R, **Winstock AR**. Polysubstance use, mental health and high-risk behaviours: Results from the 2012 Global Drug Survey. *Drug Alcohol Rev*. 2015 Jul;34(4):427-37

Winstock AR, Lawn W, Deluca P, Borschmann R Methoxetamine: An early report on the motivations for use, effect profile and prevalence of use in a UK clubbing sample. *Drug Alcohol Rev*. 2015 Apr 13

Morley, K., **Winstock, A.**, Ferris, J. and Lynskey, M., 2015. Prescription opioid access and misuse amongst users from the USA, UK, Australia, and New Zealand: Results from the 2015 Global Drug Survey. In Lisbon Addictions Conference.

Stevens, A., Barratt, M., Lenton, S., Ridout, M. and **Winstock, A.**, 2015. Social Bias in the Policing of Illicit Drug Users in the UK and Australia: Findings from a Self-Report Study. Available at SSRN 2618393.

Bellis, M.A., Quigg, Z., Hughes, K., Ashton, K., Ferris, J. and **Winstock, A.**, 2015. Harms from other people's drinking: an international survey of their occurrence, impacts on feeling safe and legislation relating to their control. *BMJ open*, 5(12), p.e010112.

Bui, J., Day, C., Hanrahan, J., **Winstock, A.** and Char, B., 2015. Senior nurses' perspectives on the transfer of opioid substitution treatment clients from clinics to community pharmacy. *Drug and alcohol review*, 34(5), pp.495-498.

2014 (7 papers)

Winstock AR, Borschmann R, Bell J. The non-medical use of tramadol in the UK: findings from a large community sample. *Int J Clin Pract*. 2014 Sep;68(9):1147-51

Johnston J, Lintzeris N, Allsop DJ, Suraev A, Booth J, Carson DS, Helliwell D, **Winstock A**, McGregor IS. Lithium carbonate in the management of cannabis withdrawal: a randomized placebo-controlled trial in an inpatient setting. *Psychopharmacology (Berl)*. 2014 Dec;231(24):4623-36

J Bui, C Day, J Hanrahan, **A Winstock**, B Char Senior nurses' perspectives on the transfer of opioid substitution treatment clients from clinics to community pharmacy *Drug and alcohol review* 2014

Winstock A, Lynskey M, Borschmann R, Waldron J Risk of seeking emergency medical treatment following consumption of cannabis or synthetic cannabinoids in a large global sample. *J Psychopharmacology* 2015

Uosukainen H, Tacke U, **Winstock AR**. Self-reported prevalence of dependence of MDMA compared to cocaine, mephedrone and ketamine among a sample of recreational poly-drug users. *Int J Drug Policy*. 2015 Jan;26(1):78-83.

Garnett C, Crane D, West R, Michie S, Brown J, **Winstock A**. Normative misperceptions about alcohol use in the general population of drinkers: A cross-sectional survey. *Addict Behav*. 2015 Mar;42:203-6

Lawn W, Barratt M, Williams M, Horne A, **Winstock A** The NBOMe hallucinogenic drug series: Patterns of use, characteristics of users and self-reported effects in a large international sample. *Psychopharmacol*. 2014 Feb 24;28(8):780-788

Barratt MJ, Ferris JA, **Winstock AR**. Use of Silk Road, the online drug marketplace, in the United Kingdom, Australia and the United States. *Addiction*. 2014 May;109(5):774-83

Winstock AR, Kaar S, Borschmann R. Dimethyltryptamine (DMT): prevalence, user characteristics and abuse liability in a large global sample. *J Psychopharmacol*. 2014 Jan;28(1):49-54.

Ferris J, Winstock A, Devaney M, Waldron J Nitrous Oxide (N₂O) use and myeloneuropathy: Understanding the recreational use of N₂O and the dose-response relationship with myeloneuropathy. *Drug and alcohol review* 33, 26-26

2013, 6 papers

Archer J Dargan P Wood D **Winstock AR** Hospital and pre-hospital emergency service utilisation as an impact of acute recreational drug and ethanol toxicity *Journal of Substance Use*

Motbey CP, Clemens KJ, Apte N, **Winstock AR**, Ramsey J, Li KM, McGregor IS. High levels of intravenous mephedrone self administration in rats; neural consequences and comparison with methamphetamine. *J Psychopharmacol* 9(Oxford), 2013 vol.27(9) pp823-36

Chaar B Wang H, Day C, Hanrahan JR, Winstock AR, Fois R Factors Influencing Pharmacy Services in Opioid Substitution Treatment *Drug Alcohol Rev* 2013 vol. 32(4), pp426-34

Winstock AR, Barratt M Synthetic cannabis comparison of patterns of use and defect profiles with natural cannabis (in press *Drug and Alcohol Dependence*)

Winstock AR, Barratt M The 12 month prevalence of seeking emergency medical help among synthetic cannabis users (*Human psychopharmacology* (in press)).

Kapitány-Fövény M, Kertész M, **Winstock AR**, Deluca P, Corazza O, Farkas J Zacher G, Urbán R, Demetrovics Z. Substitutional potential of mephedrone: An analysis of the subjective effects *Journal: Human Psychopharmacology: Clinical and Experimental* (in press)

2012, 7 papers

Hughs B, **Winstock AR** Controlling new drugs under market regulations *Addiction* November 2012
Winstock AR drugs meter – *Drug and Drink News* May 2012

Winstock AR, Mitcheson L New psychoactive drugs and the approach to their management in primary care. *BMJ* February 2012

Winstock A, Lynskey M, Borschmann R, Waldron J Risk of seeking emergency medical treatment following consumption of cannabis or synthetic cannabinoids in a large global sample. *J Psychopharmacology* 2015

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Barratt MJ, Ferris JA, **Winstock AR**. Use of Silk Road, the online drug marketplace, in the United Kingdom, Australia and the United States. *Addiction*. 2014 May;109(5):774-83

Winstock AR, Kaar S, Borschmann R. Dimethyltryptamine (DMT): prevalence, user characteristics and abuse liability in a large global sample. *J Psychopharmacol*. 2014 Jan;28(1):49-54.

Winstock AR, Mitcheson L, Gillatt DA, Cottrell AM, Hughes The prevalence and natural history of urinary symptoms among recreational ketamine users *BJU Int*. 2012 Mar 14

Winstock AR, Wilkins C 'Legal highs' The challenge of new psychoactive substances Series on Legislative Reform of Drug Policies Nr. 16 October 2011 [IDPC and TNI](#)

Winstock AR, Mitcheson L, Ramsey J, Marsden J Mephedrone – subjects effects, health and abuse liability *Addiction* November 2011

CP Motbey, E Karanges, KM Li, S Wilkinson, **AR Winstock**, J Ramsay, Hicks C, Kendig MD, Wyatt N, Callaghan PD, McGregor IS . Mephedrone in adolescent rats: residual memory impairment and acute but not lasting 5-HT depletion *PLoS ONE*, 2012 vol.7(9) pp. e45473

Chaar B, Wang H, Day C, **Winstock A**, Hanrahan JR , Fois R. Research in Social and Administrative Pharmacy 8 (6), e32-e33 Factors Influencing Pharmacy Services in Opioid Substitution Treatment

2011, 11 papers

Alves P **Winstock AR** A client survey about knowledge about opioid dependence treatment December 2011 *The Psychiatrist B J Psychiatry*

Winstock AR, Mitcheson L, Ramsey J, Marsden J. Mephedrone: use, subjective effects and health risks. *Addiction*. November 2011

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Winstock AR, Mitcheson L, De Luca P, Davey Z, Schiffano F 'mephedrone – new kid on the block' *Addiction* 2011 Jan vol 105 (10) pp 1685-7

Larance B, Degenhardt L, Lintzeris N, Bell J, **Winstock A**, Dietze P, Mattick R, Ali R, Horyniak D Post-marketing surveillance of buprenorphine-naloxone in Australia: Diversion, injection and adherence with supervised dosing.. *Drug Alcohol Depend*. 2011 May 12. [Epub ahead of print]

Tacke U, Seppä K, **Winstock A** Assessment and treatment of cannabis use disorders in primary health care. *Duodecim*. 2011;127(7):674-81. Review. Finnish. Larance B,

Degenhardt L, Lintzeris N, **Winstock A**, Mattick R. Definitions related to the use of pharmaceutical opioids: extramedical use, diversion, non-adherence and aberrant medication-related behaviours. *Drug Alcohol Rev*. 2011 May;30(3):236-45. doi: 10.1111/j.1465-3362.2010.00283.x.

Larance B, Degenhardt L, O'Brien S, Lintzeris N, **Winstock A**, Mattick RP, Bell J, Ali R. Prescribers' perceptions of the diversion and injection of medication by opioid substitution treatment patients. *Drug Alcohol Rev*. 2011 Jan 5. doi: 10.1111/j.1465-3362.2010.00274.x. [Epub ahead of print]

The prevalence and correlates of buprenorphine inhalation amongst opioid substitution treatment (OST) clients in Australia. Horyniak D, Dietze P, Larance B, **Winstock A**, Degenhardt L. *Int J Drug Policy*. 2011 Mar;22(2):167-71. Epub 2010 Nov 27.

Winstock AR, Lintzeris N, Lea T Should I stay or should I go? Coming off methadone and buprenorphine

treatment. *Int J drug Policy* 2011 Jan vol 22 (1) pp77-81

Larance B, Degenhardt L, O'Brien S, Lintzeris N, **Winstock AR**, Mattick RP, bell J, Ali R Prescribers perceptions of the diversion and injection of medication by opioid substitution treatment patients . *drug and alcohol Review* 2011 Jan 5

2010, 5 papers

Winstock AR, Ford C, Witton J Managing cannabis dependence and withdrawal in primary care. *BMJ* 2010;340:c1571

Winstock AR, Marsden J, Mitcheson L What should be done about mephedrone *BMJ* 2010;340:c1605

Winstock AR, Ramsey JD. Legal highs and the challenges for policy makers. *Addiction*. 2010 Oct

Winstock AR, Sheridan J, Lea T Problems experienced by community pharmacists delivering opioid substitution treatment in New South Wales and Victoria, Australia *Addiction* Volume 105 Issue 2, Pages 335 – 342 Feb 2010

Winstock AR, Lea T. Diversion and injection of methadone and buprenorphine among clients in public opioid treatment clinics in NSW Australia. *Subst Use Misuse* 2010, vol 45 (1-2) pp 240-52

2009, 9 papers

Larance B, Degehardt L, Mattick R, Bell J, Lintzeris N, **Winstock AR**, Ali R "Injection of medications used in opioid substitution treatment in Australia following the introduction of a mixed partial agonist-antagonist formulation" Medical Journal of Australia August 2009

Winstock AR, Lea T, Sheridan. What is diversion of supervised buprenorphine and how common is it? J. J Addict Dis. 2009 Jul;28(3):269-78.

Winstock AR, Lea T, Jackson A methods and motivations for buprenorphine diversion J Addict Dis. 2009;28(1):57-63.

Winstock AR, Lea T, Copeland J. Lithium carbonate in the management of cannabis withdrawal J Psychopharmacol. 2009 Jan;23(1):84-93t)

Winstock, A., Lintzeris, N., Lea, T. Why do patients report transferring between methadone and buprenorphine?. Drug and Alcohol Review. 2009; 28:686-687

Winstock AR, Nittis M, Whitton G, Lea T. Opioid dependent patients' experiences and attitudes on having their injecting sites examined Int J Drug Policy 2009 Jan;20(1):85-9.

Winstock AR, Lea T Evaluation of a training program to improve clinicians' assessment of patient stability. Drug Alcohol Rev. 2009 Jul;28(4):353-9.

Winstock AR, Lea T, Fettel A, Pilot evaluation of an educational DVD to engage in and out of treatment drug users. Drugs, Education, Policy and Prevention. April 2009; 16(2): 182–192

Winstock AR, Lea T, Bath N, Madden A. Knowledge about methadone and buprenorphine by those in treatment for opioid dependence in NSW Drugs, Education, Policy and prevention. Vol 16. Issue 2. 2009. 182-192

2008, 5 papers

Lea T, Sheridan J, **Winstock A**. Consumer satisfaction with opioid treatment services at community pharmacies in Australia. Pharm World Sci. 2008 Dec;30(6):940-6

Winstock AR, Lea T, Sheridan J Prevalence of methadone and buprenorphine diversion and injection from community pharmacies in NSW. International J Drug Policy. 2008 Dec;19(6):450-8.

Madden A, Lea T, Bath N, **Winstock AR** Satisfaction guaranteed? What clients on methadone and buprenorphine think about their treatment. Drug Alcohol Rev. Drug Alcohol Rev. 2008 Mar 31:1-8.

Winstock AR, Lea T, Sheridan. Patients' help-seeking behaviours for health problems associated with methadone and buprenorphine treatment. Drug Alcohol Rev. 2008 Jul;27(4):393-7.

Bunker J, **Winstock AR**, Zwar N, "GP involvement in caring for patients with opioid dependence" Australian Family Physician. Vol 37, No 1/2 p 57-60 2008

2007, 5 papers

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1. Adam **Winstock** & John Marsden (2010) 'Mephedrone: assessment of health risks and harms', Appendix 1 to the: Risk assessment report of a new psychoactive substance: 4-methylmethcathinone (mephedrone), EMCDDA contract: CT.10.EPI.034
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8. **Winstock AR** Guidelines for the managements of cannabis withdrawal. CDA, NSW, DoH 2005
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5. **Winstock, A.R.** Drugs: Chapter in Core Postgraduate Psychiatry. Eds Wright, Phelan and Stern. Harcourt Brace. William B Saunders. Nov 2004
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14. **Winstock AR** Stimulant drugs assessment and management Aboriginal Handbook of drugs and Alcohol 2012
15. **Winstock AR** 'Areca nut' for the Encyclopaedia of Addictive Behaviours (in press)
16. **Winstock A R** Cannabis Royal College of General Practitioners Handbook (in press)

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www.ciwa-ar.com. AERF Funded 2006

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Book and paper reviews

I am regularly asked to review papers for *Addiction*, *J Psychopharmacology*, *International Drug Policy* and *Drug and Alcohol Dependence*, *Harm Reduction Journal*, *Drug and Alcohol review*. I have been recently asked to join the editorial boards of *Drugs and Alcohol Today*. I have also reviewed papers and books for the *British Journal of Psychiatry*, *Australian and New Zealand Journal of Psychiatry*, *Drug and Alcohol Dependence* and *Addiction Biology*.

National/international training/teaching/policy

- I have developed and delivered a series of 1-2 days clinical master classes on the assessment and management of cannabis use disorders
- I ran a series of training courses for Forensic Medical Nurses in 2012 on custody suite management of drug and alcohol intoxication and withdrawal
- I ran a 3 hours course for the European Federation of Police Forces on new Psychoactive Drugs in 2011 and have provided expert training to the UK police and their expert witnesses on drugs evaluation and new drugs trends.
- I am currently developing a series of 20 webinars with the RACGP and NDARC in Australia on broad aspects of addiction medicine.
- I teach on a number of MSc and undergraduate and postgraduate courses run by KCL and SLAM (medicine, pharmacy, intercalated BSc, Calman training days, Maudsley rotations psychiatry courses)
- I was Program Leader for the MSc in the Clinical and Public Health Aspects of Addiction at the NAC at the IOP for 18 months.
- I developed and implemented the National guidelines and training package for the provision of unsupervised doses and the introduction of buprenorphine –naloxone (Suboxone) into Australia on behalf of the Australasian Chapter of Addiction Medicine in collaboration with James Bell.
- I was a part of the expert panel for the National clinical guidelines and procedures for the use of buprenorphine in the maintenance treatment of opioid dependence National Drug Strategy Lintzeris L, Clarke N, Winstock A et al 2007)
- I was commissioned by the Australian Divisions of General Practice (AGPN) and the Commonwealth Department of Population and Aging to develop an 8 module training package on managing dual diagnosis in primary care. This was subsequently rolled out nationally and provided a pragmatic approach to assessment,

diagnosis and the principals of good clinical practice in the treatment of common co-morbid problems. I have trained staff in co morbidity across the country. I subsequently revised this to be appropriate for both older people and veterans with substance use problems. In Feb 2009 I finished the project by filming 6 hours of on line video based training modules.

- I have developed and delivered multidisciplinary training packages on foetal alcohol syndrome, perinatal psychiatry and post traumatic stress disorder.
- I have provided training to senior and front line police in the UK and in Australia for the last 7 years and have been the medical consultant to the Mental Health Intervention Team in NSW and have been funded to conduct a national needs analysis for training in drug and alcohol for the Australian Police Force. I have provided training to police expert witness training courses in the UK since 2004 and have run master classes in drug recognition in London.
- Following funding from the Alcohol, Education and Rehabilitation Foundation I developed an interactive CD Rom to assist in training hospital based clinical in the use of brief interventions and the management of alcohol withdrawal using the CIWA-Ar. This is a modular package for both self directed and trainer led learning. It has been accredited by the RANZC, RACGP, College of Nursing for CPD. It is also available on line at www.ciwa-ar.com
- I have delivered educational program to aboriginal health workers on a range of drug and alcohol and mental health issues across Australia.
- I have developed and personally delivered a streamed shared care multi-disciplinary teaching/training package for GPs, pharmacists and other primary healthcare providers on a range of drug and alcohol related issues, specifically management of opiate misuse, including the use of methadone and buprenorphine within primary care. Between 1998-2001 I delivered this package in the UK to 5 Health Authorities having taught over 350 GPs as well as their staff and pharmacists. This process has been replicated within NSW and to date I have trained over 100 pharmacists and 500 GPs in multidisciplinary workshops.
- I have developed and evaluated educational packages for public clinic opioid treatment program to assess stability and suitability for transfer to pharmacy and the provision of unsupervised doses. Between 2006-2007 I have trained the staff in all 37 public clinics across NSW (over 330 staff).
- I am an accredited trainer on the Pharmacotherapy Accreditation Course run by NSW Dept of Health and am currently reworking the training course. I have conducted 12 workshops and have reorganised the program and delivered the first split course over 2 nights.
- I was an advisor and trainer to the pan London initiative on drug misuse training and am developing the training package for Accident and Emergency departments in London. 2000
- In 1999 I was invited as an expert to a European Commission meeting concerned with helping Eastern European countries develop policies to address the issue of synthetic drugs (PHARE Technical Assistance in Demand Reduction) Summer School of Synthetic Drugs in Prague 1999)
- I have also been a consultant for the Pompidou Group providing consultancy for the development of 'drug workers' within the Russian Federation. In collaboration with the Ministry of Health this I involved a visit in December 2000 to assess current provision and resources availability and the later preparation of a post-graduate clinical training manual.
- I was on the steering committee of the Home Office London DPAS proposal for the development of new guidelines on safer clubbing during 2001.
- I was commissioned to write detoxification protocols for both cannabis and buprenorphine assisted opiate detoxification for the Centre for drug and Alcohol, NSW DoH.
- I have undertaken the first part of the RACP trainers and supervisors course.

Conference involvement

I am regularly requested to speak at national and international conferences on a range of topics. I was the program planner for a large national conference in the UK between 2001-2003 (*Insights and Innovations*) and have developed a number of training programs for the police including a Master Classes in Drug Recognition in conjunction with the UK Forensic Medical Services. A list of invited national and international conference presentations in the last 5 years is available on request.

Presentation Areas:

- Introduction to drug and Alcohol use
- New drugs of abuse and dark net markets
- Drug related risk identification & management
- Mental and substance use for law enforcement officers.
- Pharmacotherapy Accreditation
- Cannabis Master Class
- Hospital medicine & substance use
- Drugs and driving
- Managing co-morbidity in stimulant users
- Alcohol & depression
- Benzodiazepines & anxiety
- Dual diagnosis
- Dance and 'party drugs'
- Dance drugs and the psychiatrist
- Young people and drugs
- Managing drug problems in shared care
- Drugs and psychosis
- Physical complications of drug misuse
- The media and drugs
- Drug controls and new policy options
- UK and global drug policy

Other activities

I am founder and Director of Global Drug Survey. We run the world's biggest drug survey. For further information see www.globaldrugsurvey.com I am also the creator and architect of the personal drug use assessment apps the *drugs meter* series and *drinks meter*. These deliver IBA across public spaces and clinical settings.
