



SAN DIEGO STATE  
UNIVERSITY

Alcohol and Other Drug Initiatives

# **Lessons from the College Experience**

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## **The behaviors of interest**

- Use of a controlled medicine without a prescription
- Use of a medicine to “get high”, can include combining with alcohol or other drugs.
- Use of a medicine in a non-prescribed manner
- Use of medicines in risky settings



# National Statistics

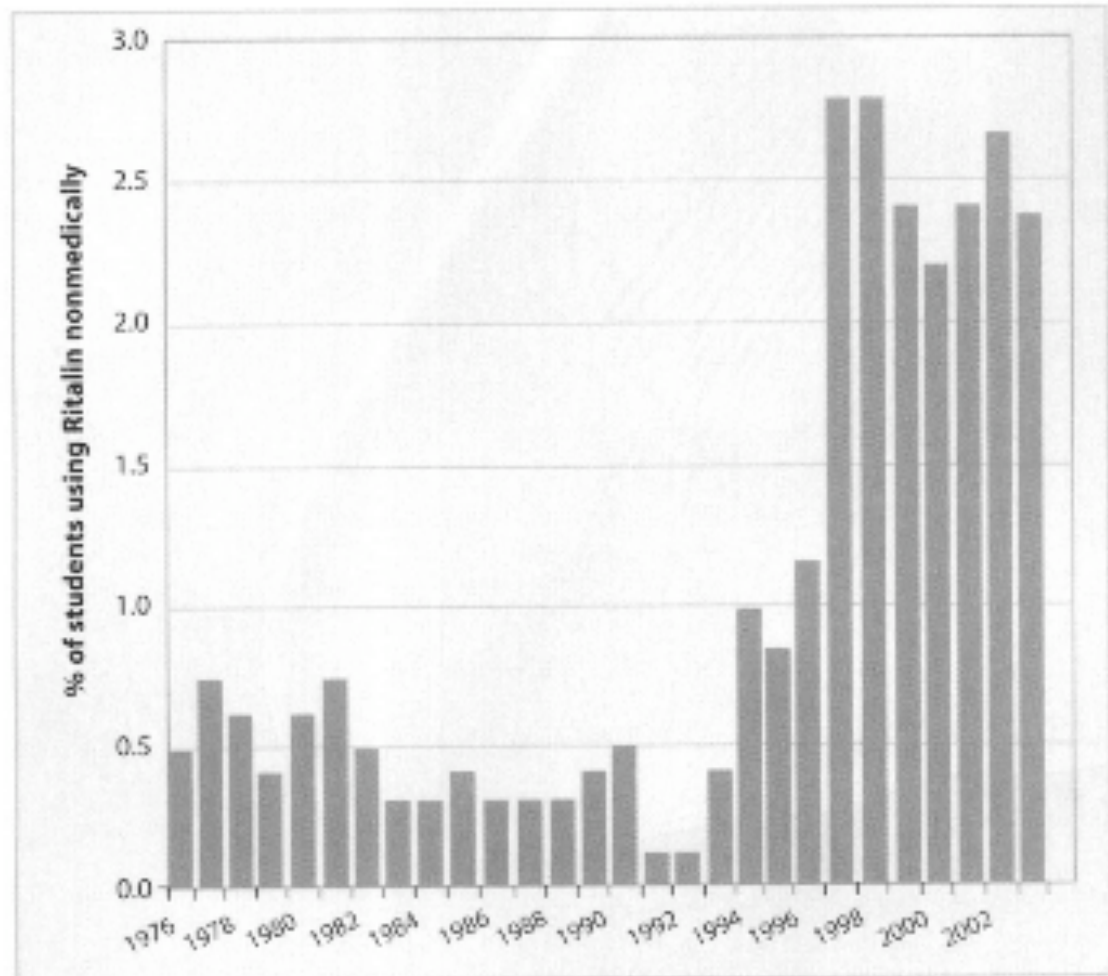


Figure 1. Trends in past-year prevalence of Ritalin use for all high-school seniors.<sup>2</sup>

Arria, A. M., & Wish, E. D. (2005). Nonmedical Use of Prescription Stimulants Among Students. *Psychiatric Annals*, 35(3), 228-235.  
Data from Monitoring the Future, University of Michigan



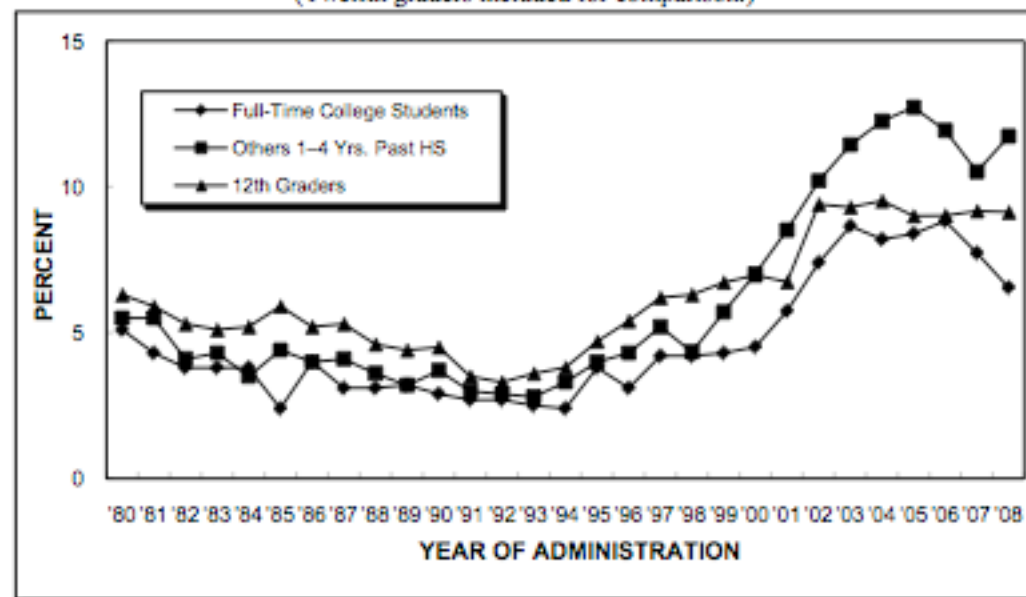
## Recent Studies

- **Monitoring the Future (2008)**
  - Ritalin (3.2%), Sedatives (3.7%), Tranquilizers (5.0%), Oxycontin (3.6%), Vicodin (6.7%)
- **Dupont et al, (2008)**
  - Methylphenidate (5.3%)
- **McCabe et al, (2006; University of Michigan students)**
  - Stimulants (5.4%), Pain (9.3%)
- **Shillington et al (2006; Southern CA University)**
  - Ritalin (11.2%)



# Narcotics other than Heroin

- MTF (Johnston, et al, 2009)
- Items changed in 2001 to mean Vicodin, OxyContin, and Percocet





# Missing Problems Measures

- Direct harm
- Dependence
  - Drug Abuse Screening Test (DAST). Scantly reported in the research, and even then typically does not distinguish by specific drugs.
- Drug Interactions
  - McCabe et al (2006) found that the most common co-ingested prescription drug class with alcohol was Opioids followed by stimulants then sedatives.
- Risky settings, such as driving



# Risk Factors

- Many of the same risk factors for other drugs:
  - White
  - Fraternity
  - On Campus
  - Use of other drugs
  - Heavy drinking



# Prevention Strategy Overview: Functional Approach

## *Unified Theory of Prevention: Physics of Prevention*

- **Block**- *create barriers between object and target*
- **Deflect**- *redirect the inertia of object away from the target*
- **Repel**- *counter or remove the attractive force of the target*



**Enforcement  
& Access**

# Block

*Reduce AOD access to limit  
excessive consumption and  
limit harmful behaviors*

Examples:

- Coordinated MIP enforcement
- RBS training



**Behavioral  
Alternatives**

# Deflect

*Increase opportunities to act responsibly  
while fulfilling developmental and social  
needs*

Examples:

- Safe-Ride programs
- Substance-free housing
- Substance-free parties and social events
- Athletic, recreational and other facilities



**Individual  
Focus**

# Repel

*Changing attitudes, knowledge and ultimately motivation to use or abuse AODs*

Examples:

- Peer or school-based education Programs
- Counseling programs
- Counter advertising campaigns
- Awareness events
- Guest/inspirational speakers



# Supporting Structure



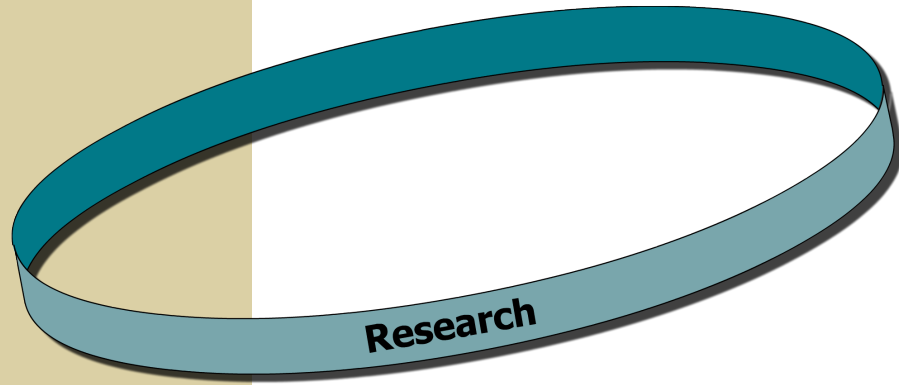
*Community involvement to support core program objectives*

Examples:

- Community Coalitions
  - County Prevention Collaboratives
  - Law Enforcement
  - Area Colleges and Universities
- Support for local laws



*Research and evaluation to measure improvements in individual and public health outcomes, cost-efficiencies, program sustainability, and guide program refinement*



Examples:

- Web Surveys
- Program evaluation

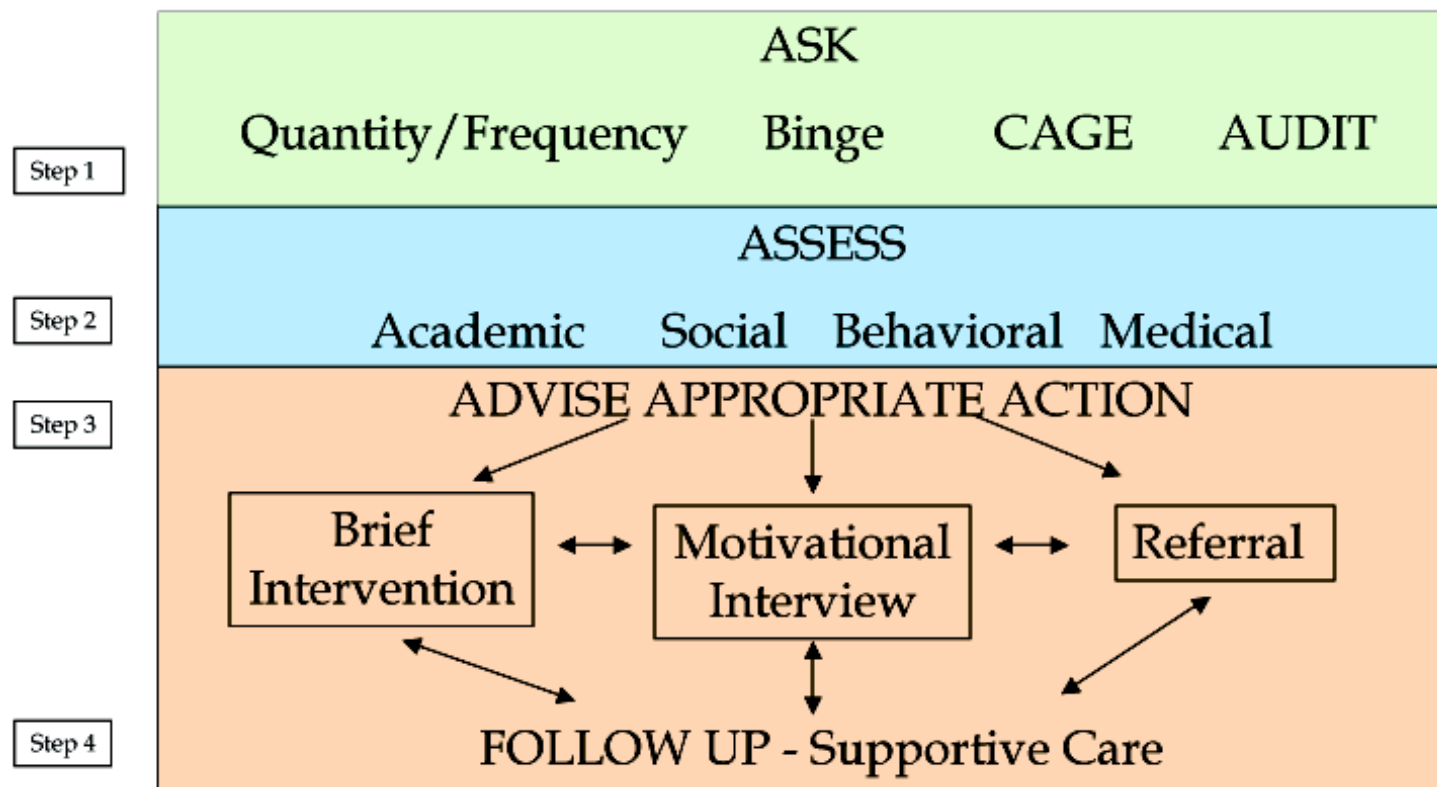


# Comprehensive Strategy

- Individual Focus
- Enforcement and Access
- Behavioral Alternatives
- Community Action
- Research



# Individual Focus: Brief Intervention





# Behavioral Alternatives

- Starbucks?
- Actually Aztec Nights may provide a clue that correlates to drinking reductions help



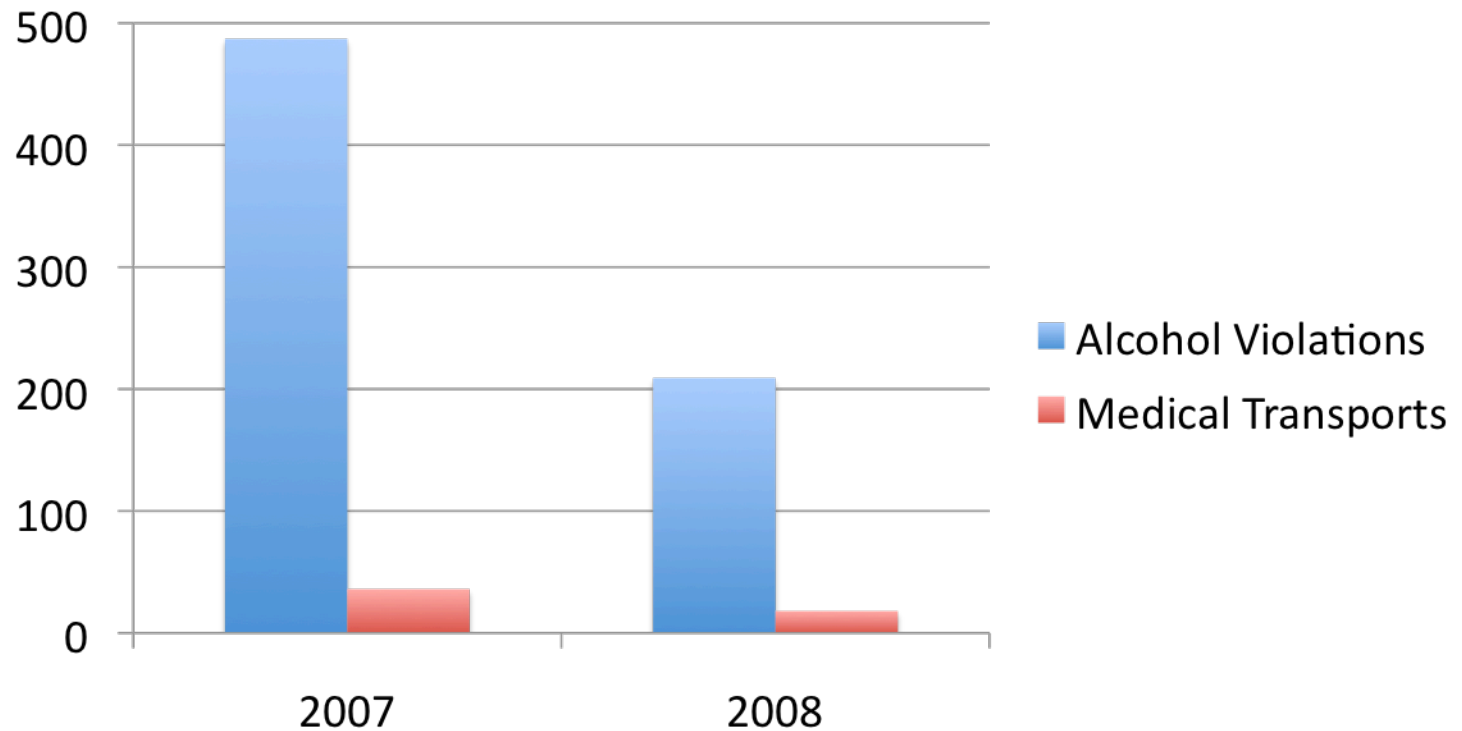
# Results

## Aztec Nights

- 17 events
- Attendance ranged from 4,500 to 150
- Cost was approximately \$400,000
- 82% of reported they'd attend another event
- Attendees felt more connected to campus

# Results (Cont.)

Campus-wide alcohol violations and medical transports during the first 5 weeks of the semester. Decline is 57% and 50% respectively.





# Concurrent Reductions in Non-Medical use of Medication

- Pain medications:
  - From 18.6% to 15.3%
- Stimulants:
  - From 9.9% to 8.8%



# Access/Enforcement

- Operation Sudden Fall
- SHS Policy Changes



## May 6, 2008 Operation Sudden Fall





# What Was Confiscated

## Not shown is the Adderall and OxyContin





# **Community Action**

- Local law enforcement task forces
- Coalitions
- Policy change advocacy



# Research

- Surveillance
  - Better measures that focus on use-motivations in addition to specific medications
  - Problem measures that assess the impact of this drug use on the campus, community and individual level
- Program evaluation
  - Start a Tier system for prescription abuse prevention programs. Tier 3 may include alcohol-related programming that can be modified.