AOD Prevention 201: Comprehensive Models



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Pre-Conference Workshop at the NASPA Mental Health and Alcohol, Other Drug Abuse, and Violence Prevention Conference, Fort Worth, Texas. January 17-19, 2013

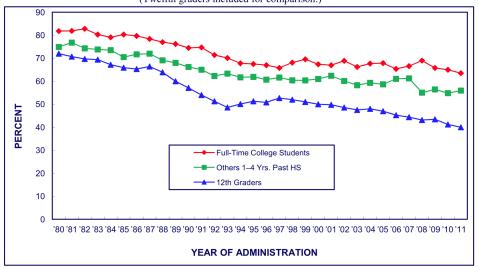
Scope of the Problem

- O Alcohol
- O Marijuana
- O Other drugs
- O Prescription Medications

FIGURE 9-14b

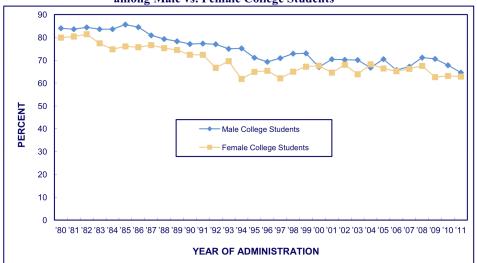
Alcohol: Trends in 30-Day Prevalence among College Students vs. Others 1 to 4 Years beyond High School

(Twelfth graders included for comparison.)



Alcohol use is higher for college students
Trend is essentially flat recently but historically downward

Alcohol: Trends in 30-Day Prevalence among Male vs. Female College Students



Men have declined more over the past 30 years.

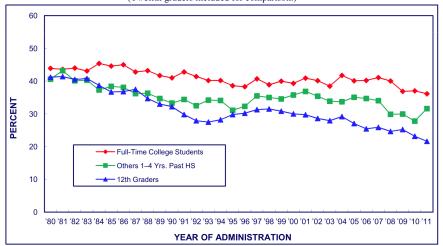
Little evidence for the womendrinking-more-like-men belief

FIGURE 9-14d

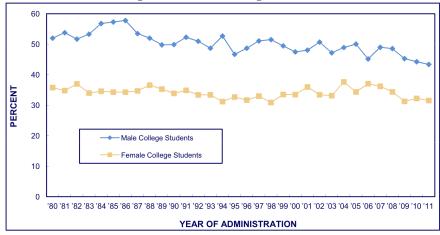
Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among College Students vs. Others

1 to 4 Years beyond High School

(Twelfth graders included for comparison.)



Alcohol: Trends in 2-Week Prevalence of 5 or More Drinks in a Row among Male vs. Female College Students



Source. The Monitoring the Future study, the University of Michigan.

Note.

Others refers to high school graduates one to four years beyond high school not currently enrolled full-time in college.

Similar pattern for 5+ drinking behavior

TABLE 4-5

Thirty-Day Prevalence of Daily Use ^a of Various Types of Drugs by Subgroups among Respondents of Modal Ages 19–30, 2011

(Entries are percentages.)

		Marijuana Alcohol		Alcohol: 5+ Drinks in a Row in	Cigarettes	Cigarettes:	
	Approximate		Alcohol				
	Weighted N	Daily	Daily	Last 2 Weeks	Daily	per Day	
Total	5,500	5.7	5.2	35.5	13.9	7.8	
Gender:							
Male	2,200	8.0	8.0	45.4	15.5	9.3	
Female	3,300	4.2	3.4	29.0	12.9	6.8	
Modal Age:							
19–20	1,000	6.6	2.4	29.8	10.2	4.5	
21–22	1,000	6.3	6.1	39.2	15.0	7.9	
23–24	900	6.9	5.2	39.9	13.7	8.2	
25–26	800	5.8	5.7	38.7	17.0	9.7	
27–28	900	4.6	7.0	35.0	13.4	7.6	
29–30	900	3.7	5.3	30.4	14.8	9.2	
Region:							
Northeast	1,100	6.8	4.7	43.8	14.1	8.3	
Midwest	1,500	6.0	5.3	39.7	17.1	9.5	
South	1,800	4.2	5.3	31.0	13.6	8.0	
West	1,100	7.1	5.0	29.3	9.4	4.5	
Population Density: b							
Farm/Country	500	4.6	4.0	27.6	18.3	12.0	
Small Town	1,400	6.3	4.1	32.8	15.5	9.5	
Medium City	1,500	5.9	5.2	36.5	14.3	7.8	
Large City	1,300	5.5	5.1	37.5	12.1	6.2	
Very Large City	800	5.6	8.4	41.0	8.8	4.0	

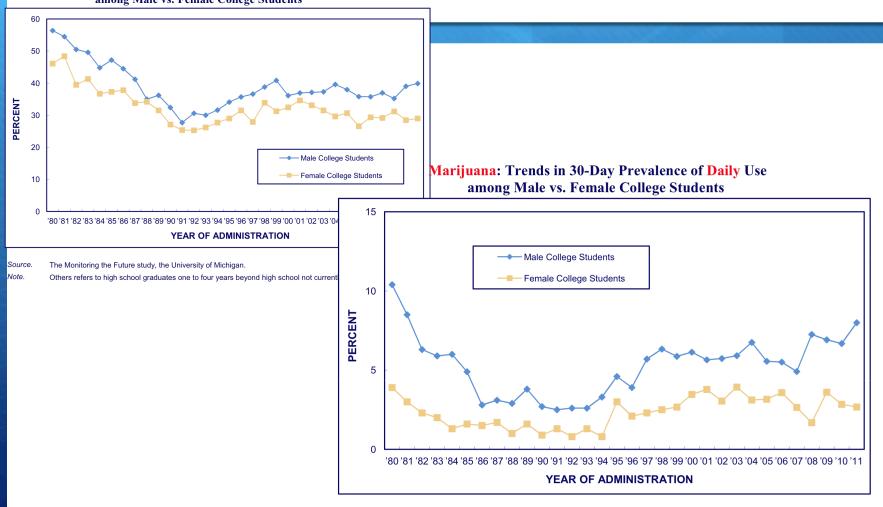
Source. The Monitoring the Future study, the University of Michigan.

^aDaily use is defined as use on 20 or more occasions in the past 30 days except for cigarettes, measured as actual daily use, and 5+ drinks, measured as having five or more drinks in a row in the last two weeks.

^bA small town is defined as having fewer than 50,000 inhabitants; a medium city as 50,000–100,000; a large city as 100,000–500,000; and a very large city as having over 500,000. Within each level of population density, suburban and urban respondents are combined.

Marijuana Use

Marijuana: Trends in Annual Prevalence among Male vs. Female College Students



Source. The Monitoring the Future study, the University of Michigan.

Note.

Others refers to high school graduates one to four years beyond high school not currently enrolled full-time in college.

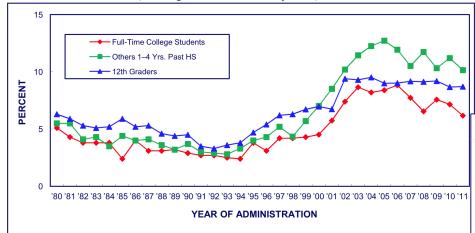
A few more drugs

- O Prescription Drugs
- O Synthetic Marijuana
- O Salvia

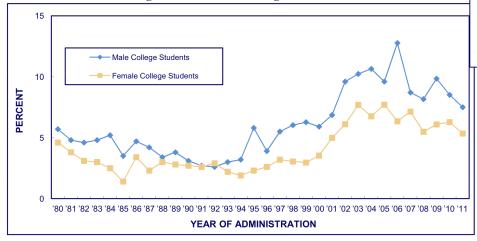
FIGURE 9-10a

Narcotics other than Heroin: ^a Trends in Annual Prevalence among College Students vs. Others 1 to 4 Years beyond High School

(Twelfth graders included for comparison.)



Narcotics other than Heroin: ^a Trends in Annual Prevalence among Male vs. Female College Students



Source. The Monitoring the Future study, the University of Michigan.

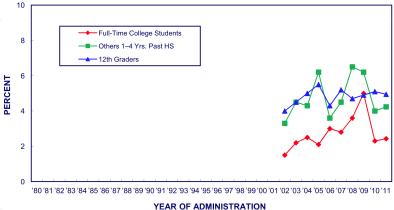
Note. Others refers to high school graduates one to four years beyond high school not currently enrolled full-time in college.

aln 2002 the question text was changed on half of the questionnaire forms. The list of examples of narcotics other than heroin was updated: Talwin, laudanum, and paregoric—all of which had negligible rates of use by 2001—were replaced by Vicodin, OxyContin, and Percocet. The 2002 data presented here are based on the changed forms only. In 2003 the remaining forms

FIGURE 9-10c

OxyContin: Trends in Annual Prevalence among College Students vs. Others 1 to 4 Years beyond High School

(Twelfth graders included for comparison.)



ource. The Monitoring the Future study, the University of Michigan.

Others refers to high school graduates one to four years beyond high school not currently enrolled full-time in col

TABLE 8-2

Annual Prevalence of Use for Various Types of Drugs, 2011: Full-Time College Students vs. Others among Respondents 1 to 4 Years beyond High School, by Gender

(Entries are percentages.)

	То	tal	Ma	les	Fem	ales
	Full-Time		Full-Time		Full-Time	
	<u>College</u>	<u>Others</u>	<u>College</u>	<u>Others</u>	<u>College</u>	<u>Others</u>
Any Illicit Drug ^a	36.3	39.9	41.2	45.0	33.2	36.1
Any Illicit Drug ^a						
other than Marijuana	16.8	19.4	20.1	21.4	14.7	17.9
Marijuana	33.2	36.8	39.9	42.6	29.0	32.3
Synthetic Marijuana ^e	8.5	15.5	12.8	19.4	5.7	12.2
Inhalants ^b	0.9	1.7	1.1	1.1	0.7	2.2
Hallucinogens	4.1	6.4	7.5	8.2	1.9	5.0
LSD	2.0	3.8	3.8	4.8	8.0	3.1
Hallucinogens						
other than LSD	3.4	5.2	6.5	7.5	1.5	3.5
Ecstasy (MDMA) ^b	4.2	5.7	4.7	5.8	3.8	5.6
Salvia ^h	3.2	7.7	5.5	11.8	2.0	4.2
Cocaine	3.3	5.5	4.5	6.2	2.6	5.0
Crack ^c	0.3	1.0	0.1	1.2	0.4	0.9
Other Cocaine d	3.0	4.6	3.5	5.4	2.6	3.9
Heroin	0.1	8.0	0.1	1.2	0.1	0.6
With a Needle ^e	0.2	0.2	0.3	*	0.1	0.3
Without a Needle ^e	0.2	0.4	*	0.5	0.3	0.3
Narcotics other than Heroin ^f	6.2	10.2	7.5	9.6	5.3	10.6
OxyContin b,f	2.4	4.2	3.5	4.0	1.7	4.4
Vicodin b,f	5.8	8.9	5.1	7.4	6.2	10.1
Amphetamines, Adjusted f,g	9.3	7.8	11.1	9.6	8.2	6.5
Ritalin ^{b,f}	2.3	2.0	3.4	1.1	1.5	2.7
Adderall ^{b,f}	9.8	7.0	13.2	8.3	7.7	6.0
Provigil b,f	0.2	0.6	0.4	*	0.1	1.0
Methamphetamine ^e	0.2	0.7	0.6	8.0	*	0.6
Crystal Methamphetamine (Ice) ^e	0.1	1.0	*	1.5	0.1	0.6



Taking an errant path Social Norms Marketing – Correcting the common issue that students overestimate the amount of abuse and the approval for extremes amongst their peers.

Common Observation: Social Norms Influence Drinking

Assumptions about how much or how frequently significant groups drink

Perceived Norm

Assumptions about attitudes
that significant groups hold
about drinking

Drinking

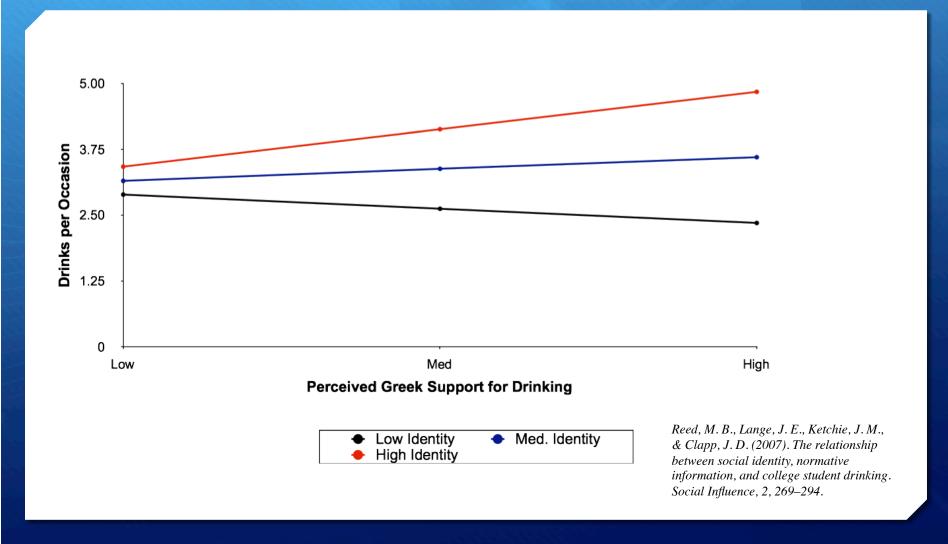
"I drink because everybody does it"

"I drink because everybody thinks it's cool"

Conformity Pressure vs. Identity Fulfillment

- +Recognition that membership within subpopulations affects the perception and impact of descriptive norms.
- +Identity—especially social identity—theories seem to make important predictions.

Two-way Interaction between Identification with Greek Members and Perceptions of Greek Members' Approval



So you want to do a perceived norms correction social marketing campaign

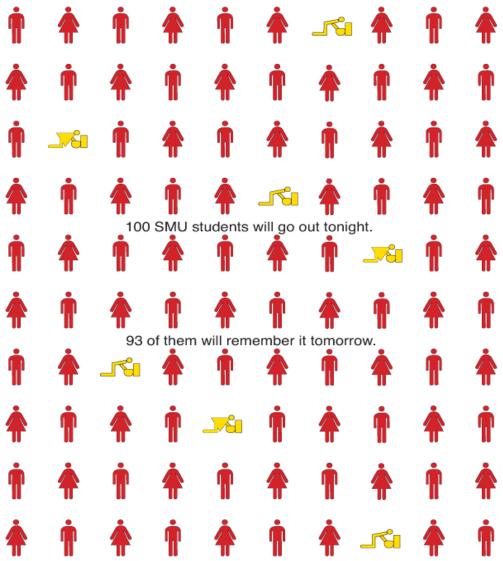
- +Remember the theory
- +Conduct the research
- +Craft the message
- +Get ready for discussions

ALCohOI SEX?



We drink moderately so that alcohol won't cloud our judgement.



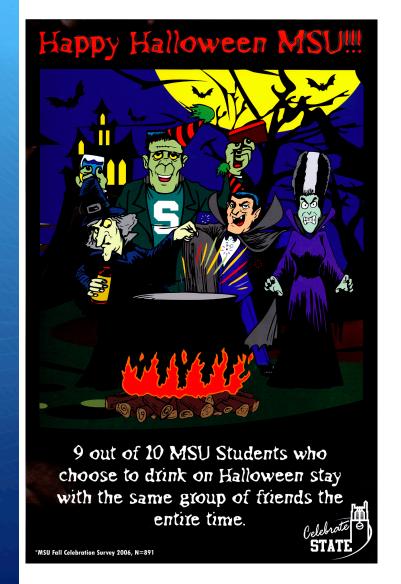


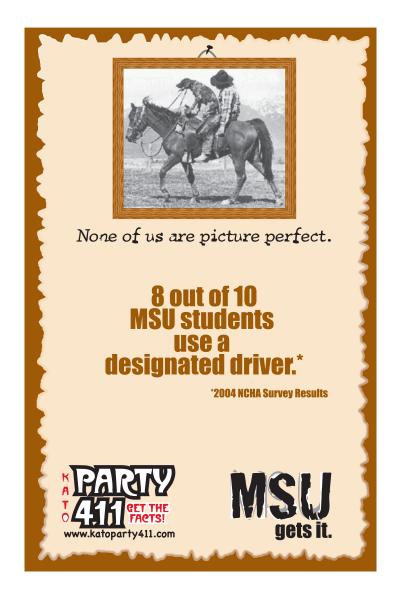
According to a recent survey, very few SMU students classify themselves as heavy drinkers. Most of us realize that having fun doesn't have to mean having your head down a toilet after partying. Drinking responsibly is actually the most popular student activity. That's worth remembering.

Congratulations. And welcome to The Majority.

■ SMU. DECOMPORATION

Other Pitfalls



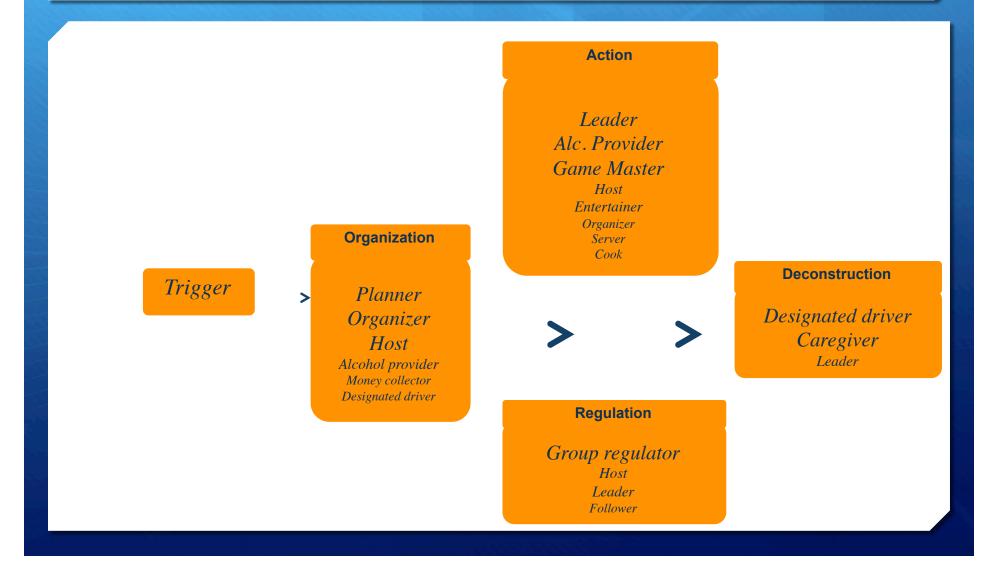


Natural Drinking Groups Defined

- A collection of two or more people organized to share a social activity centered on drinking who are bonded by friendship or other interpersonal relationships
- NDG are distinct from parties, which are typically larger than an NDG
 - Parties can be attended by multiple NDG and a single NDG could attend multiple parties
- little is known about natural drinking groups:
 - How they form
 - Their structure
 - Their dynamics
 - How they deconstruct

Source: Lange et al 2006

Results of Interviews: Stages of group processes



Individual & Group Effects on Participant's Drinking

	B(S.E.)	Sig
Male vs. Female	-1.758 (.633)	.006
Age	426 (.208)	.041
Number of locations visited	.772 (.501)	.125
Party Type (1=hanging out, 2 = group level party, 3= larger party)	1.802 (.345)	.002
Public vs. Private	761 (.820)	.355
Percent of other drinkers in the group	4.154 (1.68)	.012

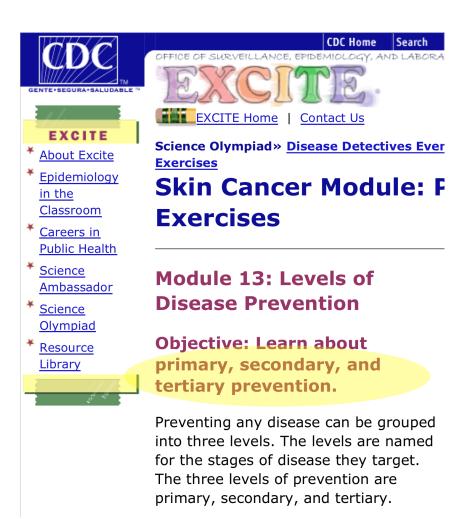
Three Dimensions of NDGs and Correlations with Social Identity & BAC

Dimensions	Variance	Items	Loadings	Social Identity	BAC
Resourceful	32%	Knowledge of events Connections Access to alcohol Access to drugs	.81 .72 .69 .67	r = .08 ns	r = .19 p = .02
Social appeal	15%	Humor Social skills Attractiveness Dancing ability	.80 .79 .63 .59	r = .31 p = . 000	r = .006 ns
Nurturing	12%	Sensitive to others' needs Caring of other people	.83 .74	r = .36 p = .000	r =11 ns

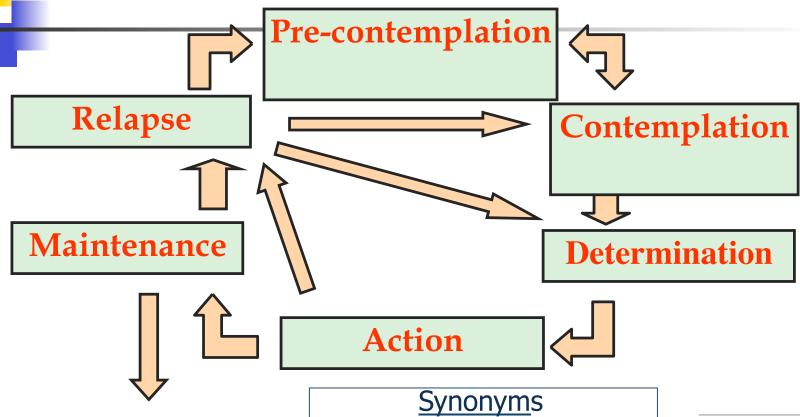
Campus Response

- It's time to talk about comprehensive prevention.
- O But what is "comprehensive"?
 - O Risk (Person) Centered
 - O Population Centered
 - O Location Centered
 - O Function Centered

Risk Centered







Termination

Determination = Preparation
Termination = Exit



Population Centered

NIAAA 3-in-1 Framework

Tier of Effectiveness	Individuals	Student Population	Community
1: Effective Among College Students			
2: Effective with General Population			
3: Promising			
4: Ineffective			

Environmental Centered

Finding the locations that abuse occurs or that promote it.

- O Bars or other outlets
- O House Parties / Fraternities
- O Social Host
- O Beach, parks or other open spaces

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

Block

Enforcement & Access

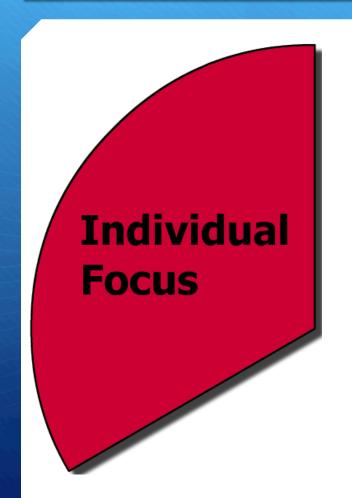
- +Reduce AOD access to limit excessive consumption and limit harmful behaviors
- **+**Examples:
- **+**COPP DUI Checkpoints
- +Shoulder tap
- +Coordinated MIP enforcement
- +RBS training
- +"Social Host" enforcement

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

Repel



- +Changing attitudes, knowledge and ultimately motivation to use or abuse AODs
- **+**Examples:
- +Peer or School-based Education Programs
- +Counseling Programs
- +Counter advertising campaigns
- +Alcohol awareness events
- +Guest inspirational speakers

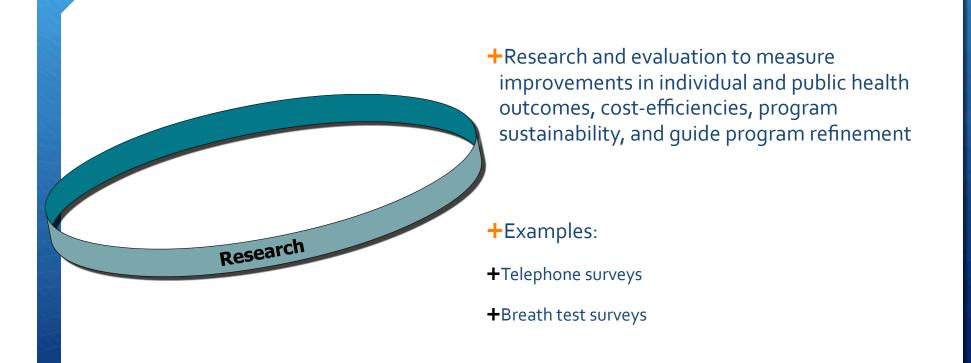
Supporting Structure



+Community involvement to suppor core program objectives

- +Examples:
- +Community Coalitions
- County Prevention Collaboratives
- Law Enforcement
- Area Colleges and Universities
- Alcohol Industry
- +Support for local laws

Supporting Structure



Comprehensive Strategy

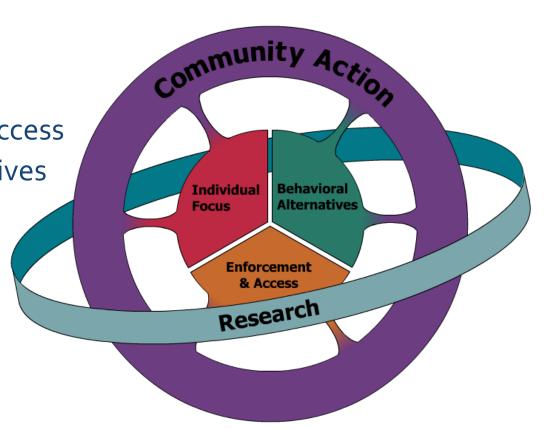
+Individual Focus

+Enforcement and Access

+Behavioral Alternatives

+Community Action

+Research



Program Functional Domain	Tier 1—Evidence of effectiveness among students	Tier 2—Evidence of success with general populations	Tier 3—Evidence of logical and theoretical promise	Tier 4—Evidence of ineffectiveness
Individual Focus	1. Cognitive behavioral skills training2. Brief MIExpectancy Challenge		 1. Enforcement publicity 2. Norms Correction	1.Informational knowledge-based programs 2.BAC Feedback
Behavioral Alternative			1.Alcohol free activities and dorms2.Friday classesSafe-ride program	
Access Control		 1.MIP enforcement 2.DUI Enforcement Restrict outlets Increase prices RBS 	 1.Keg bans 2.Older R.A.s Control alcohol at sports events Dry campuses Enforcement at campus events Consistent disciplinary actions Regulate happy hours 	
Community Action		1. Form coalition	1. Refuse alcohol sponsors	

For more on the NIAAA Tier of Effectiveness structure see www.collegedrinkingprevention.gov

Deflect



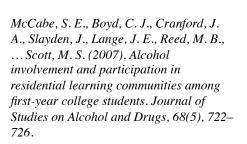
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- **+**Examples:
- +Safe-Ride programs
- +Substance free housing
- +Substance free parties and social events
- +Athletic, recreational and other facilities

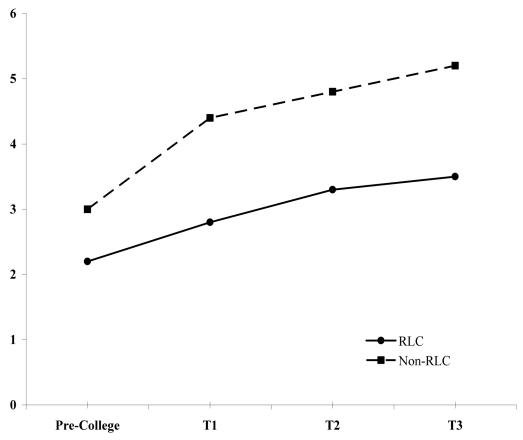
Residential Learning Communities

- +Enhance connections between formal learning opportunities and students' living environments (Brower & Dettinger, 1998)
- +Typically focused around interest themes (e.g., research, service learning) and/or specific academic majors (e.g., science and engineering, health sciences)
- +Offer a range of activities such as first-year seminars, special courses, faculty partnerships, and study groups
- +Counteract estrangement of undergraduates at large schools by creating socially and academically supportive atmosphere and fostering student-faculty relationships

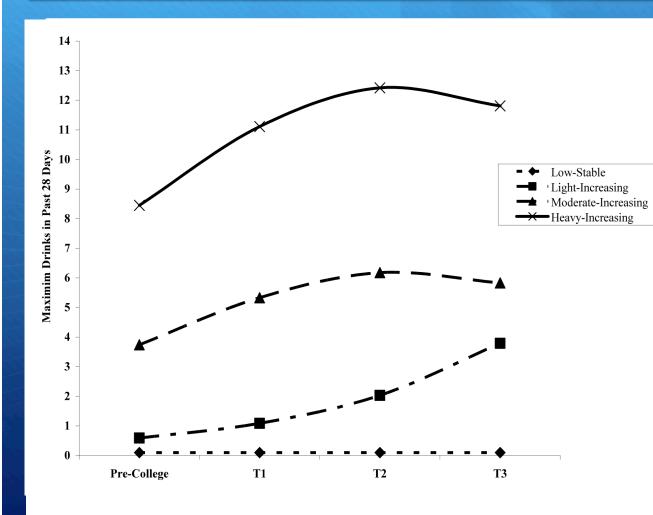
Results of Michigan study

Max Drinks Past 28 days





More results



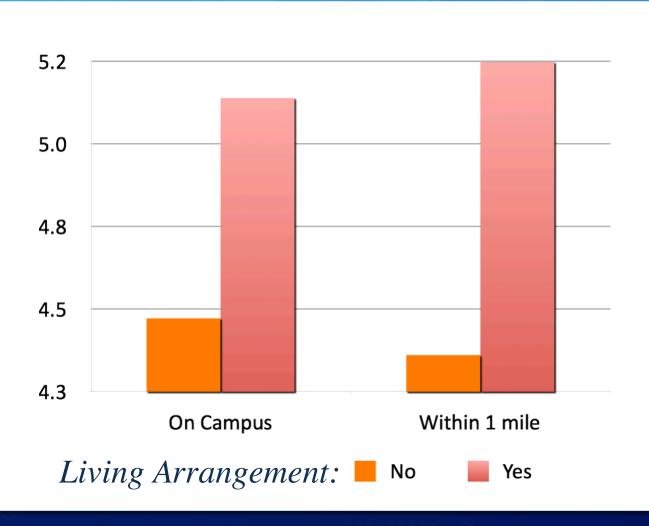
RLC were more likely in lowstable and less likely in heavy increasing

McCabe, S. E., Boyd, C. J., Cranford, J. A., Slayden, J., Lange, J. E., Reed, M. B., ... Scott, M. S. (2007). Alcohol involvement and participation in residential learning communities among first-year college students. Journal of Studies on Alcohol and Drugs, 68(5), 722–726.

Commuters: Special Considerations

- **+**Demographics
- +Social Identity
- **+**Environments
- Living
- -Work
- Party
- +Intervention opportunities

Identifying with Fellow Students



Lessons from the RLC and Identity Research

- +Connection to campus
- +Academic orientation
- +Bringing in engagement concept

Block

Enforcement & Access

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

- **+**Examples:
- +COPP DUI Checkpoints
- +Shoulder tap
- +Coordinated MIP enforcement
- +RBS training
- +"Social Host" enforcement
- +Party Patrols

Environmental Considerations

- +Three main environmental risk factors
- Lack of responsible adult supervision
- Facilitative social environment
- Readily accessible alcohol/drugs
- +Off campus living...
- is ripe with these factors
- has fewer points for intervention
- feeds the identity/engagement differences
 - +Opposite of RLC

Community Action

- +To facilitate
- Access control
- Alternative behaviors
- Serve as agents of brief intervention



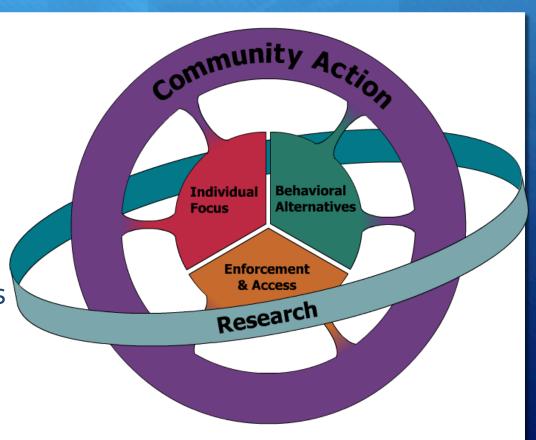
RADD California Coalition

Community action supported behavioral alternative strategy with brief intervention component.



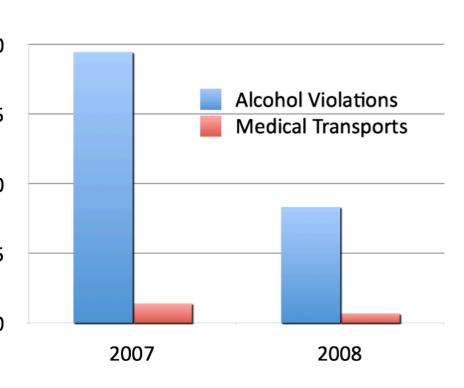
Comprehensive Strategy

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



SDSU Example: Results

Campus wide alcohol 500 violations and medical transports 375 during the first 5 250 weeks of the 125 semester. Decline is 57% and 50% 0 respectively.



Other programs can also take credit

Hint: it takes a comprehensive approach

- +Mandatory e-Check Up to Go
- +Dry dorms
- +Dry Fraternities first 5 weeks
- +Mandatory Pledge Training and Status
- +Parent discussion guide

Campus Worksheet

Programs	Individual Focus Individual Focus	Behavioral Alternatives Behavioral Alternatives	Enforcement & Access	Community Action	Research

Campus Worksheet

EXAMPLE Programs	Individual Focus Individual Focus	Behavioral Alternatives Behavioral Alternatives	Enforcement & Access	Community Action	Research
Safe-Ride		X			
ASPIRE	X				
CARPI				X	
Law Enf. Task force			X		
Choices Ed.	X				
ARC:					X
Ad Watch			X		
Sub. Free Dorms		X			

Project Worksheet

Project Description	Polividual Behaviotal Enforce/Acess Researching	1 4 8 8 ·	/ # §
Name: Description: Target Population:	Function:	Function:	Function:
Name: Description: Target Population:	Function:	Function:	Function:
Name: Description: Target Population:	Function:	Function:	Function:

Project Worksheet

	Objectiv		
EXAMPLE	Individual Behavioral All. Community Resear	noividual Behavioral Alt. Enforce/Access Research	Individual Behavioral Alt. Community Research
Project Description	TH 8 TH 8 B	1 8 1 0 8	1 8 4 5 8
Name: Safe-Rides Free ride for Description: students Target Population: All students	Function: Avoid dui/rwi with safe ride	X X X Function: Raise awareness; Funding support; Program evaluation	Function: Increase DUI enforcement would raise cost of DUI
Name: ASPIRE Assessment and Description: counseling program Target Population: /referral	Function: Motivation change	Function: Diversion from enforcement; Program Evaluation	Function: Redirection toward concrete alternative
Name: CARPI Description: College/community coalition Target Population: Administration local officials	Function: Coordinate efforts for community responses to alcohol problems	Function: Problem area identification; Program evaluation	Function: Membership expansion to include more alternatives

Thank You

- +For reprints of these slides visit the Report Vault of www.iPrevention.com
- +For Comprehensive Strategy worksheets, visit the Comprehensive Strategies section of www.iPrevention.com
- +Follow me @preventionhack and @stcnetworkca