



## SCREENING AND BRIEF INTERVENTION BEYOND THE JUDICIAL SYSTEM: REDUCING RISKY ALCOHOL USE ON COLLEGE CAMPUSES

### Overview

Screening and Brief Intervention (SBI) for alcohol use is an evidence-based intervention to reduce risky drinking behaviors and related consequences.<sup>12</sup> SBI is often conducted in counseling or judicial settings on college campuses after an individual has been injured or gotten in trouble with the law due to alcohol use. Texans for Safe and Drug-Free Youth's SBI project is innovative in that SBI is implemented as a preventive measure prior to an alcohol-related injury or violation. This project has been shown to help reduce risky drinking behavior among college students in Texas.



identifies any problems that accompany or result from his/her alcohol use and considers options for change. Moderate or non-drinkers receive reinforcement for positive behavior. An interview takes about 15 minutes.

### Evaluation (Optional)

Texans for Safe and Drug-Free Youth offers campuses the option of having students complete a pre-test immediately before SBI, a survey regarding the SBI process, and then complete a post-test six weeks later. This evaluation measures perceptions of SBI and any changes in drinking behavior.

### Implementation

Texans for Safe and Drug-Free Youth partners with colleges and universities to administer SBI to high-risk student populations, typically first-year students, students in Greek organizations, and athletes. Campus faculty and staff are recruited to participate in an SBI training in order to serve as SBI interviewers. Students are approached in a non-confrontational manner, such as during a class or meeting, and the presenter pitches the screening tool and follow-up interview (i.e., brief intervention) as a public health opportunity that may improve their school performance.

**Screening:** Students complete the World Health Organization AUDIT survey, tally their scores, and receive a score sheet with information about their drinking behaviors. Regardless of their score, all students can visit with an interviewer, who offers to briefly discuss their scores in a private setting. The survey process takes about 15 minutes.

**Brief Intervention:** Using motivational interviewing techniques, the interviewer and student discuss contributing factors and consequences of risky alcohol use. The student

*"The Screening and Brief intervention project gave our faculty and staff a whole new way to communicate with students about concerning behaviors. We are now equipped to approach difficult conversations in a nonconfrontational and nonjudgmental manner."*

Amanda Chesser Drum, Ph.D., Texas A&M University – Corpus Christi



Overall, the majority of students report that participating in SBI is a positive, helpful experience. Among the students who initially screened positive for risky drinking, most explored options for change during the intervention and, of these, most committed to try to make these changes. Recent evaluations revealed a statistically significant finding with respect to the outcomes observed among students' drinking behaviors. Specifically, fewer students reported a Rutgers Alcohol Problem Index (RAPI) score of "1" or more, meaning they reported experiencing fewer negative consequences related to their drinking. Recent evaluations also show that there as a 6% decrease in the number of students who reported using alcohol. Additionally, there was a 32% decrease in the number of students who reported drinking more than 1 or 2 drinks when they did drink alcohol. Overall, results consistently show that SBI is achieving positive results.

## Background

Texans for Safe and Drug-Free Youth began working with college campuses to implement Screening and Brief Intervention in 2010. The first implementation was funded by one of nine initial grants awarded by the U.S. Department of Education for Statewide Coalitions to Prevent and Reduce Alcohol Abuse at Institutions of Higher Education. Texans for Safe and Drug-Free Youth continued implementation and enhanced the evaluation with funding from a Substance Abuse and Mental Health Services Administration (SAMHSA) Service to Science award and subsequent mini-contract. Now funded by a grant through the Texas Department of Transportation, Texans for Safe and Drug-Free Youth continues to implement and evaluate the program throughout the state.

## Roles and Responsibilities

Texans for Safe and Drug-Free Youth facilitates onsite stakeholder meetings with each campus to help obtain commitment and approval, then assists in navigating policies and protocols to implement SBI in a manner appropriate for each campus. Additionally, Texans for Safe and Drug- Free Youth provides SBI implementation training by SBI expert Dr. Craig Field, an SBI implementation toolkit, and evaluation materials. Technical assistance and support are provided on an ongoing basis, as needed, to all campuses via individual or group conference calls and webinars.

Campus partners are expected to participate in regular conference calls, trainings, and webinars.

Campuses are also responsible for recruiting students, faculty, and staff; implementing SBI; and collecting data at their event to be shared with Texans for Safe and Drug-Free Youth, Dr. Craig Field, and the evaluator.

## Details About Campus Responsibilities and Estimated Timelines

- Coordinate and attend stakeholder meetings to gain campus support by first month.
- Schedule two-day SBI training, recruit faculty and staff to participate, and attend by second month.
- Submit plan for SBI implementation to Texans for Safe and Drug-Free Youth and Dr. Field for review by third month.
- Participate in conference calls with Texans for Safe and Drug-Free Youth, Dr. Field, and evaluator to discuss SBI project and share ideas with other campuses on an ongoing basis through third month.
- Participate in Texans for Safe and Drug-Free Youth SBI webinars on an ongoing basis through third month.
- Implement SBI event on your campus by third month.
- Submit data collected from SBI event and as appropriate for your campus implementation to evaluator immediately following SBI event.
- If campus elects to conduct an evaluation, assist evaluator in distributing and collecting follow-up survey six weeks after the SBI event.

### Resources

1. Goodwin, A., Kirley, B., Sandt, L., Hall, W., Thomas, L., O'Brien, N., & Summerlin, D. (2013). Countermeasures That Work: A Highway Safety Countermeasure Guide for State Highway Safety Offices, 2013 (No. DOT HS 811).
2. National Institutes of Health. (2002). A Call to Action: Changing the culture of drinking at US Colleges (NIH Publication No. 02-5010). National Institute on Alcohol and Alcohol Abuse, Task Force of the National Advisory Council on Alcohol Abuse and Alcoholism.

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