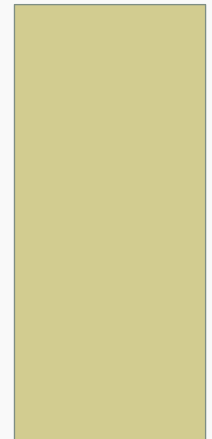


UB SAFER

A TIERED APPROACH TO COLLIGATE
ALCOHOL/OTHER DRUG INTERVENTION



UB STUDENTS AVOIDING FURTHER EXPOSURE TO RISK

- Three tiered based on individual screening
- Harm-reduction approach
- Focuses on alcohol and cannabis use
- Bystander Intervention components
- Evidence-based practice
- Follow-up

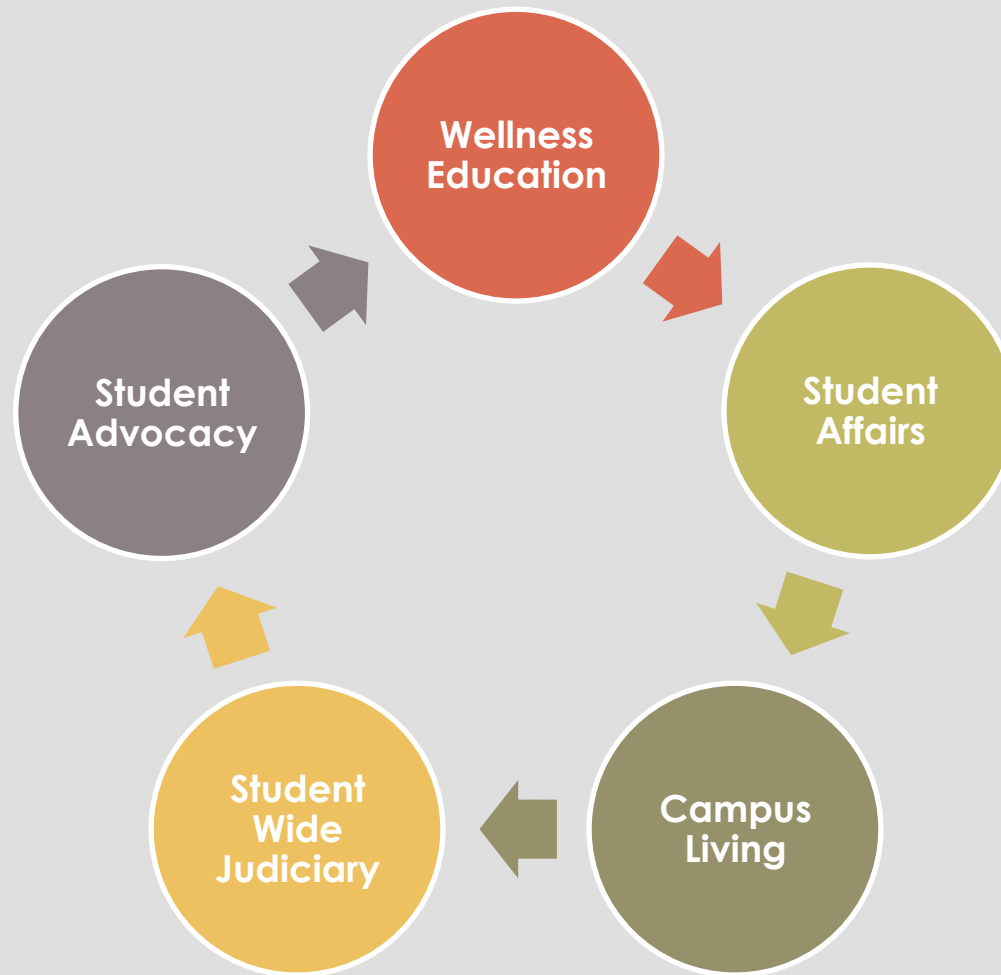
HISTORY

- 2-2 hour educational classes and individual session
- One-size fits all approach
- Policy violation determined intervention/education
- Basic non-tailored education
- Only alcohol use
- Limited data-collection
- No follow-up

CHANGE IN DIRECTION

Keeping with the best-practice of individualized feedback, we designed classes to address the student's actual alcohol and cannabis behavior, reducing the influence of misleading factor's such as the type of policy violations and their frequency.

COLLABORATION



SCREENING

AUDIT: *Alcohol Use Disorders Identification Test*

Developed by the World Health Organization as a simple method of screening for excessive drinking. The tool provides a framework for intervention to help hazardous and harmful drinkers to reduce or cease alcohol consumption and thereby avoid harmful consequences (Babor et al.).

CUPIT: *Cannabis Use Problems Identification Test*

Developed by Bashford, Flett and Copeland as a brief cannabis screening instrument. It measures risky use, dependence/using behavior and health and social problems.

INTERVENTIONS

Three Tiers

Tier 1: Students will examine their alcohol and/or marijuana use, review tips for reducing harm related substance use and explore how to be a helpful bystander in high-risk situations.

Tier 2: Through self-reflection and goal setting, students have a chance to explore alternatives to their behavior to decrease negative consequences.

Tier 3: 60-90 minute individual intervention with students who are experiencing repeated signs of abuse and consequences.

DATA SUMMARY

- For the school year 2011-2012 there were 450 referrals
- 85% were Freshman or Sophomores
- 92% live on campus
- 98% self-report that they drank alcohol in the past year
- Most report they drink 1x per week
- 47% self-report that they smoked marijuana in the past year

KNOWLEDGE AND SATISFACTION

Tier 1:

Pre-test - 77% correct

Post-test- 94% correct

Satisfaction- 92% reported their experience as
“excellent” or “good”

Tier 2:

Pre-test - 74% correct

Post-test- 89% correct

Satisfaction- 91% reported their experience as
“excellent” or “good”

NEXT STEPS

- 3-month follow-up survey
- Collect data and analyze effectiveness
- Make adjustments to design, as needed
- Tier 3 design considerations
- Computerize screening and referrals
- Systematic use of referral system and follow-up