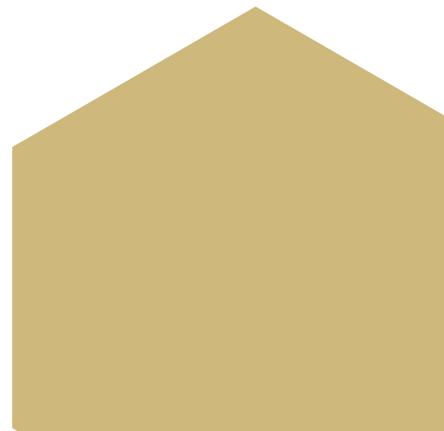
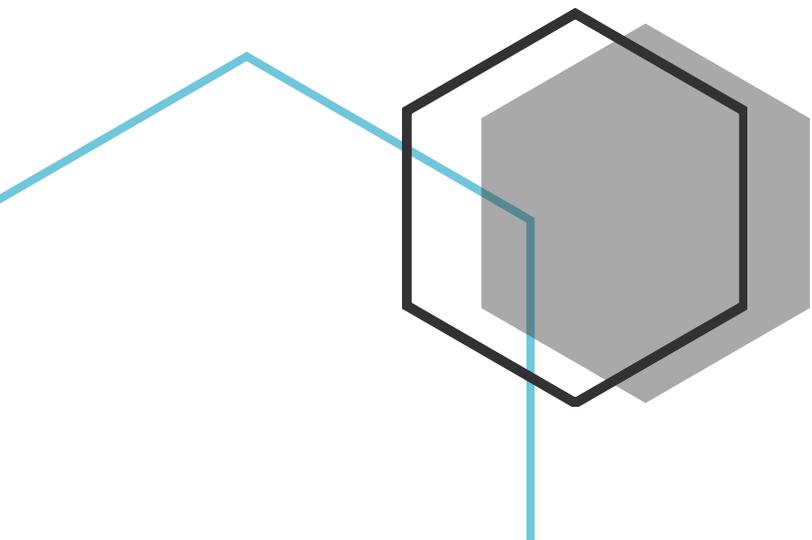


AOD Early Intervention Programs



2020-21 Evaluation Findings

Health Promotion offers a variety of alcohol and other drugs (AOD) early intervention programs. This includes alcohol impact circles, Screening, Brief Intervention and Referral to Treatment (SBIRT) and three tiers of Brief Alcohol Screening and Intervention for College Students (BASICS). These programs provide students an opportunity to reflect on their knowledge and experiences with alcohol and other drugs





AOD Early Intervention Programs

2020-21 Evaluation Findings

Introduction

Participants in Health Promotion’s Alcohol and other drugs (AOD) early intervention programs are usually referred through CU’s Office of Student Conduct and Conflict Resolution or local municipal courts for AOD-related infractions. These programs include:

- Alcohol impact circles – a restorative circle process designed to bring students together in a safe environment to discuss and reflect on the impact of their alcohol use
- SBIRT - a one-on-one conversation to help motivate students toward positive change think differently about their use
- BASICS – helps students examine their substance use, identify changes that could work for them, and reduce the risk of negative impacts in the future. The three tiers range from BASICS 1 consisting of two-sessions with one group meeting and a one-on-one two weeks later to BASICS 3 which is four one-on-one sessions over four consecutive weeks.

SBIRT and BASICS facilitators use a combination of screening tools such as the Alcohol Use Disorder Identification Test (AUDIT), Cannabis Use Disorder Identification Test (CUDIT), and motivational interviewing skills to support students in reflecting on their relationship with substances.

Findings are from August 2020 to May 2021 and represent students completing the end of session evaluation. During this period, the alcohol impact circles were adapted to address COVID-19 public health order violations stemming from attendance at large social gatherings

Demographics

104 students completed the alcohol impact circles/COVID-19 end of session evaluation.

- 78% lived on campus
- 22% lived off-campus
- 99% were under 21 years of age, with 49% 18 years of age

About AOD Early Intervention

Alcohol and other drugs early intervention exists along a continuum between prevention and treatment. Early intervention is more directed than prevention and less intensive than treatment.

AOD early intervention is grounded in evidence-based practices such as motivational interviewing and evidence-based processes such as screening, brief intervention, and referral to treatment.

This process allows individuals to explore and reflect on their knowledge and experiences related to alcohol and other drugs, which may lead to behavior change.



538 students responded to the SBIRT and BASICS evaluation. Of those responding to the demographic questions:

- 62% lived on campus
- 38% lived off-campus
- 86% were first- or second-year students

Behavior Change

Students in the alcohol impact/COVID-19 circles:

- 96% agreed/strongly agreed that the circle helped them think about the impact they have on others
- 90% agreed/strongly agreed that they plan to change their behavior related to COVID-19 by:
 - Being more conscientious, careful, or mindful of their actions and the impact on others
 - Avoiding larger gatherings
 - Following guidelines and rules, including wearing a mask and social distancing
- 83% agreed/strongly agreed that they plan to change their behavior related to alcohol use by:
 - Being aware of the impact of their behavior on others
 - Drinking less or abstaining all together
 - Ensuring they are in a safe environment or with people they trust
 - Eating and drinking water before and while drinking alcohol

Students who said they do not plan to change their alcohol use indicated that they do not drink or abuse alcohol.

Students in SBIRT and BASICS were asked to identify two strategies they learned from participating in SBIRT or BASICS to reduce substance use associated risks or harm.

- Over 99% of students identified one or more learned, harm reduction strategy.
 - The three most identified strategies were awareness and understanding of personal limits, importance of pacing and moderation, and eating and drinking water before and while using substances.
- 12% of students reported learning strategies to reduce or stop their substance use.
- 83% reported being very confident and 16% somewhat confident in applying their learned harm reduction strategies
- 66% reported being very motivated and 29% somewhat motivated to use harm reduction strategies
- 86% of students said they would call 911 or seek medical help for a substance use emergency
- 38% would put someone in the recovery position



Student Experience

When asked about the circle experience:

- 100% agreed/strongly agreed that the circle was nonjudgmental
- 99% agreed/strongly agreed that the circle was a safe environment to share their experience
- 95% agreed/strongly agreed that the experience made them feel more connected to others in the circle

Students least appreciated the length of time needed for the circle and participating on Zoom. Overall, students indicated participating in the circles was a positive experience. Students felt safe and were able to be honest and connect with their peers. They reflected on the impact of the behaviors and set an intention for change.

When asked about the SBIRT/BASICS experience:

- 99% found the experience useful and felt heard
- 85% gained more awareness or knowledge of alcohol or other drug use
- 68% learned how to help myself or others in dangerous or emergency situations
- 67% understand the impact and severity of substances on their body, choices, responsibilities, and goals
- 57% learned strategies to stay safe
- 47% learned how to handle situations that are triggering for alcohol or drug use
- 41% were provided additional resources
- 30% were helped to reduce or stop alcohol or other drug use

Due to the Covid-19 pandemic, fewer students were on campus and for shorter periods than more traditional academic years. All Health Promotion classes during August 2020- May 2021 were held remotely over Zoom. Evaluation data showing little change from prior years or between remote and in-person sessions. The consistency in evaluation results supports Health Promotion in continuing to offer both remote and in-person sessions.