

Letting Go and Staying Connected:

A Theoretically Guided, Developmentally Targeted, and
Empirically Supported Intervention for Parents of
Students Transitioning to College

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*IMproving Prevention through **ACT**ion Research Lab*

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Acknowledgments

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Overview

- Background
- Description of intervention and study
- Findings related to parent & student knowledge and approval/perceived approval of marijuana use
- Findings related to student use and consequences
- Summary



Parents and Young Adult Children

- Young adults at high risk during transition to college
 - Alcohol leading cause of injury and death
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 - Alcohol leading cause of injury and death
 - Little known about consequences of marijuana use
- Parents get mixed messages-- but they still matter!
 - Strong parent-student relationship associated with lower alcohol use
 - Not much known about relationship and marijuana



Parent- Based Interventions

- Despite continuing influence of parents, few interventions target them
 - Those that do are nearly all exclusively focused on prevention of alcohol abuse
 - Best known are parent handbook (Turrissi et al., 2009) or brief norms intervention for parents (LaBrie et al., 2014)



Letting Go and Staying Connected

- We developed the handbook to reduce risk and enhance protective factors by helping parents:
 - Understand developmental/situational challenges confronting students



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 - Clarify and discuss expectations for students' substance use, sexual risk, and academic behaviors while at college.



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 - Understand developmental/situational challenges confronting students
 - Clarify and discuss expectations for students' substance use, sexual risk, and academic behaviors while at college.
 - Help student clarify values and norms and develop autonomy, self-regulation, and decision-making skills.



First Years Away From Home



Letting Go and Staying Connected With Your WSU Student

A Handbook for Parents



Activities you can try, on
your own or with your
student



Conversation Starters



Questions and things to
think about



Interesting facts and
research findings



The Study

- Parent/student dyads recruited spring
- Handbooks sent late June
- Transition support specialists trained in MI call during summer
- Data collection at baseline and once each semester for 4 semesters

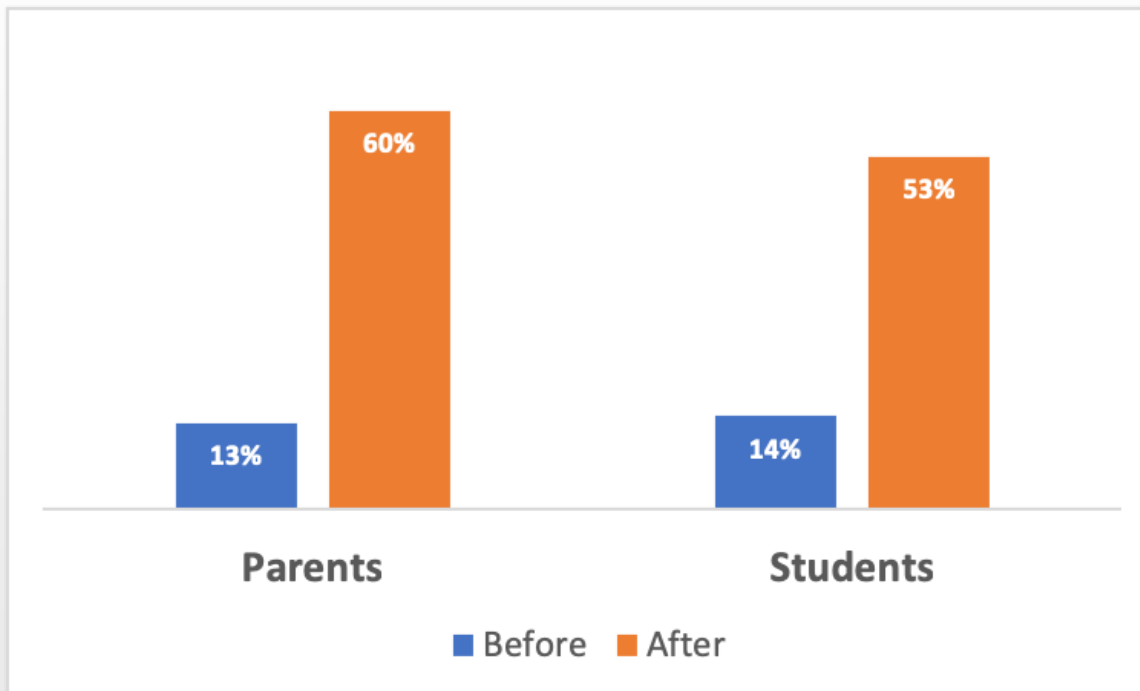


Participants

- Cohort 1: 330 Parent-Student Dyads
 - 114 Control, 216 Handbook
- All first-year students not living at home
- 53% female, 79% white, non-Latinx

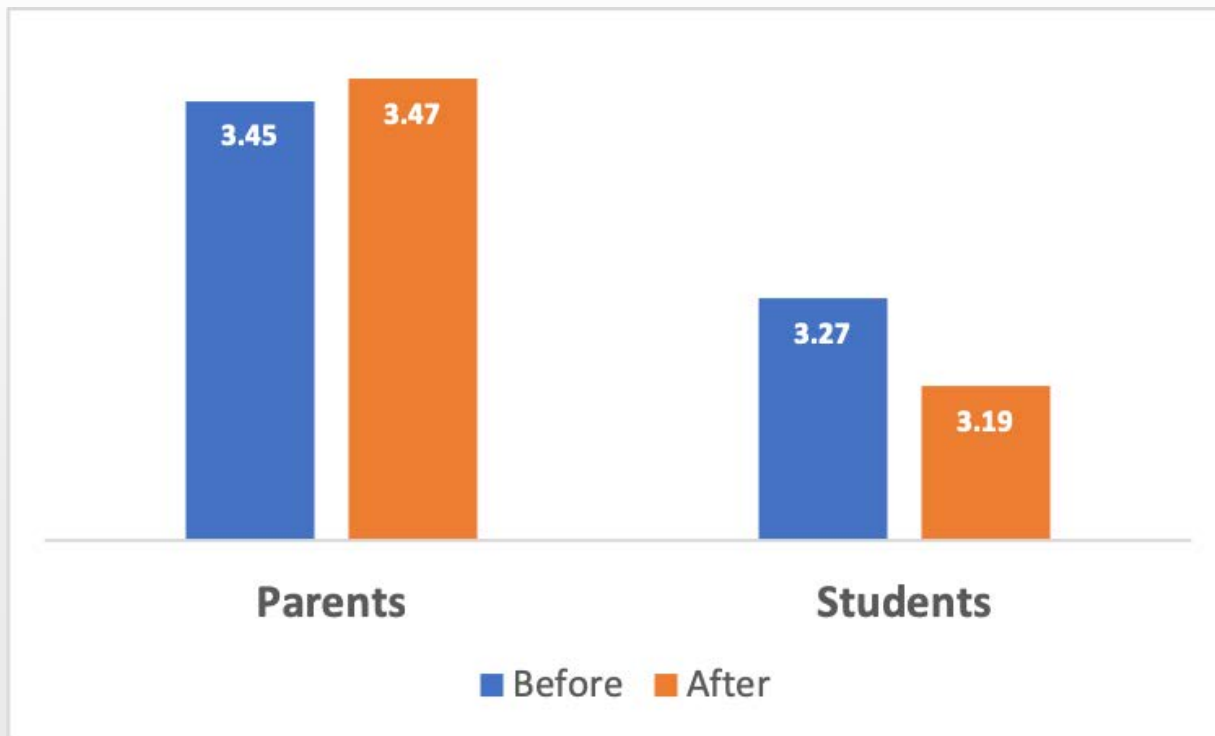


Knowledge of the Rules: WSU Policies





Parental Disapproval of MJ





Marijuana Use

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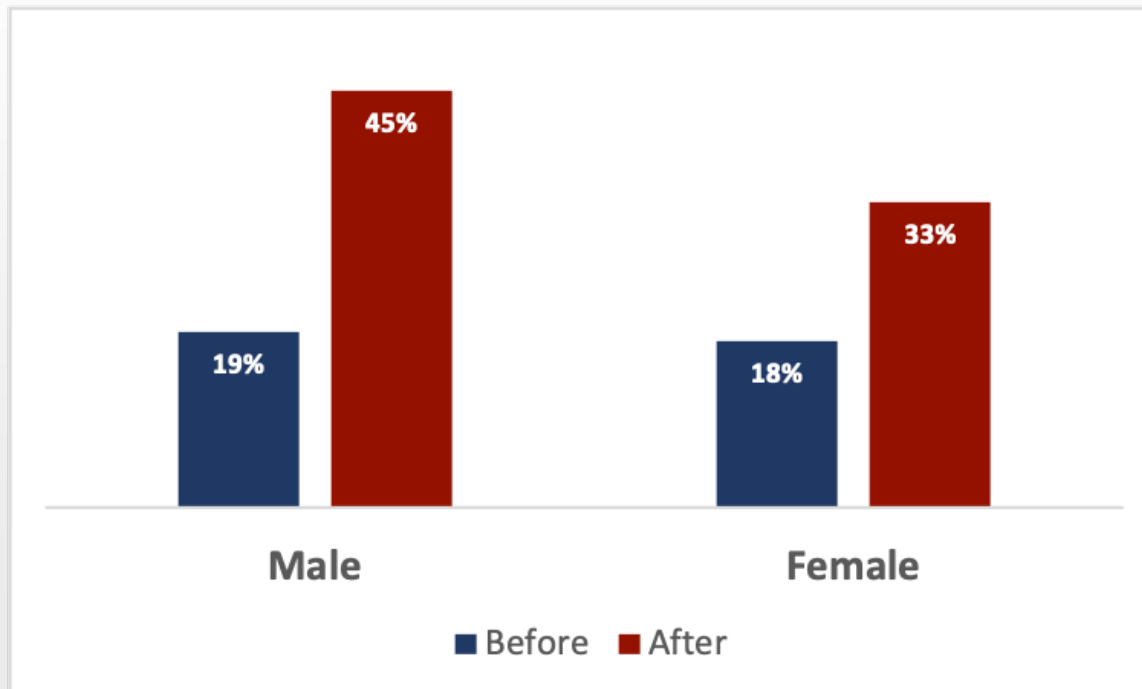


Marijuana Use

- Past 30-day marijuana use doubles in the transition to college, from 19% to 38%
- No intervention effects; very small Ns: at T1 22 controls and 42 Handbook; at T2 42 Controls and 79 Handbook
- No significant associations with marijuana use and parent-student relationships, ethnicity, free and reduced lunch status of high school, high school GPA, test scores, first generation status



Past- 30- day Marijuana Use: Male vs. Female



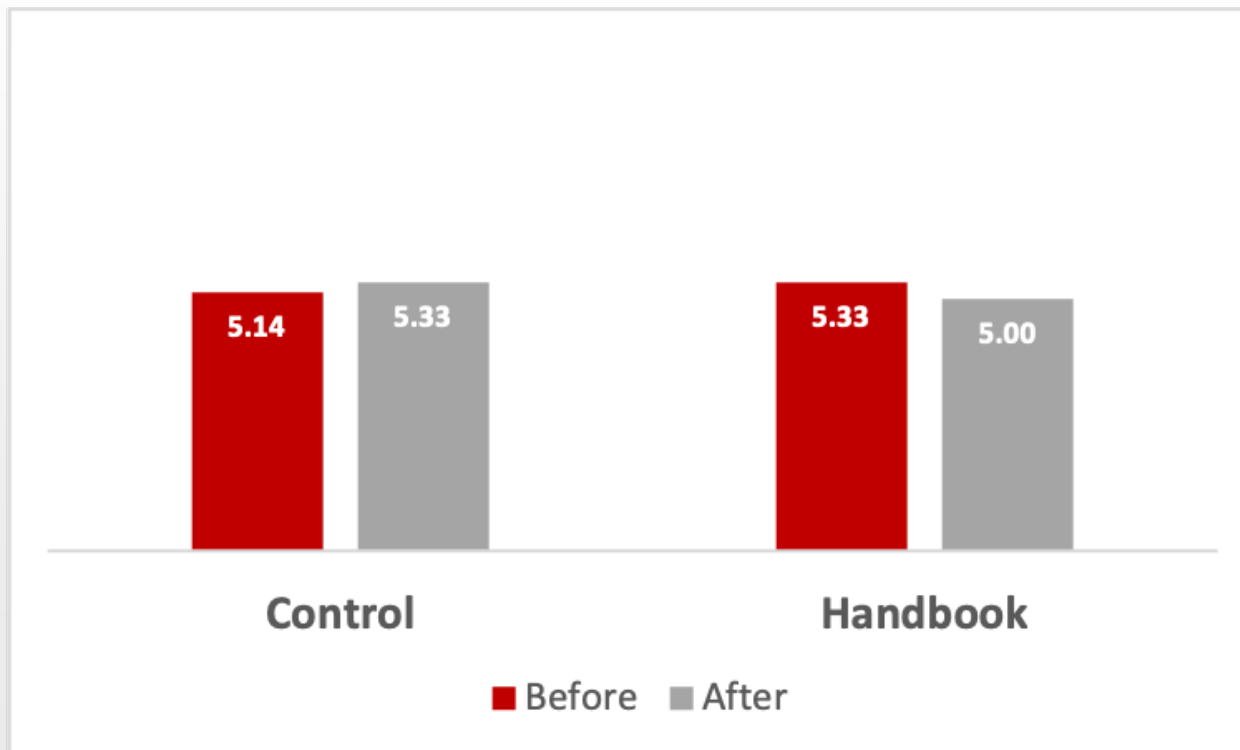


Consequences of Marijuana Use

- Most frequently reported:
 - Regretted decision I made
 - Affected my driving
 - Got in trouble in school or job
 - Had legal trouble
 - Had panic or anxiety attacks
 - Caused someone else shame or embarrassment



Number of Consequences Past 30 Days from Marijuana Use





Summary: Parental Approval

- Alcohol and marijuana are not the same
 - Parents approve of heavy drinking more than of mj use
- Students underestimate parental disapproval for both mj and alcohol
- Parents should clearly communicate expectations



Summary: Use

- Doubling of 30-day mj use after entry to college
- Colleges and parents need to communicate more clearly with students about expectations and consequences regarding mj use



Summary: Consequences

- Students report many consequences of mj use, and they are serious
- Latent Class Analysis would be useful to gain a better, person-centered, understanding of consequences



Handbook vs. Control

- Handbook parents more knowledgeable about university policies, but Handbook students are not
- Control students reported more consequences in college, Handbook students less
- More sophisticated modeling to conduct growth modeling with expected mediators/moderators after Cohort 2 data available