Multimedia AOD Prevention Communication Committee Meeting

May 22, 2018
Agenda:
1. Overview of Engaging Stakeholders Committee
   • Next Four Meeting Topics
   • Creating Shared Expectations
2. Principles of Prevention
   • Risk and Protective Factors
   • Harm Reduction and Risk Categories
3. Effective Prevention Strategies
Monthly Committee Meeting Structure

- Engaging Stakeholders & Building Capacity
- Expanding & Enhancing Early Intervention Services
- Multimedia AOD Prevention Strategies
- Expanding the Continuum of AOD Education

Ongoing Committee Updates and Information at:
https://shs.uconn.edu/aodstakeholders/
Outline of Our Next Four Meetings

Meeting 1: May 2018
- Create Common Language and Shared Understanding
- Review of Prevention Framework

Meeting 2: June 2018
- Create a Shared Vision and Mission for the Overarching AOD Stakeholders Initiative

Meeting 3: July 2018
- Review of the Worksheet from the Breakout Session
- Create Specific Objectives and Goals for this Committee

Meeting 4: August 2018
- Best Practices and Examples Specific to the Goals of this Committee
Introductions

1. Name
2. Department/Position
3. How does alcohol and other drug use show up in your work or in your interactions with students?
1. Establish a baseline understanding and common language
2. Be patient with each other as we learn together
3. Success depends on participation - Share your unique perspective
4. Stay open to new ideas and new ways of doing things
5. Be positive and non-judgmental
6. Ask “what’s possible?” and keep asking
7. Utilization of a parking lot for off-agenda or future topics
8. Check in at the end of each meeting

Creating Shared Expectations

LET THE IDEAS BEGIN
Risk Factors and Protective Factors

Risk Factors = Factors associated with greater potential for harmful AOD use

Examples:
- Family history of addiction
- Began drinking/using at young age
- Co-occurring anxiety or depression
- Normalized use in social setting (especially high-risk use)
- Access to substances
- Affluence
- Trauma history
- Experiencing a life transition
- Impulsivity
Risk Factors and Protective Factors

- Protective Factors = Factors associated with reduced potential for harmful AOD use

Examples:
- Strong social support
- Healthy family dynamics
- Positive self-image
- High self-control
- Use initiated later in life
- Access to quality healthcare
- No history of anxiety/depression
- Little access to substances
- Use not normalized in social setting
Principles of Prevention

Prevention Programs should:

1. Enhance Protective Factors
2. Reduce Risk Factors
3. Reinforce a Consistent Message

Core Elements of Prevention Programs:

1. Research-Based
2. Repeated and Reinforced
3. Skill-Based
4. Personally Relevant
5. Evaluated
Meets people at their level of readiness to change their drinking and other drug use

Provides information and support to help people achieve their individually chosen goals of:

- Less Harmful AOD Use
- Continued Low-Risk Use
- Reduced Use
- Quitting Use Altogether

Cycle Of Change
Prochaska & DiClemente

- Pre-Contemplation: No intention on changing behavior
- Contemplation: Aware a problem exists, No commitment to action
- Preparation: Intent on taking action
- Action: Active modification of behavior
- Maintenance: Sustained change — new behavior replaces old
- Relapse: Fall back into old pattern of behaviors

Upward Spiral
Learn from each relapse
Harm reduction includes policies, programs and practices that aim to keep people safe and minimize death, disease, and injury from high risk behavior, especially substance use.

**Examples:**
- Space capacities
- Social event registration processes
- Policies that prohibit items that facilitate high-risk use
- Good Samaritan Statements/Policies
- Stigma reduction efforts
- Substance-free programming on weekends
- Class attendance policies
- Scheduling Friday morning classes
- Quiet hours/noise ordinances
- Safe ride programs
- DUI checkpoints
Harm Reduction by Level of Risk Category

Drinkers’ Pyramid

- Alcohol Dependent - 5%
- At-risk Drinkers - 20%
- Low Risk Drinkers - 35%
- Abstainers - 40%

Source: Center for Substance Abuse Treatment (SBIRT)
UConn First Year Students: Drinkers’ Pyramid

- 62% Nondrinker/Abstainer
- 18% Moderate Drinker
- 14% Heavy Episodic Drinker
- 5% Problematic Drinker

Source: UConn Fall 2017 Everfi AlcoholEdu Data
Prevention Strategies That Work

- **Community-Based Processes** - strengthen resources such as community coalitions to prevent substance use and misuse, and to deliver effective prevention and treatment services.

- **Information Dissemination** - increases knowledge and changes attitudes through communications, including media campaigns and lectures.

- **Prevention Education** - teaches participants important social skills, including resisting pressure to use drugs, looking at the intent behind advertising, or developing other skills used in making healthy choices.

- **Identification of Problem and Referral to Services** - determines when high risk behavior or use of alcohol, tobacco, and other drugs requires education or other intensive interventions.

- **Positive Alternatives** - provides constructive and healthy ways to enjoy free time and learn skills.

- **Environmental Strategies** - focus on policy, access and enforcement to reduce risk factors and increase protective factors.
Questions?

What’s your one takeaway?

What, if anything, needs further clarification?