

Alcohol Screening and Brief Intervention

A Toolkit for College and University Campuses

Ann Quinn-Zobeck, Ph. D.
The BACCHUS Network™



B

The BACCHUS Network™

- The Network's mission is to actively promote peer education as a useful element of campus health education and wellness efforts
- 33-year old college and university-based network of student peer education programs
- Largest active student organization in all of higher education
- Over 1,000 campus affiliate groups internationally, potentially impacting college enrollments of more than 8 million students
- More than 35,000 student members and 1,200 professionals working in the field of Student Affairs



What is Screening and Brief Intervention?

- Designed for use by counselors and health care providers
- Utilizes motivational techniques based on a person's readiness to change
- Provides feedback and recommendations respectfully



B

Alcohol Abuse and College Students

- Majority of college students choose not to drink and drive, however over 2 million students have driven under the influence*
- 1,700 college students (18-24) die each year from alcohol related unintentional injuries, including motor vehicle crashes*
- Close to 600,000 are unintentionally injured under the influence*

**Hingson et al., 2005*



B

Research Supporting SBI on Campuses

- NIAAA Report on College Drinking (2002)
 - Identified cognitive behavior intervention strategies and motivational interviewing as Tier I

Alcohol abuse, substance abuse, binge drinking at College Drinking

<http://www.collegedrinkingprevention.gov/NIAAACollegeMaterials/>

ber DenverPost Google Maps Alcohol & brain Health & Medical News CO Foundation Drugged

A Call to Action: Changing the Cul...

Tier 1: Evidence of Effectiveness Among College Students

Strong research evidence (two or more favorable studies available) supports the strategies that follow. All strategies target individual problem, at-risk, or alcohol-dependent drinkers. *Their efficacy as part of a campus-wide strategy has not been tested.*

Strategy: Combining cognitive-behavioral skills with norms clarification and motivational enhancement interventions. *Cognitive-behavioral skills training* strives to change an individual's dysfunctional beliefs and thinking about the use of alcohol through activities such as altering expectancies about alcohol's effects, documenting daily alcohol consumption, and learning to manage stress.

Why SBI in Colleges and Universities?

- Proven effective in medical settings
- SAMHSA funded projects at 12 colleges
 - Promote innovative SBI practice
 - Combat underage drinking & substance abuse
 - Target those with and at risk for substance use disorders
- Large numbers of at-risk can be identified via primary screening
- NHTSA
 - Value of decreasing high-risk drinking as avenue to decreasing DUI and DWI incidents



B

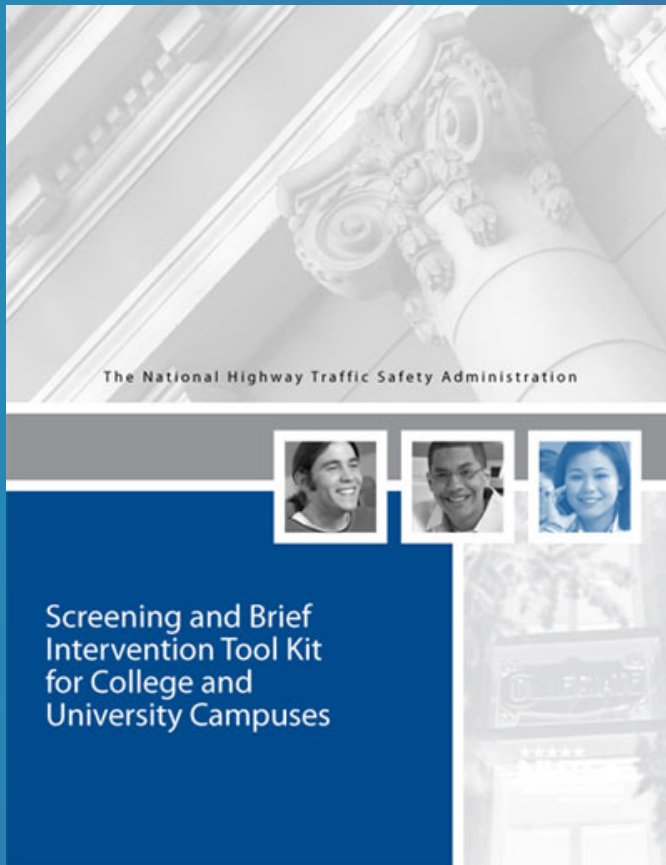
NHTSA and BACCHUS

- 2003: Collegiate Impaired Driving Prevention Project
 - Piloted comprehensive program on 3 campuses
- 2005: Screening and Brief Intervention Toolkit for College and University Campuses
- 2007: SBI Training for College and University Campuses



B

College and University Toolkit



- Health Center Staff
- Counseling Center Staff
- Residence Life Staff
- Campus Judicial Officers
- Academic Advisors

B

- 15 Minutes
 - Screening
 - Conversation
 - Offer resources
 - Listen and follow up
 - Ask questions about goals, intentions
- Not a silver bullet; one part of larger plan

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Training Campuses to Utilize SBI

- Understand (embrace) the philosophy and purpose of SBI --> feedback in a respectful, non-judgmental, non-threatening manner
- Get support from campus department and administrators
- Know campus and community resources for counseling, group support, and treatment



B

Resources

- Screening and Brief Intervention Tool Kit for College and University Campuses
 - www.friendsdrivesober.org
- *Talking to College Students About Alcohol: Motivational Strategies for Reducing Alcohol Abuse* by Scott T. Walters and John S. Baer
- *Motivational Interviewing, Second Edition: Preparing People for Change* by William R. Miller and Stephen Rollnick
- www.midattc.org/accessed/mi/htm



B

Ann Quinn-Zobeck, Ph. D.
Director of Education and Training
ann@bacchusnetwork.org

Andrea Zelinko, M.S.
Director of Alcohol Abuse and Impaired Driving
Prevention Initiatives
andrea@bacchusnetwork.org

(303) 871-0901
www.bacchusnetwork.org
www.friendsdrivesober.org

