

JOURNAL OF ALCOHOL and DRUG EDUCATION

Volume 57, No. 3, December 2013

ARTICLES:

- Evaluating Community Readiness to Implement Environmental and Policy-Based Alcohol Abuse Prevention Strategies in Wisconsin.....27-50
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ABSTRACT

Background: Matching evidence-based alcohol prevention strategies with a community's readiness to support those strategies is the basis for the Tri-Ethnic Community Readiness Model (CRM). The purpose of this evaluation was to assess the association of a community's readiness to address alcohol abuse in their community with the implementation of environmental and policy-based strategies.

Methods: Twenty-one substance abuse prevention coalitions in Wisconsin participated in a pre-post intervention group-only evaluation using the CRM. As part of a Substance Abuse and Mental Health Services Administration (SAMHSA) grant, all grantees were obligated by the Wisconsin Department of Health Services to implement environmental and policy-based strategies focused on one of three priority areas: young adult binge drinking, underage drinking, and alcohol-related motor-vehicle injuries and fatalities.

Results: At baseline, all communities (n=21) scored at or below a Stage 4 (on a scale of 1-9) readiness level ("preparedness"). The mean change in community readiness over the three-year period (2009-2011) was significant, but was less than one complete CRM stage (0.77, $p < 0.001$; 95% CI: 0.49, 1.05).

Conclusion: These findings suggest that implementation of environmental and policy-based strategies may improve a community's progression in perceived readiness to address alcohol abuse regardless of the community's baseline level of readiness to address alcohol abuse.

Recommendation: An assessment specific for measuring community readiness for policy-related strategies should be developed. The assessment would include community-level factors (e.g. community climate) for implementing policy-related prevention strategies, and to not assume a linear readiness model.

Keywords: Community readiness, Alcohol abuse, Prevention, Alcohol policy

- School-Based Drug Abuse Prevention Programs in High School Students.....51-65
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ABSTRACT

Drug abuse, or substance abuse, is a substantial public health problem in the United States, particularly among high school students. The purpose of this article was to review school-based programs implemented in high schools for substance abuse prevention and to suggest recommendations for future interventions. Included were English language publications indexed in PubMed, CINAHL, or ERIC databases, between 2005 to November 2012, involving high school settings focused on prevention of drugs, and using a quantitative design for evaluation. A total of 18 studies met the criteria with 12 different interventions. Seven interventions were able to demonstrate statistically significant changes from before, to after the intervention, with regard to substance use. Recommendations for future interventions have been presented.

- Interactive Journaling as a Brief Intervention for Level-II DUI and DWI Offenders.....66-85
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ABSTRACT

This study sought to evaluate the acceptability and effectiveness of a brief alcohol intervention in increasing basic alcohol-related knowledge, and the intention to change high-risk drinking behaviors, among a sample of DUI and DWI offenders. Pre- and post-test data, in addition to program evaluation data, from 872 Level-II DUI and DWI offenders mandated to receive a brief alcohol intervention were examined. The intervention consisted of the use of Interactive Journaling, a structured and experiential writing process, which combined educational content with motivational enhancement techniques designed to elicit change. Overall, offenders rated Interactive Journaling as helpful and reported that they planned to keep their journals for future reference following program completion. Although both knowledge regarding alcohol's effects, and positive attitudes related to behavior change increased following completion of the brief intervention, there was no correlation found between these two components. Preliminary findings suggest that Interactive Journaling appears widely accepted by Level-II DUI and DWI offenders, and the acquisition of knowledge alone is not necessarily associated with the intention to positively change current drinking behavior.

Keywords: *Alcohol, interactive journaling, treatment, brief intervention, impaired-driving*