

Title of Intervention: Alcohol and Substance Abuse Prevention Program (ASAP)

Intervention Strategies: Supportive Relationships, Group Education

Purpose of the Intervention: To affect the perceptions of risk associated with drinking, taking drugs and driving

Population: Seventh grade students

Setting: Middle school, University of New Mexico Emergency Department and Trauma Center; school-based, health care facility-based

Partners: University of New Mexico School of Medicine and the Emergency Department and Trauma Center, Bernalillo County Detention Center

Intervention Description:

- Supportive Relationships: Middle school students in the intervention group had the opportunity to interact with patients at the University of New Mexico Hospital and Bernalillo County Detention Center. Their interaction included observation and interviewing the patients about issues of substance abuse and problems resulting from their abuse, such as motor vehicle injuries. The students also had a chance to talk to medical staff about their reactions and feelings in reference to their experiences. Prior to their interviews, the students in the intervention group received training and presented their experience to fellow students and families.
- Group Education: The students received a semester-long standardized Berkeley Health Education Curriculum, which was required for all seventh graders. The curriculum focused on the short and long term consequences of alcohol and substance abuse through traditional workbook and lecture format, role-playing exercises, small group work and homework assignments.

Theory: Social Learning Theory

Resources Required:

- Staff/Volunteers: Medical staff, trainers
- Training: Materials to train students prior to interviews
- Technology: Not mentioned
- Space: Classrooms
- Budget: Not mentioned
- Intervention: Health education curriculum, workbooks, transportation
- Evaluation: Pre- and post-questionnaires

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures: Pre- and post-questionnaires and an eight month follow-up were used to assess the effects of the Alcohol and Substance Abuse Prevention Program (ASAP) on students' knowledge, perceived risk of drinking and driving and behaviors in regards to alcohol and drug-related issues.

Outcomes:

- Short Term Impact: The perception of risk associated with driving and using drugs or alcohol increased over the course of the program among the intervention group students compared to the control group, who perceived such behavior to be less risky. There was no change in knowledge or self reported drinking and driving.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The findings suggest that those who work in emergency departments and trauma centers can help change risk perceptions and decrease potential injuries by working with educators, students and others in the community.

Citation(s):

Bernstein, E. and W. G. Woodall (1987). "Changing perceptions of riskiness in drinking, drugs, and driving: an emergency department-based alcohol and substance abuse prevention program." *Ann Emerg Med* 16(12): 1350-4.