

Recommended Reading



This document reviews of solid evidence-based prevention strategies, useful for coalitions and preventionists.

Preventing Substance Misuse Among 18 to 25-Year-Olds: Programs and Strategies

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

This document is a publication updated in 2018 from Prevention Solutions at the Education Development Center (EDC) under SAMHSA's Center for the Application of Prevention Technologies task order. It was designed to assist prevention professionals in selecting AOD prevention programs by providing a summary of the results and implementation of the programs. The guide uses tables from pages 8-22 to provide brief information about each program including program title, target population, classification (universal, selected, or indicated), setting, outcomes, and recognition as an evidence-based program by various sources. Then, pages 23-84 include more in-depth information about each program such as the evaluation design, evaluation outcomes, and evaluation studies.

The beginning of the document notes that a few things should help guide practitioners as they look to select strategies and programs:

- Don't start by looking at programs – start by identifying risk and protective factors and aligning appropriate strategies that will target those
- Examine program summaries to identify relevant studies – does the program align with your outcome of interest?
- Determine the strength of the evidence for programs and decide if it is something you would want to implement – is it a good fit for your campus?

Listed below are the strategies or programs with at least 2 sources that have recognized it as evidence-based:

- Alcohol screening and brief intervention
- Brief Alcohol Screening and Intervention for College Students (BASICS)

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- Brief intervention with assessment and feedback
- Brief motivational intervention for physically aggressive dating couples
- Brief motivational interview
- Check Your Drinking
- College Drinkers Check-Up (CDCU)
- Computer-delivered personal normative feedback intervention
- InShape Prevention Wellness Plus
- Motivational interviewing in emergency departments
- Personalized drinking feedback plus motivational interviewing
- Brief motivational intervention + alcohol expectancy challenge
- Combined alcohol intervention and parent intervention
- Communities Mobilizing for Change on Alcohol (CMCA)

oriented strategies such as enforcing the minimum legal drinking age, alcohol price increases, happy hour/price promotion restrictions, etc. Again, it is important to note that mere effectiveness of a program does not mean that it is feasible or appropriate for your campus. Gathering data and determining risk and protective factors contributing to the problems and related behaviors is the first step, and programs are chosen as a result.

Read 'Preventing Substance Misuse Among 18-25-Year-Olds: Programs and Strategies' here!

preventionsolutions.edc.org/sites/default/files/attachments/Preventing-Substance-Misuse-18-25-Year-Olds-Programs-and-Strategies_0_0.pdf

Citations

1. Substance Abuse and Mental Health Services Administration, Center for the Application of Prevention Technologies. Preventing Substance Misuse Among 18 to 25-Year-Olds: Programs and Strategies (2018).

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Multiple other strategies cite at least one source for effectiveness, including more universal and policy-

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