



Prevention as They Grow

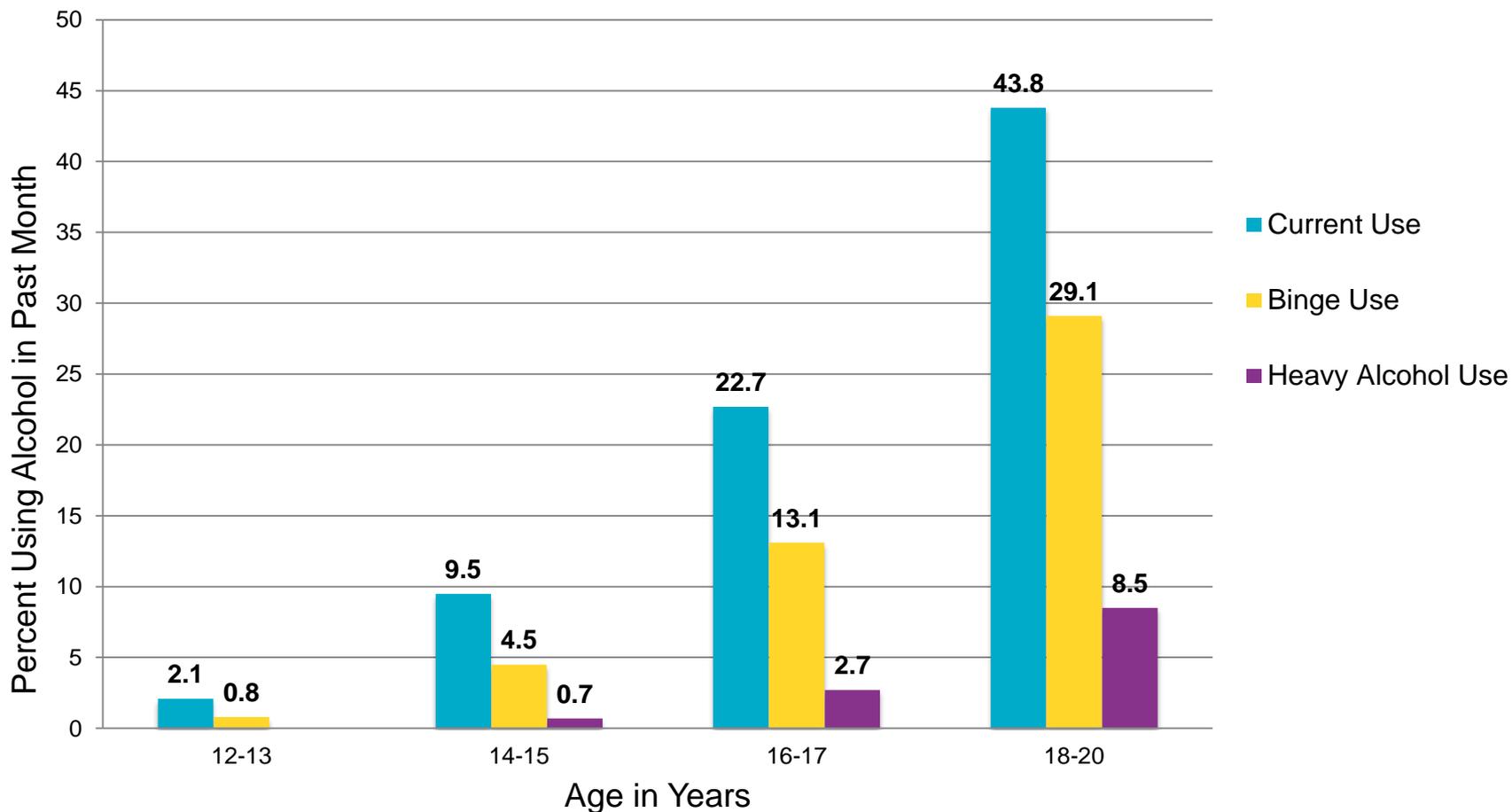
Preventing Alcohol Use among Middle & High School Students

Kelli A. Komro, MPH, PhD

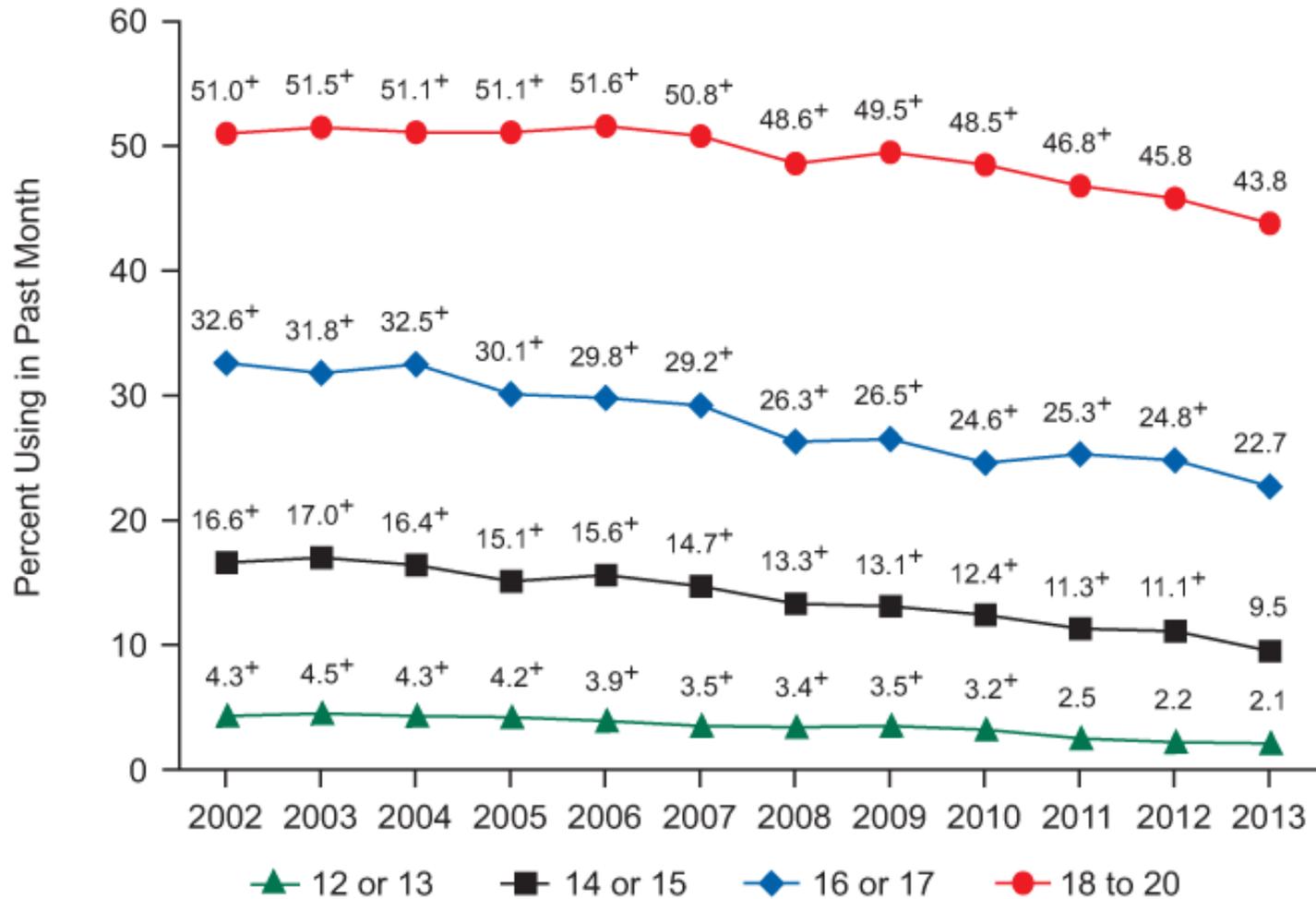
Professor, Department of Health Outcomes & Policy, College of Medicine
Associate Director, Institute for Child Health Policy
University of Florida Research Foundation Professor

SAMHSA's 11th Annual Prevention Day
February 2, 2015

Current, Binge and Heavy Alcohol Use Among Persons Ages 12 to 20, by Age National Survey on Drug Use, 2013



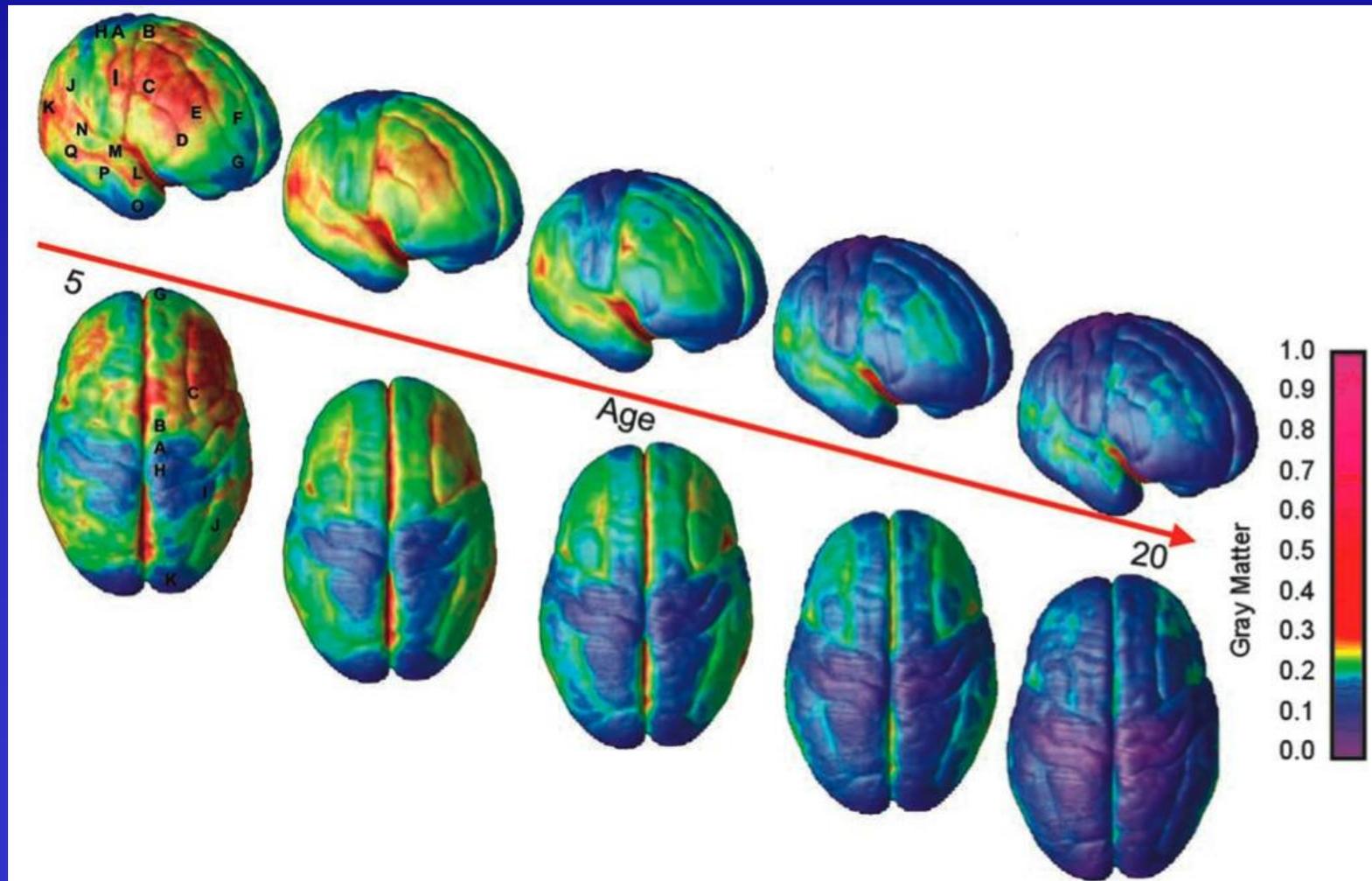
Current Alcohol Use Among Persons Ages 12 to 20, by Age: 2002 – 2013 National Survey on Drug Use, 2013



Adolescent Development

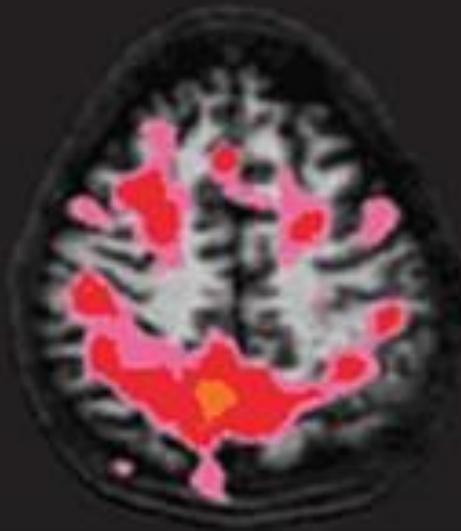
- Physical
- Intellectual
- Psychological and Emotional
- Social

Brain Development Continues through Adolescence

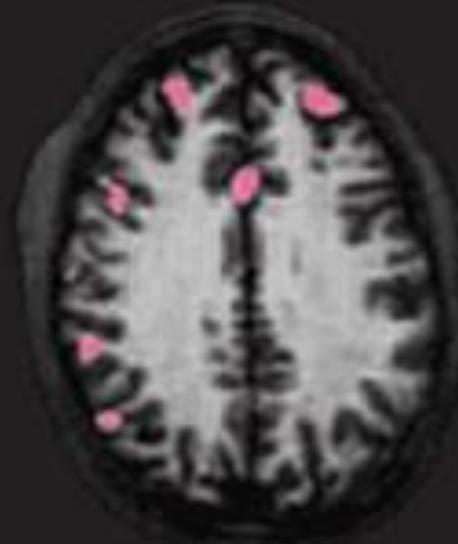


An Adolescent Brain on Alcohol

**15-year-old male
non-drinker**



**15-year-old male
heavy-drinker**



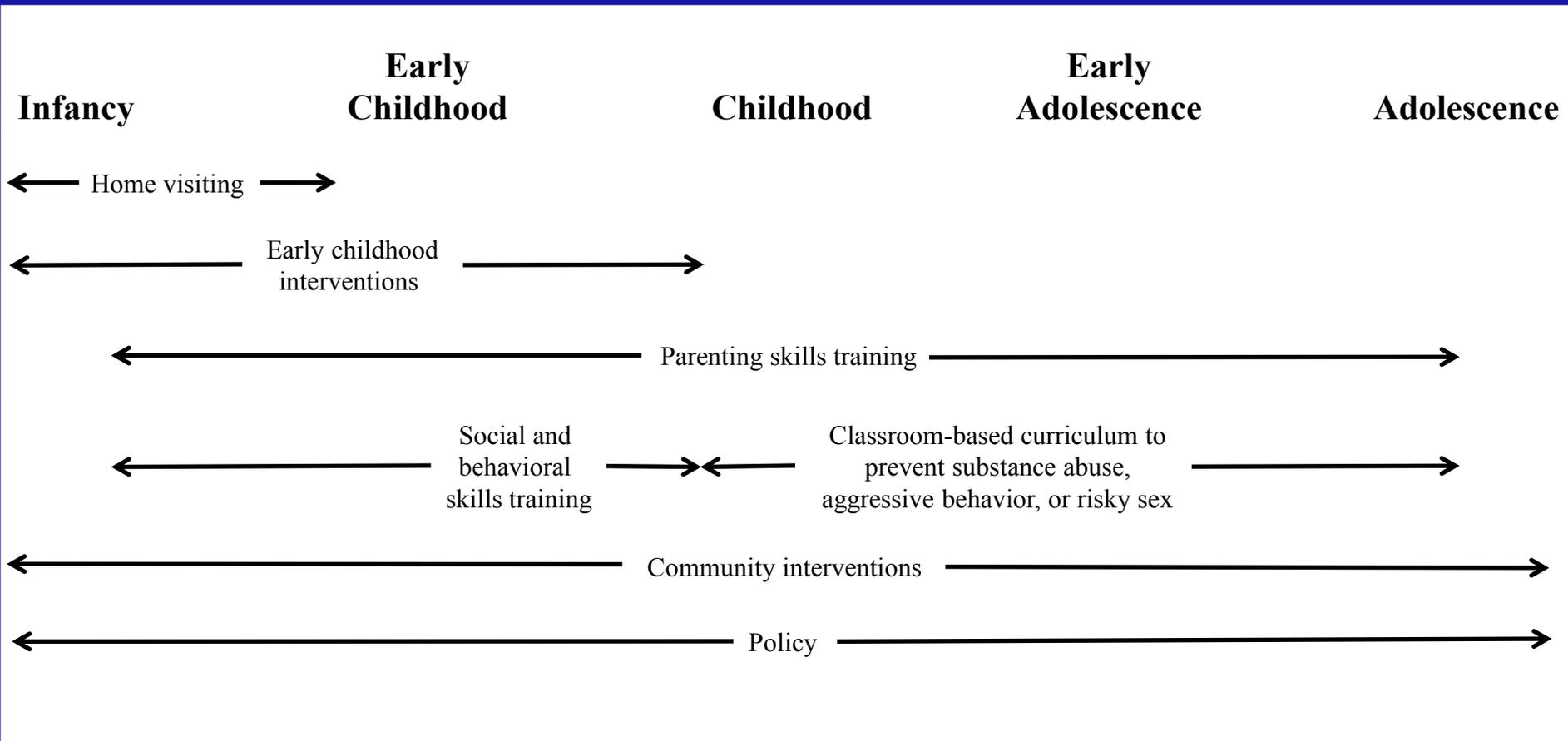
**Brain activity while performing a memory task.
Heavy drinker is sober during this test.**

Image from Susan Tapert, PhD, University of California, San Diego

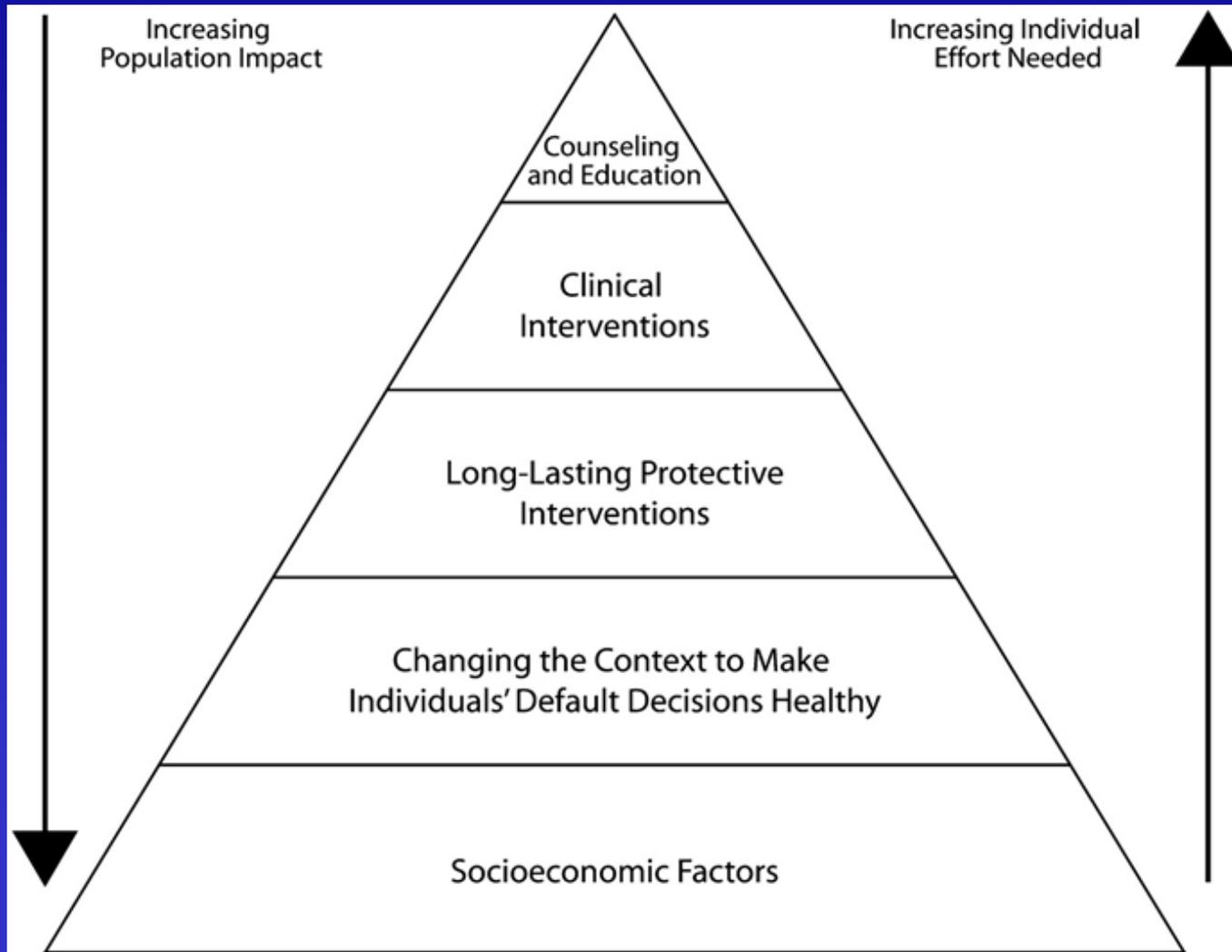
Features of Positive Developmental Settings

- Physical and psychological safety
- Appropriate structure
 - Limits, rules, monitoring, predictability
- Positive social norms
 - Expectations, values
- Supportive relationships
- Opportunities to belong
 - Sociocultural identity formation, inclusion
- Support for efficacy and mattering
- Opportunities for skill building
- Integration of family, school and community efforts

Interventions by Developmental Phase



The Health Impact Pyramid



Adolescent Development

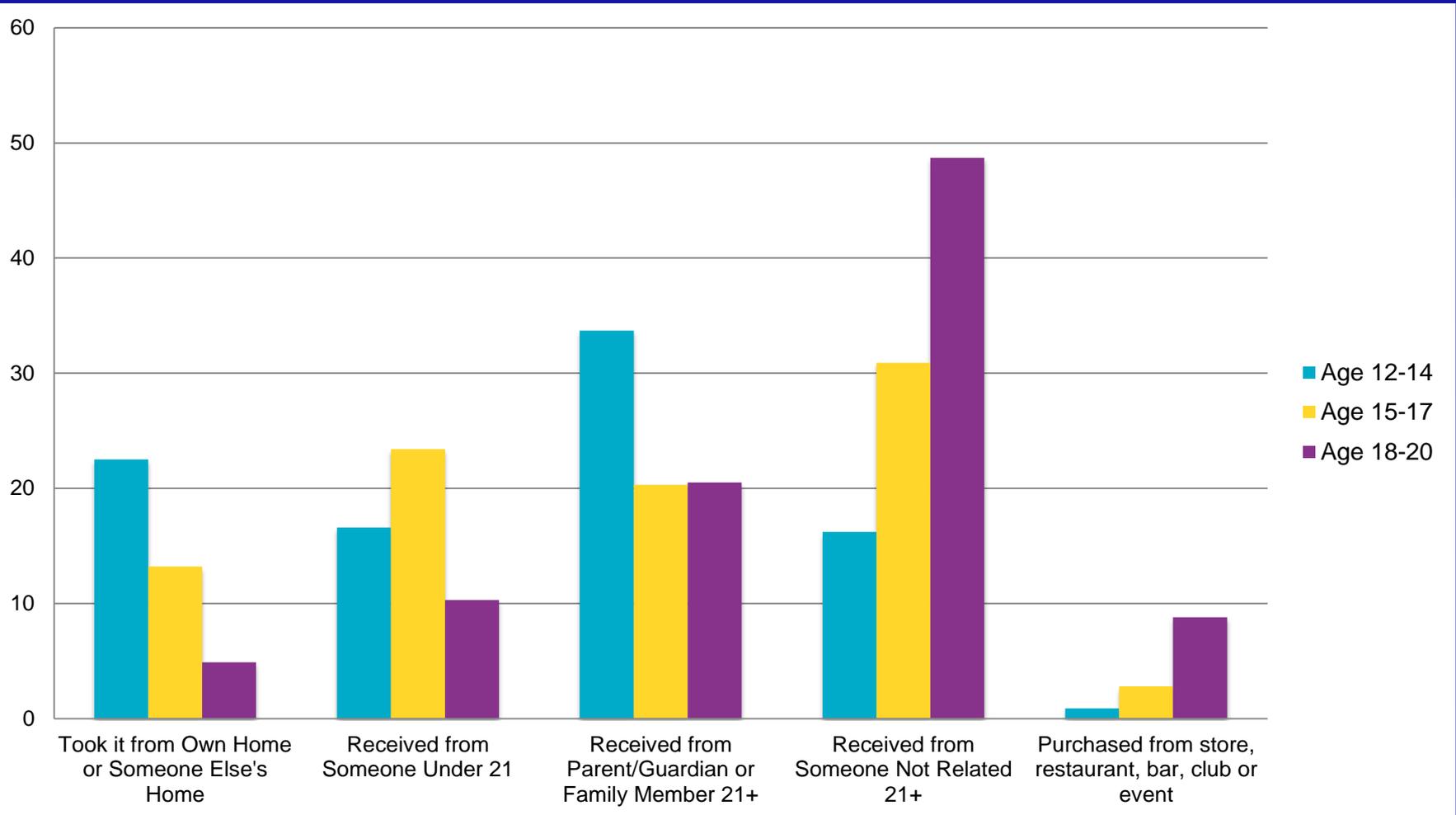
Expanding World during Adolescence

- Society
- Community
- School
- Family



Underage Sources of Alcohol

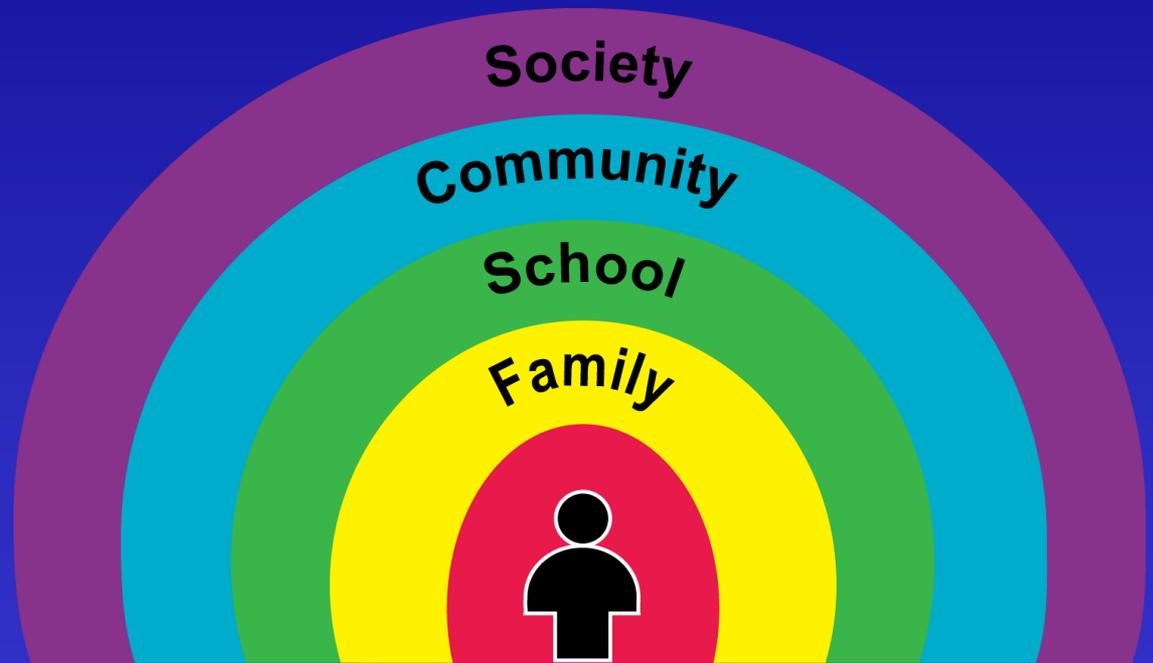
National Survey on Drug Use, 2013



Effective Solutions to Prevent Underage Drinking



- Society
- Community
- School
- Family



Society and Community

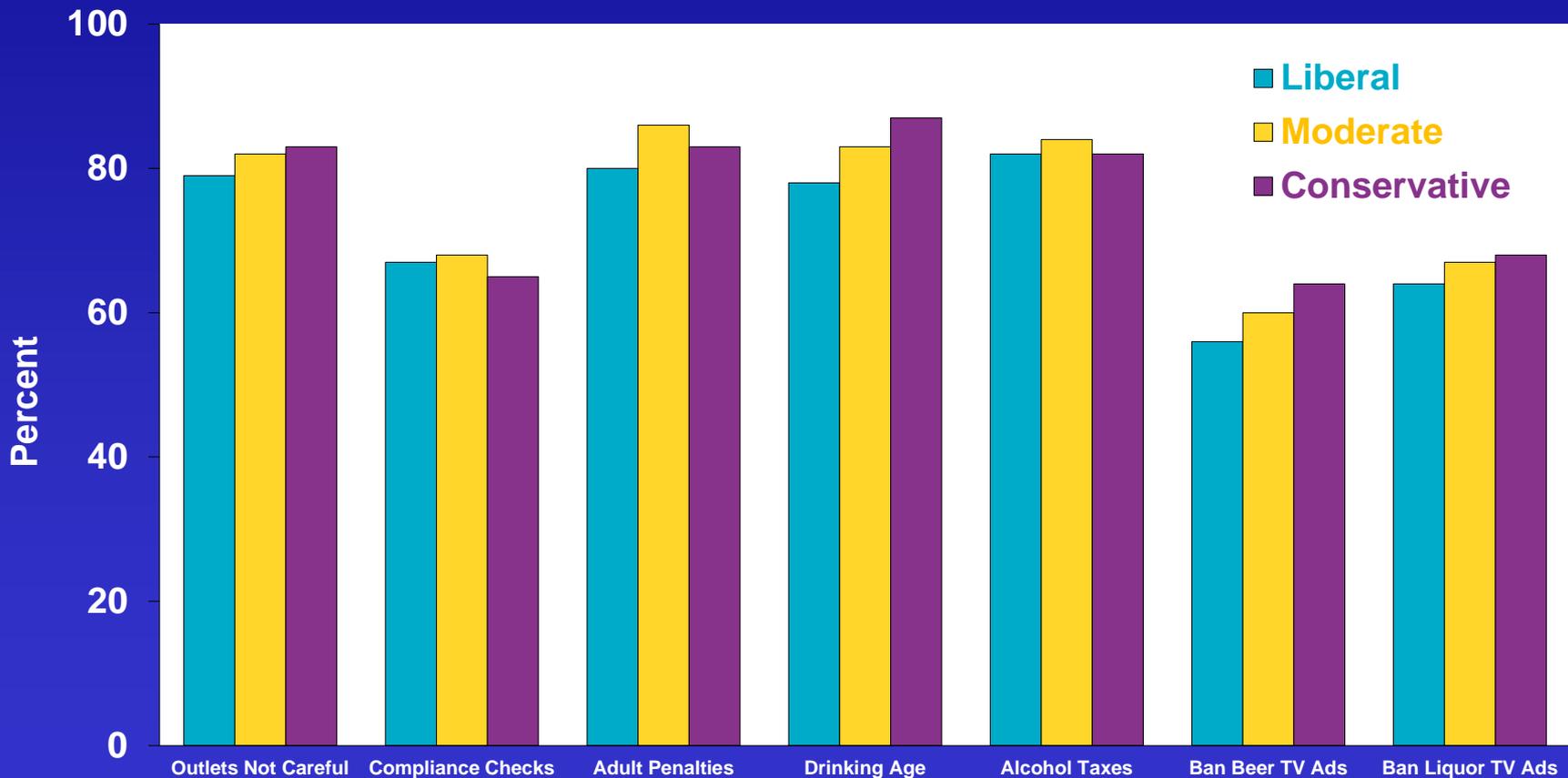
Effective Solutions for Adolescents

- Minimum legal drinking age of 21
- Enhanced enforcement of laws prohibiting sales to minors
- Lower BAC laws for young or inexperienced drivers

Effective Solutions for General Population & Adolescents

- Increase alcohol taxes
- Reduce availability of alcohol
 - Regulation of outlet density
 - Limits on days of sales
 - Limits on hours of sales
- Commercial host liability
- Social host liability

Public Support for Alcohol Control: Uniform Across Political Orientation



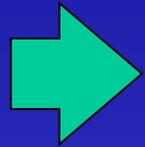
Effective Solutions to Prevent Underage Drinking

■ Society

■ Community

■ School

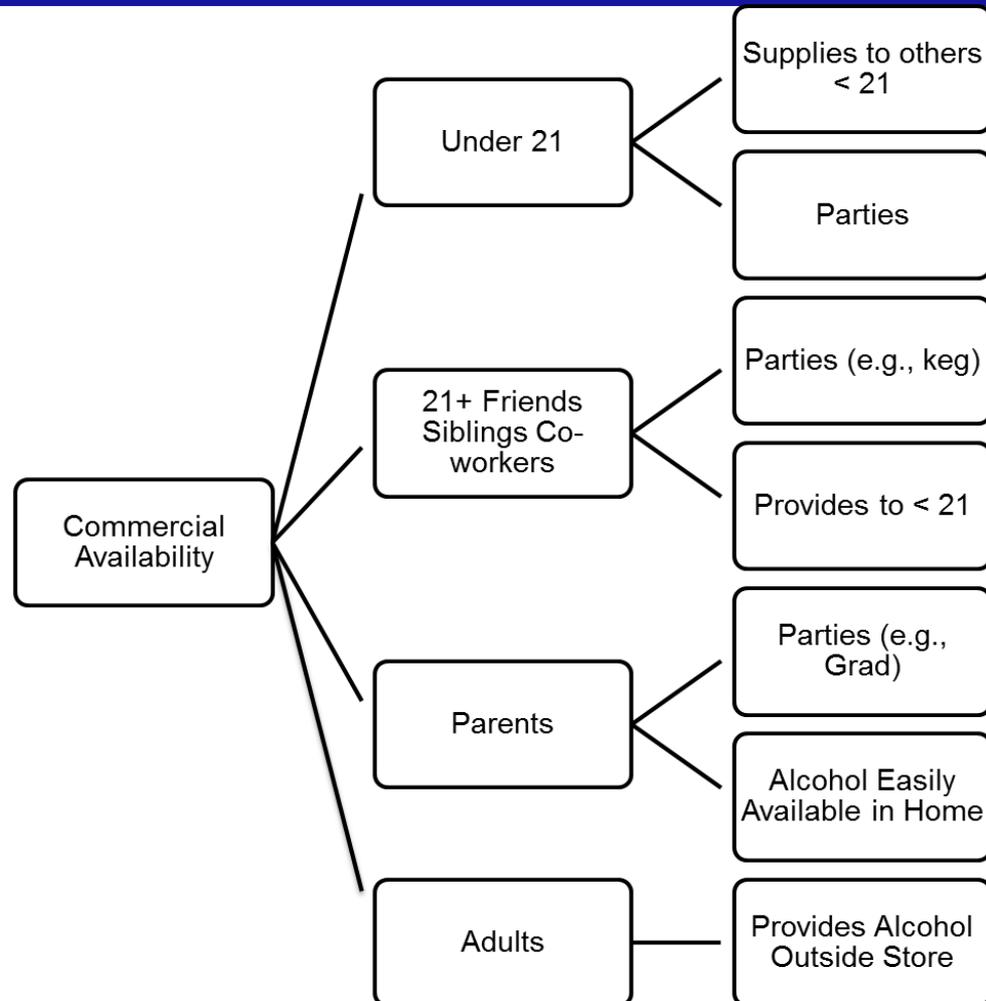
■ Family

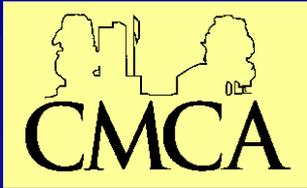


Effective Community Solutions

- Community organizing and mobilization
- Institutional and community-level policy change
- Enhanced enforcement

Cutting Off the Supply of Alcohol to Underage Youth





Communities Mobilizing for Change on Alcohol



■ Goals

- Reduce alcohol sales to youth
- Reduce social sources of alcohol
- Reduce community tolerance of underage drinking and adult provision of alcohol to youth
- Ultimately, reduce youth alcohol consumption and related problems

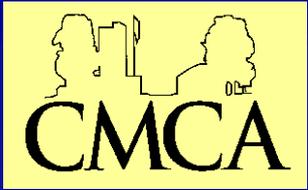


■ Strategies

- Community organizing
- Enforcement checks
- Social host enforcement
- Hot-spot policing
- Media campaign



Wagenaar et al. (2000). *Journal of Substance Abuse*;
Komro et al. (2014). *Prevention Science*.



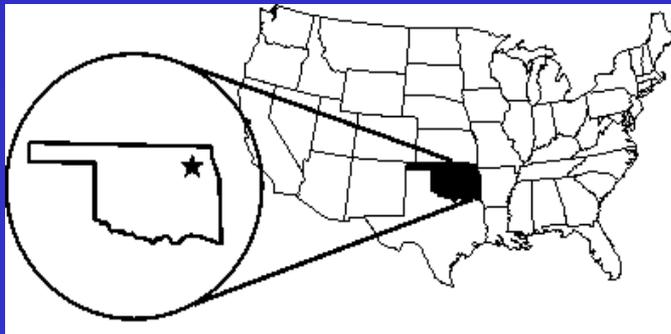
Community Trial Results

- Primary target of intervention, youth access to alcohol, was reduced
 - Fewer outlets selling to underage
 - Fewer 18- to 20-year-olds providing to younger teenagers
- Drinking down significantly among 18- to 20-year-olds
- DUI and disorderly conduct arrests down
- Changing communities requires sustained effort
- Theory-based organizing approach applies to diverse communities

Prevention Trial in the Cherokee Nation

Komro et al., *Prevention Science*, 2014

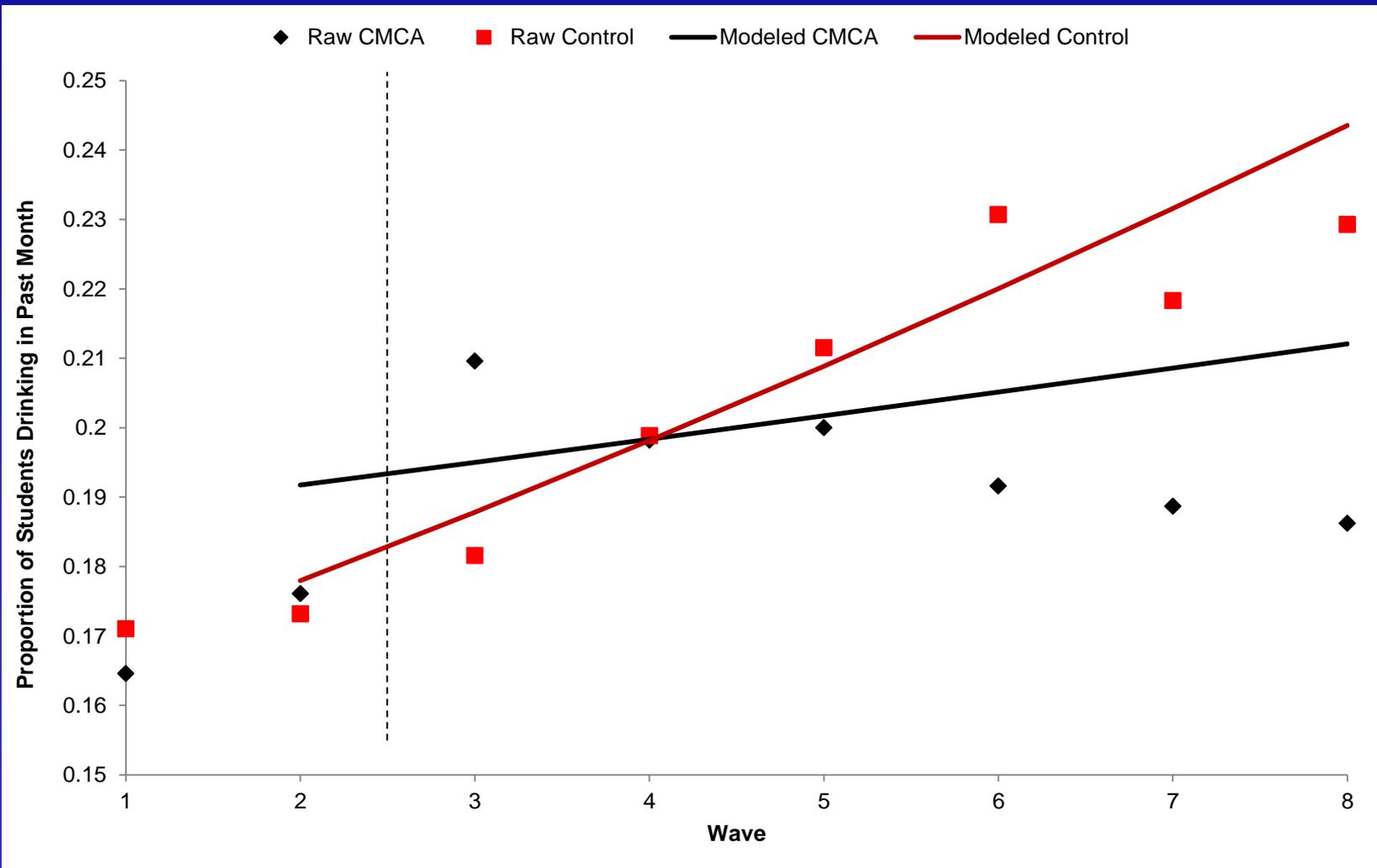
- Prevent and reduce alcohol use and related problems among American Indian and other youth
- Implement and evaluate two distinct evidence-based interventions
- Trial takes place in high-risk, underserved rural communities in NE Oklahoma, with high rates of poverty and health disparities
- Partnership between the University of Florida and Cherokee Nation Behavioral Health



Preliminary Outcomes – Year 1

Past Month Alcohol Use

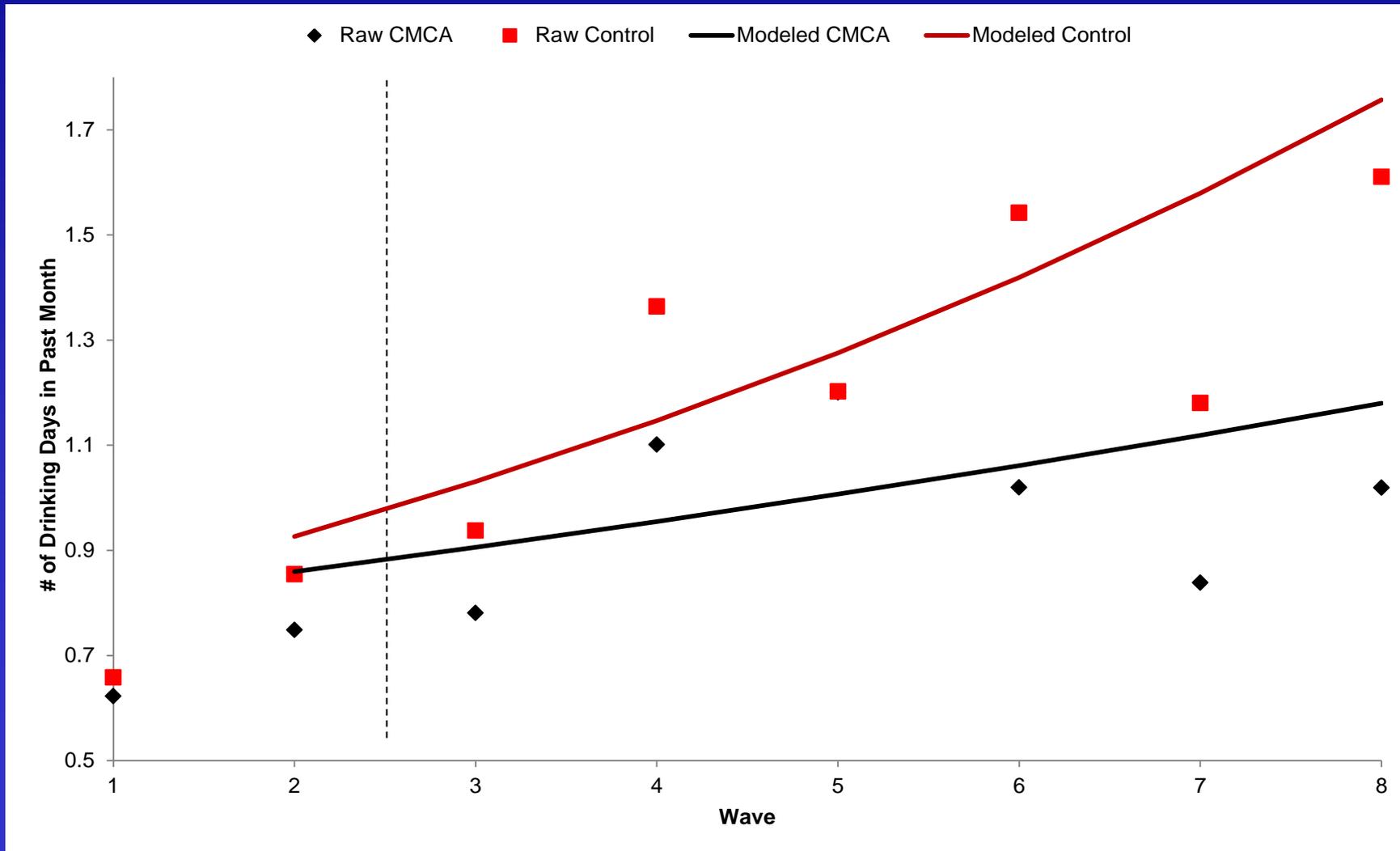
CMCA vs. Control



Preliminary Outcomes – Year 1

Past Month Drinking Days

CMCA vs. Control



Effective Solutions to Prevent Underage Drinking

- Society
- Community
- School
- Family



SAMHSA National Registry of Evidence-based Programs and Practices

Blueprints for Healthy Youth Development

The *Positive Action* Program

15-Minute Daily Lessons

Program Components

Teacher/Staff Training
K–12 Instruction
Curriculum
Climate Development Kit
Counseling Kit
Family/Parenting Kit

Immediate Outcomes

- * Improved relationships among school administrators, teachers, students, parents and community.
- * Improved classroom management.
- * Increased involvement of parents and community with school.

Improved Learning Environment

PA Curriculum Units

1. Improved self-concept
2. Physical health behaviors
3. Learning/Study skills
4. Self-Management
5. Interpersonal/social skills
6. Self-honesty, responsibility
7. Goal setting, future orientation

Expected Effects

Improved Social-Emotional and Character Development

Expected Impact

Fewer Disciplinary Problems; Reduced Substance Use; Less Violence

Improved School Attendance, Grades and Test Scores

Positive Action Key Outcomes

- Social Emotional
- Character Development
- Mental Health
- Absenteeism
- Reading Scores
- Math Scores

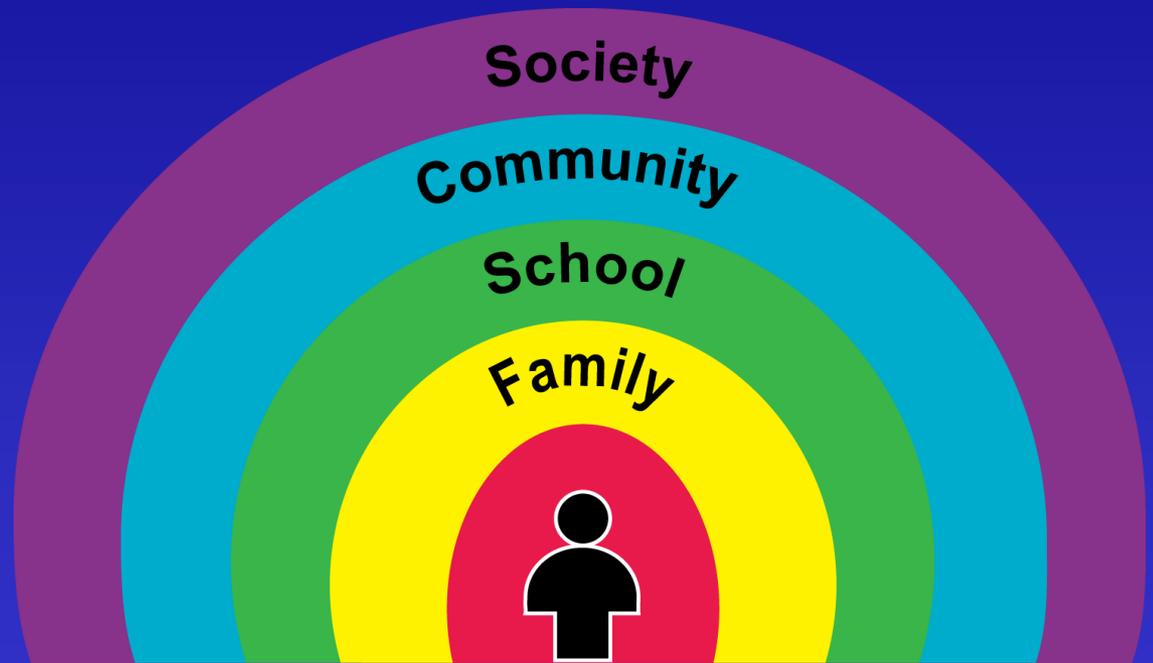
Positive Action

Key Behavioral Outcomes

- Substance Use
- Violence
- Voluntary Sex
- Health Behaviors
- Disciplinary Actions

Effective Solutions to Prevent Underage Drinking

- Society
- Community
- School
- Family



SAMHSA National Registry of Evidence-based Programs and Practices

Blueprints for Healthy Youth Development



Strengthening Families Program





Strengthening Families Program





Strengthening Families Program





Research Results

- Studies of SFP alone and in combination with a school program
- Typically 1/3 of eligible families agree to participate
- Improvements in parenting practices and parent-child relations
- Reductions in alcohol and other drug use
 - Immediate
 - Long term

Combine Multiple Solutions to Prevent Underage Drinking

- Society
- Community
- School
- Family



Implementation Strategies:
PROSPER
Communities that Care

International Standards on Drug Use Prevention

Characteristics of Effective Approaches

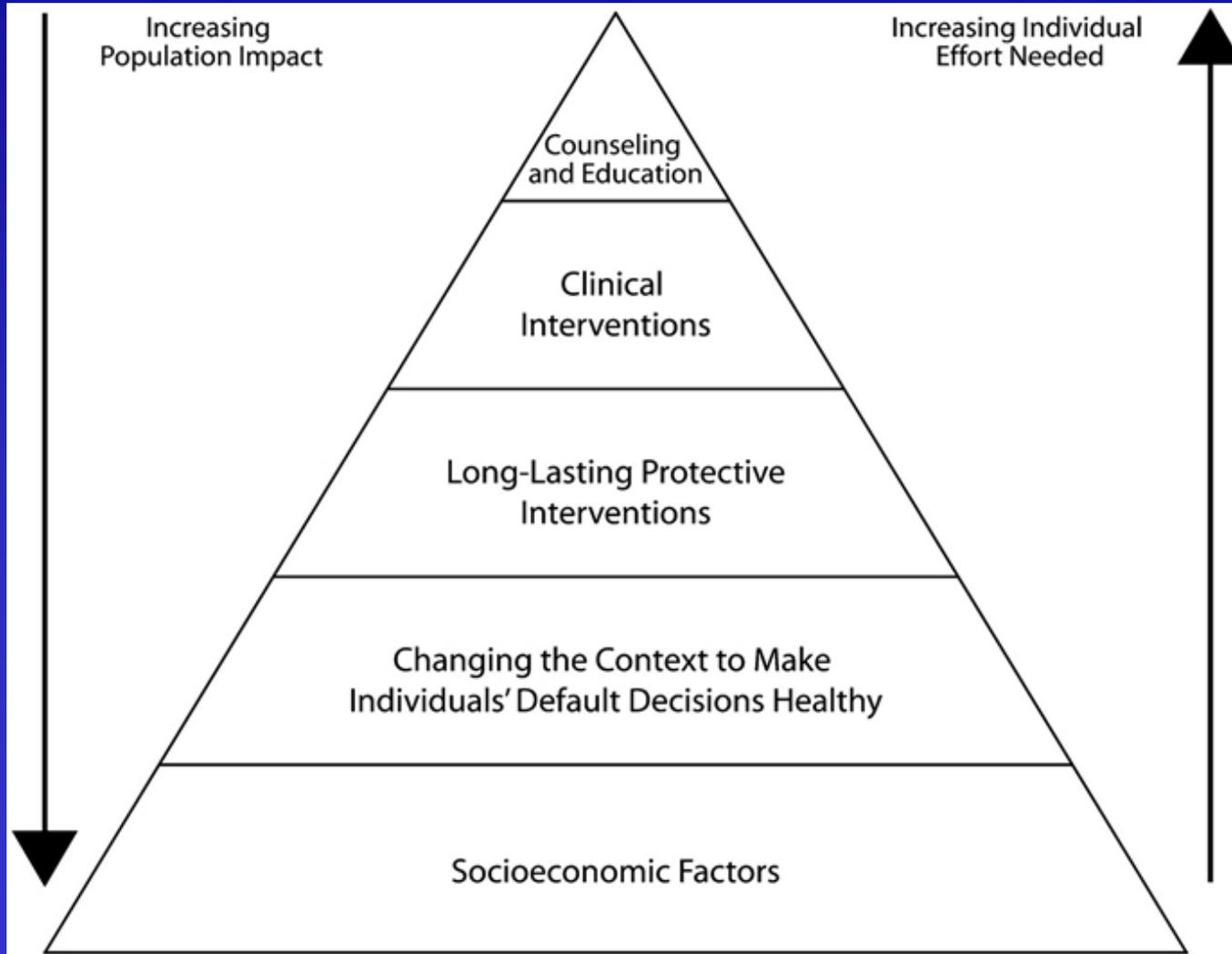
- Support enforcement of alcohol policies
- Work with both families and schools
- Involve universities to support the implementation of evidence-based programs and their monitoring and evaluation
- Adequate training and resources are provided to communities
- Initiatives are sustained in the medium term (e.g., longer than a year)

International Standards on Drug Use Prevention

Characteristics of Effective Prevention System

- Range of interventions and policies based on evidence
- Supportive policy and regulatory framework
- Strong basis on research and scientific evidence
- Different sectors involved at different levels
- Strong infrastructure of the delivery system
- Sustainability

The Health Impact Pyramid





Thank you!

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