

Substance Abuse: A Closer Look at Function and Values

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Agenda

- UCPS treatment model
- The benefits of group vs. individual treatment
- Substance use assessments
- Preliminary data
- Challenges and future directions
- Questions and discussion

Back to BASICS

- Brief Alcohol Screening and Intervention for College Students
 - Conducted across two brief interviews
 - Aims to reduce risky behaviors associated with substance use and increase student motivation to change
 - Relies on harm reduction and Motivational Interviewing (MI) techniques

Beyond BASICS

- Our staff at UCPS have the knowledge and skills to explore underlying dynamics related to substance use
- Thoughtful examination of feelings and expectations lead to a deeper understanding of the functions of substance use
- These discoveries ultimately help students to choose behaviors that bring them closer to what they value

Group Treatment

- Group sessions give students space to explore and process their experiences related to substance use
- Leads to a deeper understanding and appreciation for the universality of experience
- Engages students experientially to determine the costs and benefits of substance use

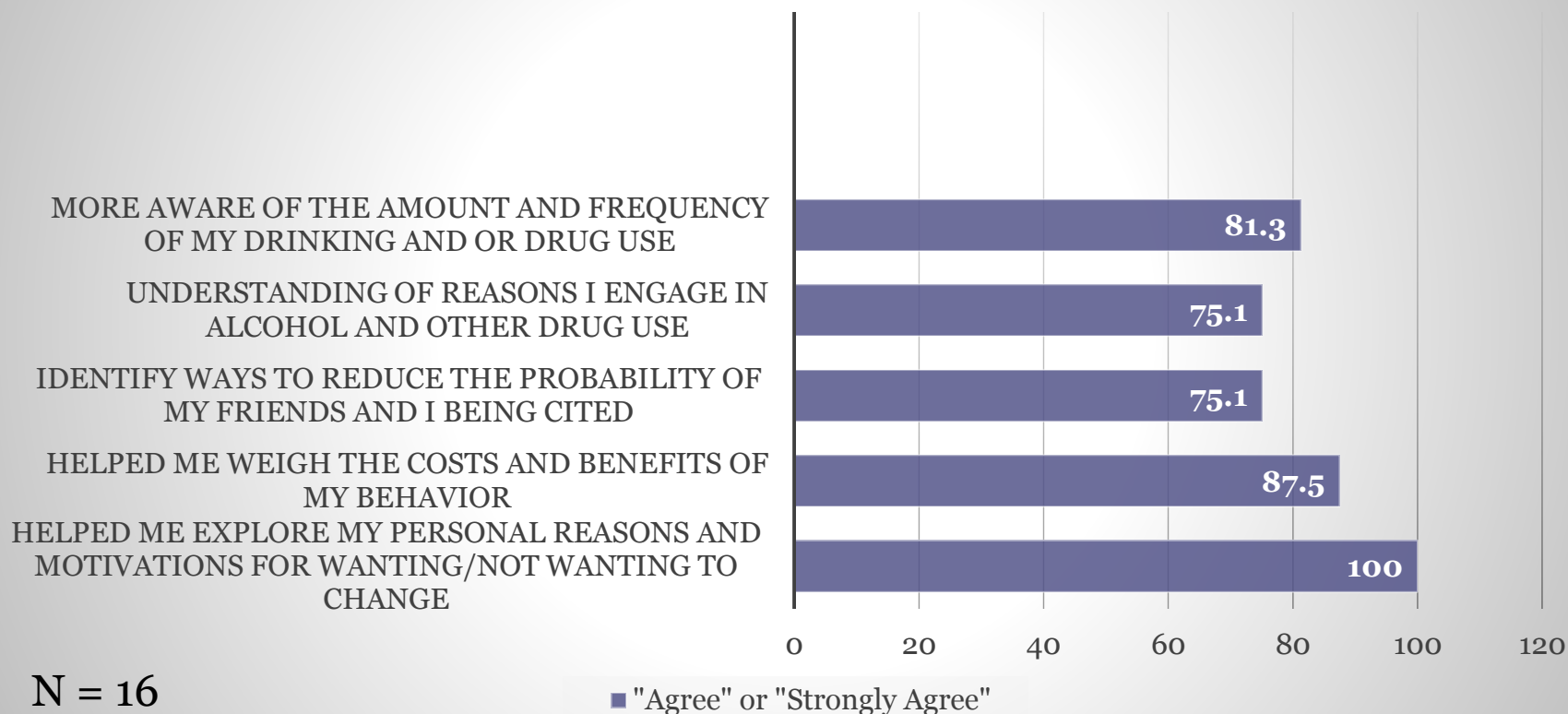
Individual Treatment

- Individual sessions give students space to share their personal narratives
- Begin to understand what has led to current relationship with alcohol and other substances
- Personalized feedback through use of assessment

Substance use assessments

- The Alcohol Use Disorders Identification Test (AUDIT)
 - 10 items
 - *How often during the last year have you found that you were not able to stop drinking once you had started?*
- Substance Abuse Subtle Screening Inventory (SASSI)
 - 105 items
 - *My drinking and other drug use causes problems with me and my family.*
- UCPS Assessment
 - 10 items
 - *After being in group/meeting with my therapist, I have a better understanding of the reasons I engage in the behaviors discussed related to alcohol and other drug use.*

Individual AOD



Individual AOD

HELPED ME RECOGNIZE HOW I MIGHT UTILIZE MY
PERSONAL STRENGTHS AND VALUES TO MAKE
CHANGES IN MY LIFE

81.3

HELPED ME RECOGNIZE THAT IT IS ULTIMATELY
MY CHOICE WHETHER I DECIDE TO CHANGE MY
BEHAVIOR OR NOT

87.6

I AM LIKELY TO CHANGE MY BEHAVIORS I
IDENTIFIED AS HIGH COST/LOW BENEFIT AND/OR
HIGH COST/HIGH BENEFIT

81.3

I AM LIKELY TO RETURN TO UCPS OR RECOMMEND
UCPS TO A FRIEND

87.5

LISTENED TO ME AND NON-JUDGMENTALLY
UNDERSTOOD MY PERSPECTIVE

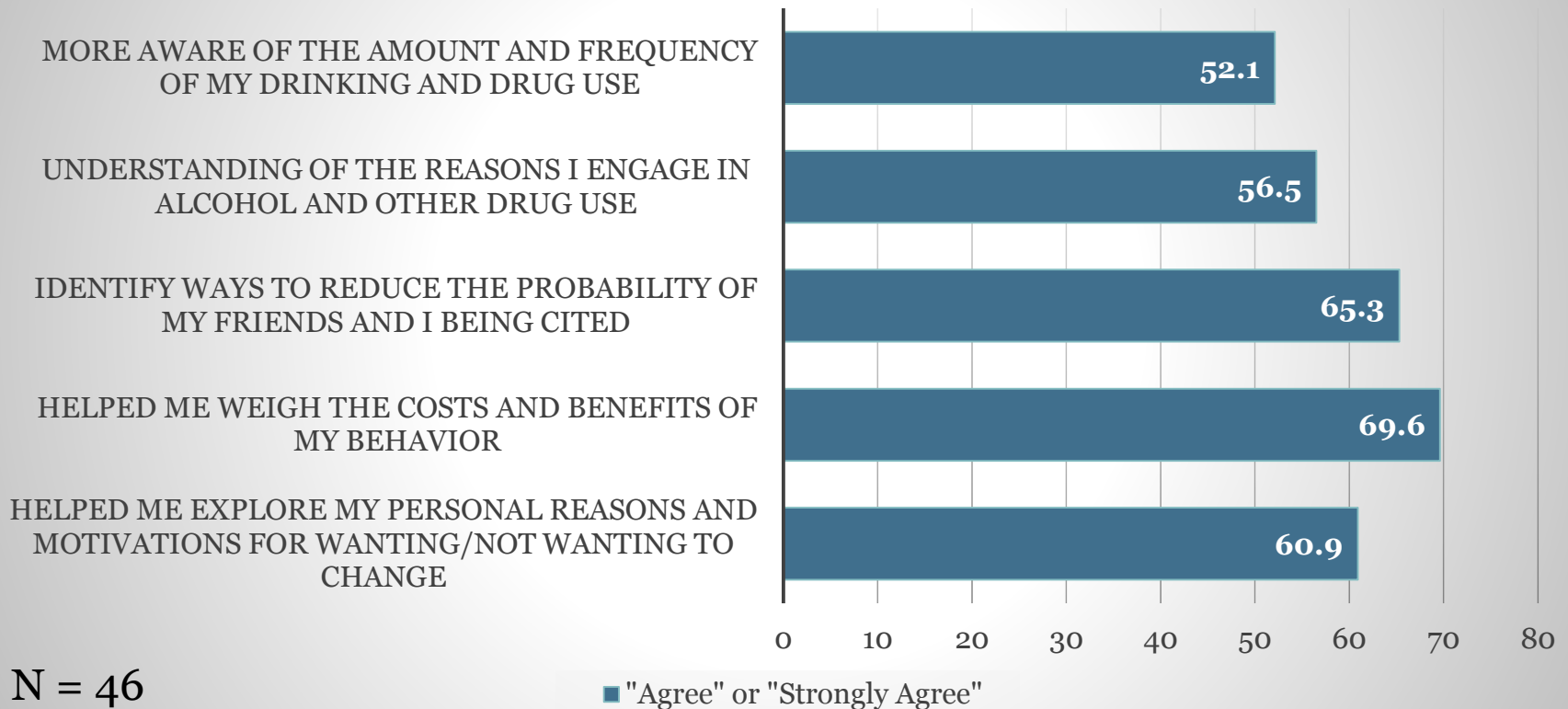
100

N = 16

0 50 100 150

■ "Agree" or "Strongly Agree"

Group AOD



Group AOD

HELPED ME RECOGNIZE HOW I MIGHT UTILIZE MY
PERSONAL STRENGTHS AND VALUES TO MAKE
CHANGES IN MY LIFE

45.7

HELPED ME RECOGNIZE THAT IT IS ULTIMATELY
MY CHOICE WHETHER I DECIDE TO CHANGE MY
BEHAVIOR OR NOT

80.4

I AM LIKELY TO CHANGE MY BEHAVIORS I
IDENTIFIED AS HIGH COST/LOW BENEFIT AND/OR
HIGH COST/HIGH BENEFIT

45.7

I AM LIKELY TO RETURN TO UCPS OR RECOMMEND
UCPS TO A FRIEND

41.3

LISTENED TO ME AND NON-JUDGMENTALLY
UNDERSTOOD MY PERSPECTIVE

93.5

0 10 20 30 40 50 60 70 80 90 100

N = 46

■ "Agree" or "Strongly Agree"

Challenges and future directions

- Attention to underlying dynamics and other areas of student concern (academic, social, etc.) may leave our staff with less time to focus solely on changing substance use behaviors
- Long term assessment of student substance use is needed, but may be challenging for UCPS to implement



Questions?

Thank You!