

Risk Reduction Strategies for Alcohol Use Disorder in Charter Oak Health Center

Team A8: Mohsin Mirza, Jessica Munck, Emily Robertson, Ryan Szykowny
 Census Tract: 5028, 5030 (Charter Oak Health Center)



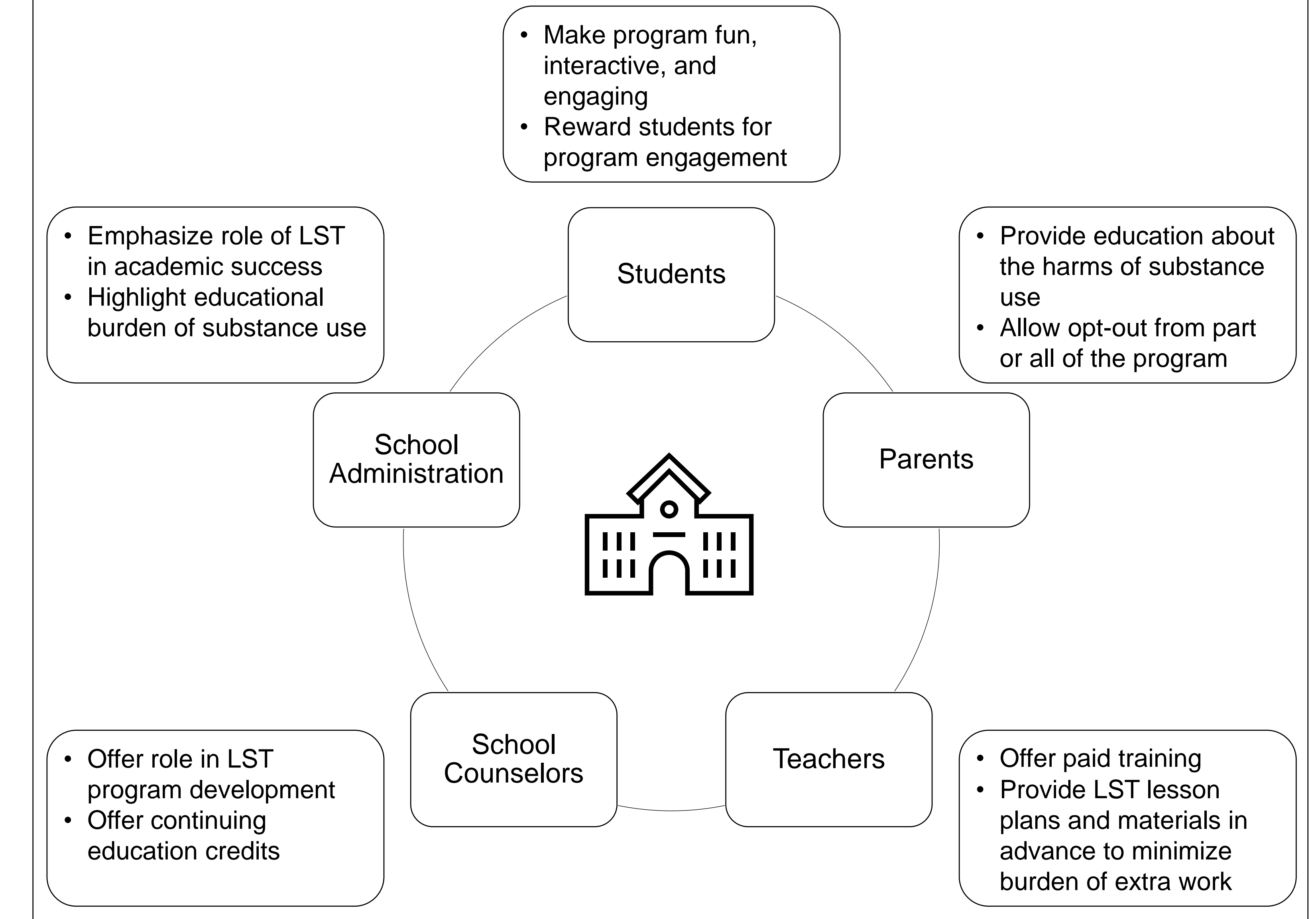
BACKGROUND

- Alcohol use disorder (AUD) has widespread impact, with a prevalence rate of 13.9%.
- National prevalence rates are growing primarily due to a narrowing gender gap between males and females with AUD.
- AUD is associated with several physical and mental health issues:
 - Hypertension, asthma, hyperlipidemia, hepatitis, cardiomyopathy, various cancers
 - Major depression, bipolar personality disorder, anxiety disorders, antisocial personality disorders
- AUD is associated with increased risk of injury, through motor vehicle collisions, falls, and interpersonal violence.
- 88,000 deaths per year in the United States are attributed to AUD.
- In 2017, Connecticut had the highest national rate of alcohol-impaired driving fatalities compared to total driving fatalities (43%).
- Alcohol demonstrates adverse reactions with other substances. In 2019, alcohol was a contributing cause of death in 29% of all fatal overdoses in CT.
- There are numerous social, cultural, and epidemiological factors that influence the efficacy of interventions in populations with AUD.¹

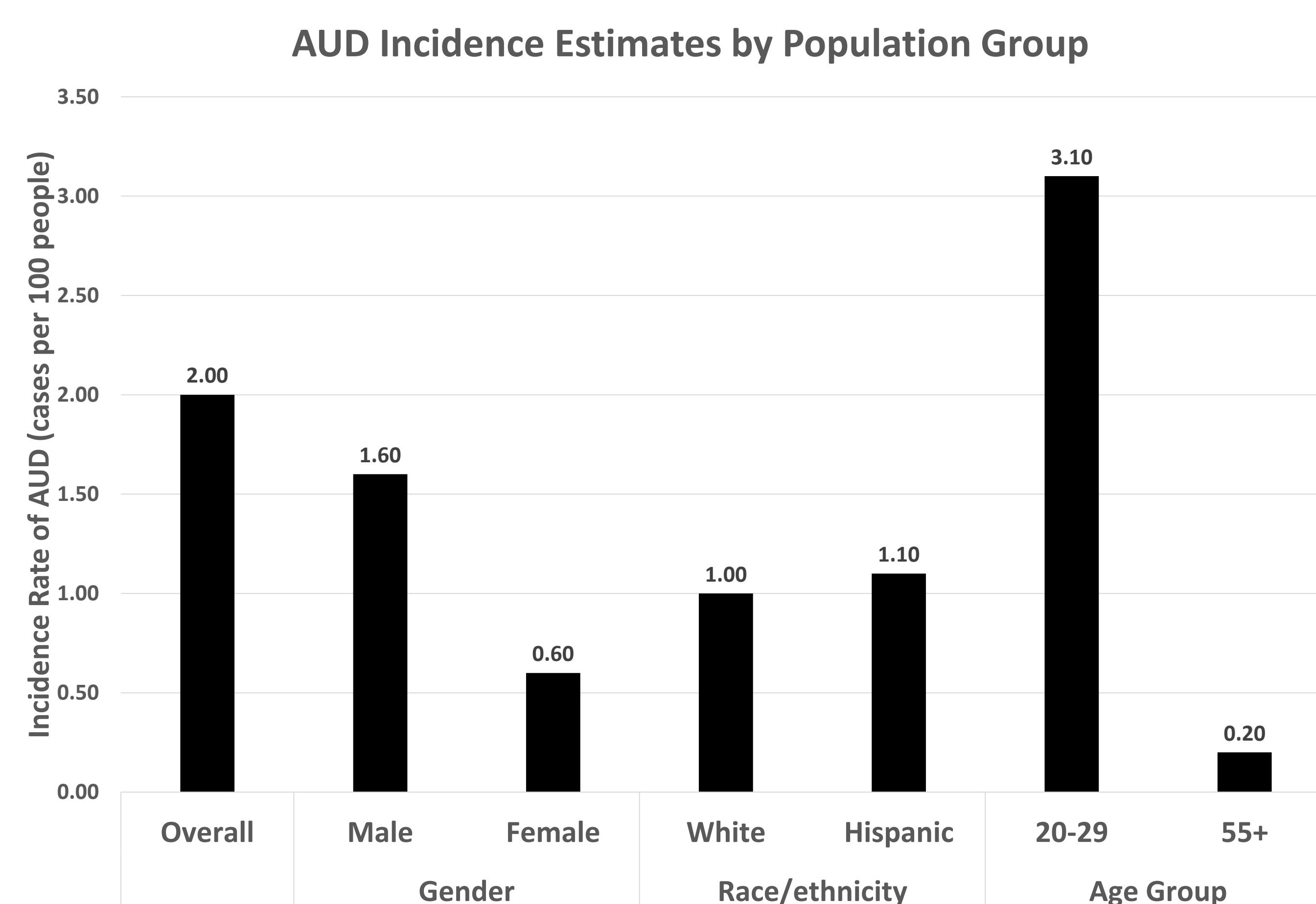
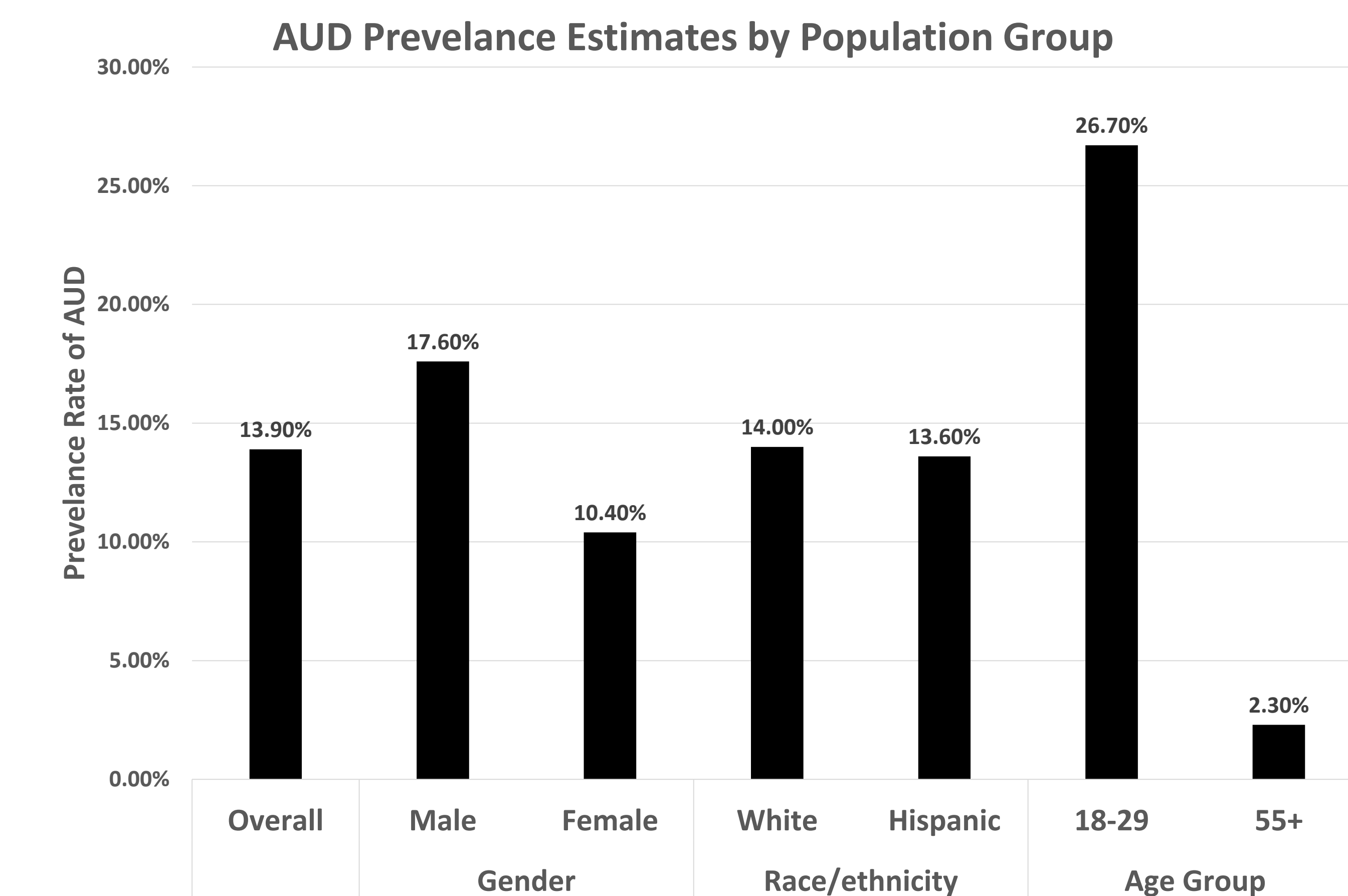
EVIDENCE BASED INTERVENTIONS

- Most effective interventions target factors at the **individual, family, and community** levels. Many interventions also target a younger population due to the evidence that substance use earlier in life is associated with higher rates of abuse and other negative health, social, and behavioral outcomes later in life.
- The Registry of Evidence-Based Programs and Practices (NREPP) has rated substance abuse prevention programs based on many criteria including training resources, quality assurance procedures, and readiness to disseminate.²
- School based intervention:
 - One school-based program that has been studied thoroughly to examine its effectiveness is Life Skills Training (LST), which received a perfect (4/4) readiness score by the NREPP.
 - LST has been found to be effective in the short and long term. A randomized controlled trial found that LST students had lower rates of tobacco, alcohol, and binge drinking one year after the program, while a separate cohort study found that students who received LST had a significant decrease in cigarette, alcohol, and marijuana use six years after the program compared to a control group.
- Family based intervention:
 - The Family Matters program educates parents and teaches skills to keep children away from drugs through
 - Instructional booklets provided to parents to implement at home with 4 technical assistance follow up calls with health educators.
 - Designed to set rules and strengthen communication within the family.
 - Reduced substance use at 3 and 12 months with strong NREPP score (3.3 out of 4).

ENGAGING KEY STAKEHOLDERS



BURDEN SUMMARY



RECOMMENDED ACTION

- Our team recommends the **Life Skills Training** program, a school-based intervention that trains teachers/counselors to teach substance use prevention.
- Easy to implement with flexible training (online or on-site).
- The benefits of Life Skills Training include:
 - Universal design benefits all students, not only high-risk groups.
 - Programs available for all levels (K-12).
 - Students learn from their own teachers who they already have relationships with. These teachers can lead the program year after year
 - The program is engaging, with facilitated discussion, structured small group activities, and role-playing scenarios.

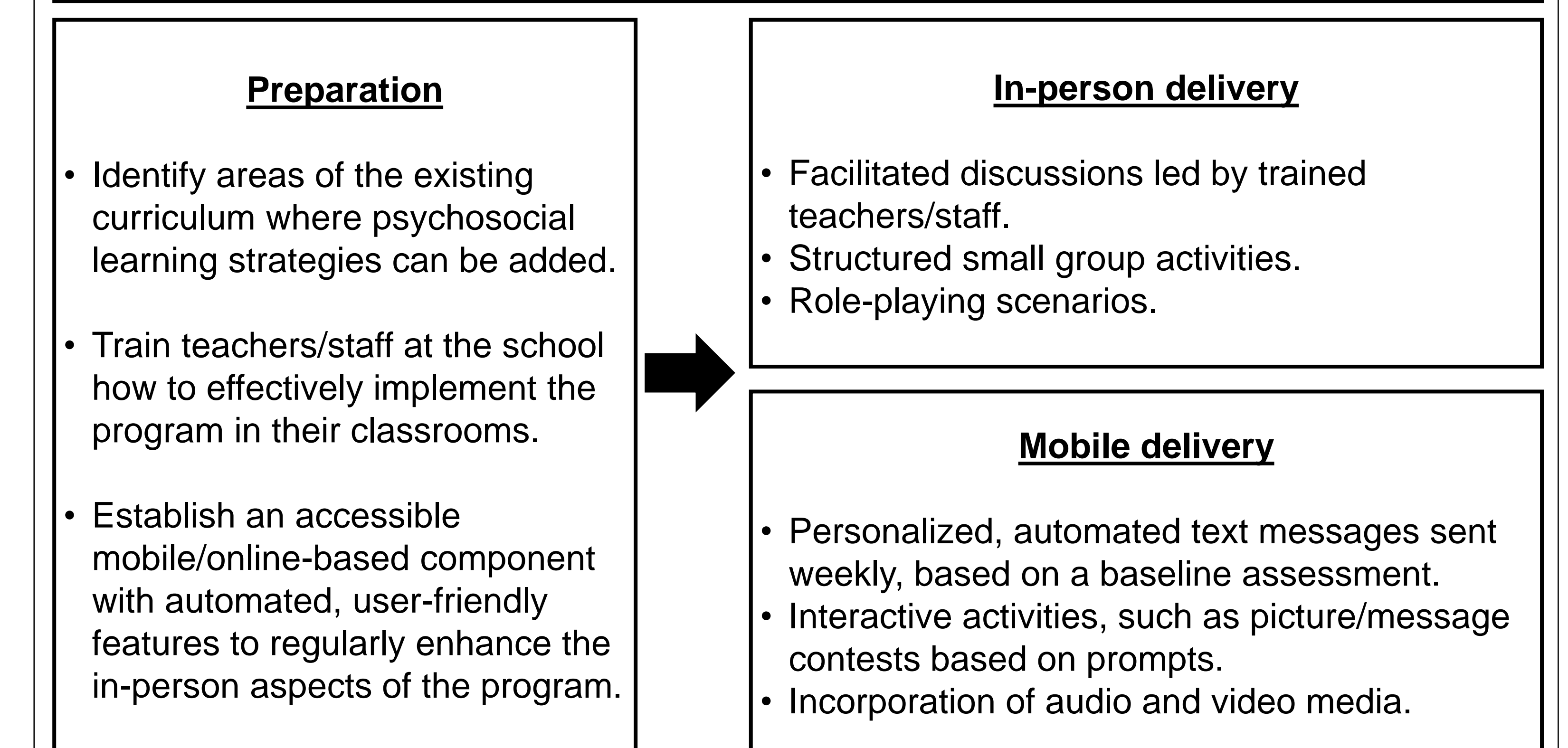
IMPLEMENTATION

- The program can be implemented in schools through integration of psychosocial learning strategies (management, social, and resistance skills) into curricula.³
- Barriers:
 - There are many resources (personnel, funding, and time) required.
 - Solution: A program via mobile/online platforms can efficiently reach a large proportion of the targeted population at low cost.
 - Children in schools may not be willing to participate in this program.
 - Solution: An interactive user-friendly mobile/online platform and engaging small groups will achieve active participation.
- Opportunities:
 - Early coping strategies can target K-12 schoolchildren before peak incidence of AUD (age 20-29) in this population.
 - Mobile delivery combined with teacher facilitation can accommodate individual learning styles and hybrid schedules.

OPPORTUNITY FOR LARGER IMPACT

- Beyond the Charter Oak Health Center community schools, the Life Skills Training program can be regularly used in any K-12 schools to provide psychosocial skills and prevent development of AUD.
- Schools who implement the program can train staff from other districts.
- Ultimately, requirements for teachers/staff in K-12 schools may evolve to include this training before hiring, as a part of standard training in the field.
- Web-based and text messaging components of the program have been proven to be effective and can continue to be tailored based on feedback, with easy accessibility given the electronic format.
- School funding should continue to consider access to tablets, computers, and phones for students so they may take part in the electronic aspect.

Overview of Life Skills Training program



REFERENCES

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