

PREVENTION STRATEGIES RELATED TO UNDERAGE ALCOHOL ABUSE
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Guiding Principles

"Research findings guide prevention science by identifying risk and protective factors that respectively increase and decrease the likelihood of substance use and abuse (Schinke et al. 2002)."

Risk and protective factors are those biological, psychological/behavioral, and social/environmental characteristics in a young person's life that influence their attitudes and behaviors relevant to substance use and abuse.

Effective prevention strategies seek to enhance an individual's resilience to potential risk factors by strengthening the protective factors that exist in any or all of the social domains within which a young person interacts.

Key Components of Strategies to Prevent Underage Drinking (Komro and Toomey, 2002)	
Type of Strategy	Key Components
School Strategies	<ul style="list-style-type: none"> • Based on behavioral theory and knowledge of risk and protective factors • Developmentally appropriate information about alcohol and other drugs • Development of personal, social, and resistance skills • Emphasis on normative education • Structured, broader-based skills training • Interactive teaching techniques • Multiple sessions over multiple years • Teacher training and support • Active family and community involvement • Cultural sensitivity
Extracurricular Strategies	<ul style="list-style-type: none"> • Supervision by positive adult role models • Youth leadership • Intensive programs • Incorporation of skills building • Part of a comprehensive prevention plan
Family Strategies	<ul style="list-style-type: none"> • Improvement of parent-child relations using positive reinforcement, listening and communication skills, and problem solving • Provision of consistent discipline and rulemaking • Monitoring of children's activities during adolescence • Strengthening of family bonding • Development of skills • Involvement of child and parents
Policy/Community Strategies	<ul style="list-style-type: none"> • Excise taxes • Minimum legal drinking age of 21 • Citizen action to reduce commercial and social availability of alcohol



Evidence-Based Strategies

(SAMHSA Model Programs Website - www.modelprograms.samhsa.gov)

School

Protecting You/Protecting Me® (PY/PM) - PY/PM is a 5-year, classroom-based alcohol-use prevention curriculum for elementary students in grades one through five (6 to 11 years old). PY/PM is a 5-year continuum of interactive classroom modules providing 42 lessons (8 lessons in each of grades one through four and 10 in grade five) and 40 required reinforcement activities (8 in each grade) that promote students' ownership. The program is designed to be infused into a school's core curriculum, and each lesson carefully integrates several standard educational objectives, including those related to health behaviors and information, personal and interpersonal skills, and identifying influencing factors. Trained school staff, prevention specialists, or high school students enrolled in a peer mentor/leadership course can teach the lessons, which last from 30 to 50 minutes, depending on the grade.

Family

Start Taking Alcohol Risks Seriously (STARS) for Families - STARS for Families is a health promotion program that uses health care providers and parent prevention materials to prevent alcohol use among at-risk youth. STARS for Families consists of three primary strategies: 1) brief (20 minute) annual health consultation concerning how to avoid alcohol use; 2) weekly mailing to parents/guardians of important alcohol-related facts and family-communication tips; and 3), four weekly take home prevention activities that parents/guardians complete with their children and return. Program facilitators also provide regular phone consultation as a follow-up to mailings and take-home activities.

Extracurricular

The Leadership and Resiliency Program (LRP) - LRP is a school- and community-based program for high school students (14 to 17 years of age) that works to enhance youths' internal strengths and resiliency, while preventing involvement in substance use and violence. High schools work with local health service agencies to identify program candidates and provide different types of support, as needed. Students may enter the program in any grade during high school and participate until graduation. Participants attend weekly in-school resiliency groups lead by a facilitator (i.e., Program Leader), participate weekly in community service activities, and attend at least five outdoor/adventure trips throughout the duration of their involvement in the program.



Policy/Community

Communities Mobilizing for Change on Alcohol (CMCA) - CMCA is a community-organizing program designed to reduce adolescent (13 to 20 years old) access to alcohol by changing community policies and practices. CMCA employs a range of social organizing techniques to address legal, institutional, social, and health issues in order to reduce youth alcohol use by eliminating illegal alcohol sales to youth by retailers and obstructing the provision of alcohol to youth by adults.

Multi-component/Community-wide Approach

Project Northland - Project Northland integrates a number of strategies in a multi-faceted approach that seeks to delay and reduce adolescent alcohol use by enhancing protective factors in each of the social domains. Strategies include community organizing, parent education, youth development, media campaigns for public awareness, and a school curriculum aimed at enhancing life skills. Project Northland is a multi-year program beginning in middle school with booster components targeting high school students.

Resources on the Web

Center for Enforcing Underage Drinking Laws

Web Address: <http://www.udetc.org/>

Center for Science in the Public Interest: Alcohol Policies Project

Web Address: <http://cspinet.org/booze/>

National Institute on Alcohol Abuse and Alcoholism

Web Address: <http://www.niaaa.nih.gov/>

National Commission Against Drunk Driving

Web Address: <http://www.ncadd.com/>

A Matter of Degree: The National Effort to Reduce High-Risk Drinking Among College Students

Web Address: <http://www.ama-assn.org/go/alcohol>

Center for Substance Abuse Prevention

Web Address: <http://prevention.samhsa.gov/>

Mothers Against Drunk Driving

Web Address: <http://prevention.samhsa.gov/>

Leadership to Keep Children Alcohol Free



Web Address: <http://www.alcoholfreechildren.org/>

NIAAA - College Drinking: Changing the Culture

Web Address: <http://www.collegedrinkingprevention.gov/>

Substance Abuse and Mental Health Services Administration (SAMHSA) Model Programs

Web Address: <http://www.modelprograms.samhsa.gov/>

References

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Perry, C.L., Williams, C.L., Komro, K.A., & Veblen-Mortenson, S. Community action to reduce high school adolescent alcohol use. *The Prevention Researcher* 9(3): 12-16, 2002.

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