Program: Alcohol Skills Training Program
Reviewer: Michael Langenbacher
Date: December 2012

Abstract: The Alcohol Skills Training Program consists of a multi-session program aimed at educating young adults about alcohol, along with developing and honing skills to resist, avoid and limit alcohol consumption. Numerous studies have found that the program proves effective in reducing the amount of alcohol participants consume, and that the program has also proven effective with different cultures and their cultural expectations.

1. Describe the Program or Strategy.

   The Alcohol Skills Training Program consists of a multi-session program aimed at educating young adults (primarily undergraduate college students) about alcohol, along with developing and honing skills to resist, avoid and limit alcohol consumption. Unlike many other alcohol resistance programs, which often promote abstinence, the Alcohol Skills Training Program seeks to promote young adults making healthy decisions when it comes to alcohol consumption.

   Sessions usually last about 90 minutes, and are broken into three portions: Lectures, Group Discussions and Role Play. The program generally costs about $175, although schools may choose to cover the cost of the program (Alcohol Skills Training Program).

2. What types of crime is it intended to prevent or reduce?

   The Alcohol Skills Training Program is intended to reduce and prevent a number of crimes related to alcohol consumption, including: underage drinking, driving while intoxicated, driving under the influence, public drunkenness, assaults, etc. The program aims to do this by raising awareness and providing information on alcohol, alcohol addiction, blood alcohol level, etc., in hopes of encouraging participants to practice smart and safe alcohol consumption.
3. **Is the program or something similar reviewed on Blueprints for Violence Prevention (http://www.colorado.edu/cspv/blueprints/) or Crime Solutions (www.crimesolutions.gov)?**

   There are several programs that are similar to the Alcohol Skills Training Program, such as the Brief Alcohol Screening and Intervention of College Students (BASICS) program. This program also targets college students between the ages of 18 to 24, but unlike the Alcohol Skills Training program, BASICS is aimed at students who have had a history of problems with alcohol consumption. Both programs are similar in their approach to providing information however, both have been found to be effective not in stopping drinking, but in limiting how much alcohol participants consume (BASICS, 2006).

4. **Is there a clear theoretical foundation?**

   The Alcohol Skills Training Program seeks to educate and inform those at risk about the dangers of alcohol abuse, addiction and dependency. Again, the program seeks to promote educated choices and responsible alcohol consumption.

5. **Is there a direct, indirect or no clear theoretical link to crime reduction?**

   There is a direct theoretical link between educated and responsible alcohol consumption and the crimes that the program seeks to curb. Responsible alcohol consumption reduces and prevents a number of crimes related to alcohol consumption.

6. **Describe the logic model. Diagram it. How is it intended to reduce crime?**

   ![Logic Model Diagram]

   - **Alcohol Skills Training Program**
   - **Young Adult Alcohol Consumption**
   - **Drunken Behavior and Crime**
The Alcohol Skills Training Program acts as a moderating variable between young adult alcohol consumption and drunken behavior and crime. The program aims to reduce drunken behavior and crime by educating young adults about the dangers of irresponsible alcohol consumption.

7. Does this program or strategy exist in this community? If yes, what agency is it run through? How long has it been in existence here? How is it funded?

The Alcohol Skills Training Program does not exist in the Rochester community.

8. Does it exist in other communities? If yes, where?

This program does exist in other communities, and is generally located in college communities. The University of Washington developed and uses the program, and did conducted an evaluation of the effectiveness of the program (Kivlahan, Marlatt, Fomme, Coppel and Williams, 1990), and other colleges throughout the United States, including Texas (Hernandez, Skewes, Resor, Villanueva, Hanson and Blume, 2006).


Several studies have been conducted to examine the effectiveness of the ASTP. Several studies, including those by Kivlahan et al., Hernandez et al. and Baer et al., have found that those who participate in the program report high levels of satisfaction with the program, along with reduced drinking behavior (Kivlahan et al., 1990; Hernandez et al., 2006; Baer, Marlatt, Kivlahan, Fromme, Larimer and Williams, 1992).

10. Provide a review of the research
Kivlahan et al., 1990

a. What was the research design

Kivlahan et al. took a sample of willing college participants from the University of Washington who responded to a number of ads for the study. Participants were screened, and answered a number of surveys to gauge the alcohol consumption of respondents, their alcohol dependency, etc. A control group was created, which would be

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given a standard course and information on alcohol, alongside a test group, who were given the ASTP.

b. **Describe the data**

Subjects participated in the ASTP, and were given follow up surveys 4 months, 8 months and 12 months after the completion of the program. Surveys measured alcohol consumption, in the form of self-reported typical drinking, their drinking habits, their knowledge of alcohol, and a personal evaluation of the program.

c. **Summarize the findings**

The study found that those who participated in the ASTP showed decreases in the amount that they reported drinking up to a year after the program, and reported cutting back on alcohol consumption by more than 50%, although some reported that they still occasionally had heavy drinking episodes. Despite this, the study did provide support to the effectiveness of the ASTP program.

**Hernandez et al., 2006**

a. **What was the research design**

Hernandez et al. looked to a sample of college students to test the effectiveness of the Alcohol Skills Training Program with regard to Mexican-American students in particular. The study was conducted with students taking Introduction to Psychology, and students were provided an ASTP manual in both English and Spanish. Assessments on the program were made at three points during the study, as a baseline, a three-month follow up and a twelve-month follow up.

b. **Describe the data**

Data was collected from students with series of questionnaires, administered at the start of the ASTP, three-months after ASTP and twelve-months after ASTP. The questionnaire focused primarily on alcohol consumption prior to and following the ASTP.
c. Summarize the findings

The study found not only that the ASTP was an effective means of reducing alcohol consumption and related problems, but that the program, when translated, was effective even in the Mexican-American population, which often reports more problems with heavy and binge drinking.

11. How would you rate this program or strategy?
   a. **Generally recognized as effective**
   b. Good likelihood that it is effective
   c. Inconclusive
   d. Probably not effective
   e. Generally recognized as not effective
   f. Harmful or likely to be harmful

12. Explain your Rating

   Several studies have shown that the ASTP is effective in reducing alcohol consumption in participants. Furthermore, the program is low-risk and low-cost, aiming to educate and inform participants as to the effects and risks of alcohol consumption; so as to prevent alcohol related injuries or deaths before they occur.

13. One paragraph summary of the program, the findings and your recommendation.

   The Alcohol Skills Training Program consists of a multi-session program aimed at educating young adults about alcohol, along with developing and honing skills to resist, avoid and limit alcohol consumption. Numerous studies have found that the program proves effective in reducing the amount of alcohol participants consume, and that the program has also proven effective with different cultures and their cultural expectations. Given the low cost and low risk nature of this program along with the effectiveness that it has demonstrated in multiple longitudinal studies, it seems that this program should seriously be considered for colleges within the Rochester area.
References


BASICS, [http://www.colorado.edu/cspv/blueprints/promisingprograms/BPP15.html](http://www.colorado.edu/cspv/blueprints/promisingprograms/BPP15.html)
