

2022

Alcohol Skills Training Program

Register today at mopiptraining.org!

Alcohol Skills Training Program

July 20, 10:00am-5:00pm CST

Presenter: Dr. Jason Kilmer, University of Washington

The Alcohol Skills Training Program (ASTP) was developed by Dr. Alan Marlatt in the late 1980s as a harm reduction-focused group workshop for college students and has been tested in 8, 6, 2, and 1 session formats.

First named a “Tier I” intervention by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) in their 2002 Call to Action Task Force Report, it was later named in NIAAA’s College Alcohol Intervention Matrix (CollegeAIM) as a prevention approach with “higher effectiveness” in reducing alcohol use and related consequences. As a group-based approach, ASTP can be a key component of a campus’s “mix of strategies.”

ASTP is delivered using motivational enhancement strategies to prompt contemplation of or commitment to change. Although it is acknowledged that abstinence is the most risk- or harm-free outcome, the program also acknowledges that any steps toward reduced risk are steps in the right direction. Thus, the program focuses on strategies and skills for drinking in a less dangerous or less risky way for those who make the choice to drink (and who are hoping to reduce the likelihood of experiencing unwanted consequences).

In this workshop, applications of ASTP in a single session will be described. Participants will learn about program components and will gain practice with motivational enhancement strategies for use in group settings.

Further Understanding and Practical Implementations for ASTP

July 21, 9:00am-4:30pm CST

Presenter: Ashley Hinton, MS, MPH, University of Kentucky

For those who have attended the July 20 ASTP fundamentals training with Dr. Jason Kilmer, join us on July 21st for a practical application training related to the Alcohol Skills Training Program. As part of a comprehensive well-being approach, attendees will learn from other campus implementation models to support a robust ASTP program for their respective campuses. During this session Ashley will share how they implement ASTP on campus, how they built campus partnerships for implementation, and how they have made critical adaptations to allow for program fidelity and ideal campus implementation and student behavior change.

Note: You can register for the Alcohol Skills Training Program training alone, but in order to register for Further Understanding and Practical Implementations for ASTP, you must also register for Alcohol Skills Training Program.