

Summer 2024

Using Motivational Enhancement Strategies to Prompt Alcohol and Cannabis Behavior Change Among Students

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Implementing evidence-based strategies for college students is essential to addressing the rates of cannabis and alcohol use observed at our colleges and universities. Education alone is not sufficient. Campuses must implement evidence-based behavior change strategies, such as ASTP (Alcohol Skills Training Program) and iCHAMP (individualized College Health for Alcohol and Marijuana Project) to address these behaviors. Both ASTP and iCHAMP use Motivational Enhancement or Motivational Interviewing strategies to elicit change talk with students.

Missouri Partners in Prevention is pleased to offer this training process to help campuses identify the importance of these approaches and implement them with fidelity to support student behavior change. Registration for access to the series will be \$125. This fee is waived for Missouri PIP member institutions, but cancellation fees may apply.

This training program includes the following sessions:

Foundational Motivational Enhancement Skills for ASTP and iCHAMP

This training is required for participation of the trainings on July 26 and 29

- Presenter: Dr. Jason Kilmer, University of Washington
- July 26, 2024
- 10:00am - 2:30pm
- Zoom link will be provided upon registration

Alcohol Skills Training Program Components (ASTP Part 1)

- Presenter: Dr. Jason Kilmer, University of Washington
- July 29, 2024
- 3:00pm - 5:00pm
- Zoom link will be provided upon registration

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.

iCHAMP Program Components

- Presenter: Dr. Jason Kilmer, University of Washington
- July 29, 2024
- 10:00am - 12:00pm
- Zoom link will be provided upon registration

In the early 1990s, Dr. Alan Marlatt developed the Brief Alcohol Screening and Intervention for College Students (BASICS) program – a one-on-one, motivational interviewing-based brief intervention that utilizes personalized graphic feedback to prompt consideration of change and review harm reduction strategies when relevant to the student. 30 years later, BASICS continues to be an intervention rated with “higher effectiveness” for reducing alcohol use, consequences, or both.

For cannabis, there are fewer evidence-based prevention and intervention efforts shown to impact use and consequences; however, Dr. Christine Lee published the individualized College Health for Alcohol and Marijuana Project (iCHAMP) as an extension of BASICS (Lee, et al., 2013). Using BASICS sessions as a model, facilitators trained in Motivational Interviewing reviewed personalized feedback with students addressing cannabis use. Results indicated reductions in time spent high, amount used, and even consequences endorsed by students.

In this workshop, we will review the basic principles and strategies related to motivational interviewing needed to facilitate an iCHAMP session, will review the scientific information relevant to cannabis for use during feedback sessions with students, and will consider possible “hooks” that could result in contemplation of or commitment to change. Strategies for lower-risk cannabis use will be discussed, as will steps needed for implementation of the iCHAMP intervention.

Lee, C.M., Kilmer, J.R., Neighbors, C., Atkins, D.C., Zheng, C., Walker, D.D., & Larimer, M.E. (2013). Indicated prevention for college student marijuana use: A randomized controlled trial. Journal of Consulting and Clinical Psychology, 81, 702-709.

Further Understanding and Practical Implications for ASTP (ASTP Part 2)

- Presenters: Ashley Hinton, MPH Director of Health Promotion at Centre College and founder of 859 WELL coaching and consulting and Dr. Ashley Helle, Assistant Research Professor, University of Missouri
- August 7, 2024
- 1:00pm - 5:00pm
- Zoom link will be provided upon registration

For those who have attended the July 21 ASTP fundamentals training with Dr. Jason Kilmer, join us on July 28th 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.