Reaching Mandated Students Through Experiential Education: A Harm Reduction Strategy Facilitated by Peer Educators

Jenny Wagstaff, MS, LPC – Assistant Director
Steve Clarke, PhD – Director
Campus Alcohol Abuse Prevention Center
Overview of Peer Program

- 12 – 18 Students
- Paid Positions (start at $8/hr)
- Fall Training (2-days)
- Spring Training (1-day)
- Monthly Training (2-hrs)
- Weekly Meetings (1.25-hrs)
Hokies for Party Positive

• Party Positive is an alcohol use decision style that maximizes positive social outcomes and decreases or eliminates negative outcomes when drinking.
• It means taking steps to prevent harm and negative outcomes, including:
  • Choosing to be a non-drinker,
  • Choosing not to drink at some social gatherings and parties
  • When choosing to drink, consuming in moderation by keeping blood alcohol levels at or below .06.
  • Taking action to prevent harm by taking these steps:

  **DESIGNATE**
  A Non-Drinking Driver

  **EAT**
  B4 U Drink

  **HYDRATE**
  or Hangover, U Decide

  **CHOOSE**
  When and What U Drink

  **PACE**
  It’s Not a Race

  **TRACK**
  Number of Standard Drinks

Virginia Tech
Invent the Future
Peer Programs

- Party Positive Alcohol Education
- Party Positive Bar
- Party Positive T-Shirts
- Social Marketing Campaigns
  - Posters, Table Cards, Display Cases
  - Guerilla Marketing Campaigns
  - Facebook Fan Page
Party Positive Alcohol Education Course Overview

- Party Positive is a brief alcohol abuse prevention and harm reduction program for college students involving experiential education exercises and personal reflection. Throughout the course, students are presented with information about alcohol and are given the opportunity to reflect on what they have learned as it relates to their choices about drinking.

- Facilitated by IMPACT Peer Educators

- Uses SPEC Teaching Model

- Presented in a non-confrontational manner that enables students to make their own decisions about alcohol consumption. Because the central focus of this program is to help students make informed choices, the experiential education exercises are facilitated in a manner that provide participants with practical information for future application.

- 2 hour class (~20 classes per semester)

- *Immediate and 30-day follow-up self-assessment.*
The SPEC Teaching Model moves away from teacher-centered, content-based, theoretical approaches that are typical or traditional learning environments.

- Student-Centered
- Problem-Based
- Experiential, and
- Collaborative

The Experiential Cycle

- The goal is to create an “experiential cycle” of learning and understanding that involves the Facilitator/Learner in
  - Teaching/Engagement,
  - Coaching/Exhibition, and
  - Feedback/Reflection.
- Curriculum/lessons are viewed as problems to solve (challenges)
- Facilitators act as a “guide” to exploring alcohol, responding in the spirit of motivational interviewing
- The goal is to actively engage students, and encourage critical thinking around alcohol use and abuse among college students.
Teaching Modules

- Introduction to Party Positive
- Exploring Positive and Negative Outcomes
- Values Clarification
- Standard Drinks
- Blood Alcohol Level
Teaching Modules

- VT Drinking Norms
- Positive Drinking Zone
- Tolerance
- Bi-Phasic Response
- Harm Reduction Strategies
- Bystander Intervention
The Big Three

1. Standard Drinks
2. Blood Alcohol Level
3. Harm Reduction Strategies
“SPEC It Up!”

Standard Drink Demonstration
Post – Class Evaluation Results

• 287 students participated.
• 96.5% found the intervention helpful.
• 100% made knowledge gains in understanding standard drinks.
• 99.3% made knowledge gains in understanding tolerance
• 98.7% made knowledge gains in understanding blood alcohol levels.
Post – Class Evaluation Results

- 50.7% changed their thinking about how often they should drink
- 72% changed their thinking about how much they should drink per occasion.
- 43.1% of participants indicated they would attempt to follow low-risk drinking guidelines.
Post – Class Evaluation Results

• 97.2% indicated they knew how to avoid negative outcomes in the future, and indicated they would engage in an average of 3.3 of 5 protective behaviors (pacing, consuming water, consuming food, count drinks and limit time drinking.)

• 100% - Facilitators were perceived as nonjudgmental, knowledgeable and well prepared.
Peer Training Methods

• Fall and Spring Semester Training delivered in a workshop format with focus on:
  • education concerning alcohol and it’s effects,
  • hands-on learning exercises, and
  • feedback.
• On-Going Training focused on:
  • live observation and feedback
  • video observation and feedback
  • peer to peer feedback
  • participant evaluation

All Peer Educators are equipped with a training manual and detailed facilitator guide.
Party Positive Bar

DRINK MENU

<table>
<thead>
<tr>
<th>DRINKS</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack and Coke</td>
<td>Lost Keys</td>
</tr>
<tr>
<td>Cranberry Vodka</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Captain and Coke</td>
<td>Tattoo</td>
</tr>
<tr>
<td>Gin and Tonic</td>
<td>Spent too Much Money</td>
</tr>
<tr>
<td>Whiskey Sour</td>
<td>Unexplained Bruises</td>
</tr>
<tr>
<td>Tequila Sunrise</td>
<td>Blackout</td>
</tr>
<tr>
<td>Arnold Palmer</td>
<td>Arguments</td>
</tr>
<tr>
<td>Wine</td>
<td>Missed Class</td>
</tr>
</tbody>
</table>

All ages welcome!
Party Positive T-Shirts

Can You Wear this T-Shirt Proudly?

Top 10 Reasons to Party Positive

1. Sober is SEXY.
2. You hug your friends, not the toilet.
3. You look as good at the end of the night as you did at the beginning.
4. You remember how the story ends.
5. You actually know your Facebook friends.
6. You avoid the walk-of-shame.
7. You don’t need a sitter.
8. You know whether you can dance.
9. You arrive in style, not in a pile.
10. People are laughing with you, not at you.

Hokies for... Party Positive
Embrace Your “Positive”

Think you can Represent?
Guerilla Marketing
Additional Information

Please contact:

Jenny Wagstaff – MS, LPC
jennyw@vt.edu

Steven W. Clarke – PhD
sclarke@vt.edu

540-231-2233