### Health Promotion

<table>
<thead>
<tr>
<th>Department Name:</th>
<th>Health Promotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program or Service:</td>
<td>ADE Alcohol Intervention Meeting (AIM)</td>
</tr>
</tbody>
</table>

**Brief description of program or service:**
AIM (Alcohol Intervention Meeting) is a weekly education/counseling group that helps students identify and implement safer, healthier choices regarding alcohol and drug use. The AIM format is a 10-session program with a curriculum that focuses on self-awareness, personal responsibility, self-motivation, and the identification and restoration of personal values that have been affected by and cause alcohol abuse. The AIM group is facilitated by local treatment providers that are licensed and trained in substance abuse and mental-health disciplines. The AIM counselors work in the Boston community and are not Boston College administrators.

| Date: | 6/1/2016 |

1. **State the formal learning and/or operational outcomes for the program, service, or department:**

- Students mandated through the University's Conduct System will complete the Alcohol Intervention Meeting (AIM) program
- Students who participate in AIM will have the opportunity to reflect on their alcohol use
- Students will increase their utilization of low-risk drinking strategies/decrease participation in high-risk drinking behaviors
- Students will report fewer negative consequences associated with high-risk drinking
- Students will agree or strongly agree that their AIM facilitator created a welcoming and non-judgmental group environment

2. **Where are these learning outcomes published? Be specific. (Where are the department's learning expectations accessible to potential students: on the web or in your department's handouts?):**

- Alcohol and Drug Education Program website and reviewing with students during their initial assessment meeting.

3. **What data/evidence is used to determine whether participants have achieved the stated outcomes? (What method did you use? What were you measuring?):**

- 68 students participated in the AIM program during the 2015-2016 academic year and 35 of those students completed all 10 sessions

All students who completed 10 sessions of the AIM program during the 2015-2016 academic year were given a paper and pencil survey during their 10th session. We were measuring the following:

- Extent to which participants experienced a reduction in negative consequences associated with their drinking
- Types of negative consequences that were reduced
- Changes to drinking behaviors that were made as a result of the program
- Barriers to making changes to drinking
- Most useful/least useful components of AIM program
- Additional resources that might be helpful after completing the group
<table>
<thead>
<tr>
<th>4. Who collects and interprets the evidence? When and how often does this occur? Who assists in interpreting and analyzing the data?:</th>
<th>AIM program counselors administered the paper and pencil survey during students’ final AIM session. Staff of the Alcohol and Drug Education Program compiled and analyzed the results. Data was collected on an on-going basis throughout the academic year. To compliment the quantitative data gathered this year, our assessment plans for the 2016-2017 academic year include conducting some one-on-one interviews with participants to gather qualitative data. We will collect survey data again next year to increase the sample size.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Individuals with whom the data is shared (list primary and secondary stakeholders and narrative as to why):</td>
<td>Data was shared with the AIM counselors to provide them with feedback on the impact of the program. We also shared results with the staff in the Dean of Students Office, Counseling Center, and other departments who refer students to the AIM program in the hopes of continued and increased referrals.</td>
</tr>
</tbody>
</table>
| 6. What changes have been made as a result of using the data/evidence? (What was the change? What data led you to make that change?) If no change, indicate why.: | All 23 survey respondents indicated that participation in the AIM program reduced the negative consequences associated with their drinking. The top 5 consequences that were reduced included:  
- been unable to remember the night before because you had been drinking  
- felt out of control while drinking  
- regretted something you did/said while intoxicated  
- felt uncomfortable with changes to your behavior or personality while intoxicated  
- Caused shame/embarrassment to self  

Many students also reported making positive changes to their drinking as a result in participating the AIM program including spacing drinks over time, reducing the number of drinks per occasion, drinking less frequently, experimenting with drinking less and refusing drinks, avoiding shots of hard alcohol, and keeping track by counting drinks.  

Given the overall positive nature of these findings, no major changes to the AIM program will be made for the coming academic year. We will continue to collect data to monitor program effectiveness. |
| 7. How do you know that the changes have resulted in improved learning outcomes? (continuous improvement evidence): | No changes will be made at this time. |