<table>
<thead>
<tr>
<th><strong>Department Name:</strong></th>
<th>Health Promotion</th>
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<tbody>
<tr>
<td><strong>Program or Service:</strong></td>
<td>ADE Alcohol Screening Day</td>
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<td><strong>Brief description of program or service:</strong></td>
<td>During Alcohol Screening Day, students complete the AUDIT (Alcohol Use Disorders Identification Test), receive a score, and engage in a brief conversation with a trained staff member to discuss the level of risk associated with current drinking patterns and strategize ways to reduce risk.</td>
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<td><strong>Date:</strong></td>
<td>6/1/2016</td>
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**1. State the formal learning and/or operational outcomes for the program, service, or department:**

- At least 200 students will complete a questionnaire about their alcohol use and will speak to a trained professional about what their score means and ways they can reduce risks associated with their current choices
- Student who participate in Alcohol Screening Day (ASD) will have an opportunity to reflect on their current use or non-use of alcohol
- Students will report an increase in their readiness to change current drinking behaviors to reduce risk
- Students will indicate intentions to use lower risk drinking strategies to minimize the harms associate with future alcohol use
- Students (who score in the moderate risk category) will implement behavior changes to drink in a safer and healthier way

**2. Where are these learning outcomes published? Be specific.** Event publicity materials, discussed with participants as they engage in the program

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

During the 2012-2013 academic year, our office conducted two alcohol screening day events. Students who participated were asked to complete a brief on line survey, using ipod touches, as they received their free t-shirt and were leaving the event. A total of 223 students who participated in ASD responded to the survey. Students were also invited to provided their email addresses if they were willing to be invited to participate in a 15 minute follow up interview a couple of weeks after participating in the event.

We measured the following:

- Extent to which ASD provided an opportunity for students to reflect on their current use or non-use of alcohol
- Level of readiness to make changes to alcohol use as a result of participating in ASD ("I am thinking about drinking alcohol in a healthier and safer way" or "I am ready to try drinking alcohol in a healthier and safer way")
- Likelihood of utilizing at least one or more harm-reduction strategies if/when they go out drinking in the future, as a result of participating in ASD (strategies included: keeping track by counting drinks, spacing drinks
4. Who collects and interprets the evidence? When and how often does this occur? Who assists in interpreting and analyzing the data?:

During the 2012-2013 academic year, survey data was collected with ipod touches at the events by student volunteers. Data was captured in Campus Labs and the Associate Director of Health Promotion reviewed results and interpreted the findings. The Associate Director of OHP conducted all follow up interviews with participants and analyzed findings. An assessment report with recommendations was written in the summer of 2013.

Given the positive findings of this study, assessment of this program has not yet been repeated.

5. Individuals with whom the data is shared (list primary and secondary stakeholders and narrative as to why):

Data was shared internally (OHP staff) to support continuation of the program and with key stakeholders such as resident directors, counselors, and conduct officers in order to recruit volunteers for future events.

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.:

Given the positive findings of this study, no major changes were made to the program. A few logistical improvements were made based on student feedback during the interviews - such as having only student volunteers "score" surveys (to avoid discomfort of having RD's know their residents' scores), ensure "recruiters" are clear about what participation in ASD entails (for examples they will have to have a brief follow up conversation with staff member after completing survey), check in to make sure students are comfortable with the conversation partner they are assigned (if they prefer not to talk with their RD, conduct officer, or psychologist, etc.).

Results from the survey and interviews indicated the following:

- 68% of students indicated that participating in ASD provided them with an opportunity to reflect on their current use or non-use of alcohol
- Among students with an AUDIT score of 8 or higher (moderate risk drinkers, n = 101), nearly half indicated some level of readiness to make changes to their alcohol use as a result of participating in ASD ("I am thinking about drinking alcohol in a healthier and safer way" or "I am ready to try drinking alcohol in a healthier and safer way")
- 98% of students who reported consuming alcohol indicated that they would be likely to use a least one or more harm-reduction strategies if/when they go out drinking in the future, as a result of participating in ASD (strategies included: keeping track by counting drinks, spacing drinks over time, using BAC card they received during event, mixing and measure their own drinks, etc.)
- According to the follow up interviews, several students were successful in implementing behavior changes as a result of participating in ASD (behavioral outcomes included: setting a limit and counting drinks, avoiding shots, consuming more water throughout the night, space drinks,
| 7. How do you know that the changes have resulted in improved learning outcomes? (continuous improvement evidence): | Given the positive findings of this study, no major changes were made to the program. The program now resides in the VPSA Office and is funded by a donor grant. |