

# Strategies for Preventing Underage Drinking and Other Substance Use in Native American Tribal Communities

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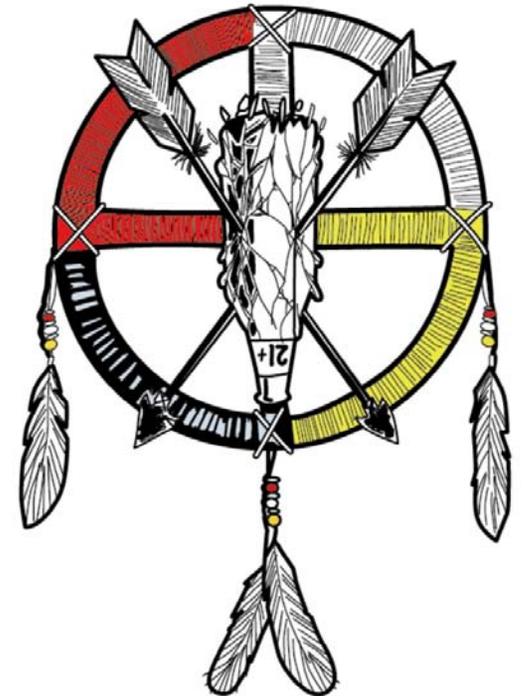
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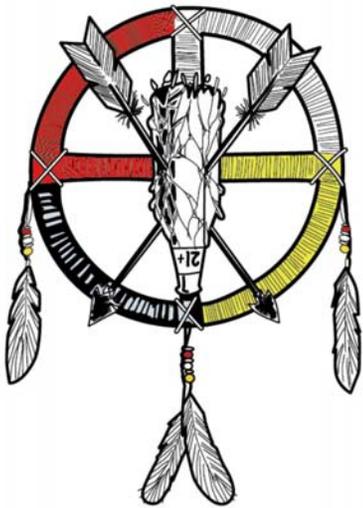
Strategies for Preventing Underage Drinking  
And Other Substance Use Project

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# Reducing supply via social availability

To implement and evaluate environmental prevention strategies to reduce the supply of alcohol, commercial tobacco, marijuana and other drugs to youth in order to reduce underage drinking, drug use and intoxicated driving in the 9-tribe clinic service area.

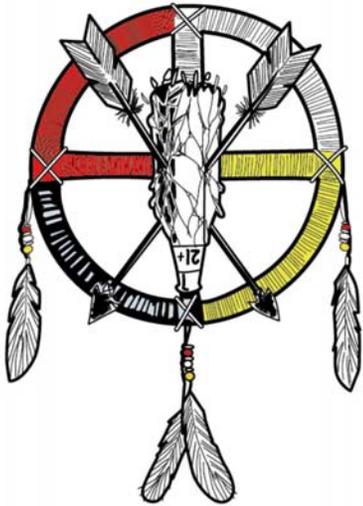
Collecting alcohol, commercial tobacco and other drug use data from 50 anonymous youth surveys per year, then feeding that information back to parents and older relatives...



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# Reducing supply via social availability

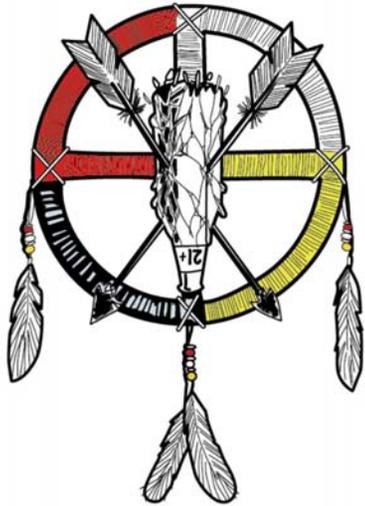
We'll weave messages about not providing mind-altering products to younger relatives into community nights and other gatherings featuring cultural activities surrounding traditional uses of local plants.



**Emphasis:** Reducing the *social* availability of alcohol, commercial tobacco, marijuana and other drugs from adults, including extended family members.

## Demand reduction

To implement a research protocol of culturally tailored motivational interviewing, a brief intervention designed to reduce drinking and other drug use in youth from the nine communities served by the tribal clinic.



To evaluate the efficacy of the motivational interviewing intervention vs. psychoeducation for reducing youth drinking, commercial tobacco, marijuana, other drug use, and intoxicated driving.

## Demand reduction

- **Motivational Interviewing (N=150):**

Non-confrontational method to engage youth to think about effects of drinking, smoking and other drug use on their future goals.

- **Psychoeducation (N=150):**

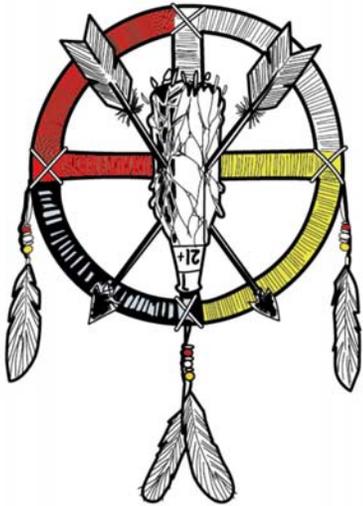
Viewing and discussion about DVDs focusing on alcohol, tobacco and other drugs' effects on developing brains and medical psychological, social, and legal consequences.



## **Approach: Mixed Methods Design**

**Evaluation of individual study components will be conducted and the impact of both individual and combined interventions will be assessed by analysis of:**

- 1. community surveys of youth and adults as well as**
- 2. DUI and enforcement data from Tribal police, Sheriffs and State data sources, and**
- 3. data from the California Healthy Kids Survey (CHKS) collected in the varied school districts serving the nine tribes.**

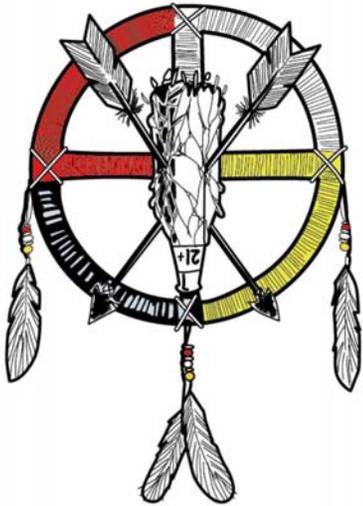


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## Approach: Mixed Methods Design

**We will analyze CHKS data from American Indian youth in our catchment area as compared to youth in a geographically distinct part of the region as well as non-native students.**

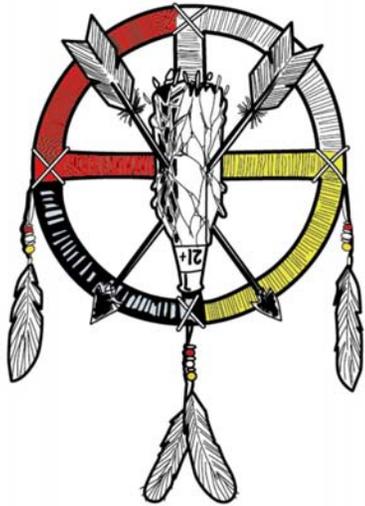
**The results of the study will be disseminated to the community.**



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## Central principles of these efforts:

**A hallmark of the team's approach is ongoing capacity-building of Native American college students with involvement in every aspect of data collection, analysis, and intervention.**

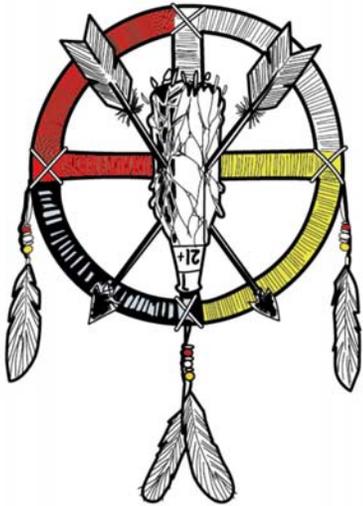


**The research will continue to build cohorts of expert American Indian research staff and student interns for actualizing the proposed research and interventions, and in so doing, lend support to the longstanding sustainability of the interventions in the clinic and the reservation communities it serves.**

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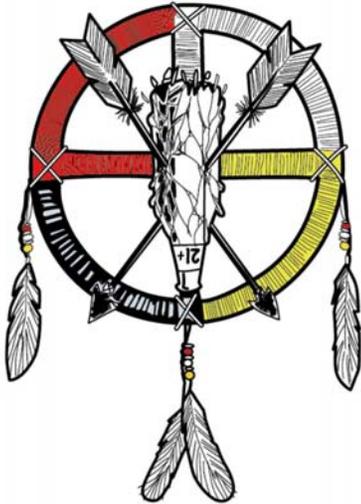
## Approach: By the end of the study...

Finally, the team will create intervention workbooks for standardized application of the intervention techniques in other American Indian and Alaska Native communities, and disseminate them through scientific and Native American stakeholder networks and channels.



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Thank you



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