

The 'Have a Word' alcohol intervention adapted with students for students

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Colleges and Student Experience Division

Colleges - 16 small-scale communities

- accommodation
- advice and support
- social events
- social facilities including bars
- sports and societies

Experience Durham

- University sports teams
- University music and theatre
- Student Community Action



Colleges and Student Experience Division

- **dispersed support – easily accessible to all**
- **dispersed activities – lots to do**
- **requires good liaison with:**
 - **central University Specialist Support Services**
 - **central administration**
 - **academic departments**
 - **Students' Union**

Issues

- pre-loading
- binge drinking
- **Wednesday nights out for sports teams/societies**
- vulnerable individuals going home alone
- river safety
- noisy house parties
- poor attendance at academic sessions in the morning
- drinking games
- lack of inclusivity
- laddism and sex-related incidents

University Actions

Include:

- Alcohol Policy updated through broad consultation - *University Policy on Student Alcohol Use and Awareness* - supportive, inclusive, encourages responsibility
- NUS Alcohol Impact
- Partnership work - County Durham Drug and Alcohol Recovery Service :
 - » 'Have a Word'
 - » Drug and Alcohol Roadshows
 - » Specialist support in University Counselling Service
 - » Energy drinks

**County Durham
'Have a Word'
Brief Intervention Training
-
Durham University**



Alcohol Identification and Brief Advice Training

Introduction

County Durham Drug and Alcohol Recovery Service Trainers piloted the 'Have a Word' training to a selected group of Durham University students.

This was enabled by the support from the Assistant Head of Colleges (Student Experience), Head of Durham University Counselling Service , and Deputy Principal, Van Mildert College.

Aims & Objectives

- **To have an increased awareness of alcohol and it's impact on the individual, University life and the wider community**
- **To be aware of levels of risk, including own consumption**
- **To understand Brief Interventions and available support for those who are struggling**

Van Mildert College Pilots

Feedback positive and finalised student friendly version:

- **having focused on intervention, students wanted more information on education**
- **more engaged than expected**
- **interactive aspects interesting**
- **further feedback at end of term – football team at social, captain attended ‘Have a Word’**

What is an Alcohol Identification & Brief Advice (IBA)?

- “A short, evidence-based, structured **conversation** about alcohol consumption with a client to motivate and support the individual to think about and/or plan a change in their drinking behaviour in order to **reduce** their consumption”

NHS Scotland (2009)

Units. They all add up.

How many Units?

HAVE A
WORD

Circle your answer (to the nearest unit / half unit)

2.5 2
3 3
1 Pint of Lager (5% ABV)

1.5 3
1 2
Single Measure of Whiskey
(25ml, 40% ABV)

2 0.5
1.5 1
330ml bottle of Alcopop, 4%
ABV

5.5 11
9 7.5
750ml Bottle of Champagne
12% ABV

37.5 30
40 26.5
Bottle of Vodka,
1 litre

1 2
3 4
Large Glass of Wine
(250ml, 12% ABV)

4 7.5
5.5 3
Half of a 2 litre bottle of
Cider

3.5 **5**
7 2
Standard Long Island Ice Tea
Cocktail

1 1.5
2 3
Double Vodka
& Redbull

Student pre-drinks



Student night out



PINT LAGER: ABV 5.2%



PINT LAGER: ABV 5.2%



PINT LAGER: ABV 5.2%



BOTTLE OF WINE: ABV 13.5%

**14
UNITS**

Public Health Risk Levels

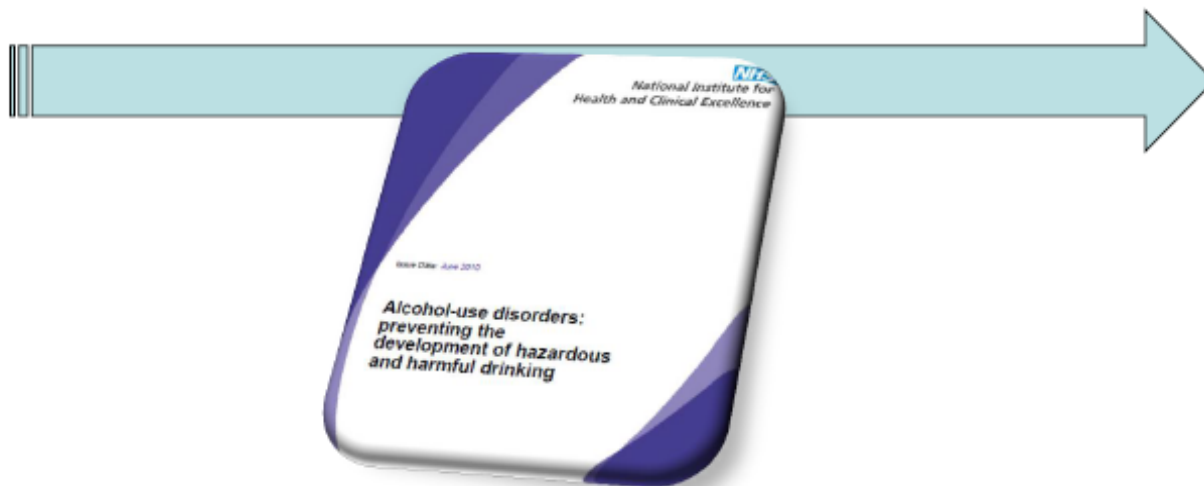
Category	Men	Women
Lower Risk	Less than 14 units per week	Less than 14 units per week
Increasing risk	15-35 units per week	15-35 units per week
Higher risk	36+ units per week	36+ units per week



NICE Guidelines

Complete a validated screening questionnaire, e.g. AUDIT (Alcohol Use Disorders Identification Test), or AUDIT-C, or FAST

16 ,17 years

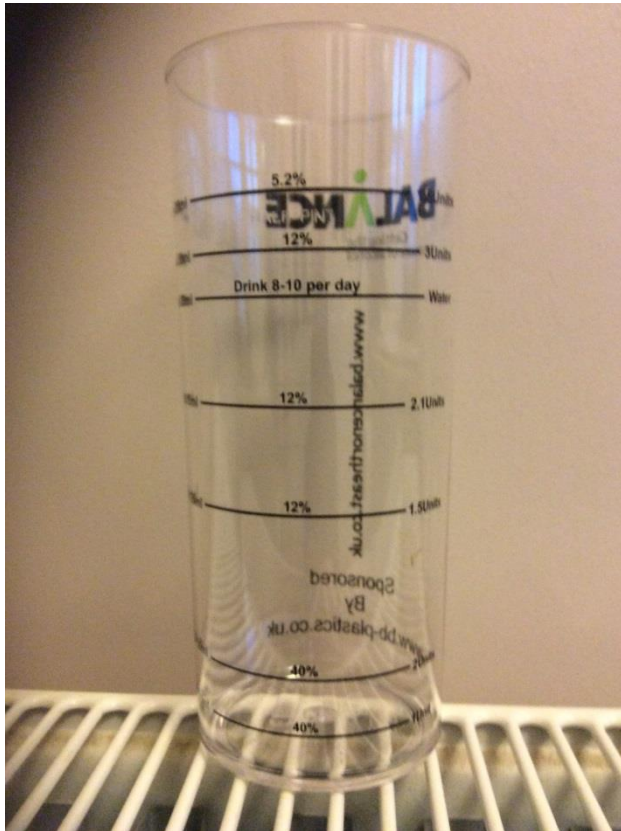


Adult



Not to be used for 10-15 years

Tools to help you get started



AUDIT-C scratch cards

HAVE A
WORD

Think about your Drink

HAVE A
WORD

WHAT'S YOUR SCORE?

QUESTIONS	SCORING SYSTEM				
	NEVER	MONTHLY OR LESS	2-4 TIMES PER MONTH	2-3 TIMES PER WEEK	4+ TIMES PER WEEK
How often do you have a drink containing alcohol?	0	1	2	3	4
How many units do you drink on a typical day when you are drinking?	0-2	3-4	5-6	7-9	10+
	0	1	2	3	4
How often have you had 6 or more units on a single occasion in the last year?	NEVER	LESS THAN MONTHLY	MONTHLY	WEEKLY	DAILY OR ALMOST DAILY
	0	1	2	3	4

1 UNIT =
 1/3 pint of beer
 or
 1/3 glass of wine
 or
 1 single shot of spirit

YOUR
TOTAL

CHECK BELOW
TO FIND
OUT YOUR
RESULTS

0 1 2 3 4 5 6 7 8 9 10 11 12

SCORED 0-4?

Congratulations!
Your drinking is at low-risk for health harm. Keep it up!

SCORED 5-10?

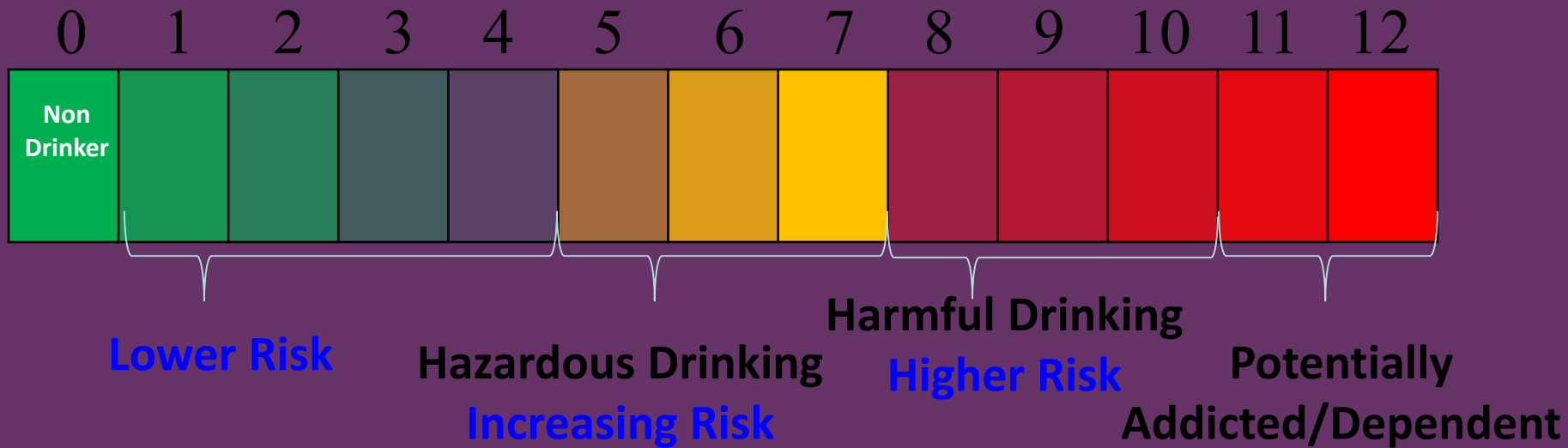
You may be drinking at a level that could put your health at risk. A few small changes could make all the difference.

SCORED 11 OR 12?

It may be worth speaking to your GP about your score. Take this scratch card with you and ask for some advice.

The AUDIT-C Score (0-12)

HAVE A
WORD



Always be on the look out for



Timing interventions to take advantage of these events increase the effectiveness of that behaviour change



Advice for Lower Risk drinking

- It is safest not to drink more than 14 units a week on a regular basis
- If you do drink as much as 14 units per week, spread evenly over 3 or more days
- If you want to cut down, have several drink free days each week
- Limit the total amount you drink on any single occasion, drinking more slowly, drinking with food and alternating with water. Plan ahead to avoid problems
- Risks can include accidents, misjudging risky situations and losing self control
- It is safest not to drink at all during pregnancy



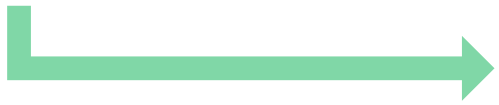


Menu of Options

Tips for a Night Out

- Make a plan – set yourself pre-night out limits
- Set a budget – only take a set amount of cash out with you
- Start later – but don't start at home
- Take your time – don't get in rounds
- Sit one out – have a soft drink when its your round
- Stay hydrated – have a few glasses of water through the night





Menu of Options

“Swap your usual for...

- A smaller drink
- A lower strength drink
- A soft drink
- A later drink
- A meal time only drink”

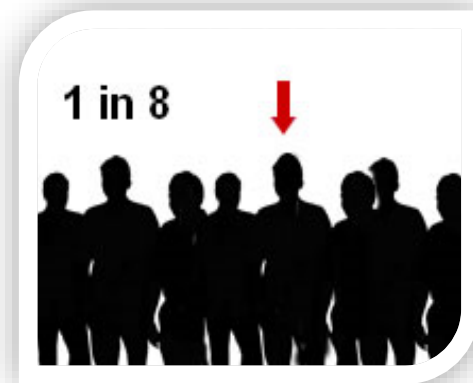
“Drink to relax? Try...

- Exercise
- Pamper time
- Music, movies, books
- Use the money saved to do something new”

How much impact can **YOU** really have?



The Numbers Needed to Treat (NNT) for Alcohol Brief Interventions = **8**



The average reduction in alcohol consumption (per week) is 38 grams, which equates to **4-5 units**.



Kaner et al (2009) Effectiveness of brief alcohol interventions in primary care populations (Review)

Raistrick et al (2006) Review of the effectiveness of treatment for alcohol problems

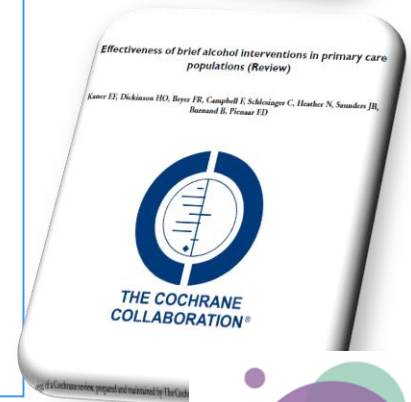
Is there a lot of evidence to back this up?

yes



56 controlled trials indicate that for every **eight people** who receive simple alcohol advice, **one** will reduce their drinking to within lower risk levels

It is **effective** and cost-effective!



Students words to describe *Have a word* training

Thought-provoking

Informative

Useful

Interesting

Effective

Insightful



Feedback 3 months after training

- I've realised how much alcohol actually classes as one unit and how long it takes for alcohol to leave your system.
- Stopped drinking Jägerbombs
- Been more on top of keeping track of the amount I drink, even if that amount hasn't reduced
- Yes thinking about how much I'm drinking and the drinking habit of friends and those around me

- Offering people water and making sure people had eaten beforehand were common interventions
- On several occasions, I encouraged freshers who seemed really drunk to have a 'waterbreak' while we just chatted
- when someone kept having drunk crying episodes trying to find a time afterwards to sort of ask them how they felt the day after and ask if they wanted to talk
- The reaction was like a *recognition* on their part of their drinking. After Christmas they have started focusing on University and their studies more and working less and they still do drink quite a lot but we all do at university and there has been some change

- I think one of the most beneficial aspects of workshop was how the leaders were not unreasonable and not encouraging us not to drink at all, they were just encouraging safe, responsible drinking. The cups with unit measurements on were also really helpful and interesting.
- Education surrounding energy drinks + alcohol had been very effective – two colleges stopped promoting Jägerbombs or having Jägerbombs specific bars at events
- One President had carried out a successful intervention with a conference guest staying in their college

Alcohol & Drug Roadshows

- in dining hall at dinner time – 5.30-7.00pm
- stand at back of hall, promoted by College Common Room and supported on night by Common Room President and Welfare Teams
- raised awareness of alcohol and drugs, and the County Durham Drug and Alcohol Recovery service
- resources and freebies - beer goggles
- very popular
- rolled out at all Colleges and Sports Centre



Specialist support in University Counselling

Service provided by DISC

- Since the drop in service at the University Counselling Service began we received 10 referrals for students during 2016-2017. 8 Students attended an assessment and agreed to work with County Durham Drug and Alcohol service. We have also been able to offer brief interventions and signpost students who required it. The students who have engaged have predominantly done so to address issues around their alcohol use but some have also disclosed occasional drug use including cannabis, ecstasy and cocaine.
- 2017-2018 - 10 referrals so far. One a mature student aged 60. Substances used include amphetamine, cocaine and alcohol. In addition to the referrals coming from the counselling staff we have had a telephone self referral by a student who stated that we had been recommended to him by a friend (which would indicate that the service offered in seen a positive light by the students) and a self-referral from one of the roadshows.

Is it working??

‘with the partnership work undertaken by Durham University and the County Drug and Alcohol Service we (police) saw a notable, positive change during the last Freshers’ Week in the behaviour of students. The work carried out with Freshers’ Reps was invaluable in ensuring that new students enjoyed a safe night out with Freshers’ Reps recognising when to intervene with a student who had had too much to drink and making sure they were looked after and returned to their accommodation safely.’

Sgt Mick Urwin Durham Constabulary Harm Reduction Unit

The 'Have a Word'

alcohol intervention adapted with students for students

- **Durham University and Durham Drug and Alcohol Recovery Service collaborated with students to adapt the 'Have a Word' alcohol intervention for a university environment and peer use**
- **programme has been rolled out to student leaders**
- **increases alcohol awareness, builds confidence to deliver a brief intervention and signpost**
- **twin track programme of 'Have a Word' workshops with Alcohol and Drug Roadshows**

The 'Have a Word'

alcohol intervention adapted with students for students

- **evaluated impact of workshops through focus groups and surveys**
- **partnership enabled expert substance misuse advisors from the Drug and Alcohol Recovery Service to deliver support within the University Counselling Service**
- **now working on educational workshops on drug use, including nootropics, and energy drinks for students and staff**

