

PREVENTION

Data to Practice: Virtual Training Series

Efficacious Prevention Strategies for Young Adult High-Risk and Underage Drinking

Effective prevention of high-risk and underage drinking among young adults requires a “mix” of environmental (universal) and individual-focused (selective or indicated) intervention strategies. Several factors influence what mix of strategies will be practical to implement within a given context, and less is known about how these strategies work with non-college-attending young adults. This training will review what is currently known about what environmental and individual strategies work to reduce drinking and associated harms among college-attending young adults, with discussion of how these strategies have been extended to non-college-attending young adults. Resources to support prevention efforts, including the College Alcohol Intervention Matrix, will also be discussed.



Trainer: Jessica M. Cronce, Ph.D.

Biography: Dr. Cronce is an Associate Professor in the Department of Counseling Psychology and Human Services at the University of Oregon. Dr. Cronce has over a decade of experience conducting research on the etiology, maintenance, prevention and treatment of addictive behaviors, in particular, problematic alcohol use, among college students and other young adults. Dr. Cronce has co-authored numerous publications on the topic of individual-focused alcohol prevention, including three large-scale reviews in 2002, 2007 and 2011, the first of which helped form the basis of recommendations made by the NIAAA Task Force on College Drinking. Building on this work, Dr. Cronce was invited to serve as one of three leading researchers on the individual-level strategies development team for the National Institute on Alcohol Abuse and Alcoholism’s College Alcohol Intervention Matrix (College AIM) project. Dr. Cronce’s research experience is complimented by her training in Cognitive-Behavioral Therapy, Motivational Interviewing, and Dialectical Behavior Therapy, which she has applied to the treatment of substance use disorders, eating disorders, gambling disorder, and other disorders marked by emotion dysregulation. She is a licensed psychologist in Oregon.

CEs: A certificate for 1.25 CE approved for West Virginia Certification Board for Addiction & Prevention Profession credentials will be provided to all individuals attending this webinar and completing the learning check questions.

Funded by the West Virginia Department of Health & Human Resources Bureau for Behavioral Health by a Partnerships for Success (PFS) grant from the federal Department of Health & Human Services Substance Abuse and Mental Health



September 18th
1 pm

Learning Objectives:

- Describe environmental and individual-focused prevention strategies that have shown efficacy in reducing alcohol use or associated consequences
- Describe factors that affect selection and implementation of prevention strategies
- Describe the College Alcohol Intervention Matrix tool and other resources to support prevention efforts

