

Drink in Check: Train-the-Trainer - Supporting universities to address risky drinking amongst students living on-campus

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Introduction: Young university students consume alcohol at more hazardous levels than other young adults.

In 2021/22 ATODA worked with ACT Universities and trained 59 psychology and nursing students and wellbeing staff to implement the Drink in Check brief alcohol intervention training which included providing participants with skills to implement the Alcohol Use Disorders Identification Test (AUDIT) with a brief intervention (BI).

Approach: To build a sustainable model of the Drink in Check training, ATODA developed a train-the-trainer package, so universities could train students and wellbeing/residential staff to deliver the AUDIT and BIs themselves.

The Train-the-Trainer package, includes a trainer's manual, PowerPoint slides, trainer's notes, training handouts, evaluation instruments, and roleplays of students delivering the AUDIT and a BI.

Key Findings: In May 2023, ATODA delivered two half day Train-the-Trainer workshops and trained 28 residential and wellbeing staff and students from the Australian National University (ANU), the University of Canberra (UC) and Australian Catholic University (ACU). Pre-test scores averaged 57% and post-test scores 92%. Satisfaction with training program was high. A short follow up survey (n=8) found that 100% of respondents intended to deliver the AUDIT to students. All respondents also intended to deliver the Drink in Check training within the next year.

Discussions and Conclusions: The Drink in Check Train-the-Trainer package demonstrated the potential of training university staff to screen and provide brief interventions to students especially those residing on-campus. It is readily scalable and could be used in other jurisdictions.

Disclosure of Interest Statement: No disclosure of interests from any of the authors.