Beat Addiction Model

Prevention and Treatment Curriculum For Youth

Authors: Jordyn Paradis  MSW
Ingrid Gillespie  MCED

Supported By: Problem Gambling Services of Connecticut
This presentation will cover:

- Curriculum Development
- Content Highlights
- Implementation
  - Uses for Prevention and Treatment
  - Applications: gambling and substance abuse
- Results To-Date
- Is this program evidence-based?
- Questions/Comments
Curriculum Development

- Originated from Beat Addiction:
  - Choose the Right Path

- Creates awareness between risk factors and consequences of risky behaviors

- Creates a framework and strategies to "operationalize" the relationship between risk factors and consequences of risky behaviors
Curriculum Content

- 12 modules: 8-10 week sessions
- Each session: 45-60 minutes
- Module Topics: (see handout)
Curriculum Modules

Modules 1&2:

- Introductory
- Group definition
- Pretest
- General exploration of addiction
Curriculum Modules

Modules 3&4:

- Awareness Building

- Group members explore their own behavior patterns and the consequences of their behaviors
Curriculum Modules

Modules 5-11:

- Protective Factors Development
- Problem Solving
- Control/Responsibility/Accountability
- Trust Development
- Anger Management
- Stress Management
- Decision Making
- Goal Planning
Curriculum Modules

Module 12:

- Specific information about problem topic (e.g. Gambling, substance abuse, sexuality, etc)
Curriculum Implementation

Flexible Modular Format:
- Suggested sequences
- Adaptation to group needs

Curriculum Topic:
E.G. Gambling, Substance Abuse, Sexuality

Curriculum Focus:
Prevention or Treatment

Target Audiences:
Middle School or High School
Evaluation Results

- Year One
- Year Two
Evaluation Results: Year One

- Target Population:
  - At-Risk High School Youth

- Average Group Size: 6 Students

- Average # of classes attended: 10

- Average Pre and Post Score Difference: 17%
"How To Beat Addiction" Curriculum:
Mean Pre-and Post-Test Scores: Year 1

- Target Population: At-Risk High School Youth
- Average Pre and Post Score Difference: 17%
Evaluation Results: Year Two

- Target Population:
  - At-Risk Middle and High School Youth

- Average Group Size: 8 Students

- Average # of classes attended: 8

- Average Pre and Post Score Difference: 16%
"How To Beat Addiction" Curriculum: Mean Pre-and Post-Test Scores: Year 2

- Target Population: At-Risk Middle and High School Youth
- Average Pre and Post Score Difference: 14%

*Excluded from further analyses
“How to Beat Addiction” Curriculum Mean Pre- and Post-Test Scores Comparison: Year 1 and 2

Year 1: 2 groups   High School
  Average # of classes attended: 10

Year 2: 6 groups  1- Middle School  5- High School
  Average # of classes attended: 7
Feedback from Participants

Liked:
- Discussions on addiction, effects and how to make better decisions
- Liked the openness of the group
- Freedom to talk honestly
- Use and cost exercises
- Discussion on anger and trust
- The teacher
Feedback from Participants

Overall, few recommendations for change

Suggestions:

- Have a recovered addict talk to us
- Do projects
- Order something different than pizza!
Feedback from Instructors:

- Curriculum flexibility enhanced interaction
- Pre- and post-tests indicated knowledge gain
- Curriculum is suitable for Middle and High School Students
- Change title of curriculum
Outcomes...

Enhanced:

- Communication
- Positive peer relationships
- Resistance skills
- Challenge of existing attitudes
Evaluation: Next Steps

- Increase number of groups
- Increase number of Middle School
- Measure long term impact:
  - Does this curriculum affect change in thoughts and behavior?
Evidence-Based Comparison…

Adheres to NIDA’s principles by addressing the problem behavior from various perspectives:

- Psycho-education
- Self-exploration
- Peer discussion
- Problem solving
**NIDA Principle:**
Enhance protective factors and reduce risk factors

<table>
<thead>
<tr>
<th>Protective Factors</th>
<th>Modules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Peer influence</td>
<td>All</td>
</tr>
<tr>
<td>Achievement motivation</td>
<td>Module 11</td>
</tr>
<tr>
<td>Responsibility</td>
<td>Module 6</td>
</tr>
<tr>
<td>Planning and decision making</td>
<td>Module 10</td>
</tr>
<tr>
<td>Resistance skills</td>
<td>Mod.5,7,8,9</td>
</tr>
<tr>
<td>Personal power</td>
<td>Mod.3,4</td>
</tr>
<tr>
<td>Self esteem</td>
<td>All</td>
</tr>
</tbody>
</table>
**NIDA Principle:**
Enhance protective factors and reduce risk factors

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Modules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early initiation of problem behavior</td>
<td>All</td>
</tr>
<tr>
<td>Favorable attitudes towards problem behavior</td>
<td>Mod.3.4.12</td>
</tr>
<tr>
<td>Lack of commitment to school</td>
<td>Mod.12,4,6,10,11</td>
</tr>
<tr>
<td>Family conflict</td>
<td>Mod.4,5,7,8,9</td>
</tr>
<tr>
<td>Community norms</td>
<td>Mod.2,3,6</td>
</tr>
</tbody>
</table>
“How To Beat Addiction”
Curriculum

Summary:

- Curriculum Development
- Content Highlights
- Applications:
  - Prevention and Treatment
  - Gambling and Substance Abuse
- Evaluation
- Is this program evidence-based?
“How To Beat Addiction”
Curriculum

Questions or Comments

THANK YOU