

Addressing the challenges faced by 'front line' practitioners

DrinkThink: experiences and views of professionals trained to deliver an Alcohol Screening and Brief Intervention (ASBI) tool for young people

Matt Hickman, Judi Kidger, Jane Derges, Fiona Fox, Rona Campbell, Will Hollingworth, University of Bristol; Gordon Taylor, University of Bath; Michael King, UCL; Eileen Kaner, Newcastle University
 In collaboration with Project 28 Bath; Bath and North East Somerset Public Health Team

BACKGROUND

- ❖ Alcohol exposure throughout adolescence is associated with numerous adverse health behaviours and outcomes^{1,2}.
- ❖ ASBI can be successful in reducing risky drinking among adults, but little is known about the feasibility or effectiveness of delivering such interventions to under 18s in community settings.
- ❖ DrinkThink equips health, youth, social care and youth justice agencies to deliver ASBI to young people with whom they work.

STUDY AIMS

- ❖ To explore the feasibility, acceptability, barriers and facilitators of professionals trained to deliver 'DrinkThink' intervention within healthcare, social care, and youth service settings.

THE DRINKTHINK INTERVENTION

1. **Screen** young person using the Modified Single Alcohol Screening Question (M-SASQ)
2. If positive, **engage in structured conversation** with the young person using visual aids about the harmful consequences of drinking, and steps they can take to reduce the risks



3. **Refer** young person to Project 28 for further ongoing support regarding alcohol use if needed / wanted

METHODS

- ❖ 5 focus groups with teams within the following services: youth, school nurses, sexual health clinic, social support for families.
- ❖ 11 individual interviews with staff delivering the intervention

FINDINGS

- ❖ Staff appreciated opportunity to learn new skills and acquire new knowledge about alcohol use among young people
- ❖ BUT few staff were delivering DrinkThink as intended:
 - Practical issues: limited time, feeling unconfident about how to deliver intervention
 - Intervention considered unsuited to non-health service where 'person-centred' & informal approach used
 - Perception that alcohol use is not a priority issue for young people (sexual health, cannabis instead)

CONCLUSIONS

- ❖ The DrinkThink intervention was not co-produced with professionals which meant that different contextual factors were not accounted for in the implementation design process
- ❖ A tool that can be adapted for use in health and non-health service settings is recommended
- ❖ Health risks among young people include multiple types of behaviour and alcohol interventions should reflect this
- ❖ Alcohol use should be prioritised equally & alongside other health-related problems

REFERENCES

1. T. Pitkanen, A. L. Lyyra, L. Pulkkinen. Age of onset of drinking and the use of alcohol in adulthood: a follow-up study from age 8–42 for females and males. *Addiction* 2005; 100: 652.
2. MacArthur GJ, Smith MC, Melotti R, Heron J, Macleod J et al. Patterns of alcohol use and multiple risk behaviour by gender in early and late adolescence: the ALSPAC cohort. *J Public Health* 2012; 34(S1): 20-30.
3. Beich A, Thorsen T, Rollnick S. Screening in brief intervention trials targeting excessive drinkers in general practice: systematic review and meta-analysis. *BMJ* 2003;327:536–42.

The National Institute for Health Research's School for Public Health Research (NIHR SPHR) is a partnership between the Universities of Sheffield, Bristol, Cambridge, Exeter, UCL; The London School for Hygiene and Tropical Medicine; the LiLaC collaboration between the Universities of Liverpool and Lancaster and Fuse; The Centre for Translational Research in Public Health, a collaboration between Newcastle, Durham, Northumbria, Sunderland and Teesside Universities.

The research was funded by the NIHR School for Public Health Research (SPHR) Public Health Practice Evaluation Scheme (PHPEs). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

