

Effective Methods for Engaging Students into Universal Wellness Screening & Motivational Interventions

Saint Michael's College, Champlain College, Middlebury College & Vermont State University
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Background:

- High rates of substance use, mental health risk and low treatment engagement for young adults (18-24 years old) is a major healthcare problem.
- Young adults have experienced a number of pandemic-related consequences, such as closures of universities, social isolation, financial & housing stress that may contribute to poor mental health.
- Post pandemic rates of adolescent & young adult MH, SU and Self Harm risks warrant development of large scale effective public health response

Screening Tools

- Frequency of nicotine use
- U.S. Alcohol Use Disorders Identification Test, (USAUDIT-10), Drug Abuse Screening Test (DAST-10),
- Cannabis Intervention Screener (CIS-14)
- Personal Health Questionnaire (9)
- Generalized Anxiety Disorder (7)

Motivational Incentives



Prevalence: N=3362

	Low Risk	Clinical Risk
Depression	3.8%	13.5%
Anxiety	9.2%	18.2%

Thoughts of Self Harm	None	Several Days	More than Half the Days	Nearly everyday
Past two weeks	89.3%	6.8%	1.0%	0.7%

	Low Risk	Mod risk	High Risk
Alcohol	24.5%	4.2%	0.6%
Cannabis	3.8%	2.9%	2.8%
Other Drugs (cocaine, LSD etc.)	2.0%	0.9%	0.2%

Nicotine Use	
Never	66.5%
Once or twice	15.4%
Monthly or less	7.1%
Weekly or more	5.2%
Delivered	6.2%

Interventions Delivered:

Purpose:

Implementation of screening, brief intervention & referral to treatment (SBIRT) at *four colleges* in Vermont from August 2021 through May 2023.

Aim One: Engage students into the YSBIRT process through convenient digitally empathic screening tools and motivational incentives.

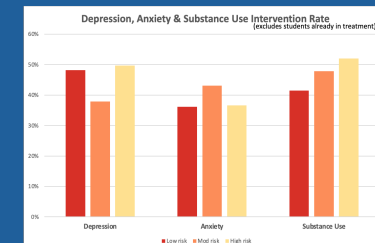
Aim Two: Develop appropriate interventions that are matched to risk levels.

Results:

N= 3362 students, 1536 Males, 1643 Females, 183 Non Binary. 87% White, 13% either Multi-race, Asian, Black or African American, Other race or Refused

Students were asked: "how they learned about the survey: Top ways endorsed were through email the most, followed by a wellness coach or staff in classes, in athletic meetings, club meetings, or the dorm."

Students were also asked: "why they took the survey" The top reasons students decided to take the survey: students thought it could be helpful, a teacher coach or resident asked, and an incentive was offered.



Discussion

- Successful implementation of campus SBIRT initiative decoupled from medical or counseling appointments. A large number of students identified with MH and/or SU risks & received motivational interventions these likely *never* would have occurred.
- Students were more likely to complete the screening if approached using the following methods: email, wellness coach interactions in dorms, athletics meetings & classes.
- Student's primary reasons for completing screening: were to learn more about their health followed by a teacher or coach asking and the provision of incentives.
- Three of four colleges sustaining efforts post grant through student orientation screening, curriculum changes and hiring full time wellness coaches

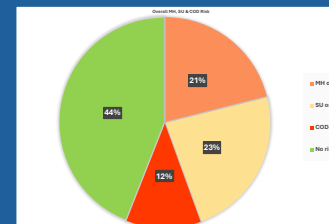
Methods:

Outreach efforts to engage students into screening at dormitories, dining halls, athletics, intramural clubs, classes, social events & counseling centers decoupled from medical appointments like typical SBIRT. Flyers, posters, table events and interactive wellness sessions allow wellness coordinator to offer motivational incentives (soda, coffee, bookstore & amazon cards) for:

- Completing screen
- Reviewing screening results report
- Engaging in the intervention.

Overall Risk Rates

Overall MH, SU & COD Rates			
	Freq	%	Valid %
No risk of either	1446	43.0%	44.0%
Mental health only	692	20.6%	21.1%
Substance use only	767	22.8%	23.4%
Co-occurring mental health and substance use	379	11.3%	11.5%
Subtotal	3284	97.7%	100.0%
Missing	78	2.3%	
Total	3362	100.0%	



Limitations & Next Steps

- No baseline comparison of campus prevalence or intervention rates for SU & MH.
- Study period included pandemic and post pandemic semesters
- MI Brief in person, MI online self awareness answers to open questions & one college chose to offer group interventions could limit generalizability of 6 month outcome findings.
- Next steps: Analyze six month outcome data to understand impact SBIRT.

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Motivational Incentives

<p>Wellness Survey</p> <p>Liquid Death or Aqua Vitea</p>  	<p>&</p>	<p>Reflection Form</p> <p>\$5 gift card Dunkin' Donuts</p> 	<p>OR</p>	<p>eCHECK UPTOGO</p> <p>\$10 gift card SMC Bookstore</p> 	<p>OR</p>	<p>Check - In</p> <p>\$25 gift card Amazon</p>  
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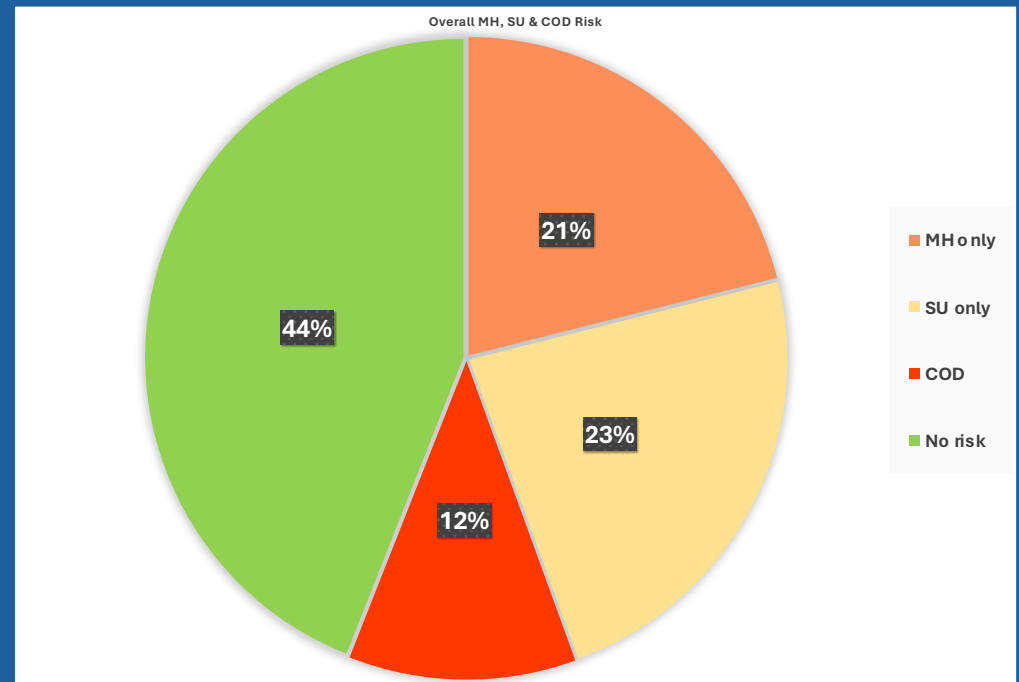
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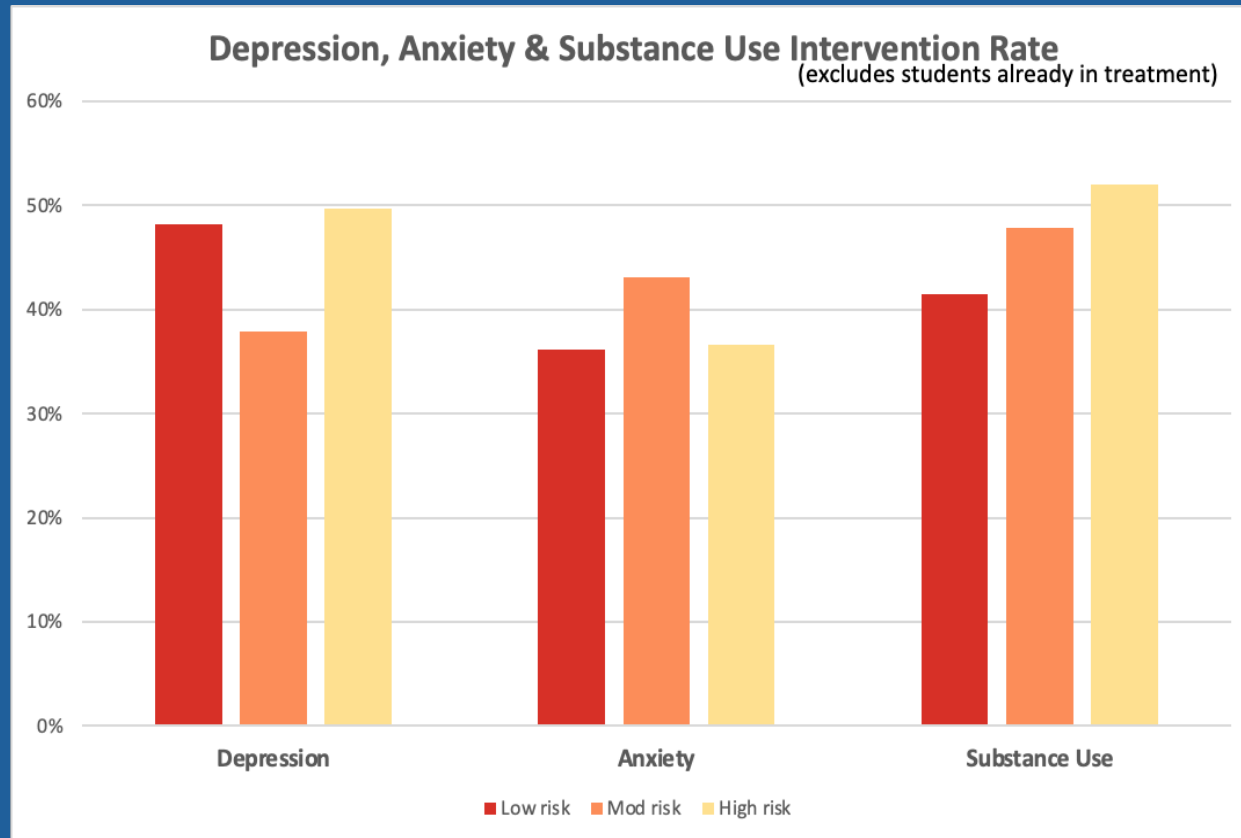
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