

A blurred background image of a person with dark hair, wearing a light-colored top, holding a green balloon. The person is looking down at the balloon.

Climate Schools Plus: online substance use prevention program for students and parents

Ms Dana Leidl



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Climate Schools Plus

Project Team

Dr Louise Thornton

Dr Cath Chapman

A/Prof Tim Slade

A/Prof Ina Koning

Dr Katrina Champion

Dr Lexine Stapinski

Prof Maree Teesson

A/Prof Nicola Newton



NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE



National Drug &
Alcohol Research Centre

The Difference is Research



UNSW
SYDNEY



Australian Government
Department of Health



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Why focus on prevention?



Being drunk increase the risk of:

- Being a victim of crime or violence
- Trying other drugs
- Accidents or injury
- Unwanted sexual situations

For each year we can delay the onset of drinking, we reduce the chance of developing a full-blown substance abuse disorder by 10 per cent.

(Grant et al., 2001)



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Why include parents in prevention?

1. Parents play a pivotal role in their child's alcohol and drug use
2. Parents want to be engaged in reducing the harms of alcohol and other drugs

9 out of 10 school based combined student and parent programs showed a reduction in alcohol and other drug outcomes

Newton et al., 2017



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Online prevention for parents

- Barriers to parent involvement in face-to-face programs:

Lack of time

Costs

Childcare

Transport issues

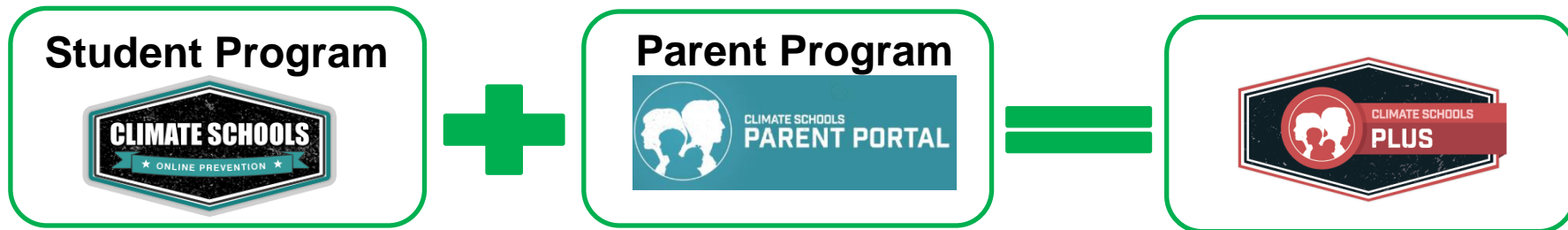
- No parent components were delivered online



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Filling the gap...



- The first combined parent-student substance use prevention program in Australia
- The first combined program internationally that adopts an online delivery method



Drugs and Alcohol
Get the facts, Stay smart, Stay safe

Climate Schools: Student Program



Alcohol

Year 8
13-14yr olds



Alcohol & Cannabis

Year 9
14-15yr olds



Addiction

RESEARCH REPORT

doi:10.1111/j.1360-0443.2009.02853.x

Internet-based prevention for alcohol and cannabis use: final results of the Climate Schools course

Nicola C. Newton¹, Maree Teesson¹, Laura E. Vogl¹ & Gavin Andrews²

¹University of New South Wales, National Centre for Anxiety and Depression, St Vincent's Hospital, Sydney, Australia

Research

ABSTRACT

Aims To establish the long-term effects of the Climate Schools course in schools. **Methods** A cluster randomised controlled trial. **Participants** A total of 764 Year 9 students were randomly allocated to the internet-based prevention program (five schools). **Measures** Participants completed the questionnaire at baseline and follow-up.

A cross-validation trial of an Internet-based prevention program for alcohol and cannabis: Preliminary results from a cluster randomised controlled trial

Katrina E Champion, Nicola C Newton, Lexine Stapinski,

Vogl et al. *Substance Abuse Treatment, Prevention, and Policy* 2014, 9:24
<http://www.substanceabusepolicy.com/content/9/1/24>



SUBSTANCE ABUSE TREATMENT,
PREVENTION, AND POLICY

RESEARCH

Open Access

A universal harm-minimisation approach to preventing psychostimulant and cannabis use in adolescents: a cluster randomised controlled trial

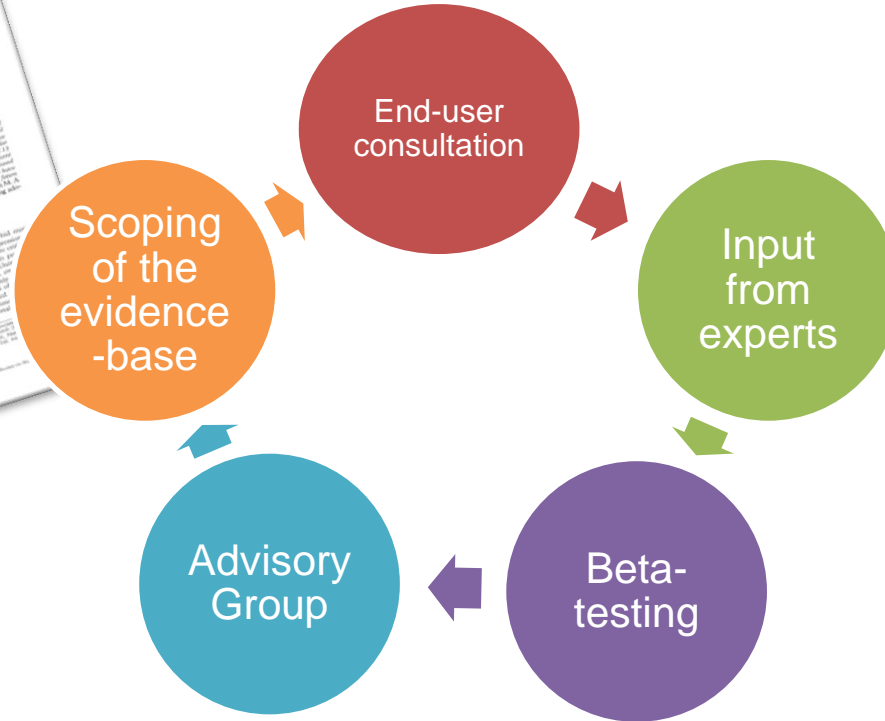
Laura Elise Vogl¹, Nicola Clare Newton^{2*}, Katrina Elizabeth Champion² and Maree Teesson²

Abstract

Background: Psychostimulants and cannabis are two of the three most commonly used illicit drugs by young Australians. As such, it is important to deliver prevention for these substances to prevent their misuse and to reduce associated harms. The present study aims to evaluate the feasibility and effectiveness of the universal computer-based Climate Schools: Psychostimulant and Cannabis Module.

Methods: A cluster randomised controlled trial was conducted with 1734 Year 10 students (mean age = 15.44 years; SD = 0.41) from 21 secondary schools in Australia. Schools were randomised to receive either the six lesson computer-based Climate Schools: Psychostimulant and Cannabis Module, or their usual health class, including drug education, over a 10-week period.

Development Process



EAG/Collaborators

Parents
Teachers
Substance use prevention experts
E-Health experts
Web developers and designers



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Development Process

Intervention
Targets

PAS program

Scoping Survey

End-user
consultation

Scoping of the
evidence
-base

Input
from
experts

Advisory
Group

Beta-
testing

EAG/Collaborators

Parents

Teachers

Substance use prevention experts

E-Health experts

Web developers and designers



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

How do parents influence adolescent alcohol use?

Risk factors:

- Parental alcohol use
- Parental supply of alcohol



(Yap et al., 2017)



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

How do parents influence adolescent alcohol use?

Risk factors:

- Parental alcohol use
- Parental supply of alcohol



Protective factors:

- Parental monitoring
- Parent-child relationship
- Rules about alcohol



(Yap et al., 2017)



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

How do parents influence adolescent alcohol use?

Risk factors:

- Parental alcohol use
- Parental supply of alcohol

Protective factors:

- Parental monitoring
- Parent-child relationship
- **Rules about alcohol**



(Yap et al., 2017)



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

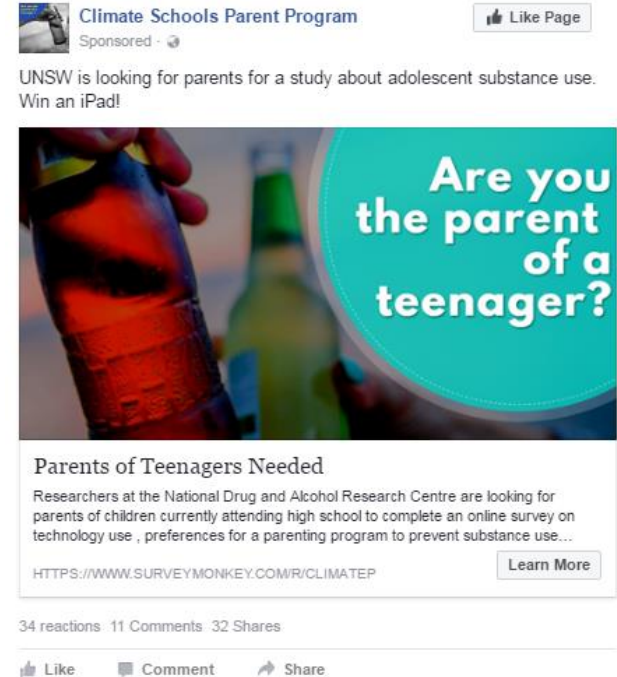
Case study: Preventing heavy alcohol use in adolescents (PAS)

- PAS is a face-to-face parenting intervention targeting rule setting
 1. Presentation
 2. Group consensus on a shared set of rules
 3. Information leaflet
- Outcomes (when combined with a student intervention):
 - Delayed onset of drinking
 - Reduces heavy drinking



Parent scoping survey

- **Aim:** to seek feedback from Australian parents of high school students on the need for, and prospective features of the program
- **Sample:** 242 parents of Australian high school students

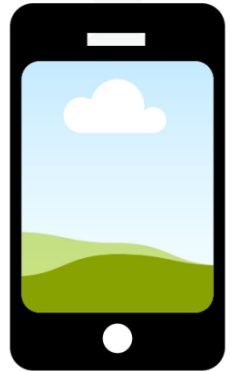


Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Parent Survey: Summary of key results

- **Parents need a program:** Only 19% of parents were confident they could definitely stop their child from becoming drunk.
- **Parents are interested in a range of features:** 60%+ parents are interested in webinars, automatic emails, modules and factsheets.
- **Parents would like to access this program online:** 71% of parents wanted access online
- **Parents care about the credibility of the program:** 98% of parents said it was very/extremely important that information is evidence based.
- **Parents want the program to be brief, self-paced and easy to use:**
e.g. Most (53%) of parents want to spend under 10 minutes per week on the program



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Climate Schools Plus: Parenting Component

- Parenting component is three part online intervention targeting **rule setting** and other modifiable parenting factors



Drugs and Alcohol


Get the facts, Stay smart, Stay safe

Climate Schools Plus: Parenting Component

1. Interactive **webinar** targeting rule setting
 - Presentation on adolescent alcohol use and harms
 - Interactive rule ranking

Webinar

1 Parents online 0 views



0:00 / 1:00

Top rules

Rules ranked according to popularity.

- 1 Rule 2 When there is a party we contact each other about how it is organised
- 2 Rule 1 We don't provide alcohol to our children during this school year
- 3 Rule 4 When there is a party we contact each other about how it is organised
- 4 Rule 3 We don't provide alcohol to our children during this school year
- 5 Rule 5 We don't provide alcohol to our children during this school year

Live



Drugs and Alcohol
Get the facts, Stay smart, Stay safe

Climate Schools Plus: Parenting Component

2. Brief, engaging **online modules** to support modifiable parenting factors

Year 8 modules

1. Getting the facts about alcohol

☆

☰


SCENARIO 1

Help these parents navigate difficult situations they're facing with their teens. Read the scenario and see how the conversation changes depending upon the parent's response.

Situation 1

Claire arrives home from school downhearted and blue. She is feeling left out because her peers are attending parties and getting drunk. She seems reluctant to talk.

Click through to read the full scenario.



Choose how you would respond.

MODULE 4

COMMUNICATING WITH, AND SUPPORTING YOUR TEEN

Introduction

Tips for Better Communication

- Scenario 1
- Tips for support and involvement
- More resources
- References

MODULE 1

GETTING THE FACTS ABOUT ALCOHOL

Introduction

- How much alcohol is safe to drink?
- How much do 13-14 year olds drink?
- Alcohol and the adolescent brain

Effects of Alcohol


- Short-term consequences
- Long-term consequences

Myth vs Truth

How much do you know about alcohol?

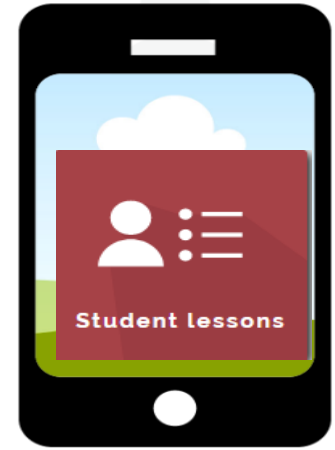
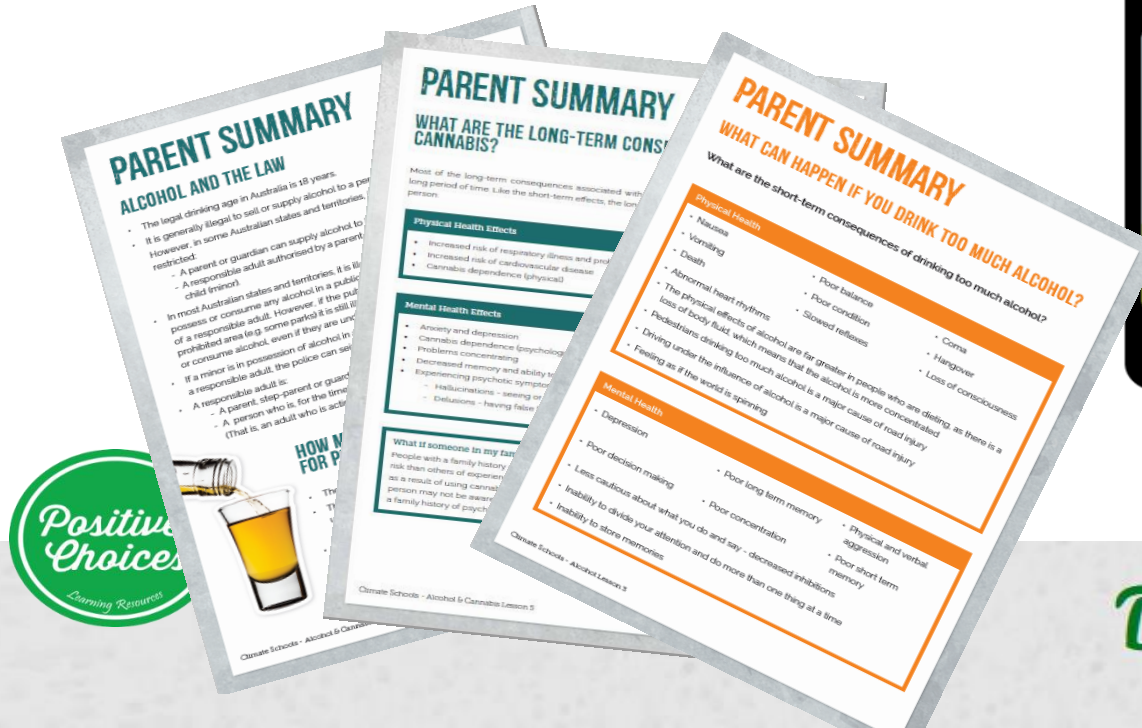
References

Study note



Climate Schools Plus: Parenting Component

3. Emailed lesson summaries of student material



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Beta-testing

- **Aim:** to seek feedback from Australian parents of high school students and relevant experts on the usability and usefulness of Climate Schools Plus
- **Sample:**
 - 15 parents of Australian high school students
 - 10 relevant experts



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Beta-testing: Summary of key results

“I like the idea that there is work for parents as well as the kids. This is clever.”

- **CSP is useful:** 100% of participants agreed/strongly agreed that the content is relevant to parents of high school students, and most (80%) would recommend it to other parents.
- **CSP is attractive:** 83% of parents like/strongly like the layout of the modules, and most found the module graphics appropriate (87.5%) and engaging (87.5%).
- **CSP is easy to understand:** e.g. “very clear, information is to the point and easy to understand.” and “Module was great easy to read and complete. Very straightforward and to the point information.”
- **Climate Schools Plus is easy to use:** CSP scored 77.1/100 on the System Usability Scale, with parents commenting it is “easy to navigate”.



Drugs and Alcohol

Get the facts, Stay smart, Stay safe

Where to next?

- Pilot in Term 4, 2017
- A randomised-controlled trial to study the effectiveness of the program commencing in 2018



The image shows a screenshot of the "Climate Schools Plus!" website. The top navigation bar includes links for "Year 8" and "Year 9". A welcome message states: "Welcome to Climate Schools Plus! Developed by researchers at the National Drug and Alcohol Research Centre this program aims to prevent adolescent alcohol and cannabis use. It is designed to be integrated with the effective Climate Schools Student Program that your child will complete at school in Year 8 and Year 9. You can view these lessons in Lesson cartoons & summaries. Take some time to explore the site, and come back your bookmarked pages and saved links in your Resources. Check out the FAQs at the top of the page for more info." The "DASHBOARD" section contains three icons: "Year 8 webinar", "Your school's rules", and "Lesson cartoons & summaries". The "MODULES" section shows three progress indicators, each at 0%. The first module is titled "Module 1: Getting the facts about alcohol" and is marked "Year 8". The second module is "Module 2: Attitudes alcohol, monitoring and..." and is marked "Year 9". The third module is "Module 3: ..." and is marked "Year 10". A sample lesson page titled "Alcohol and the adolescent brain" is overlaid on the bottom right. It features a brain diagram with a callout for the "Cerebellum" stating: "This part of the brain is involved with the coordination of muscles and movement. It is also thought to be involved in the coordination of thinking processes. New research has shown that it is an area that undergoes dynamic change during the teenage years." Other text on the page includes: "Up until the age of 24 the adolescent brain is under heavy construction. There are two critical periods of brain changes in our lifetimes: One at around 3 years of age. One during adolescence." and "During adolescence the brain becomes more efficient." A "Print" button is visible in the top right corner of the lesson page.

Thank you

Dana Leidl

- E: d.leidl@unsw.edu.au
- T: +61 2 9385 0191



UNSW
SYDNEY

NDARC
National Drug &
Alcohol Research Centre

The Difference is Research



Australian Government
Department of Health

Declaration

- Nicola Newton and Maree Teesson are the directors of Climate Schools Pty Ltd. An Australian company set up in 2015 to distribute the online Climate Schools programs.
- *Positive Choices* is a trademark of UNSW and a government funded portal.



Drugs and Alcohol

Get the facts, Stay smart, Stay safe