



EXCITING NEWS FROM RECENTLY EVALUATED FOCA PROGRAM!!!

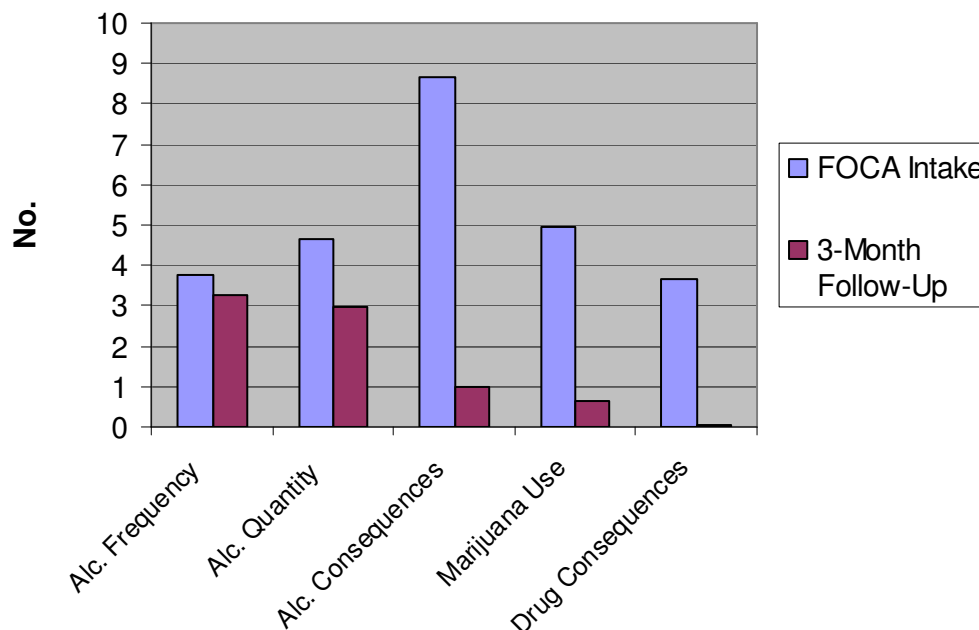
Focus on Consequences for Adolescents (FOCA) Program

Data from Intake Session and Three-Month Follow-Up

Excited by the proven success of brief intervention programs, the Erie County Council for Prevention of Alcohol and Substance Abuse, Inc. (ECCPASA) has adapted these methods to serve teenagers and young adults (ages 14-20). The result is a brief but powerful intervention – a rapid response when an adolescent encounters problems from alcohol and other drug use. The creation and development of the FOCA Program by ECCPASA was made possible through the generosity of the Peter and Elizabeth C. Tower Foundation.

Summary. The findings from the initial 186 participants in the FOCA program are presented below. Rates of alcohol and other drug usage as well as negative consequences associated with such use were measured at intake and then again three months later. ***The results indicated a significant reduction in quantity of alcohol consumed, number of alcohol-related problems, frequency of marijuana use and number of drug-related problems.*** (Frequency of alcohol consumption did not change significantly.) Rates of use of drugs other than marijuana were too low for meaningful analysis, although they did move in a positive direction.

Changes in Substance Use 3 Months After FOCA



What Was the Recidivism Rate?

At follow-up, only seven of the FOCA participants reported having any trouble with authorities (law or school) since their participation in FOCA and of those, only four said the trouble involved alcohol or other drugs. Furthermore, most also reported increased life satisfaction, suggesting the changes may extend beyond substance use as well.

Were There Changes in Participants' Alcohol Use?

Frequency of use. Participants were asked how many times in the past 30 days they had consumed alcohol. The answers ranged from 0 (35.7%) to 20 (1.2%) drinking occasions, with an average of 3.74 occasions. At follow-up, answers ranged from 0 (46.5%) to 16 (3.5%) occasions in the past 30 days, with an average of 3.28 occasions. Statistically, these rates were not significantly different.

Typical quantity consumed per drinking occasion. At initial assessment, the typical number of drinks consumed when drinking ranged from 0 to 12 with an average of 4.67 drinks. At follow-up, this average had been significantly reduced to 2.98 drinks.

Alcohol-related consequences. On a measure of how often they had experienced each of a list of alcohol-related problems (including legal, relationship, work/academic, and physical), participants reported a large and statistically significant reduction (the average dropping from 8.66 to .99).

Were There Changes in Participants' Illicit Drug Use?

Marijuana use. Just fewer than 70% of participants reported having used marijuana in their lifetime and 54.5% reported having used in the past 30 days. The mean number of times used in the past month ranged from 0 to 36, with an average of just under five occasions. Three months after completing FOCA, this number was significantly reduced to .64 times used in the past 30 days, with 87.5% reporting no use at all.

Other drug use. The reported use of drugs other than alcohol and marijuana was too infrequent to analyze meaningfully. During the initial assessment, no more than five participants reported having used amphetamines, barbiturates, hallucinogens, or opiates in the past month. It is notable that none reported having used these substances in the past month at follow-up. It is also notable that 9% reported having used some type of prescription drug recreationally at initial interview. No follow-up data is available on these drugs at this time.

Problems associated with drug use. As with alcohol, how often participants had experienced drug-related problems was measured. Approximately 58% initially reported having experienced some drug-related problem in the past month, with some reported up to 26 problems (average = 3.65). This number dropped dramatically by follow-up, with 97.4% reporting no drug-related problems and the maximum number reported being three (average = .05).

CHANGES IN OVERALL LIFE SATISFACTION

Participants' satisfaction with life (e.g., "In most ways my life is close to my ideal") was measured at the initial session and at 3-month follow-up in order to assess changes in global contentment. The average level of life satisfaction was significantly higher at follow-up and over 72% of participants showed an increase in life satisfaction.