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Characterization of Young Adult Impaired Driving Offenders and Response to Indicated Prevention

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Thanks to . . .

Susan Long, manager of Maine's Driver Education and Evaluation Programs

Alcohol Impaired Driving In US (2011)

- >1.2 million arrests
- 1 impaired driving fatality every 53 minutes
- Fatal crashes:
  - 31% had an impaired driver
  - Cost of $129.7 billion to public

Young Adults and Impaired Driving

- Impaired driving crashes (blood alcohol >. 08%)
  - 52%: drivers were 18-24 years old (2010)
- Risk of a crash: greater for young people at all blood alcohol levels
- Overwhelmingly young men (self-report)
  - 88% of 18 -20 year old
  - 75% of 21 – 24 year old

Young Adults and Intervention

- Emerging adults tend to respond less well to substance abuse intervention (compared to adults and younger adolescents)

Preventing Reoffense: Public Safety

- Jail, fines
- License suspension
- House arrest, electronic monitoring
- Vehicle impoundment
- Ignition interlock devices

Preventing Reoffense: Public Health

- Prevention and treatment to reduce problematic substance use
- Often combined with probation, license suspension, DWI courts

Summary

- Impaired driving creates emotional, physical, and societal costs
- Young adults disproportionately involved in arrests and accidents
- Relevant questions: what are their characteristics and how well do interventions work with them?

PRIME For Life (PFL)

- Delivered in groups, 12-20 hours
- Motivation-enhancing
- Theory-based
- Evidence-derived
- Manualized

PRIME For Life (PFL): Evidence Base

- Short and longer term change in cognitions and behavior
- Reduced impaired driving recidivism
- SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)

Study 1: Recidivism in Maine (Three year)

Intervention as Usual (IAU)

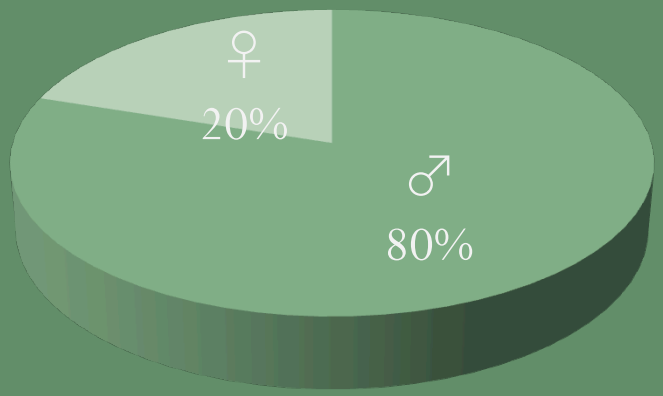
- 22 hours: Weekend Intervention Program
- 2 hours: NEEDS Assessment
- 9/1/1999-8/31/2000

PRIME For Life (PFL)

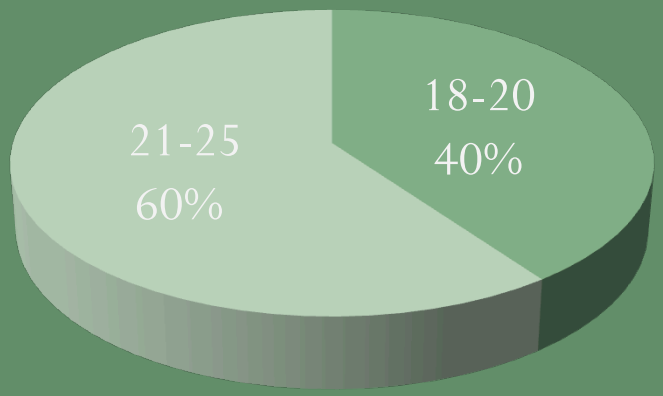
- 20 hours
- 9/1/2002-8/31/2003

Recidivism in Maine: Descriptives

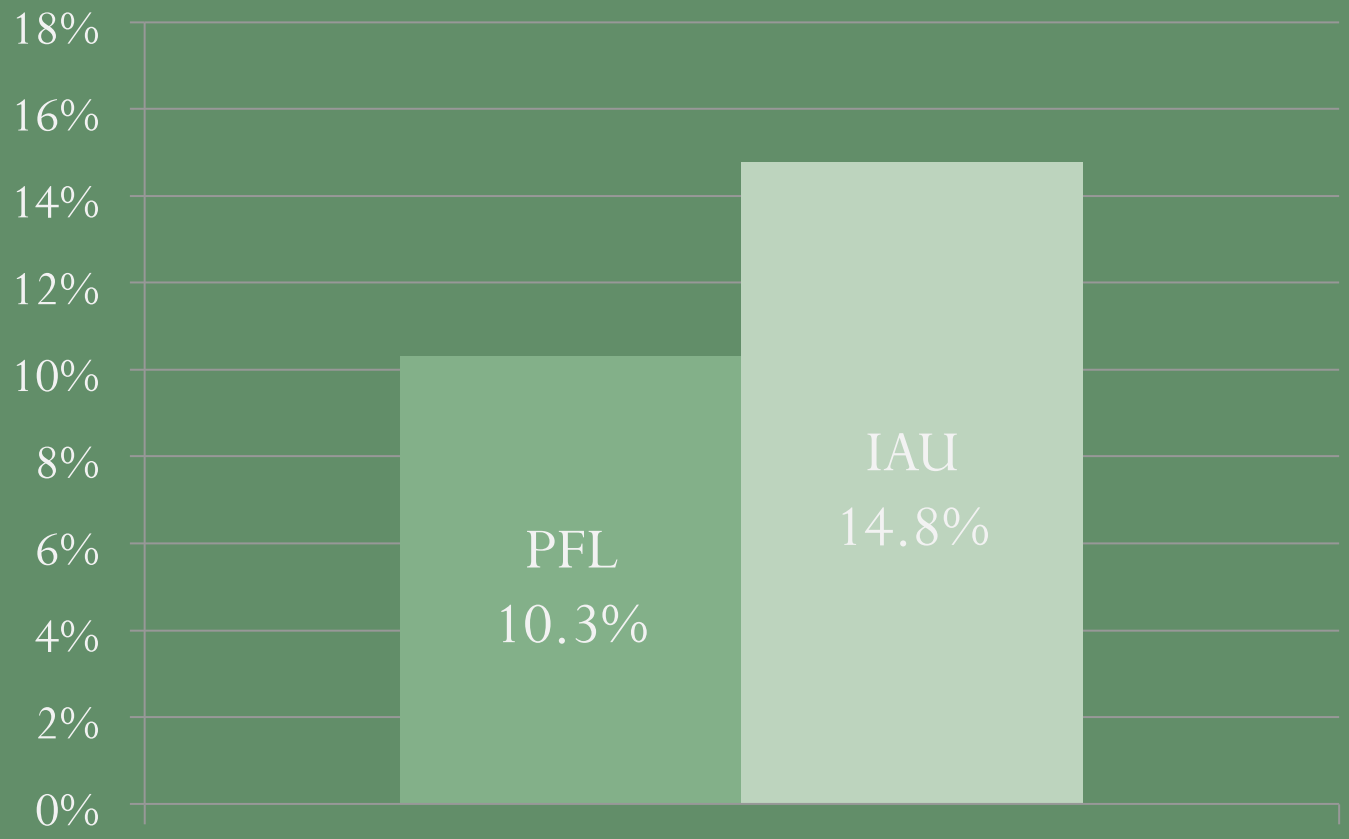
Gender



Age



Three Year Recidivism in Maine



Odds Ratio (IAU vs PFL): 1.64, p = .03

Study 2: Three Questions (Latent Transition Analysis)

Among young adults court ordered to intervention:

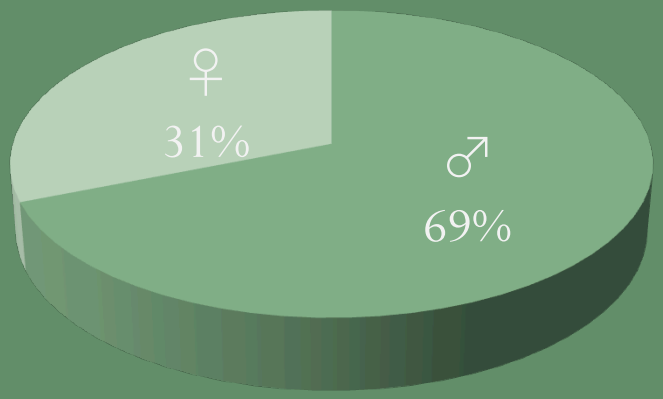
- Who comes?
- How do they change?
- Who changes?

Study 2

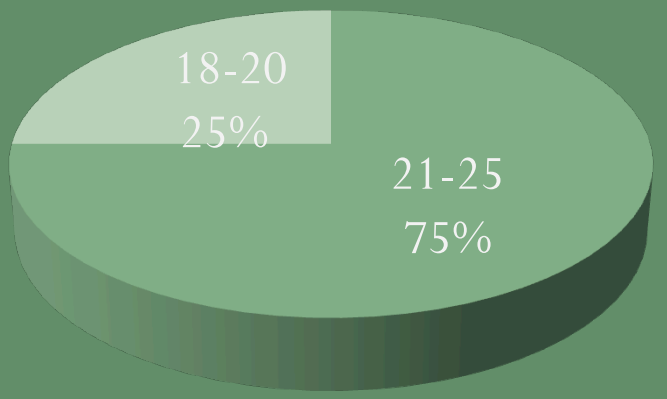
- Program evaluation data
- Baseline to postintervention
  - Previous behavior vs. future intentions
- Five states (GA, IA, IN, KY, UT)
- 18 to 25 year olds, n = 1,075

Study 2: Participants

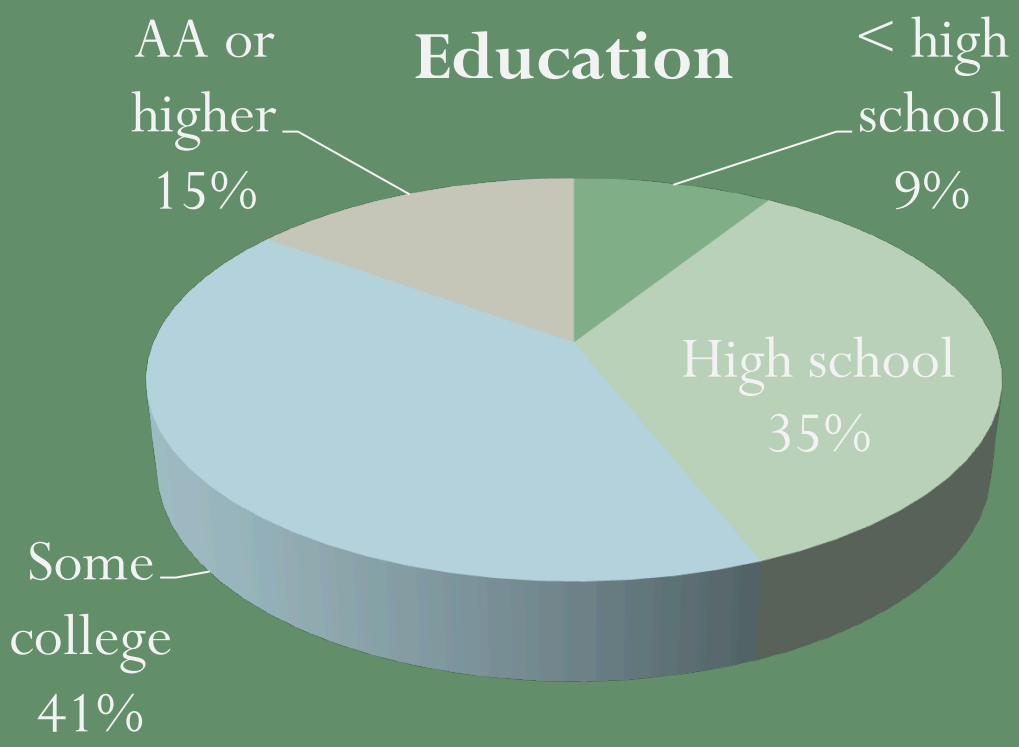
Gender



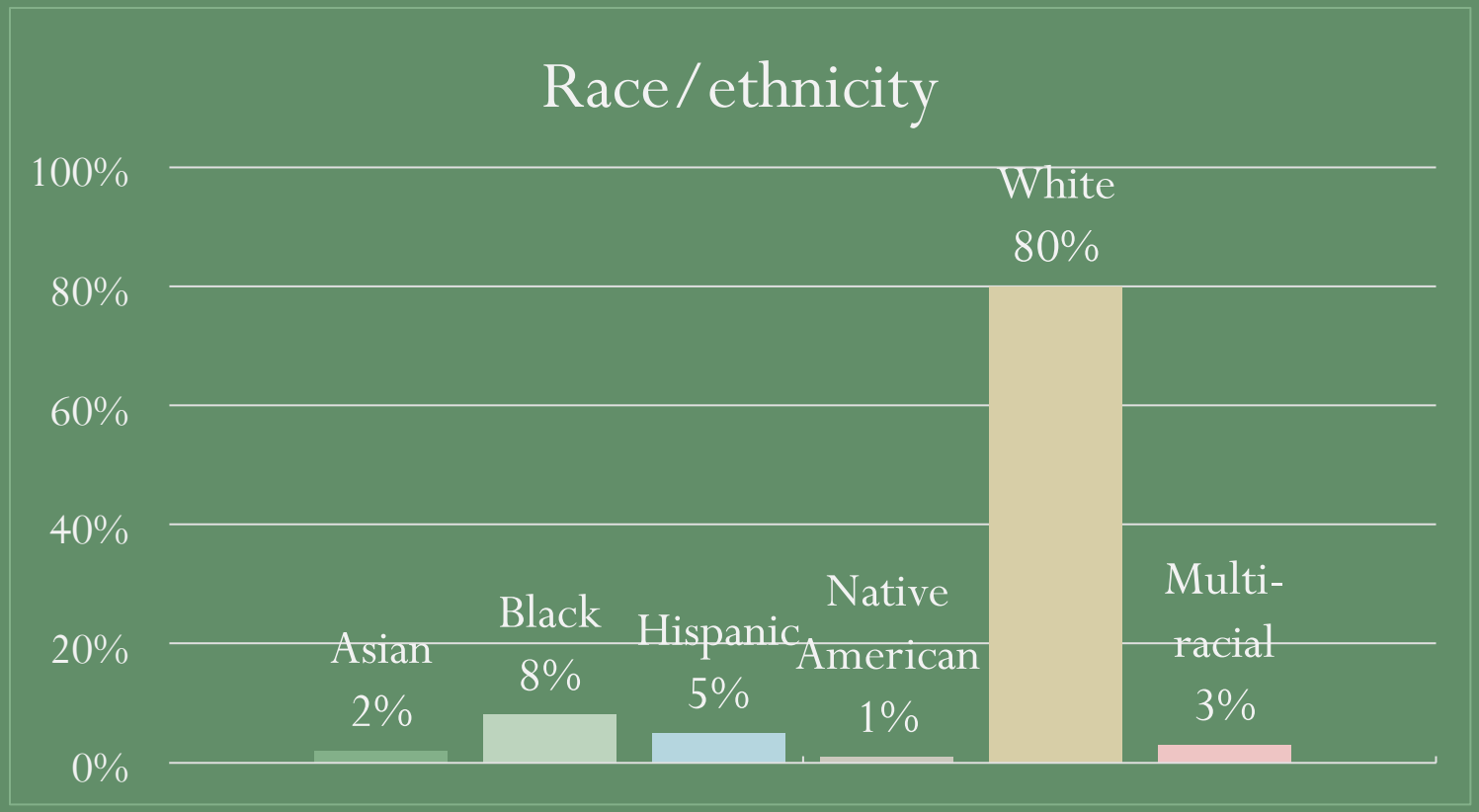
Age



Study 2: Participants



Study 2: Participants



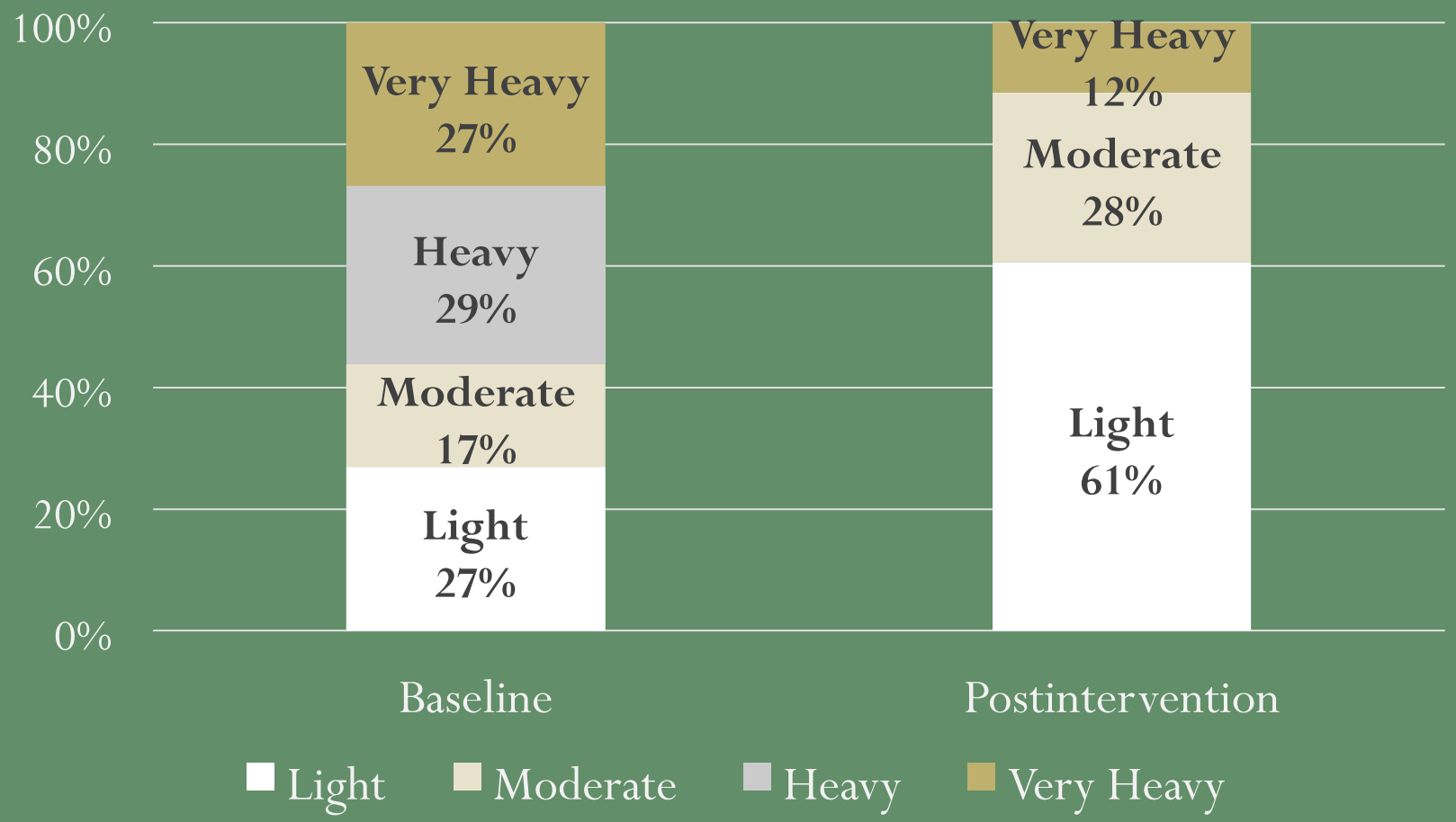
Study 2: Preliminary Analysis

- Intentions to use less in next 90 days than in 90 days prior to intervention
  - Usual number of drinks in a day
  - Frequency of 4 to 6 drinks
  - Frequency of 7 or more drinks
- All $p < .001$

Question 1: Who Comes?

Number of standard drinks		Baseline Groups: Type of Drinker			
		Light	Moderate	Heavy	Very Heavy
Usual number	0	X			
	1 to 3	X	X		
	4 to 6		X	X	
	7+			X	X
Frequency 4-6	Never	X			
	< once a week		X	X	
	≥1 X week			X	X
Frequency 7+	Never	X			
	< once a week		X	X	
	≥1 X week			X	X

Question 2:
How Do They Change?



Question 2: How Do They Change?

Transition Probabilities			
Baseline Groups (Past Behavior)	Postintervention Groups (Future Intentions)		
	Light	Moderate	Very heavy
Light →	96%	3%	1%
Moderate →	72%	27%	1%
Heavy →	44%	51%	5%
Very heavy →	36%	28%	36%

Question 3: Who Changes?

- 21-25 versus 18-20 year olds
  - No difference in baseline group
  - No difference in transition probabilities
- Men versus women
  - No difference in baseline group
  - Among "Very heavy drinkers": less likely to transition to "Light drinker" (OR= 0.52, $p < .01$)

Question 3: Who Changes?

- Use drugs versus not
  - More likely to be "Heavy drinkers" and "Very heavy drinkers" (ORs = 3.26 and 4.86, both $p < .001$)
  - Among "Very heavy drinkers": less likely to transition to "Moderate drinker" (OR=.67, $p < .05$)

Summary

- A motivationally-based, structured, group-delivered indicated prevention program can reduce recidivism among young adults

Summary, continued

- Who comes?
  - Court ordered young adults vary considerably in self-reported drinking patterns

Summary, continued

- How do they change?
  - Substantial increase in groups intending lower drinking amounts
  - Typical transitions: higher to lower drinking groups, or remain in same group
  - Some appear less influenced (remain in same group)

Summary, continued

- Who changes?
  - Age and gender typically did not moderate change
  - Drug users tend to be heavier drinkers than drug abstainers, and change similarly
  - Some indications that drug users may be more likely to change to intending to be light drinkers; more research needed

Implications

- Indicated intervention holds promise for young adult impaired drivers
- Programs should be relevant to people with a range of drinking habits
  - Provide meaningful/interesting content to all
  - Reinforce those drinking lightly
  - Motivate others to reduce drinking
- More intensive intervention for subgroup of most challenging individuals