

North West Young People and Alcohol Programme

**A Review of the Evidence Base for Effective Interventions
with Young People**

March 2011

Mark Limmer

Catherine Alexander

mark.limmer@nwrywu.org.uk

Design and layout by Sharon Watts (North West Regional Youth Work Unit)



Background

This paper summarise interventions that have evidence of effectiveness in addressing issues relating to alcohol and young people according to the extensive literature available from the UK, US and Europe. It is structured to reflect the importance of addressing alcohol from a very early age to ensure that skills, attitudes and norms of a healthy relationship with alcohol are in place. Four strands of intervention have been identified, some of which are more important at particular stages of young people's lives, and which taken together provide a holistic approach engaging the key partners within Local Authorities, PCTs/GP consortia, Police, Trading Standards and the voluntary sector.

Although this document provides specific examples from the literature and case studies from across the NW, there is no evidence that simply cherry-picking isolated interventions will have any appreciable or sustained impact. This paper sets out a menu of provision which taken together will provide a holistic response to young people and alcohol and provide consistency and coherence to the endeavours of a range of partner organisations.

The current climate is one of uncertainty and austerity within the public sector. This paper seeks, where possible, to promote approaches that are flexible in terms of where and who delivers them and which require minimal additional resources. The model is to adapt and develop existing roles and responsibilities, to promote more flexible and holistic working and to maintain the focus on those interventions that have good evidence of effectiveness.

Although there is uncertainty of the detail of the government's expectations in relation to alcohol and young people some indication of broad approaches are beginning to emerge increasingly clearly and this paper attempts to reflect these.

Early intervention: The recently released Allen Report makes clear that services are expected to intervene as early as possible both as a way of maximising prevention and of saving money further down the line. Early intervention is intended to cover both early in life (i.e. parenting and family based interventions) and early on the pathway to harm (i.e. identification of vulnerable young people prior to the onset of seriously harmful behaviour).

Local Accountability: The government has been explicit in placing the responsibility for setting priorities (in terms of outcomes and funding) on local organisations, principally Local Authorities and GP Consortia with the expectation that these agencies will commission and provide services that directly reflect local need. This increases the need to be able to demonstrate need at a local level and ensure that the alcohol agenda is being effectively championed. Good quality local data and needs assessment are going to be key and there will be a shift from demonstrating population impact to demonstrating local impact.

Value for money: Local areas are being expected to deliver a range of outcomes with significantly less resources and the need to demonstrate value for money and cost effectiveness will become increasingly important. A challenge for effective alcohol interventions is that current constraints mean that cost effectiveness needs to be demonstrated in the short term when the evidence points to early and sustained intervention the benefit of which may not be seen for some years.

Targeting: The government sees the targeting of those most at risk being the main function of locally commissioned services with universal prevention being delivered through schools, the home and the Big Society.

Outcomes: Outcomes rather than process targets will be the benchmark of effectiveness for local services, though how these outcomes will be monitored is currently unclear. Whilst this provides the potential for greater creativity and intervention, commissioning against outcomes can be challenging in terms of ascribing causality, particularly with an issue as complex as young people and alcohol.

Increase Resilience:	Interventions that increase young people's resilience and ability to identify and manage risk now and in the future.
Reduce/Delay Consumption:	Interventions that either delay the initiation of drinking or reduce the amount and frequency of consumption.
Reduce Associated Risk:	Interventions that reduce risks associated with drinking including regretted or unprotected sex, poor mental health, violence, drugs, domestic violence, accidents, obesity etc.
Address Direct Consequences:	Interventions that address the direct consequences of drinking – physical, emotional, economic and social.

Using this document

The key interventions suggested by the evidence base are listed under their relevant age category within the life-course model. The **evidence** for each intervention is listed and, where available, is followed by a **practice case study**. A full list of the evidence and case studies appears at the end of the document and clicking on the links opens up further details in a new window.

You can also access **A Scoping Document** which provides an overview of the available literature/research within the field of alcohol with a key focus on interventions designed to prevent alcohol misuse.

[Scoping Document.doc](#)

Pre-School (Age pre-birth-5 years)

At this age the overwhelming influence comes from the parents and to a lesser extent the extended family and community. This influence begins even before birth as excessive alcohol use by the mother can lead to a range of developmental, physical and/or psychological issues for the unborn child through Foetal Alcohol Spectrum Disorders. Family structures, boundaries and expectations are important in setting the blueprint for parenting throughout childhood. Children's Centres, nurseries and other child care provision have an important role in supporting parents.

In terms of alcohol the concerns relate to the impact of other people's alcohol use – particularly parents – contributing to family conflict and poor parenting.

The principal aim at this point is the development of strong, supportive family and community networks.

Partners	Parents/carers, Nursery, Children's Centres, Childcare providers, Health Visitors, Siblings, Childcare Services, Third Sector , Homestart, Domestic Violence leads, midwives, GPs
Increase Resilience	<p>Improve parenting skills to enable parents to develop appropriate structures, discipline and boundaries. Burke et al, 2006; Dalton et al, 2005; NIH, 2006; Velleman, 2009</p> <p>Target vulnerable families identified through Sure Start/Children's Centres and provide additional support. NIH, 2006; Home Office, 2009; PPN, 2009</p> <p>Help parents recognise the importance of establishing positive family patterns and norms early so that they are embedded in later childhood and adolescence. Foxcroft et al, 2008; Burke et al, 2006; PPN, 2009</p> <p>Ensure that the Local Authority meets its responsibilities as corporate parent – Looked After Children are at particular risk of negative outcomes</p>
Reduce/Delay Consumption	<p>Support for parents to manage their own alcohol use especially in family situations. Dalton et al, 2005; Velleman, 2009</p>
Reduce Associated risks	
Address Direct Consequences	<p>Brief interventions through midwifery and antenatal services to reduce the risk of Foetal Alcohol Spectrum Disorders and evidence of increased alcohol harm later in child's life. Addenbrookes Hospital</p>

Primary School Age (5-11 years)

Parents remain a key influence but increasingly the gaze is outside the family. Peer Groups at school, teachers and support staff all begin to exert influence. Children have a growing awareness of media through advertising and television. Pressures towards early sexualisation and the desire to appear grown up begin to have significant influence.

This is an important stage as family boundaries are challenged from outside for the first time. Young people measure themselves against 'norms' outside the home. Peer Groups become established and gender becomes an issue in relation to behaviour and risk. Advertising that glamorises youth, sex and alcohol begins to have resonance with some young people – especially girls.

The selection of peer groups begins and these gain greater strength as young people grow older. Exploration and a fascination with the adult world draw young people towards alcohol and sexualisation. Parental boundaries are stretched and pushed at a time when support for parents tends to dip. Adult patterns of alcohol use contribute to the setting of individual and groups norms, providing a model for alcohol use in the future.

Key agencies are schools and other activity providers and children's social care for those already identified as at risk. As most young people's behaviour does not yet raise serious alarm specialist agencies are unlikely to be involved. Alcohol use at this stage remains relatively unusual but early warnings in relation to disengagement from school, disruption and violence will manifest in some young people.

This is a key prevention phase – building resilience and skills; acknowledging the reality of alcohol; and equipping young people with the knowledge that they need in terms of alcohol, sex and risk are all crucial. The role of parents and school in peer group selection, particularly among boys, is important and inappropriate norms of behaviour need to be directly addressed. Some direct alcohol education is appropriate but more important is the modelling provided by parents and other trusted adults. Communication between partners and early intervention are crucial.

Partners	Parents/family, Teachers, School Health, GPs, Childcare Services, Police, Community Safety, Social Care, Domestic violence leads, activity providers
Increase Resilience	<p>Family support and parenting skills, with the focus more specifically on the child. Including conflict management; academic/school skills; peer selection and influence. Key is the opportunity for children to practice the skills that they are learning. Foxcroft et al, 2008; Burke et al, 2006; Lloyd & Joyce, 1999; Velleman, 2009; NREPP, 2008b</p> <p>Local Authorities to fulfil their responsibilities as corporate parent – Looked After Children and young people in the criminal justice system are at particular risk of negative outcomes.</p> <p>Schools to provide a positive and affirming ethos, develop aspirations, emotional intelligence, self-efficacy and set positive expectations of engagement in secondary school. Schools should also provide appropriate information about alcohol and associated risks. Hughes et al, 2008; Rothwell, 2009; Allen et al, 2008; Elliott et al, 2009; NICE, 2007a; Tyler, 2009; Lloyd & Joyce, 1999; Velleman, 1999; Home Office, 2009; NREPP, 2008a; NIH, 2003 Lancashire; Durham</p>

	<p>Continual Professional Development (CPD) to ensure well trained teachers with good classroom skills. NICE, 2007a; Velleman, 2009</p> <p>Extra curricula activities – setting patterns and expectations of engagement in positive activities through the teenage years. Velleman, 2009</p> <p>Targeting of interventions on those at risk or vulnerable. Assessment using recognised tools including PASS Keogh et al, 2003; Springer et al, 2004; NICE, 2007b; Velleman, 2009; NIH, 2003</p>
<p>Reduce/Delay Consumption</p>	<p>Guidance for parents on the impact of their alcohol use on their children. Hughes et al, 2008; Donaldson, 2009; Beich et al, 2002; NREPP, 2008b</p>
<p>Reduce Associated risks</p>	<p>Address the needs of those running away from home as a result of parental alcohol use.</p> <p>Provide positive activities to reduce the risk of anti-social behaviour and risk taking. Hughes et al, 2008; Velleman, 2009</p>
<p>Address Direct Consequences</p>	

Secondary School Age (11-16)

At the beginning of this phase very few young people will be drinking and by the end it will be a common place activity for many. An age of exploration and experimentation not just in relation to alcohol but also other activities including sex and smoking.

During this time parental influence declines, though for many it is still a significant factor. Peers become the most important influence and arbiter, contributing to the setting and policing of norms and the parameters of risk taking.

Where young people engage with them, school and non-school activities become important. Gender social development tends to be unequal and the majority of peer groups are single sex. Access to a wider range of media, including the internet increases and becomes a key source for information, role models and communication.

Concerns at this age tend to be the prevention of regular and heavy drinking whilst recognising the near-inevitability of experimentation. Towards the latter end of this phase concerns relating to regular and excessive drinking amongst a minority become the focus of concern, not least the relationship between this and poor school attendance, anti-social behaviour, violence and sexual risk taking. Drinking tends to be visible and community concerns focus on nuisance and anti-social behaviour. Drinking norms become more firmly established based on a range of influences including family, peers, media and advertising.

Current interventions tend to fall in to three approaches – education, restricting access and combatting nuisance.

Partners	Parents/family, Teachers, Learning Mentors, School Health, Connexions, Youth Services, Youth Offending Teams, Childcare Services, Drug and Alcohol Services, Police, Community Safety, Pupil Referral Units, Alcohol Industry (on and off sales), media
Increase Resilience	<p>Support for parents needs to continue particularly in relation to communication and boundary setting Hughes et al, 2008; Cox et al, 2006; Hayes et al, 2004; NREPP, 2008b; Templeton, 2009</p> <p>Involvement in positive activities outside of school, particularly sport and physical activity. Bellis et al, 2006; Hughes et al, 2008; Springer et al, 2004; Velleman, 2009; Percy et al, 2011</p> <p>School input to develop life skills, aspirations, confidence and well-being Donaldson, 2009; Redgrave and Limmer, 2004; Allen et al, 2008; Elliott et al, 2009; Jones et al, 2009; NICE, 2007a; Mistral, 2009; Tyler, 2009; NIH, 2006; Home Office, 2009; PPN, 2010; Templeton, 2009; Hughes et al, 2004; Kennedy and Limmer, 2007; Phillips-Howard et al, 2010. Durham</p>
Reduce/Delay Consumption	<p>Reduce access to alcohol through: Increasing price; reducing under aged sales; preventing access to fake age identification; stopping advertising that targets or particularly appeals to this age group. Meier et al, 2008; Bellis et al, 2006; Phillips-Howard et al, 2004; Chisholm et al, 2004; Mistral, 2009; Morleo et al, 2010; NIH, 2006; Velleman, 2009; Home Office, 2009 St Neots</p>

	<p>Parental and community modelling of appropriate drinking. Hughes et al, 2008</p> <p>Work with parents to reduce supply to young people – especially unsupervised supply, including reducing young people’s access to money. Bellis et al, 2006; Hughes et al, 2004 Oxfordshire</p> <p>Alcohol education in school focusing on understanding the impact of alcohol use and what constitutes safe levels of drinking. Most effective when involving parents. Hughes et al, 2008; Donaldson, 2009; Hasan et al, 2005; Jones et al, 2009; NICE, 2007a; Mistral, 2009; Templeton, 2009; Percy et al, 2011 Kirklees; Salford 1; Derby; Swindon</p> <p>Targeted interventions (such as brief interventions or motivational interviewing) with young people who are either already drinking problematically or are at risk of doing so. Atkinson et al, 2007; Hughes et al, 2008; Donaldson, 2009; Elliott et al, 2009; Marlatt et al, 1999; Springer et al, 2005; Breich et al, 2002; NICE, 2007b Bath; Haringey; Salford 2; Cornwall; Hartlepool; Pembrokeshire</p>
<p>Reduce Associated risks</p>	<p>Provide education programmes that explicitly link alcohol use to other risks and vulnerabilities. Bellis et al, 2009; Redgrave and Limmer, 2004; NIH, 2006; NWRWU, 2009; PPN, 2010; Leslie, 2008; Kennedy and Limmer, 2007 East midlands; Manchester 3; Camden 1; Liverpool; Suffolk</p> <p>Reduction of anti-social behaviour through positive activities, youth work interventions and appropriate policing. Coleman & Ramm, 2006; Drug & Alcohol Findings, 2009; NWRWU, 2009; Velleman, 2009 Doncaster; Hartlepool</p> <p>Ensure that all staff that engage with young people have training in how to engage and signpost young people to appropriate services and support. NWRWU, 2009 Bradford; South Tyneside; Wigan</p> <p>Provision of tier one sexual health services through agencies addressing alcohol use. Keogh et al, 2003</p> <p>Social norms approaches to moderate behaviour and reduce associated risks Elliott et al, 2009; Mistral, 2009; Velleman, 2009; Hughes et al, 2004 Leeds 2</p>
<p>Address Direct Consequences</p>	<p>Referral pathway or direct provision of brief interventions in Emergency Departments Chisholm et al, 2004; Latimer & Guillaume, 2010</p>

Post Compulsory School Age (16-18)

Influence of parents is now relatively weak with many young people, but peers remain very influential as do organised activities where they are accessed. Marketing and media become more directly relevant, with images linking alcohol to having a good time and being adult, pervasive.

Remaining engaged in education (formal and informal) seems to be protective against harmful consequences if not to drinking per se. Peer norms and social groups seem to define the frequency and level of drinking.

Main concerns remain nuisance and anti-social behaviour; violence; sexual risk-taking and vulnerability; and the establishment of lasting, poor drinking habits. Much focus moves away from the person drinking on to the impact that this drinking has on other people – consequently much of the engagement is punitive.

Current interventions are heavily focused on addressing access to alcohol through crack downs on underage sales; proof of age schemes; pricing; licence variations etc. For those drinking most heavily, access to treatment including brief interventions, is available.

Behaviour change with this age group is particularly challenging.

Partners	Childcare Services, Drug and Alcohol Services, Police, Community Safety, Alcohol Industry (on and off sales), Licensing Authorities, Parents/family, College/Schools, Connexions, Youth Services, Youth Offending Teams, Trading Standards, GPs, media
Increase Resilience	<p>Newsletter for parents with encouragement and tips for living with a teenager Cox et al, 2006; Hayes et al, 2004</p> <p>Managing the transition from compulsory school to more independent living including reduction in NEETs NICE, 2007a; NIH, 2003</p> <p>Improve pastoral care in FE colleges and 6th forms to support young people who are becoming vulnerable NWRWU, 2009; Home Office, 2009</p>
Reduce/Delay Consumption	<p>Reduce access to alcohol through: Increasing price; reducing under aged sales; preventing access to fake age identification; stopping advertising that targets or particularly appeals to this age group. Meier et al, 2008; Bellis, 2006; Phillips-Howard et al, 2008; Chisholm et al, 2004; Mistral, 2009; Morleo et al, 2010; NIH, 2006; Velleman, 2009; Home Office, 2009 St Neots</p> <p>Parental and community role modelling of appropriate drinking behaviours. Bellis, 2006; Cox et al, 2006; Hayes et al, 2004</p> <p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change Atkinson et al, 2007; Keogh et al, 2003; Phillips-Howard, 2004; Mistral, 2009; Marlatt et al, 1999; Baer et al, 2001; NICE, 2007b; Leslie, 2008; Alcohol Concern, 2010 Bath; Wirral; Lambeth; Leeds 1</p>

	<p>Establishing and communicating social norms in relation to alcohol. Elliott et al, 2009; Mistral, 2009; NIH, 2006; Velleman, 2009 Greater London Authorities; Leeds 2</p>
<p>Reduce Associated risks</p>	<p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change Atkinson et al, 2007; Keogh et al, 2003; Phillips-Howard, 2008; Mistral, 2009; Marlatt et al, 1999; Baer et al, 2001; NICE, 2007b; Leslie, 2008; Alcohol Concern, 2010 Bath; Wirral; Lambeth; Leeds 1</p> <p>Schools/colleges to adopt a broader harm reduction approach rather than abstinence – explicitly linking alcohol with other risk taking. Bellis et al, 2009; Jones et al, 2009; NWRWU, 2009</p> <p>Establish young people friendly health services covering the full range of risk outcomes including alcohol, sexual health and mental health. Hurcombe et al, 2010 Bolton; Camden 2; East Sussex; Manchester 4</p> <p>Ensure that all staff that engage with young people have training in how to engage and signpost young people to appropriate services and support. Keogh et al, 2003; NWRWU, 2009 Bradford</p> <p>Provide services to address domestic and relationship violence.</p> <p>Night buses, safe routes home etc to address alcohol fuelled violence. Norwich</p>
<p>Address Direct Consequences</p>	<p>Motivational interviewing to address alcohol use and facilitate wider risk taking behaviour change Atkinson et al, 2007; Keogh et al, 2003; Phillips-Howard, 2008; Mistral, 2009; Marlatt et al, 1999; Baer et al, 2001; NICE, 2007b; Leslie, 2008; Alcohol Concern, 2010 Bath; Wirral; Lambeth; Leeds 1</p> <p>Arrest referral programmes with a clear pathway into brief interventions and motivational interviewing. Phillips-Howard, 2008</p> <p>Referral pathways between Emergency Departments and brief interventions and motivational interviewing. Elliott et al, 2009; Leslie, 2008; Hughes et al, 2004 Liverpool Hospital; Manchester 1; Manchester 2; Milton Keynes; Paddington; Portsmouth; Warrington</p> <p>Access to Cognitive Behavioural Therapy</p>

References/Articles

Alcohol Concern (2010) *Right time, right place: Alcohol harm reduction strategies with children and young people*. Alcohol Concern: London

[Alcohol Scoping Literature\Alcohol Concern 2010.pdf](#)

Allen, D; Coombes, L; Foxcroft, D (2008) *Preventing Alcohol and Drug Misuse in Young People: Adaptation and Testing of the Strengthening Families Programme*. Oxford Brookes University: Oxford

[Alcohol Scoping Literature\Allen et al.pdf](#)

Atkinson C, Amesu M. *Using solution-focused approaches in motivational interviewing with young people*. Pastoral Care 2007;June:31-37.

Baer, J; Kivlahan, D, Blume, A; McKnight, P; Marlatt, A (2001) *Brief Intervention for Heavy-Drinking College Students: 4 year Follow-Up and Natural History*. American Journal of Public Health 91:8 pp 1310-1316

[Alcohol Scoping Literature\Baer et al. 2000.pdf](#)

Beich, A; Gannik, D; Malterud, K (2002) *Screening and brief intervention for excessive alcohol use: Qualitative interview study of the experiences of general practitioners*. British Medical Journal 325 pp 1-5

[Alcohol Scoping Literature\Beich 2002.pdf](#)

Bellis, M; Hughes, K; Morleo, M; Tocque, K; Hughes, S; Allen, T; Harrison, D (2006) *Patterns of risky alcohol consumption in North West teenagers and their implications for preventing alcohol related harm*. Centre for Public Health: Liverpool

[Alcohol Scoping Literature\Bellis et al. 2006.pdf](#)

Bellis, M; Morleo, M; Tocque, K; Dedman, D; Phillips-Howard, P; Perkins, C; Jones, L (2009) *Contributions of alcohol use to teenage pregnancy: An initial examination of geographical and evidence based associations*. Centre for Public Health: Liverpool

[Alcohol Scoping Literature\Bellis et al. 2009.pdf](#)

Burke, S; Schmied, V; Montrose, M (2006) *Parental alcohol misuse and the impact on children: Literature Review*. Centre for Parenting and Research: NSW, Australia

[Alcohol Scoping Literature\Burke 2006.pdf](#)

Chiodo, L; Da Costa, D; Hannigan, J; Covington, C; Sokol, R; Janisse, J; Greenwald, M; Ager, J; Delaney-black, V (2010) *The impact of maternal age on the effects of prenatal alcohol exposure on attention*. Alcoholism: Clinical and Experimental Research 34:10 pp 1813-1821

[Alcohol Scoping Literature\Chiodo et al. 2010.doc](#)

Chisolm, D; Rehm, J; Van Ommeren, M; Monteiro, M (2004) *Reducing the global burden of hazardous alcohol use: A comparative cost effective analysis*. Journal of Studies in Alcohol 65:6 pp 782-93

[Alcohol Scoping Literature\Chisolm et al. 2004.pdf](#)

<p>Coleman, L; Ramm, J (2006) <i>Researching the effects of Digital Story-telling as a brief intervention for young people delivered in non-medical settings</i>. Trust for the Study of Adolescence: Brighton Alcohol Scoping Literature\Coleman and Ramm, 2006.pdf</p>
<p>Cox, L; Sherriff, N; Coleman, L; Roker, D (2004) <i>Parent-young people communication about alcohol</i>. Trust for the Study of Adolescence: Brighton Alcohol Scoping Literature\Cox et al. 2006.pdf</p>
<p>Dalton, M; Bernhardt, A; Gibson, J; Sargent, J; Beach, M; Adachi-Mejia, A; Titus-Ernstoff, L; Heatherton, T (2005) <i>"Honey have some smokes": Use of cigarettes and alcohol by pre-schoolers whilst role-playing as adults. Archive of Paediatric Adolescent Medicine 159 pp 854-859</i> Alcohol Scoping Literature\Dalton et al. 2005.pdf</p>
<p>Donaldson, L (2009) <i>Guidance on the consumption of alcohol by children and young people</i>. Department of Health: London Alcohol Scoping Literature\Donaldson Sir 2009.pdf</p>
<p>Elliott, G; Morleo, M; Cook, P (2009) <i>Identifying Effective Interventions for Preventing Underage Alcohol Consumption</i>. Centre for Public Health: Liverpool Alcohol Scoping Literature\Elliott et al. 2009.pdf</p>
<p>Foxcroft, D; Ireland, D; Lowe, G; Breen, R (2008) <i>Primary prevention for alcohol misuse in young people. The Cochrane Collaboration</i> John Wiley and Son Ltd: London Alcohol Scoping Literature\Foxcroft et al. 2008.pdf</p>
<p>Hasan, M; Moore,L; Chalder, M (2005) <i>Feasibility study for an evaluation of schools based, peer led intervention to reduce pupil problem drinking: The Teenage Alcohol Project (TAP)</i>. Alcohol Scoping Literature\Hasan et al. 2005.pdf</p>
<p>Hayes, L; Smart, D; Toumbourou, J; Sanson, A (2004) <i>Parenting influences on adolescent alcohol use</i>. Australian institute of Family Studies: Melbourne Alcohol Scoping Literature\Hayes et al. 2004.pdf</p>
<p>Home Office (2009) <i>Pathways to Problems: A follow up report to the implementation of recommendations from Pathways to Problems</i>. Crown Copyright: London Alcohol Scoping Literature\Home Office 2009.pdf</p>
<p>Hughes, K; Tocque, K; Humphrey, G; Bellis, M (2004) <i>Taking Measures: A situational analysis of alcohol in the North West</i>. Centre for Public Health: Liverpool Alcohol Scoping Literature\Hughes et al. 2004.pdf</p>
<p>Hughes, S; Bellis, M;Hughes, K; Tocque, K; Morleo, M; Hennessey, M; Smallthwaite, L (2008) <i>Risky drinking in North West school children and its consequences: A study of fifteen and sixteen year olds</i>. Centre for Public Health: Liverpool Alcohol Scoping Literature\Hughes et al. 2008.pdf</p>
<p>Hurcombe, R; Bayley, M; Goodman, A (2010) <i>Ethnicity and Alcohol: A review of the UK literature</i>. Joseph Rowntree</p>

Foundation.

[Alcohol Scoping Literature\Hurcombe et al. 2010.pdf](#)

Jones, L; Bates, G; Downing, J; Sumnall, H; Bellis, M (2009) *A review of the effectiveness and cost-effectiveness of personal, social and health education in primary schools focusing on sex and relationships and alcohol education for young people aged 5-11.* Centre for Public Health: Liverpool

[Alcohol Scoping Literature\Jones et al. 2009.pdf](#)

Keogh, P; McGough, P; Macfarlane, D (2003) *Determining the effectiveness of alcohol screening and brief intervention approach in a young people's sexual health service.* Sandyford Centre: Glasgow.

[Alcohol Scoping Literature\Keogh et al. 2003.pdf](#)

Kennedy K, Limmer M (2007) *Alcohol, Self Esteem and Aspiration: Exploring the context of young people's sexual risk taking.* Rochdale Teenage Pregnancy Strategy

Latimer, N; Guillaume, L (2010) *Prevention and early identification of alcohol use disorders in adults and young people.* University of Sheffield.

[Alcohol Scoping Literature\Latimer and Guillaume, 2010.pdf](#)

Leslie, K (2008) Harm Reduction: An approach to reducing risky health behaviours in adolescents. *Paediatric Child Health* 13:1 pp 53-56

[Alcohol Scoping Literature\Leslie, 2008.pdf](#)

Lloyd, C; Joyce, R (1999) *Teaching in the tender years.* *Drug and Alcohol Findings* 1 pp 4-7

Martlatt, G (1998) *Screening and brief interventions for high risk college student drinkers: Results from a two year follow up assessment.* *Clinical Psychology* 66:4 pp 604-615

[Alcohol Scoping Literature\Martlatt, 1998.pdf](#)

Meier, P (2008) *The independent review of the effects of alcohol pricing and promotion: Modelling the potential impact of pricing and promotion policies for England:* University of Sheffield

[Alcohol Scoping Literature\Meier, 2008.pdf](#)

Mistral, W (2009) *Effectiveness of national policies and initiatives to reduce alcohol related harm among young people.* Thomas Coram Research Institute: London

[Alcohol Scoping Literature\Mistral 2009.pdf](#)

Morleo, M; Hughes, K; McVeigh, J (2007) *Evaluation of Preston's alcohol brief intervention training pack: "Training the Trainers".* Centre for Public Health: Liverpool

[Alcohol Scoping Literature\Morleo et al. 2007.pdf](#)

Morleo, M; Cook, PA; Bellis, MA; Smallthwaite, L (2010). *Use of fake identification to purchase alcohol amongst 15-16 year olds: a cross-sectional survey examining alcohol access, consumption and harm.* *Substance Abuse Treatment, Prevention and Policy.* 5:12.

[Alcohol Scoping Literature\Morleo et al. 2010.pdf](#)

<p>NICE (2007a) <i>Interventions in schools to prevent and reduce alcohol use among children and young people.</i> National Institute for Clinical Excellence: London Alcohol Scoping Literature\NICE 2007a.pdf</p>
<p>NICE (2007b) <i>Community based interventions to reduce substance misuse among vulnerable and disadvantaged children and young people.</i> National Institute for Clinical Excellence: London Alcohol Scoping Literature\NICE 2007 b.pdf</p>
<p>NIH (2003) <i>Preventing drug use among children and adolescents: A research based guide.</i> National Institute for Health: Maryland Alcohol Scoping Literature\NIH, 2003.pdf</p>
<p>NIH (2006) <i>Underage Drinking: Why do adolescents drink, what are the risks, and how can underage drinking be prevented?</i> Alcohol Alert: 67 Alcohol Scoping Literature\NIH, 2006.pdf</p>
<p>NREPP (2008a) <i>STARS for Families</i> http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=43 Alcohol Scoping Literature\NREPP, 2008 a.pdf</p>
<p>NREPP (2008b) <i>Strengthening Families Program: For Parents and Youth 10-14</i> http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=63 Alcohol Scoping Literature\NREPP, 2008 b.pdf</p>
<p>NWRYWU (2009) <i>A Report Highlighting the Contributions of Youth Services to Work with Young People Around Issues of Alcohol.</i> North West Regional Youth Work Unit.</p>
<p>Percy, A; Wilson, J; McCarten, C; McCrystal, P (2011) <i>Teenage Drinking Cultures.</i> Joseph Rowntree Foundation: York Alcohol Scoping Literature\Percy, 2011.pdf</p>
<p>Phillips-Howard, P; Morleo, M; Cook, P; Bellis, M (2008) <i>Alcohol availability to underage drinkers.</i> Centre for Public Health: Liverpool Alcohol Scoping Literature\Phillips-Howard et al 2008.pdf</p>
<p>Phillips-Howard, P; Bellis, M; Briant, L; Jones, H; Downing, J; Kelly, I; Bird, T; Cook, P (2010) <i>Wellbeing, alcohol use and sexual activity in young teenagers: Findings from a cross-sectional survey in schools in north West England.</i> <i>Substance Abuse Treatment, Prevention and Policy</i> 5:27 Alcohol Scoping Literature\Phillips-Howard et al, 2010.pdf</p>
<p>PPN (2009) <i>Life Skills Training</i> – Botvins http://www.promisingpractices.net/program Alcohol Scoping Literature\PPN, 2009.pdf</p>
<p>PPN (2010) <i>Nurse Family Partnerships</i> http://www.promisingpractices.net/program.asp?programid=16</p>

Redgrave K, Limmer M (2004) *"It makes you more up for it": Young people's perspectives on alcohol and sexual health.* Rochdale Teenage Pregnancy Strategy.

Rothwell, H; Segrott, J (2009) *The role of parents in preventing alcohol misuse: An evaluation of the Kids, Adults Together Programme (KAT).* Cardiff

[Alcohol Scoping Literature\Rothwell et al. 2009.pdf](#)

Springer, J; Sale, E; Hermann, J; Sambrano, S; Kasim, R; Nistler, M (2004) *Characteristics of effective substance abuse prevention programs for high risk youth.* *Journal of Primary Prevention* 25:2 pp 171-194

[Alcohol Scoping Literature\Springer, 2004.pdf](#)

Templeton, L (2009) *Alcohol-related problems facing young people in England: Risks, harms and protective factors.* Thomas Coram Institute: London

[Alcohol Scoping Literature\Templeton et al. 2009.pdf](#)

Tyler, K (2009) *A review of programmes to reduce alcohol misuse among young people.* Thomas Coram Institute: London

[Alcohol Scoping Literature\Tyler 2009.pdf](#)

Velleman, R (2009) *Alcohol prevention programmes: A review of the literature.* Joseph Rowntree Foundation: York

[Alcohol Scoping Literature\Velleman 2009.pdf](#)

Practice Case Studies

Addenbrookes Hospital	FAS study and guide	http://www.hubcapp.org.uk/0WBC
Bath	Project 28	http://www.hubcapp.org.uk/ARSQ
Bolton	GP Surgery Alcohol Local Enhanced Service	http://www.hubcapp.org.uk/O4SA
Bradford & Airedale	Brief Intervention Training	http://www.hubcapp.org.uk/6P8F
Camden 1	Alcohol Photo Voice Project	http://www.hubcapp.org.uk/YIAP
Camden 2	Local Enhanced Service	http://www.hubcapp.org.uk/6IR5
Cornwall	Trelya fLASH Initiative	http://www.hubcapp.org.uk/MWQV
Derby	Bottle It Peer Education Project	http://www.hubcapp.org.uk/OGMM
Doncaster	Alcohol Hotspots Project	http://www.hubcapp.org.uk/D2NJ
Durham	Just for a Laugh?	http://www.hubcapp.org.uk/ZZPG
East Midlands	Young Potential – On the Binge	http://www.hubcapp.org.uk/AGRP
East Sussex	Action for Change Young Person's Worker	http://www.hubcapp.org.uk/WDRT
Gtr London Authorities	Peer Outreach Team	http://www.hubcapp.org.uk/UWKM
Haringey	Speakeasy	http://www.hubcapp.org.uk/Y49V
Hartlepool	Straight Line Project	http://www.hubcapp.org.uk/MDKJ
Kirklees	Adolescents Anonymous	http://www.hubcapp.org.uk/ISBP
Lambeth	Pharmacy based Identification & Brief Advice	http://www.hubcapp.org.uk/032O
Lancashire	LookOut Alcohol Website	http://www.hubcapp.org.uk/IRPJ
Leeds 1	Pharmacy Brief Alcohol Interventions	http://www.hubcapp.org.uk/oFaT
Leeds 2	Web based social norms intervention	http://www.hubcapp.org.uk/Q7PS
Liverpool	Alcohol Education Resource Pack	http://www.hubcapp.org.uk/Q62J
Liverpool Hospital	Young Person Alcohol Related Attendance	http://www.hubcapp.org.uk/QJDK
Manchester 1	Alcohol IBA Emergency Departments	http://www.hubcapp.org.uk/6H1T
Manchester 2	Comprehensive care pathway development	http://www.hubcapp.org.uk/LMFZ
Manchester 3	Doctor Sober	http://www.hubcapp.org.uk/T1B3
Manchester 4	GP Practice Alcohol IBA Pilot Programme	http://www.hubcapp.org.uk/MR6Y
Milton Keynes	Brief Interventions for Alcohol Misuse	http://www.hubcapp.org.uk/CCK7
Norwich	SOS Bus	http://www.hubcapp.org.uk/JLLZ
Oxfordshire	Parent Alcohol Workshop	http://www.hubcapp.org.uk/GXBB
Paddington	Alcohol Health Work in St Mary's Hospital	http://www.hubcapp.org.uk/GWAQ
Pembrokeshire	Dignity – Use It. Don't Lose It	http://www.hubcapp.org.uk/7ESS
Portsmouth	Alcohol Interventions Team	http://www.hubcapp.org.uk/9JGK
Salford 1	Alcohol Peer Education Project	http://www.hubcapp.org.uk/01T4
Salford 2	FKD Fanzine	http://www.hubcapp.org.uk/R2L7
South Tyneside	Alcohol Identification and Brief Advice Training	http://www.hubcapp.org.uk/NYEI
St Neots	Community Alcohol Partnership Pilot Project	http://www.hubcapp.org.uk/YH5N
Suffolk	NORCAS Alco Cards & YP and Alcohol Research	http://www.hubcapp.org.uk/TA6I
Swindon	Last Orders Alcohol Education Project	http://www.hubcapp.org.uk/UHV2
Warrington	A&E Brief Interventions Project	http://www.hubcapp.org.uk/08OR
Wigan	Mainstreaming IBA Project	http://www.hubcapp.org.uk/R8H2
Wirral	IBA within Pharmacies	http://www.hubcapp.org.uk/W11M



Centre for
Public Health

