

# Factors influencing effective implementation of Alcohol Screenings and Brief Interventions (SBIs) with young people: A frontline perspective

## Aim

In order to further the evidence base on the effectiveness of Alcohol Screenings and Brief Interventions (SBI) with young people in the UK, this presentation focuses on identifying the mechanism by which these interventions work, based upon the frontline experience of specialist voluntary sector staff from Glasgow Council on Alcohol: Prevention and Education.

## Setting

Alcohol Screenings and Brief Interventions were purposely delivered in diverse settings tailored to young people, with staff bringing the intervention to the young people, rather than a model where young people were expected to travel to the intervention.



Local mobile resources and local events targeted at young people were utilised to do this. For example, the Glasgow SOS Bus was utilised as a safe space at the side of Govanhill Park to deliver Alcohol SBI's to young people and follow up alcohol interventions. Alcohol SBI's were delivered at times when alcohol consumption and youth disorder had been identified as an issue, thus responding to local need.

## Staff

Specialist Voluntary Sector staff were part of a multiagency approach towards reducing alcohol related harm in the community, and were responsible for delivering Alcohol SBI's to young people. Training and support was also provided to local youth workers to enable them to deliver Alcohol SBI's with young people when appropriate.



All staff were experienced and skilled in applying an informal and friendly approach, as well as being flexible and adapting to the needs of the population. Prior knowledge of working with the particular target group was gained through previous engagement in the area and partnership work with local youth workers.



**FLEXIBLE  
NON-  
JUDGEMENTAL  
EXPERIENCED  
EMPATHIC**

## Conclusion

As indicated in previous literature the need for a multi-faceted approach when delivering Alcohol SBI's with young people is pivotal. Implications for future practice include community consultation to ensure the intervention is targeted to local community and delivered in the right setting, as well as investing in experienced and skilled staff, to ensure the intervention has maximum impact.

## Future Work

In June/July 2014 experienced staff from a detached youth work project in Glasgow received training to deliver Alcohol and Drug SBI's to young people. A robust monitoring procedure was implemented and continued specialist support for staff trained has been put in place.

## Summary

What factors may influence effective delivery of Alcohol SBI's with young people?

This presentation displays a frontline perspective that indicates that staff and setting may be key factors to consider when delivering Alcohol SBI's with young people.

All findings are based upon a project in the Govanhill area of Glasgow where Alcohol SBI's were delivered to young people during a 6 month period in 2012/2013.

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