

Reduction of Alcohol Consumption in Sweetwater County, Wyoming through Internet-based Alcohol Interventions

Daniel Lancaster || RUOP III || 2020 || University of Washington School of Medicine

Hypothesis

- Decrease alcohol consumption and decrease related mental health disorders for adults in Sweetwater county by adding internet-based alcohol interventions in primary care.

Background

- Rock Springs, WY is part of Sweetwater county, clinics see patients from Green River as well the other major city in Sweetwater county
- Sweetwater county is mostly White/Caucasian, the next most prevalent demographic is Hispanic/Latino
- As of 2017, within the last month 18% of adults in Wyoming reported binge drinking, 17.3% of adults in Sweetwater county reported binge drinking compared to 17% of adults in the nation
- Providers report a significant increase in alcohol abuse during the Covid-19 pandemic



Sweetwater County in Wyoming

Community Profile: Assets

- Southwest Counseling services has been in service since 1962 as a comprehensive, community mental health and substance abuse treatment center
 - Federally funded, works on a sliding scale payment basis
 - Works closely with physicians to offer mental health and substance abuse treatment
 - Trying to raise awareness and decrease stigmatization of mental health and substance abuse disorders
- Other community assets:
 - Rock Springs Community Health Center
 - Sweetwater Memorial Hospital
 - Alcoholics Anonymous
 - Primary Care Physicians

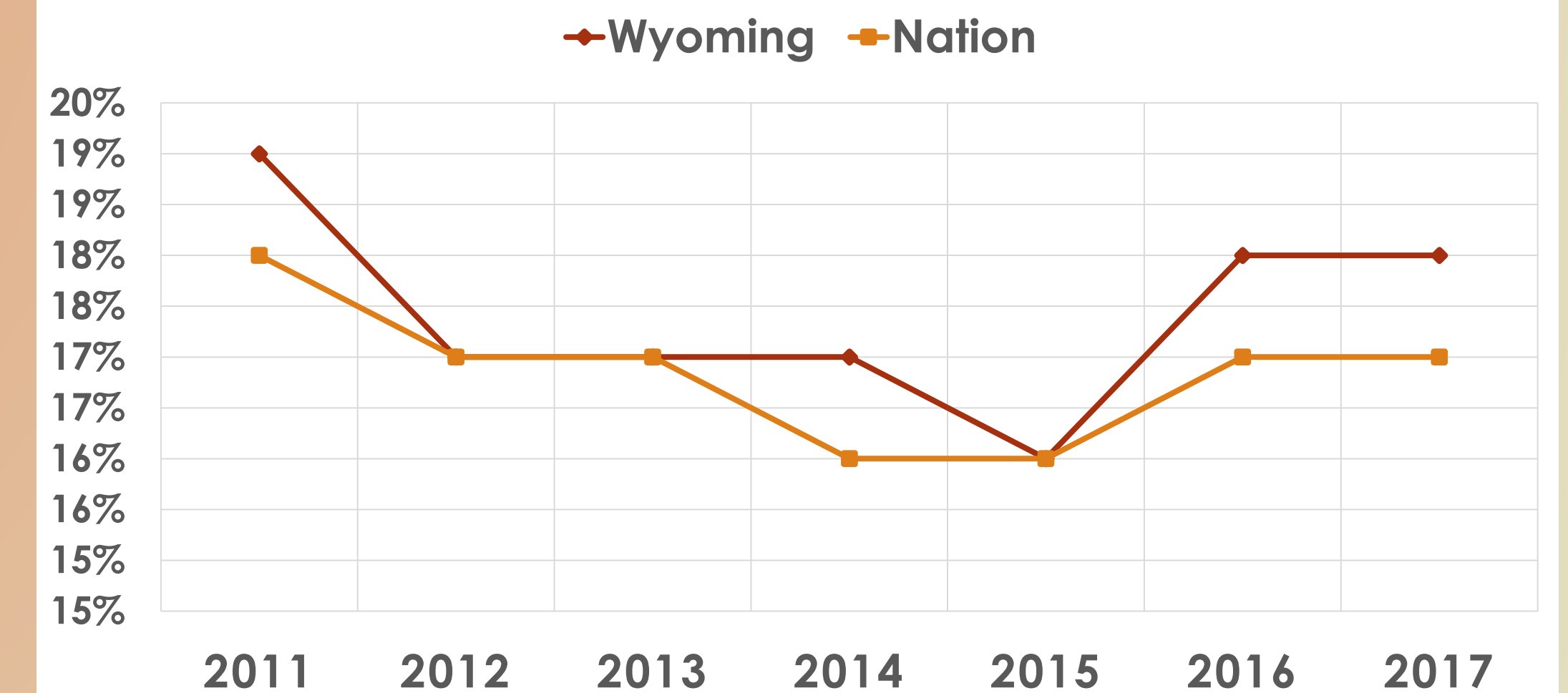


Southwest Counseling Services Rock Springs Wyoming

Literature Review

- Internet-Based Alcohol Interventions (IAIs)
 - Based on therapeutic principles of personalized normative feedback, motivational interviewing, cognitive-behavioral therapy, or behavioral self-control principles
 - Showed when implemented a decrease of about 5 standard drinks a week
 - Easy to implement, can be used in addition to face-to-face brief alcohol interventions
 - Applicable to all clinics and counselors to increase follow up visits for substance abuse disorders
 - Major hurdle would be initial creation of a viable iAIs
 - If the IAI is unguided patient compliance goes down

THE PERCENTAGE OF WYOMING ADULTS WHO REPORTED DRINKING AT LEAST ONE TIME IN THE PAST MONTH.



Conclusions

- In Sweetwater county the implementation of iAIs could decrease the overall weekly alcohol consumption
 - A decrease in alcohol consumption will decrease related health outcomes such as poor mental health
 - iAIs could supplement already existing programs and improve substance abuse treatment outcomes
 - This intervention could be implemented by Southwest Counseling as another tool for their providers