

# Which Setting is Best to Undertake a Rigorous RCT of MI Brief Intervention to Reduce Alcohol Consumption in Hazardous drinkers for Young People?



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## AIM of Project

- To identify areas in the English criminal justice system where deployment of Motivational Interviewing Brief Intervention screening could reduce alcohol consumption and health harms

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## Methods

- Two key approaches:

Rapid literature review of the existing evidence

Conducting key informant interviews

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## Background to Drinking in England



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- 15% prevalence rate of Alcohol Use Disorders (AUD) in the UK population (NHS Digital, 2017)
- Higher prevalence rates of problem AUD in criminal justice settings (Parkes *et al.*, 2011)
- British Crime Survey estimates that up to 50% of violent crime is related to AUD (Flatley, *et al.*, 2010)
- Complex relationship between alcohol use and offending behaviours (Boden, *et al.*, 2012)

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## Out of Court Disposals

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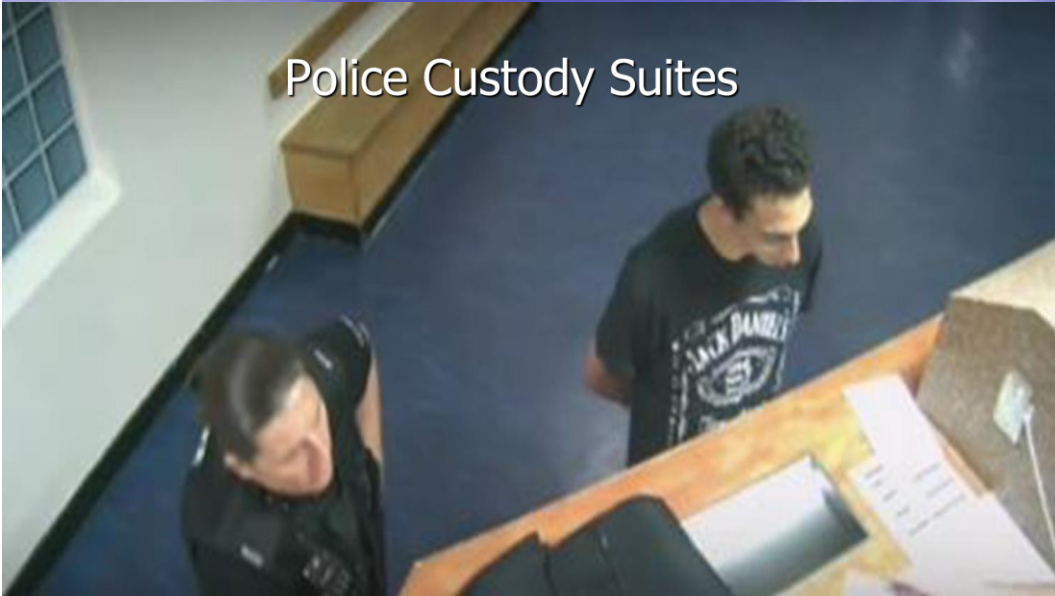
- Cautions, penalty notices, warnings and community resolutions
- No trials for this setting
- Better for one off offenders?

(Tobutt et al., 2017)

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## Police Custody Suites



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- 14 x studies, of which 6 prevalence, 3 x consumption measurement, 4 intervention
- “Say somebody was admitted to a custody suite and they were discharged by the police, by the custody sergeant, the next morning. Then, you know, it’s possible that that may represent a teachable moment.” [PJ]

(Tobutt et al., 2017)

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## Magistrate's Court

- 1 x intervention study
- "...we think that the likely explanation is that people were, the offenders, were so engaged with the whole court process and being found guilty, and so on, that that occupied their, much their, whole attention and weren't then able to engage with the alcohol issue." [JD]

(Tobutt et al., 2017)

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## Probation



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- 4 x studies of which, 1 x was an intervention study and 3 x prevalence
- “Now the trial, the SIPS trial (Newbury-Birch, et al., 2014), which occurred in probation settings that actually reduced re-offending, there’s evidence that it reduced reoffending, so I think overall the message is rather than try to intervene in court settings, or in the police custody suite...wait until the dust has settled and the offender is in the probation service. Then do brief intervention, or screening and brief advice.”

(Tobutt et al., 2017)

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- 14 x studies of which 7 x prevalence, 2 x measurement alcohol consumption, 5 x intervention
- “The point at which someone is about to leave prison, might be helpful. I suppose a number of points actually in prison itself. Perhaps while they’re serving the sentence, but also particularly trying to help them prepare for release, then supporting them through the process.” [LS]

(Tobutt et al., 2017)

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## Young People: Youth Offending Services



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- 4 x studies of which 2 x prevalence and 2 x intervention
- “It is better to say that ASSETPlus will be used for most young people who come into contact with the youth justice system. This needs qualification. We mandate AP at what is called the Conditional Youth Caution stage, which is the first formal record a young person may get – and then for higher disposals, such as those at court. Prior to that, YOTs have flexibility on the use of assessment frameworks for prevention...

(Tobutt et al., 2017)

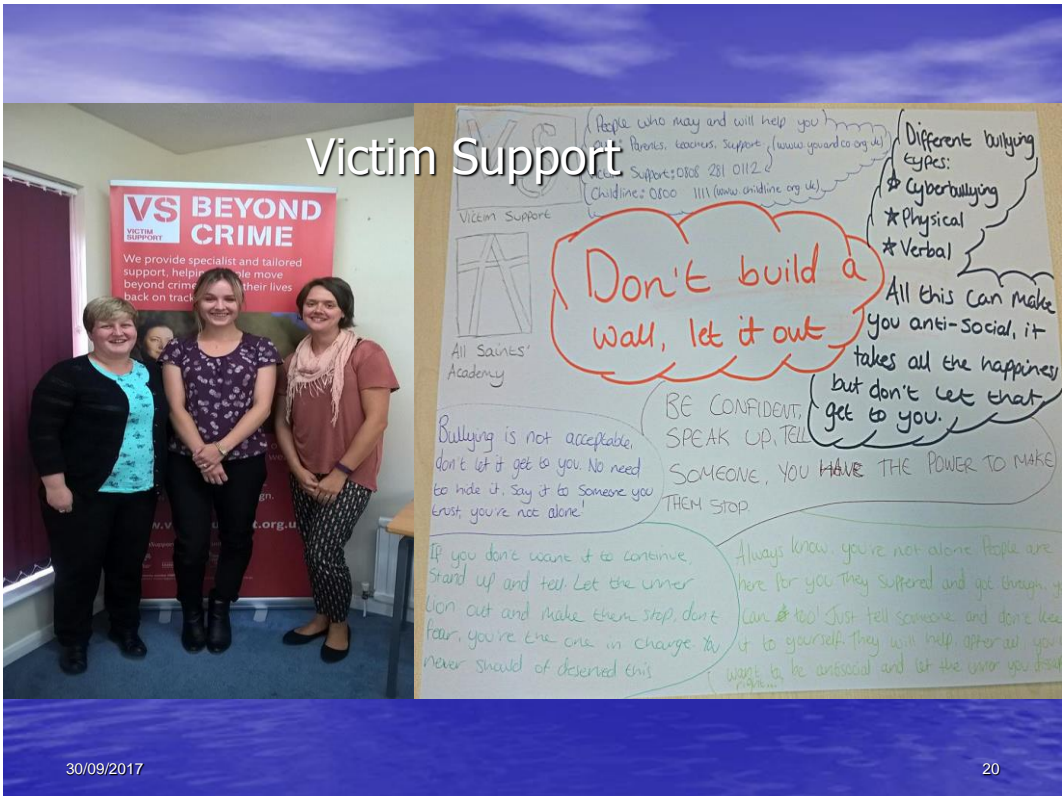
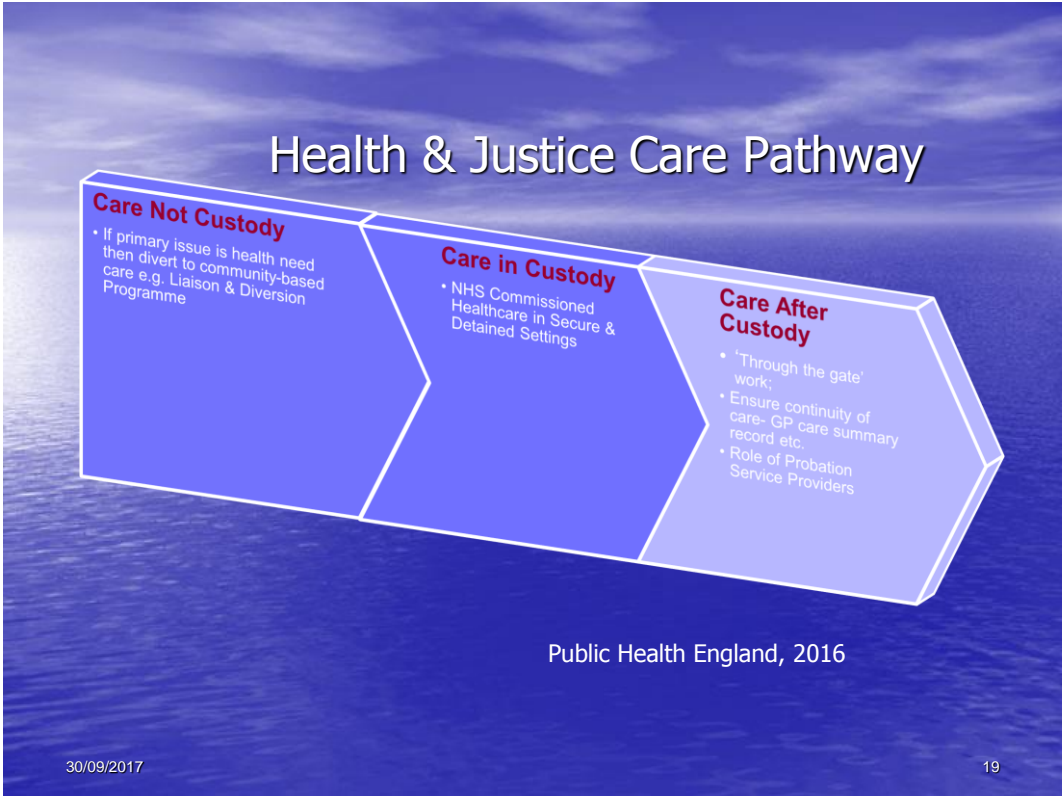
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- NO RCTs
- 50% of all victims of violent crime had themselves been intoxicated when the incident occurred. (Brennan, 2010)
- “Why not have alcohol screening and brief advice as part of the standard victim services for reducing the risk of re-victimisation in that context?...”

(Tobutt et al., 2017)

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## Motivational Interviewing Brief Intervention

- FRAMES
- Proficiency
- Autonomy
- Fidelity during a trial
- Screening – AUDIT-C
- Teachable moments

(Miller and Sanchez, 1994; Forsberg *et al.*, 2011; Rollnick *et al.*, 2008)

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- “ I think no matter where you go, what you do, we need to find a better way of following people up, where we need to put the work into it” [DN]
- “In my experience...I encountered lots and lots of workers who were supposed to be doing motivational interviewing, and I was sceptical about the quality of motivational interviewing...what do you do? What kind of things do you talk about?” [RD]

(Tobutt et al., 2017)

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## Young Offenders

- Continuous screening of young people in the youth justice system
- Lack of evidence for Motivational Interviewing Brief Interventions to reduce alcohol consumption in the Criminal Justice System – young people

(Tobutt et al., 2017)

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## Conclusions

- Suggested CJS MI alcohol brief interventions in Magistrates Court, Prisons and Youth Justice Settings with an RCT
- Youth Justice Settings may offer an advantage than other CJS settings

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## Questions?

- What would a Motivational Interviewing Brief Intervention (MIBI) to reduce alcohol consumption look like in Estonia?
- Where do you think are the teachable moments for MIBI in the Estonian criminal justice system?
- What would the challenges be for training workers MIBI?

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