

eCHECKUP TO GO

Local Condition(s): Perceived low risk of binge drinking; perceived low risk of marijuana use

Short Description: The eCHECKUP TO GO programs (including e-CHUG and e-TOKE) are personalized, evidence-based online behavior interventions developed by counselors and psychologists at San Diego State University. The eCHECKUP TO GO substance programs are designed to motivate individuals to reduce their consumption using personalized information about their own use and risk factors. The programs are updated with the most current and reliable research available. High schools use the programs as a:

- Segment in a health education class
- Support tool for one-on-one counseling
- Alcohol & Marijuana prevention program
- Confidential self-assessment & referral program
- Program to help parents & kids discuss drugs & alcohol

Evidence of Effectiveness: Shown by NIAAA to have: the highest possible rating for research effectiveness, short and longer-term (up to 1 year) effects, the lowest barriers for use, one of the lowest in terms of cost. Sixteen outcome studies demonstrating efficacy.

DFC Strategy Type(s): Provide information, provide support

Partners Needed: Schools

Pros: Strong evidence of effectiveness, a self-paced online course means no training required for teachers

Cons: Evidence of effectiveness based on college students, and DFC does not generally approve of curricula. Also, if students complete on a school-issued computer they may not feel that it's confidential.

Costs: \$975 per year

Potential Evaluation Measures: Number of students participating, completion rate, and changes in perceived risk