

## Online intervention for alcohol violations

Under the Influence alcohol intervention is used for alcohol violations. The course includes lessons on key issues such as effects on health, drinking and driving, state-specific laws, and alcohol/prescription interactions.

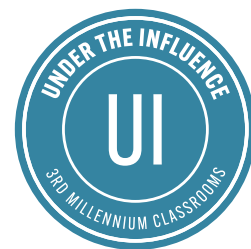
This highly individualized course uses top tier evidence-based strategies, and integrates the NIAAA-recognized, highly effective eCHECKUP TO GO brief intervention tool that has been proven to reduce high-risk drinking behavior. A brief 30-day booster is included to measure changes in the individual's attitudes and behavior. Individuals receive a confidential feedback summary that can be used in a tiered intervention strategy.

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## LEARNING OUTCOMES

After taking *Under the Influence*, the individual will be able to:

- Understand the factors that influence BAC
- Discuss alcohol absorption and metabolism
- Assess personal motivations and expectations about drinking
- Understand what a standard drink is and how long it takes to process it
- Examine how their alcohol use affects themselves and others
- Examine downsides of alcohol use in their life
- Develop a personal profile to examine personal drinking habits, family influences, and reasons for drinking
- Challenge perceptions of peer use of alcohol
- Identify practical steps to make a change about their drinking habits
- Examine their drinking habits on a weekly, daily, and hourly basis
- Reflect on how much time they spend drinking
- Understand the Expectancy Effect
- Identify legal and personal consequences of dangerous drinking habits
- Identify personal risk factors for developing alcohol dependence and/or other alcohol problems
- Discuss dangers of drinking and driving
- Understand the sexual risks associated with heavy drinking
- Reflect on the financial impacts of their alcohol use, if any
- Discuss dangers of alcohol and substance interaction
- Discuss commonly endorsed strategies for drinking reduction
- Develop a personalized plan of action for change



**INTERVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING // INTEGRATIONS**  
**EVIDENCE-BASED // CUSTOMIZABLE // OUTCOME REPORTING // CONFIDENTIAL // ECHECKUP**