Solutions guide for

# SECONDARY SCHOOLS

TRANSFORMING CAMPUS LIFE



Interventions that Make Sense ™

3RD MILLENNIUM CLASSROOMS

## ABOUT OUR COMPANY

3rd Millennium Classrooms has been at the forefront of prevention and intervention since 1999, when we created the first online alcohol education course in the country. Since then, we have expanded our offerings to include courses addressing fentanyl and opioid use, cannabis and other drug use, intimate partner violence and sexual consent, nicotine awareness, and theft and impulse control. Our courses have been used by over 4,000 colleges, secondary schools, and court systems across the country.

3rd Millennium Classrooms is committed to developing the best evidence-based prevention and intervention available. In 2003, 3rd Millennium Classrooms and the eCHECKUP TO GO team at the San Diego State University Research Foundation formed an alliance to create online alcohol and drug programs. All of our programs use a motivational interviewing style and provide personalized feedback reports. Our goal is to engage the student in their own individualized experience that impacts their behavior.



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# **CONTENTS**

About Our Company	2
Our Core Strengths	4
What do Students Say	5
Feedback from Administrators	5
Evidence-based Strategies	6
eCHECKUP Integration	8
Personalized Feedback	9

Pricing for Secondary Schools1	0
Courses1	1
Data Reporting1	2
Student Management System1	3
Research References1	4
Our Partners	15

#### SECONDARY SCHOOLS COURSES



# STRENGTHS

### **EVIDENCE-BASED STRATEGIES**

Research shows that students respond best to interventions that provide feedback, emphasize personal responsibility, give several options for changing high-risk behavior, and are non-judgmental.<sup>6</sup> Having been featured in 18 outcome studies, published in 12 peer-reviewed journals and presented at 6 professional conferences, 3rd Millennium courses utilize proven strategies.

#### DATA REPORTING

Just as our courses are evidence-based, we also ensure that administrators are equipped with the necessary data to make decisions and facilitate change. Course outcome reports include aggregate data, summary and comparative statements, and executive summaries.

## STRONG PARTNERSHIPS

Since 2003, we have been the exclusive provider of the eCHECKUP TO GO brief intervention tool through our partnership with the San Diego State University Research Foundation. Additionally, our collaborations with industry leaders Maxient and Advocate streamline the process of managing the conduct records of students taking our courses.

### CONSULTATIVE APPROACH

Our Program Advisors partner with you through the entire course selection, implementation, and evaluation process. We do not require you to sign a contract, although we are happy to sign one, because we want our superior value and not merely a contractual obligation to be the reason you continue with us.

## SUPERIOR CUSTOMER SERVICE

Because we are the experts on our courses, we do not use a third party provider to respond to customer support requests. Our support team is available seven days a week to provide full-service technical support to administrators and students. Because of our high standard of customer service, we boast a 97% customer retention rate.

## SUSTAINABLE COST

We work with each school—no matter the size—to provide a customized plan that meets budget requirements. Whether it is a student-pay referral, a grant-funded initiative, or an institution-paid plan, our flexible pricing makes program adoption a sustainable decision. And the best part is, our low-cost pricing is transparent: there are no hidden fees.

## WHAT DO STUDENTS SAY

# **ABOUT 3RD MILLENNIUM?**



We receive consistent feedback that our courses are relevant, helpful, and fast-paced in order to hold students' attention.

91%

of students agree that the **content** of the course was appropriate. 82%

thought the interactions were interesting or helpful.

81%

thought the course would help them avoid future problems.

FEEDBACK FROM ADMINISTRATORS



- You are a dream to work with. Thanks for being so patient with us! 39
- You have been tremendously helpful in answering all of our questions and helping make the facilitation as smooth as possible.

# EVIDENCE-BASED STRATEGIES

**Evidence-based** means our programs are grounded in the most effective strategies for changing behavior—they do not simply target knowledge or attitude.

Our programs draw from theory and research in evidence-based interventions. "Evidence-based" means our programs are grounded in the most effective strategies for actually changing attitudes

and behavior—they do not only target knowledge gains. We integrate "mechanisms of change" into all of our courses: mechanisms that have been identified as strongly influencing behavior

change. A comprehensive review of 42 interventions found strong support for the efficacy of programs that incorporated motivational feedback, expectancy challenge, and skills-based activities.<sup>5</sup>

Programs based on these approaches tended to reduce high-risk behavior. Overall, the review recommended that agencies "consider brief motivational intervention or skills-based programs, preferably incorporating personalized normative feedback, BAC training, and protective behavioral strategies for risk-reduction, as well as other personalized feedback components."<sup>5</sup>

Although fewer research studies have been conducted on cannabis use, drug use, and personal conflict, the results are remarkably consistent with the research on alcohol use. A comprehensive review of nine cannabis treatment studies strongly supported three kinds of interventions for reducing cannabis use—cognitive behavioral treatment, motivational approaches, and contingency management. *Programs that relied on these approaches were much more likely to reduce high-risk behavior than other types of programs.* 



## **MOTIVATIONAL INTERVIEWING**

Motivational interviewing (MI) is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

MI uses affirmations, reflection, open-ended questions, and periodic, strategically placed summary statements. The motivational interviewing method is used in all our courses.



#### NORMATIVE PERCEPTIONS

A person's perception of what is normal behavior affects how they behave.

Our courses correct student perceptions of peer alcohol and drug use with actual statistics, revealing their own misconceptions.



#### **RISK PERCEPTION**

The perceived risk of an action affects a person's likelihood of participating in the action.

Our courses show students the negative consequences associated with high-risk behaviors like playing drinking games and driving after drinking a few beers; they see that hangovers, injuries, missed classes, legal consequences, substance dependency, and overdose can all result from high-risk behaviors.



## **CHALLENGING EXPECTANCIES**

The motivation to engage in a behavior is driven by the desirability of the perceived outcome.

Our courses bring to light previously experienced negative consequences, which challenges future expected outcomes.



## **BEHAVIORAL STRATEGIES**

Adaptive and positive behavioral skills enable people to deal effectively with the challenges of everyday life.

Our courses teach a range of protective behaviors—setting limits, pacing drinks, avoiding isolation, being an empowered bystander, etc.—in order to equip students to make healthy decisions regarding alcohol, drugs, and relationships.



Drawing on Motivational Interviewing and Social Norms Theory, [7,8] the eCHECKUP TO GO brief intervention is designed to motivate individuals to reduce their highrisk behavior using personalized feedback.

Created by counselors and psychologists at San Diego State University, this personalized, evidence-based intervention was designed originally to help college students examine and clarify their individual choices around alcohol and cannabis usage and receive personal feedback based on their answers.

## eCHECKUP TO GO

Students receive personalized feedback throughout the course. Their summary feedback report can also be viewed and printed upon completion of the course.



# PERSONALIZED FEEDBACK



Students receive personalized feedback throughout their interactions with the course. Upon completion of the course, they can print out their full, confidential hyper-personalized feedback report. In addition to personal use, many institutions combine our online courses with face-to-face meetings to which students bring their personalized feedback report in order to begin a motivational interviewing session, or an exit interview.

Upon completing a course, the student receives:

## My Summary Personalized Feedback Report

My Summary helps **STUDENTS** 

reflect on knowledge, beliefs, attitudes, and experiences and serves as an action plan for change. My Summary is a tool for

## **ADMINISTRATORS**

to determine the next steps for treatment and intervention for students.







## Pricing for

## **Secondary Schools**

OPTION #1



\$3,000

PER SCHOOL

**UNLIMITED USE OF ALL COURSES FOR ONE YEAR** 

- **AW** Alcohol Wise
- **Under the Influence**
- **Conflict Wise**
- **Cannabis Wise**
- (THO) THC 101

- Nicotine 101
- **H** Hazing 101
- **Respect & Resolve**
- **Other Drugs**
- **Bridging the Gap**

- **Wellbeing 101**
- DC Digital Citizenship
- **Academic Integrity**
- **Parent Wise**
- **Truancy 101**

#### DISTRICT DISCOUNT

**HIGH SCHOOLS** \$3,000

MIDDLE SCHOOLS \$1,200

**OPTION** #2

## PAY PER COURSE ENROLLMENT

**EACH COURSE** 

\$75 PER ENROLLMENT

INTERVENTION COURSES CAN BE PAID BY PARENT/STUDENT OR SCHOOL

## **PARENT TRAINING**

\*Complements Truancy 101 Efforts

PW) Parent Wise

\$75

## **STAFF TRAINING**

**RF Red Flags** 

\$75 / 2 CEUs

#### **ALWAYS INCLUDED**



**Data Reporting** 

7-day Technical Support & Dedicated Account Representative



Student Feedback Reports

Administ rator Portal-Easy to Track Student Status



Fast Implementation

## Courses





## **NICOTINE 101**

Course on the impact of smoking, vaping, and other nicotine-containing products.



## BRIDGING THE GAP

Promoting safe communities through education on essential principles for creating a culture of respect and belonging.



## **ALCOHOL WISE**

Online drinking prevention course that educates students on dangers associated with alcohol use.

\*used for prevention only



#### **CONFLICT WISE**

Addresses impact of abusive behaviors including bullying, cyberbullying and sexting.



#### HAZING 101

Course on the impact of hazing.



#### THC 101 JV

Online intervention course for cannabis violations.



### WELLBEING 101

Course fostering mental health and overall wellness.



## OTHER DRUGS

Focuses on the effects, risks, and consequences of illicit drug and prescription drug misuse.



## UNDER THE INFLUENCE JV

Online intervention for students with alcohol violations.



## CANNABIS WISE

Online cannabis prevention course that educates on the harmful effects of cannabis use.

\*used for prevention only



## **RESPECT & RESOLVE**

Title IX course that focuses on safe and healthy interpersonal relationships.



## PARENT WISE

Help your teen navigate difficult issues.



## DIGITAL CITIZENSHIP

Course focusing on developing digital literacy and fostering a positive online presence



## RED FLAGS

Training individuals to identify human trafficking victims and safely intervene.



## ACADEMIC INTEGRITY

Course that guides students through the moral and ethical use of technology in an academic setting.



## TRUANCY 101

Helps students understand the personal, school, and legal consequences of skipping class.

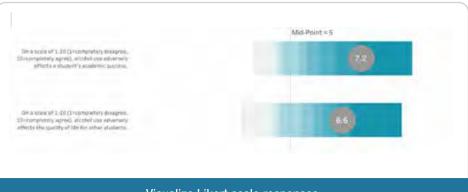


## **DATA REPORTING**

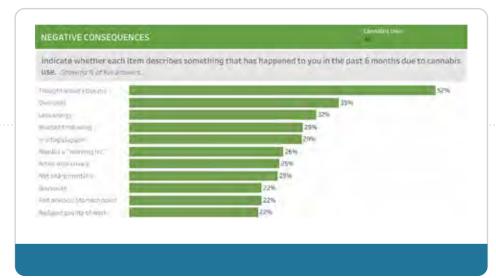
Real-time data analytics and visualizations at your fingertips.

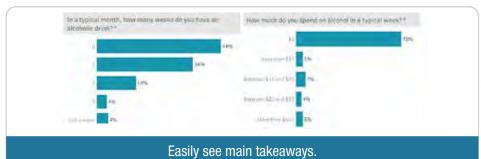


Reports and raw data can be downloaded easily for sharing or further research.



## Visualize Likert scale responses





# STUDENT MANAGEMENT SYSTEM





Through the **Student Management System**,
administrators can:

- access data reporting
- view student progress activity, and completion reports
- send email reminders in order to boost compliance rates
- add or delete students or administrative contacts
- resend student passwords



Internal controls allow for multiple administrators with different levels of access.

Support

Welcome! You can raise is support required from the options provided to search for how-to articles using the search field in the top menu.

Technical support

Found hold longuing in, colorousing ship options or functionarisating, some raise? (search time to require seasons as lease?) (search time to the top menu.)

Recommend guessions.

Recommend guessions.

The **Student Management System** can also be used to access the Motivational Interviewing training course, Facilitator's Guide, and support materials.



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# **Our Partners**



We are the exclusive provider of



Through our partnership with



Streamline Student Conduct Case Management With





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