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Prevention of harm from alcohol consumption in rural and remote communities

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Prevention of harm from alcohol consumption in rural and remote communities

This list is intended as a guide and a starting point for the researcher. It does not aim to be comprehensive of the subject. For further information please search the **library online public access catalogue**, or contact **DrugInfo** for assistance. The list is sorted chronologically and by author within each time period. All of the following resources are available in the DrugInfo Clearinghouse Library.

Books and reports

Drugs and Crime Prevention Committee

2006 "An overlooked problem: harmful alcohol consumption in rural and regional Victoria" in *Inquiry into strategies to reduce harmful alcohol consumption: final report, volume two*, Melbourne: Drugs and Crime Prevention Committee, pp. 1015–1048

This chapter discusses the particular problems related to alcohol misuse in the rural and regional areas of Victoria, with significant comment from Dr Rodger Brough. Nine specific recommendations for the management of alcohol use in rural areas are made, and a discussion of the importance of Local Alcohol and Drug Action Plans is included.

www.parliament.vic.gov.au/dcpc/

Laslett A–M, Matthews S & Dietze P 2006

The Victorian alcohol statistics handbook, volume 8. Alcohol use and related harm among young people across Victorian Local Government Areas 2006, Fitzroy: Turning Point Alcohol and Drug Centre

This handbook, the eighth in a series providing information on alcohol consumption and related harms in Victorian statewide, regional and local government areas, focuses on young people aged 15–24 years.

www.turningpoint.org.au/library/vas08.pdf

DrugInfo Clearinghouse no. STATS

Mission Australia 2006 *Rural and regional Australia: change, challenge and capacity*, Sydney: Mission Australia

Using a capitals framework—economic, human, institutional, social and natural capital—the report considers the various resources required to develop functional, resilient communities and the impact of resources or “capital” deficits on the wellbeing of individuals and communities. (Mission Australia)

www.mission.com.au/cm//resources/documents/Regional_Rural_snapshot_2006.pdf

DrugInfo Clearinghouse no. JF246 MIS

Fortney J & Booth BM 2001 “Access to substance abuse services in rural areas” in M Galanter (ed.) *Recent developments in alcoholism*, 15, New York: Kluwer Academic, pp. 177–208

Access to effective treatments for substance use disorders is a critical public health issue, especially in rural areas. Difficulties in access to care may account for the large proportion of individuals with alcohol and/or drug use disorders who do not receive any care for their disorder and the small proportion that engage in, or achieve sustained involvement with, treatment. (Kluwer Academic)

DrugInfo Clearinghouse no. ref GC58 REC

Australian Drug Foundation 1999 *1998 Regional youth alcohol campaign. Project report*, West Melbourne: Australian Drug Foundation

This campaign was, in essence, a partnership between the Department of Human Services and the Australian Drug Foundation, regional working groups and local young people. Emphasis was placed on developing creative strategies to reduce associated harm from excessive alcohol use and to ensure that the strategies developed were positive reflections of young people rather than feeding off stereotypical or negative images. (Australian Drug Foundation)

DrugInfo Clearinghouse no. adf JP14 ADF

Diamantopoulou K, Mullan N, Dyte D & Gantzer S 1997 *Evaluation of the country random breath testing publicity program in Victoria, 1993–1994*, Clayton: Monash University Accident Research Centre

This evaluation, carried out by Monash University Accident Research Centre on behalf of the Transport Accident Commission, evaluated the program in terms of its implementation characteristics and effects on road trauma, and provided information to optimise the mix and levels of the major components of random breath testing programs in the future.

DrugInfo Clearinghouse no. MO6 CAM

Salter A & Boots K 1996 "Rural alcohol harm reduction strategies for young people—the COMPARI experience in Geraldton" in *Reshaping the future: drugs and young people: a conference examining how schools and communities address young people's use of alcohol and other drugs*, 29 September–1 October, 1996, the Holme Building University of Sydney, New South Wales: conference proceedings, pp. 301–320, South Melbourne: Australian Drug Foundation

This paper describes some of the work undertaken by a rural health promotion project called COMPARI in Geraldton, Western Australia, which undertook a range of strategies to reduce alcohol-related harm, including addressing fraudulent use of proof of age cards, community development relating to relocation of a licensed premises, an art exhibition relating to underage drinking and health marketing to promote designated drivers.

DrugInfo Clearinghouse no. JF36 RES

Sheehan M, Schonfeld C & Davey J 1995

A community based prevention/rehabilitation programme for drink drivers in a rural region:

"Under the limit", Canberra: Australian Government Publishing Service

This report describes the development and implementation of a trial drink driving prevention and rehabilitation model in a rural region of Queensland. The program, called "Under the limit", used an intersectoral framework for change which involved coordination and collaboration between all the major agencies who play a role in the management of the issue.

DrugInfo Clearinghouse no. AN66 SHE

Sturme R 1994 "Rural/remote women: drugs and alcohol" in J Copeland & W Swift (eds) *1994 National Women and Drugs Conference: challenge, consensus and change issues papers*, Sydney: National Drug and Alcohol Research Centre, pp. 99–151

This paper brings together available statistics on women's drug and alcohol usage in rural and remote areas. It also outlines a service delivery oriented rural and remote area classification for Australia, the key types of communities that exist in rural and remote areas, the differences in the way smaller rural communities function, and a summary of models and principles considered important in servicing such areas.

DrugInfo Clearinghouse no. GC101 COP

Journal articles

Hamdan-Mansour AM 2007 "Perceived social support, coping strategies and alcohol use among rural adolescents/USA sample", *International Journal of Mental Health and Addiction*, 5:1, pp. 53–64

Rural adolescents are under-researched in substance use studies. The purpose of this study was to determine whether perceived social support and coping strategies predict rural adolescents' alcohol use. Avoidance coping strategies and perception of social support from family are strong predictors of alcohol use among rural adolescents. (Springer)

DrugInfo Clearinghouse no. HAMDAN-MANSOUR 07

Spence R 2007 "Treatment seeking in populations in urban and rural settings on the border", *Alcoholism: Clinical and Experimental Research*, 31:6, June, pp. 1002–1011

This framework for understanding treatment seeking in border communities suggests that pathways to treatment seeking vary by locality in ways that may reflect variations in local environments and service systems. Design of outreach efforts should be tailored to the unique social and service system challenges of each local community. (Blackwell)

Graham ML 2006 "Rural parents, teenagers and alcohol: what are parents thinking?", *Rural and Remote Health*, 383, Feb., pp. 1–13

Rural parents are unsure how to respond to teenagers' alcohol use and drunkenness. While some parental strategies for harm reduction (such as supplying adolescents with a small amount of alcohol) may have good face validity in reducing alcohol consumption among adolescents, these strategies are not supported by previous research findings.

DrugInfo Clearinghouse no. vf GRAHAM 06

Kenny A, Kidd S, Tuena J, Jarvis M & Robertson A 2006 "Falling through the cracks. Supporting young people with dual diagnosis in rural and regional Victoria", *Australian Journal of Primary Health*, 12:3, Dec., pp. 12–19

For young people with a dual diagnosis, particularly in rural and regional areas, there are significant barriers to the provision of optimal care. Currently, a lack of communication between mental health, drug and alcohol services and consumers results in the inadequate provision of treatment for young people, with a resultant significant service gap. (La Trobe University)

DrugInfo Clearinghouse no. vf KIDD 06

Miller AS 2005 "Adolescent alcohol and substance abuse in rural areas: how Telehealth can provide treatment solutions", *Journal of Addictions Nursing*, 16:3, pp. 107–115

In the past decade, adolescent alcohol and substance abuse has grown significantly as a problem for rural areas. Deficits in adolescent alcohol and substance abuse treatment have predictably contributed to this phenomenon. As a solution to these deficits, videoteleconferencing (VTC) creates an opportunity for rural communities to increase the accessibility and quality of alcohol and substance abuse treatment. (Ingenta)

DrugInfo Clearinghouse no. vf MILLER 05

Booth BM, Curran GM & Xiaotong H 2004

"Predictors of short-term course of drinking in untreated rural and urban at-risk drinkers: effects of gender, illegal drug use and psychiatric comorbidity", *Journal of Studies on Alcohol*, 65:1, pp. 63–73

The purpose of this study was to examine predictors of changes in drinking and drinking consequences in untreated at-risk drinkers in a community sample. Rural residents maintained higher drinking quantity and were less likely to be safe drinkers than urban residents were. These data distinguish which drinkers might benefit from short interventions, and which should receive more intensive treatment. (Rutgers)

Nietert PJ, French MT, Kirchner J, Han X & Booth BM 2004 "Health services utilizations and cost for at-risk drinkers: rural and urban comparisons", *Journal of Studies on Alcohol*, 65:3, May, pp. 353–362

The purpose of the study was to examine differences between healthcare use and associated costs in rural and urban at-risk drinkers. While overall healthcare costs were not significantly different between rural and urban residents in this sample of at-risk drinkers, there are some notable differences in the costs associated with inpatient and emergency room services. (National Institute on Alcohol Abuse and Alcoholism)

SAMHSA, Office of Applied Studies 2004 "Underage drinking in rural areas", *The NSDUH Report*, Aug., at www.oas.samhsa.gov/2k4/ruralYouthAlc/ruralYouthAlc.htm (accessed 2/11/07)

This report presents comparisons from the 2002 NSDUH on the prevalence of any past month and binge alcohol use among persons below the legal drinking age (aged 12 to 20) who lived in rural and nonrural areas.

DrugInfo Clearinghouse no. SAMHSA 04

Williams P 2001 "Alcohol-related social disorder and rural youth", *Youth Studies Australia*, 20:3, Sept., pp. 11–19

The consumption of alcohol is embedded in the cultural psyche of rural Australia. By their early teens, most rural young people have tried alcohol, and some consume alcohol regularly. When they drink, the young often do so at hazardous and harmful rates, increasing their likelihood of being involved in social disorder as victims or perpetrators, or both. Paul Williams analyses the available data, and suggests strategies to lower the rates of alcohol-related social disorder in rural regions. (Australian Clearinghouse for Youth Studies)

Booth BM & McLaughlin YS 2000 "Barriers to and need for alcohol services for women in rural populations", *Alcoholism: Clinical and Experimental Research*, 24:8, pp. 1267–1275

We discuss the prevalence of alcohol problems, help-seeking behavior and barriers to help-seeking for rural women and suggest directions for future research for rural women with alcohol problems. We also address key methodological issues in measuring rurality that must be considered when designing research on rural women. (Blackwell Synergy)

d'Abbs P & Togni S 2000 "Liquor licensing and community action in regional and remote Australia: a review on recent initiatives", *Australian and New Zealand Journal of Public Health*, 24:1, pp. 45–53

The objective of this research was to review the effectiveness of community-based initiatives involving restrictions on alcohol availability in remote and regional locations in Australia, and to assess their implications for other communities or towns contemplating similar measures. (Public Health Association of Australia.)

Snow P & Munro G 2000 "Alcohol consumption in amateur Australian rules football clubs. Evidence from a rural region", *Health Promotion Journal of Australia*, 10:3, pp. 237–243

This paper examines the extent to which amateur rural sporting clubs are settings in which harmful and hazardous levels of alcohol are consumed by players, and suggests that rural sporting clubs should be targeted as health promotion settings so that policies and practices which promote the responsible service

and consumption of alcohol can be developed, implemented and evaluated. (Australian Health Promotion Association)

DrugInfo Clearinghouse no. vf SNOW 00

Stewart L & Conway K 2000 "Community action to reduce rural drink and drive crashes in New Zealand: adapting approaches in dynamic environments", *Substance Use and Misuse*, 35:1&2, pp. 141–155

This paper discusses the evolution of a two-and-a-half year pilot community action project aimed at developing strategies to reduce alcohol-use-related crashes in a rural police district in New Zealand. (Marcel Dekker Inc.)

Patterson I & Pegg S 1999 "Nothing to do: the relationship between 'leisure boredom' and alcohol and drug addiction: is there a link to youth suicide in rural Australia?", *Youth Studies Australia*, 18:2, pp. 24–29

This review of research in regard to young adults and adolescents suggests that there may be a causal link between leisure boredom and high-risk health behaviours such as substance abuse as well as various forms of mental distress. The findings support the hypothesis that adolescents and young adults who perceive their leisure to be unsatisfying, or in some way incomplete, may be at greater risk of engaging in patterns of leisure behaviour that are detrimental to their physical and/or psychological well-being. (Australian Clearinghouse for Youth Studies)

Peach HG, Bath NE & Farish SJ 1998 "Comparison of unsafe drinking between a rural and metropolitan area", *Drug and Alcohol Review*, 17:1, pp. 117–120

Factors associated with unsafe drinking in a rural area were identified and the prevalence of unsafe drinking and alcohol related mortality compared with a metropolitan area. Alcohol consumption data were collected from a random sample of adults in Greater Ballarat. (Australian Professional Society on Alcohol and Other Drugs)

Pozzi R, James R, Kirby G, Cassells J &

Wylie I 1996 "Using media to increase community discussion: the rural alcohol campaign in Western Australia", *Health Promotion Journal of Australia*, 6:3, pp. 50–51

A media-based alcohol education campaign was developed to address the high alcohol-consumption levels and associated harm occurring in the North West and Goldfield regions of Western Australia. The aim of the campaign was to encourage community discussion of the personal and social effects of unsafe alcohol consumption. (Australian Association of Health Promotion Professionals)

Sitharthan T, Kavanah DJ & Sayer G 1996

“Moderating drinking by correspondence: an evaluation of a new method of intervention”, *Addiction*, 91:3, pp. 345–355

Recognising the need to offer alternative methods of brief interventions, this Australian study developed correspondence treatments for low-dependent problem drinkers and evaluated their impact. High levels of consumer satisfaction, a high representation of women and a substantial participation from isolated rural areas attested to the feasibility of the correspondence programme as an alternative treatment. (Society for the Study of Addiction to Alcohol and Other Drugs)

Major C 1995 “More feet on the ... ground”, *Connexions*, 15:5, pp. 22–25

This Australian article investigates a change in the Murrumbidgee and Hume Districts in South Western New South Wales where a shared alcohol and drug coordinator position was replaced by two worker positions. This was seen as not only increasing services but redirecting responsibility through the local community health centre. This trial may be seen as a model for future structural changes in country NSW. It does however depend on commitment to alcohol and drug issues from local health authorities to make it a success.

Helliwell D, Reilly D & Ripplingale C 1992

“Establishing a drug and alcohol service in an Australian rural area”, *Drug and Alcohol Review*, 11:4, pp. 371–378

This paper describes the development of a drug and alcohol service from the perspective of a local general practitioner. Reference is made to problems of community resistance, hospital issues and the steps taken to acquire knowledge and skills in the management of patients presenting to the practice. (Australian Medical and Professional Society on Alcohol and Other Drugs)

Audiovisual

Rural Health Education Foundation 2006

The “Can Do” initiative. Managing mental health and substance abuse in general practice, ACT: Rural Health Education Foundation

This DVD, presented in a panel discussion style, aims to equip general practitioners in rural and remote areas, to identify, treat and support people with mental health and substance abuse issues. Support information is available at www.rhef.com.au

DrugInfo Clearinghouse no. av GC42 RUR

Lillie S & Parkin J 2003 *Club Eyerus*, Windsor, NSW: Hawkesbury Film Project

This is the second video production of the Hawkesbury Film Project, an initiative of Hawkesbury District Health Service and Hawkesbury Police Command. This prevention project was aimed at involving young people, from the region, in the creation of drug education videos that were relevant to their environment and experiences.

DrugInfo Clearinghouse no. VID JF24 HAW

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A stylized human figure composed of a grid of dots, rendered in a lighter shade of blue against the dark blue background. The figure is positioned in the lower half of the page, with its head represented by a circular dot pattern and its torso by a rectangular dot pattern. The arms and legs are suggested by curved lines of dots.

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