

# Overview of Prime For Life® / Prime Solutions® Pilot Study

Prevention Research Institute, Inc., Lexington, KY

## BACKGROUND

Clients at a substance abuse agency in the southeastern United States participated in a pilot study. This study examined the effects of a group-delivered intervention program that combined Prime For Life® (PFL) as a first step followed by sessions that used Prime Solutions® (PS) content. The counselor provided nine hours of PFL. Then clients generally received the PS-based content over four sessions, although a small percent (10%) participated in 7 or 10 sessions.

The counselor provided questionnaires at three timepoints: Intake, after completing the PFL sessions (“post-PFL”), and after completing the PS sessions (“post-Solutions”).

## RESULTS



Improvements in Thinking, Knowledge, and Motivation

### Increases occurring during PFL and then maintained in Solutions:

- Understanding of tolerance
- Knowledge about what constitutes a standard drink
- Risk perception regarding quantity of alcohol constituting high risk

### Increases occurring during PFL with additional improvement during Solutions:

- Risk perception regarding alcohol quantity creating risk for impaired driving

### Increases that occurred during Solutions:

- Motivation to drink in low-risk manner
- Endorsement of ever having had a problem with alcohol or drugs
- Perception of positive support for making reductions in substance use



Reductions in Self-Reported Substance Use During Solutions

### Changes in substance use during Solutions (compared to baseline use):

- Decreased number of usual and maximum (peak) drinks
- Increased percent of people abstaining from alcohol and drugs
- Decreased frequency of marijuana use




### Post-Solutions Intentions for Reduced Substance Use

*(Intentions for future, post-intervention use compared to self-reported pre-intervention use)*

#### Post-PFL (and maintained post-Solutions):

- Decreased number of usual and maximum (peak) drinks
- Decreased use of any drug
- Decreased frequency of marijuana use



### Other Results

#### No Change:

- Perception of risking things one values if use drugs, continue prior drinking, or drink at all
- Motivation to stop drinking and to stop using drugs
- Endorsement of having alcoholism and/or drug addiction (only measured post-PFL and post-Solutions)

#### Not Tested (sample size too small):

- Frequency and intended non-medical prescription and illicit (other than marijuana) drug use

## CONCLUSIONS

- The Prime Solutions program showed promise in this pilot evaluation
- Prime For Life led to positive change in expected areas – thinking, knowledge, and motivation
- Prime Solutions sustained these changes and led to additional improvements in motivation, risk perception, perceived social support, and problem recognition
- People reduced drinking and drug use during participation in these programs, and intended to continue reducing their substance use
- In the future, we will conduct additional evaluations of Solutions, particularly in its effects with all types of drug users and as a stand-alone program

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