Background and Significance

- In numerous studies, Native Hawaiian youth have reported the highest rate of gateway drug use among ethnic groups in Hawai‘i.
- Research has indicated elevated risk for substance use and abuse with Native Hawaiian youth.
- Lack of research on prevention interventions with NHOPIs and in rural Hawai‘i.
  - No culturally grounded programs.
Origins of Hoʻouna Pono

- Community-university partnership initiated by the County of Hawaiʻi Office of the Prosecuting Attorney
  - Comprehensive Strategic Plan to Reduce Juvenile Crime and Delinquency
- Collaboration between State of Hawaiʻi Department of Education, Prosecuting Atty’s Office, University of Hawaiʻi at Mānoa, and Hawaiʻi Pacific University
Mixed-methods, multiphasic pre-prevention study (K01 DA019884)

Purpose: Examine the social and cultural context of substance use initiation for rural Hawaiian youth

- Phases 1-2: Social and cultural context of drug offers
- Phases 3-4: Culturally competent responses to drug offers
Curriculum Development

- Translational pilot/feasibility drug prevention study (R34 DA031306)
- Purpose: To develop and pilot test a culturally grounded, school-based drug prevention curriculum for rural Hawaiian youth
Intervention

- 7-lesson, video-enhanced curriculum focused primarily on drug and alcohol resistance strategies
  - Interactive activities and exercises
  - Aligned with the Hawai‘i Content & Performance Standards (HCPS)
- Implemented by teachers in the classroom
- Intervention fidelity and implementation support provided online through a discussion board and virtual classroom
Pu‘uhonua o Hōnaunau

Pu‘uhonua as a metaphor for protection from substance use
Research Design

- Quasi-experimental design
  - Middle/intermediate schools ($N = 6$) were randomly assigned to intervention and comparison conditions
  - Evaluation: Pre-test, post-test, 6- and 12-month follow up
  - Intervention Schools: Received in-person teacher training and online consultation
  - Comparison Schools: Treatment-as-usual
Instrument and Analysis

- Survey: 50-items focused on activities (including substance use), drug resistance strategies, and risk assessment
- Analysis: Paired t-tests, mixed models, Cohen’s d
- Missing Data: Multiple imputation (100 times)
Participants

- 213 youth (83 intervention, 130 comparison)
- 55% female
- Mean age = 11.7 years
- Ethnicity:
  - 70% Multiethnic
  - Filipino (59%), Hawaiian/Part Hawaiian (49%), Chinese (31%)
- 72% free/reduced cost lunch
Selected Preliminary Findings

- Significant increases in fighting were found in the comparison group at 6-month follow-up
  - Cohen’s d (fighting) = -0.38
  - Mixed models (gender) indicated significant decreases in fighting for intervention girls

- Significant decreases in the use of non-confrontational resistance skills (avoid, explain, and leave) in the comparison group at 6-month follow-up
Selected Preliminary Findings

- Evidence that the curriculum promotes youths’ assessment of the possible consequences that might result from accepting or rejecting drug offers.
Next Steps

- NIDA R01 proposal
  - Increased dosage
    - 7 to 10 lessons
    - Two additional videos
  - Larger sample
    - Dynamic wait-listed control group design
- Implementation, adoption, and sustainability pilot study
SUMMARY AND CONCLUSIONS
Culturally Adapted and Grounded Prevention

Culturally Adapted and Grounded Prevention


Note: CBPR = Community-Based Participatory Research
QUESTIONS AND DISCUSSION