

eCHECKUP TO GO

For the past 20 years, 3rd Millennium Classrooms has partnered with San Diego State University Research Foundation and **eCHECKUP TO GO** to provide effective, evidence-based prevention and intervention programs for our users.

WHAT IS eCHECKUP TO GO?

eCHECKUP TO GO is an interactive, personalized feedback tool for behavior change. 3rd Millennium Classrooms has integrated this personalized feedback into our courses. In addition, individuals will receive a summary report upon course completion.

Drawing on Motivational Interviewing and Social Norms Theory^{2,3}, the **eCHECKUP TO GO** brief intervention is designed to motivate individuals to reduce their consumption using personalized feedback about their own drinking and substance-use risk factors.

Created by counselors and psychologists at San Diego State University, this personalized, evidenced-based intervention is designed to help individuals examine their choices around alcohol and marijuana usage and receive personal feedback based on their answers.

WHO USES eCHECKUP TO GO?

3rd Millennium Classrooms has been the sole source provider of the **eCHECKUP TO GO** brief intervention tool since 2003. We are the only entity the SDSU Research Foundation has allowed to integrate **eCHECKUP TO GO** directly into our courses. The personalized feedback it produces is integral to facilitating change. This tool is integrated into our courses in all markets — high school students, college students, and court clients.



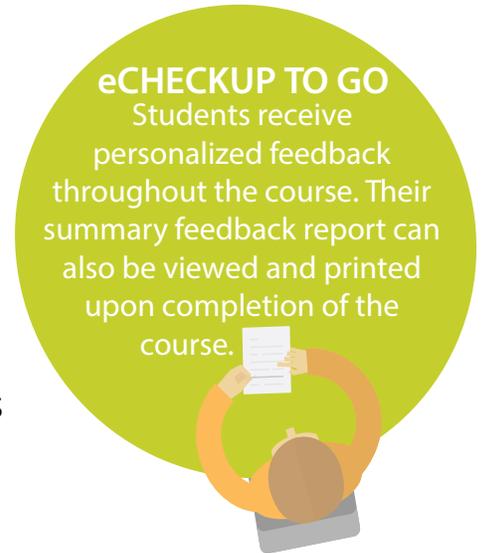
HIGH SCHOOLS



COLLEGES &
UNIVERSITIES



COURTS



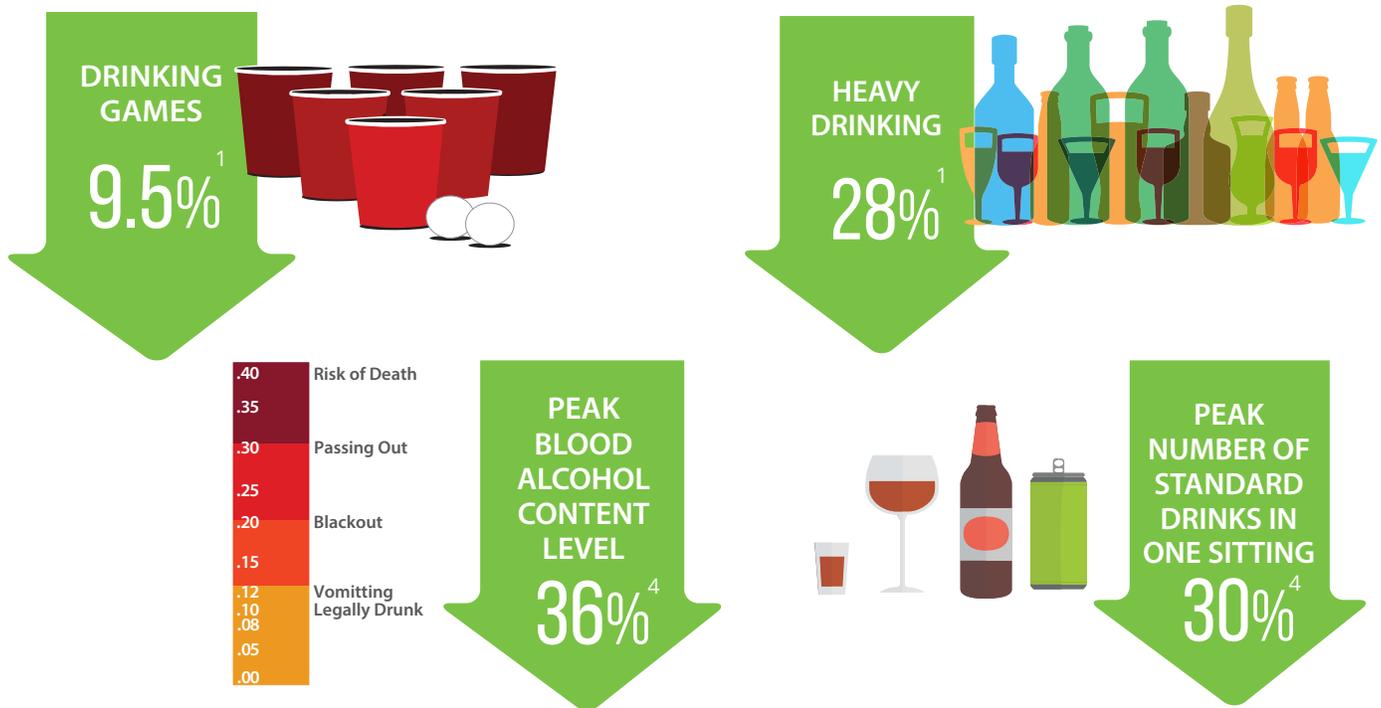
WHY SHOULD I CARE ABOUT eCHECKUP TO GO?

To date, studies on the efficacy of eCHECKUP TO GO have been published in sixteen studies and presented at six professional conferences. eCHECKUP TO GO was developed using evidence-based strategies that challenge social norms and perceptions of risk, address behavioral strategies, and motivate individuals to change.

The combination of these strategies built into a prevention and intervention program indicate favorable outcomes in reduction and prevention of substance use in youth and adults. This means that you will see a reduction in student violations and client recidivism.

Check out results from our popular course **Alcohol-Wise** that utilizes eCHECKUP TO GO.

INDIVIDUALS WHO TOOK ALCOHOL-WISE SAW A REDUCTION IN:



RESOURCES:

1. Croom, K., et al. (2015). The glass is half full: evidence for efficacy of Alcohol-Wise at one university but not the other. *Journal of Health Communication: International Perspectives*. DOI:10.1080/10810730.2015.1012239
2. Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change*
3. Perkins, H. W., & Berkowitz, A. D. (1986). Perceiving the community norms of alcohol use among students: some research implications for campus alcohol education programming*. *International Journal of the Addictions*, 21(9-10), 961-976
4. Strohman, A., et al. (2015). Randomized controlled trial of computerized alcohol intervention for college students: Role of class level. *The American Journal of Drug and Alcohol Abuse: Encompassing All Addictive Disorders*. Retrieved from <http://www.tandfonline.com/eprint/TCf5z4wnD3YxYsv8YxPM/full>