"Back When I Was A Kid...": Facilitating Parent-Child Dialogue on Alcohol-Related Behaviors
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Introduction
● The rate of college drinking: 58% of 18-22 year old and 37.9% binge drank (NIAAA, 2017)
● Parents’ perception about child behaviors: idealize general health and underestimate participation in health-risk behaviors (Bylund, Imes, and Baxter, 2005)
● The gap between parents and child: Any intervention should address the existing gap

Purpose
To map out various components necessary for an evidence-based, family-oriented intervention program.

Literature Review
● A combined parent-child intervention model: Has been successfully demonstrated (Koning, Maric, MacKinon, & Vollebergh, 2015)
● Positive outcomes of communication-based intervention: Reduced drinking, peer and parent approval of drinking, drinking-related consequences, and increased negative perceptions toward drinking activities (Turrisi, Jaccard, Taki, Dunnam, & Grimes, 2001)
● Negative influence of parents’ attitudes: Students who perceived their parents as being “pro-alcohol” were more likely to be high/extreme risk drinkers (Abar, 2011)

Discussion
● Parent-inclusive intervention: recommended as a promising approach by the Panel on Prevention and Treatment of the NIAAA Task Force on College Drinking (Creemans et al., 2008)
● The beginning of freshman year: First 6 weeks are a vulnerable time for heavy drinking and alcohol-related consequences (NIAAA, 2015).
● A multifaceted approach is recommended: Counseling psychologists need to incorporate parent training, parent-child communication, and parental attitudes toward alcohol for successful intervention programs