

CRASH

School 2004 Summary Report



Vermont
Department
of Health

Division of Alcohol
& Drug Abuse Programs

Introduction

Since January 2002, the Vermont Division of Alcohol and Drug Programs and local providers have worked together with The Change Companies® to standardize and update their 10-hour CRASH School curriculum. CRASH stands for Countermeasures Related to Alcohol and Safety on Highways.

The mission of the CRASH intervention is to promote public safety by reducing the harmful effects of substance misuse, especially Driving While Under the Influence (DWI). The program reduces recidivism by assisting offenders in changing high-risk attitudes and behaviors. This process is facilitated by the application of evidence-based change theory, motivation strategies, group process and *Interactive Journaling*®.

Curriculum evaluation and revision is an ongoing process. In order to gather student feedback, instructors administer an anonymous course evaluation to students at the conclusion of the program.

In 2004, 1,501 completed course evaluations were submitted to The Change Companies® from the following locations:

- Berlin
- Brattleboro
- Burlington
- Copley
- Evergreen
- Howard
- Rutland
- Springfield
- St. Albans

Course evaluations provide valuable insight into the students' program experience. Overall, student feedback reflects a positive attitude toward the program and its instructors.

The following summary highlights results of the 1,501 anonymous student course evaluations. Section I outlines demographic information collected from the students. Section II summarizes the responses to the survey's first nine questions. These questions offered students specific response choices and therefore provided measurable and concrete results. The last three questions were open-ended and therefore produced a broad range of responses. A sampling of student responses to these questions is provided in Section III of this report.



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Section I

Student Demographics

Gender

Male	73.5%
Female	26.5%

Age

15-19	8.2%
20-29	41.2%
30-39	21.2%
40-49	18.4%
50-59	7.8%
60-69	2.7%
70+	0.5%

Ethnicity

African American	1.1%
American Indian	1.1%
Asian/Pacific Islander	0.9%
Hispanic/Latino	1.2%
White/Caucasian	94.7%
Other	1.0%



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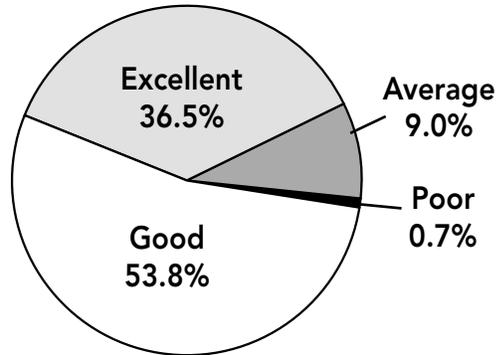
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Section II

Rating the Program Components & Instructors

Question 1

Overall, how would you rate this program?



Question 2

How useful were the following activities in helping you meet your goals for the course?

	Very Useful	Useful	Not Useful
Student Workbook	38.25%	57.62%	4.13%
Homework	29.07%	63.13%	7.80%
Personal Action Plan	45.45%	49.69%	4.86%
Videos	34.28%	57.15%	8.57%
Class Discussions	59.63%	38.61%	1.76%
Small Group	45.43%	51.65%	2.92%

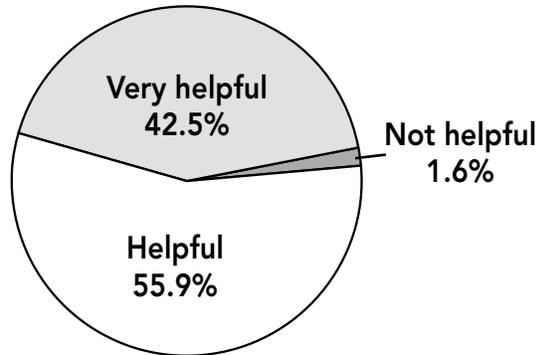
Question 3

Please rate your instructor in the following areas:

	Excellent	Good	Average	Poor
Well-prepared	71.4%	25.4%	2.9%	0.3%
Made students feel comfortable	74.4%	20.7%	4.4%	0.5%
Involved everyone in discussion	76.4%	20.1%	3.2%	0.3%
Explained the material clearly	70.2%	25.6%	3.8%	0.4%
Overall rating	67.4%	28.6%	3.5%	0.5%

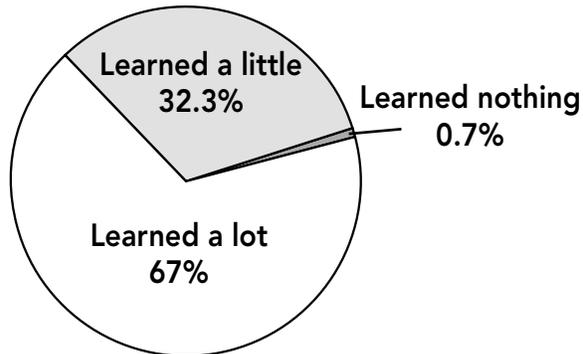
Question 4

How helpful was the material?



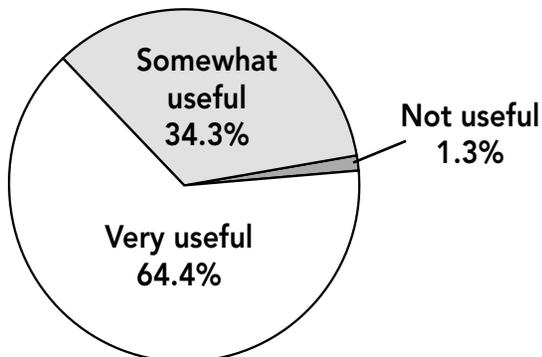
Question 5

How much did you learn from the program?



Question 6

How useful do you think the material in the program will be to you in the future?



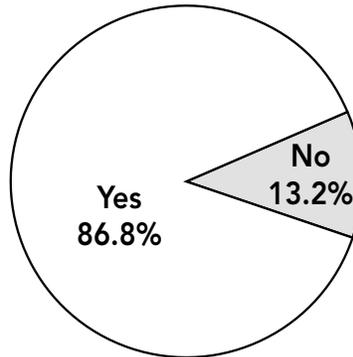
Question 7

Have you or will you share your student manual with anyone outside of class?



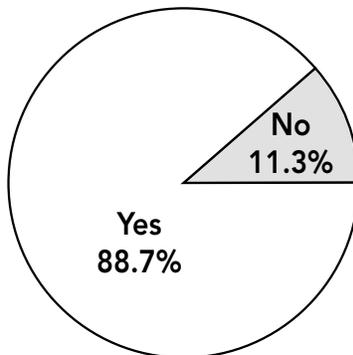
Question 8

Will you keep your student manual after the class ends?



Question 9

Do you feel that the CRASH School helped you make a change in your high-risk use of alcohol or other drugs?





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Section III

Open-Ended Questions

Question 10

How would you describe this course to a friend?

Sampling of student responses:

“Helpful.”

“Much more positive than expected – I actually looked forward to it (also glad to have it done).”

“Hard, but I learned a valuable lesson over the past four weeks.”

“Really helpful and good – habit forming for me.”

“You can learn a lot – it’s up to you what you take from it.”

“Long, useful, fun.”

“A waste of time mandated by the State of VT.”

“They let you recognize the things you need to change to be responsible.”

“A valuable tool that I got a lot out of.”

“It’s not fun.”

“I have shared my classes with close friends and they are pleased with the content. I just wish it hadn’t been a DUI to educate me.”

“First of all, it was a necessity and I decided to make the best of it. Overall, I enjoyed the experience and our group. At one point I thought maybe people should do this before they get their license.”

“It gives you the tools to better examine your own drinking behavior.”

Question 11

What did you like best about this course?

Sampling of student responses:

“The bond between the students to each other – I liked talking with one another in a group about their problems.”

“It’s only four weeks.”

“The homework helped me.”

“It’s one step closer to my license.”

“Concise materials.”

“Working as a group.”

“It can be used as a tool to find out where you are at with your drinking.”

“No judgement. You are here because of something you did – whatever it was. Now let’s change it and prevent it.”

“It made me see that I am abusing alcohol and need to stop using.”

“I enjoyed everything but the movies. I learned a great deal.”

“The instructors made me feel comfortable about talking about my drinking.”

“It made me more self-aware.”

“The information was new to me.”

“Made me realize how serious drinking and driving is and why no one should do it.”

“The format – it would be boring if it were a lecture.”

Question 12

What did you liked least about the course?

Sampling of student responses:

“The fact that I have to be here.”

“The first movie with the preacher (whoever he was) with the chalkboard. This was boring – kind of hard to follow.”

“Videos.”

“Sitting in a hard chair in a room for 2-1/2 hours.”

“Parting with the money.”

“Arranging for rides.”

“Having to take it for the second time.”

“The timing – the cost.”

“Almost everything.”

“It lasted too long – and you had to pay.”

“The night it fell on.”

“Having to miss work time.”

“The movies.”

“The amount of time.”

“I was told I had to take it.”