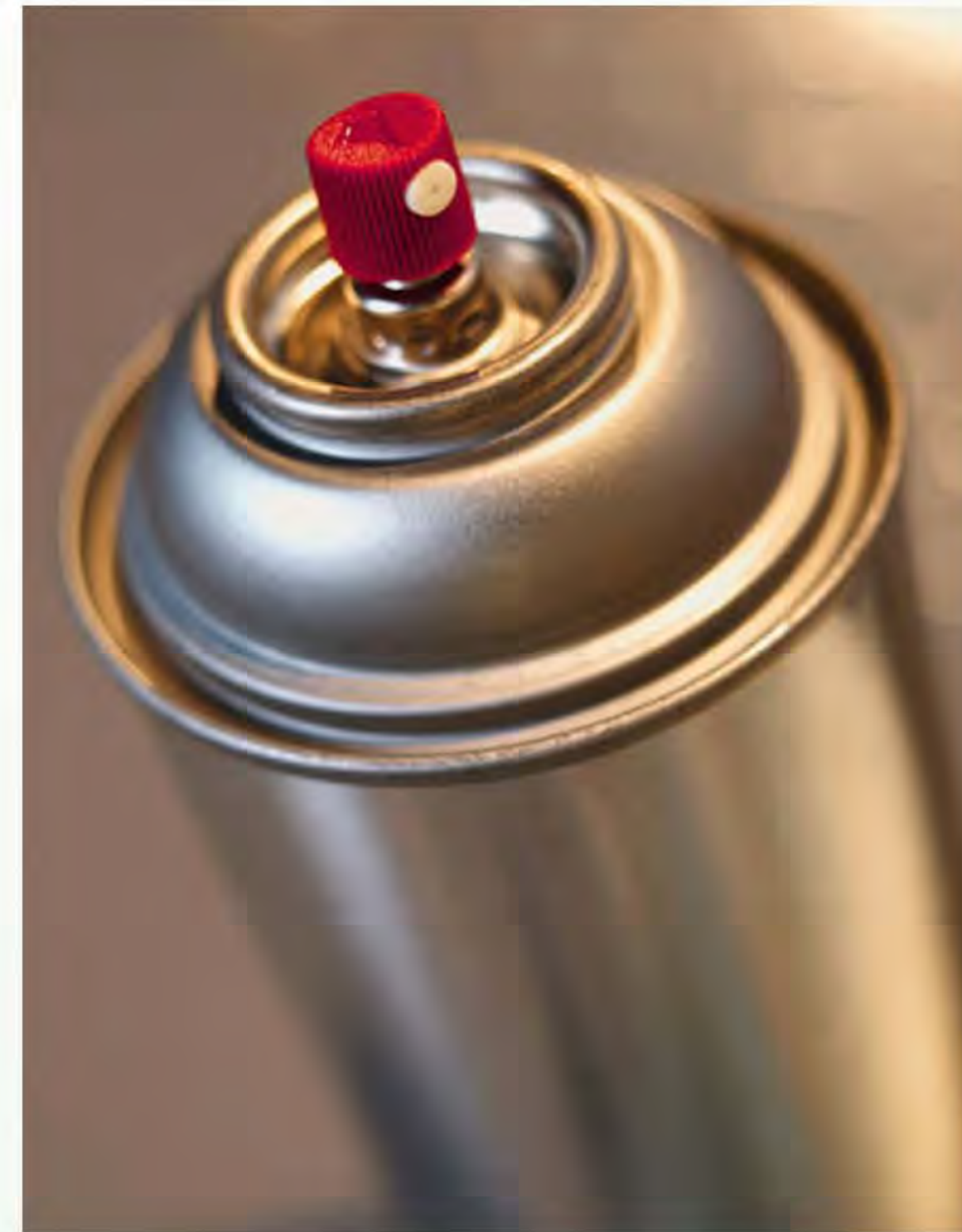


# Inhalant Online Education: Any Time. Any Place.

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## Background

- Inhalant abuse is on the rise among Vermont youth.
- 12% of Vermont 8th-12th graders abused inhalants in 2007<sup>1</sup>.
- Many adults are unaware of this form of substance abuse.
- It can be difficult to encourage parents to attend in-person prevention education sessions.
- Web-based trainings are a cost-effective, efficient method of disseminating information.

## Methods

- 15-minute web-based inhalant abuse training was developed by the New England Inhalant Prevention Coalition.
- The goal of the training is to decrease inhalant abuse among youth by increasing awareness about inhalant abuse among parents and adults who interact with youth.

## Training Objectives

- Describe epidemiology
- Understand prevention strategies
- List teaching guidelines
- Recognize resources
- Understand local, regional, and national data

## Training Design

- Menu-based learning interface
- Hands-on learning
- Self-assessment tools
- Downloadable certification of completion available

## Promotion

- Launched December 2006
- Outreach trainings
- Postcard mailings
- Email announcements to key agencies and contacts
- Posters



## Registrants Survey

- Quarterly summary of data compiled by the Northeast Center for Healthy Communities
  - Number of registrants
  - Zip code data
  - Results of evaluation survey
    - Primary closed-ended questions assessing design and application of this learning tool

## Results

- 284 registrants in Vermont in 2007-2008
  - 85% (n=241) in 2007
- Reached all areas of Vermont, including areas without prior outreaches (Figure 1)
- 26% (n=74) completed the evaluation
  - 92% (n=68) reported greater confidence in talking to children
  - 97% (n=72) planned to talk to a child about inhalant abuse

## Discussion

- Inhalant abuse is an often overlooked form of substance abuse that reaches across all demographic, ethnic and socioeconomic boundaries.
- People need to know about the training to register.
- In order to get the most out of this effective web-based training, continual targeted promotion of the website is needed.
- Zip code analysis will help target areas of promotion.
- Future research is needed to assess the impact of this tool on youth inhalant abuse trends.

## Limitations

- A one-time 15-minute online training cannot guarantee retention of the information provided.
- Only one piece of a comprehensive education program.
- Limited access to and comfort level with computers can restrict use of this educational tool.

## Conclusion

- Web-based inhalant abuse training is a cost-effective tool to reach adults across Vermont.
- Those that completed the evaluation were satisfied with this training and plan to take preventive actions to help reduce inhalant abuse.

Locations of 2007-2008 Training Registrants (n=284)

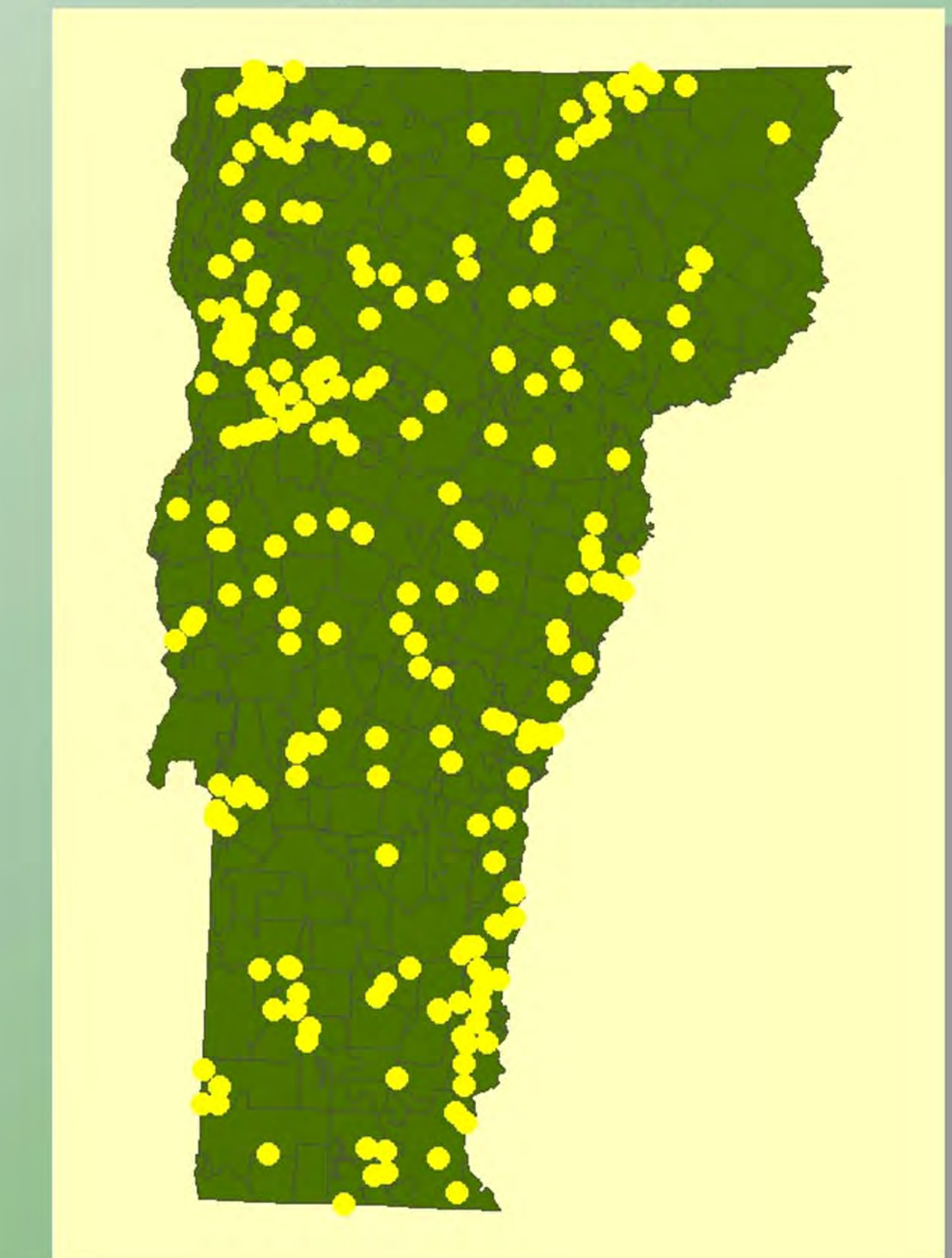


Figure 1

## References

<sup>1</sup>Vermont Youth Risk Behavior Survey, 2007

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