



**Pacific Institute
For Research and
Evaluation**

Young Adults in the Workplace: Pacific Institute for Research and Evaluation Project

YIW Overview:

The Young Adults in the Workplace (YIW) initiative is a multisite collaborative project with six multidisciplinary SAMHSA-funded grant teams implementing and evaluating workplace-based substance abuse prevention and early intervention programs for young workers. Young adults are at increased risk for developing chronic substance use-related problems, and few interventions are available for them, particularly in workplaces. The YIW program was designed to provide the nation's employers, unions, and organizations with empirical information about the efficacy of a diverse set of approaches to prevention and early intervention of substance abuse and comorbidity.

Industry:

Transportation company

Location:

Nationwide

Demographics:

700 employees ages 18 to 26

Program Description:

- Pacific Institute for Research and Evaluation (PIRE) is enhancing an existing substance abuse prevention and early intervention program at a major transportation company to address the needs of employees ages 18 to 26.
- The enhancement involves developing an orientation training program for younger workers adapted from the U.S. Navy's PREVENT curriculum, which addresses drug and alcohol abuse and five other risk behaviors.
- The goals of the program are to improve detection and treatment of substance abuse, reduce negative workplace problems resulting from substance abuse, and advance young workers through a "stages of change" model to reduce risky behaviors.

Early Findings:

- Young workers are disproportionately represented by a few select unions. It is particularly important to have support for the project from these unions.
- The majority of participants in the pilot program said that the most helpful part of the PREVENT class was the discussion of personal values.
- Most participants in the pilot program said that the PREVENT class made them think about making changes in their lives.



Program Contact Information:

Rebecca Spicer, PhD • Pacific Institute for Research and Evaluation • 11710 Beltsville Drive, Suite 900 • Calverton, MD 20705 • 301-755-2732 • spicer@pire.org