

**BASICS
PANEL DISCUSSION
WEBINAR**
January 28th 2016

Moderator



- **Dave Closson**
 - Assistant Director
 - Illinois Higher Education Center for AODV Prevention

Panel Members

- **Angela Mitchell, MA**
LCSW
 - Coordinator of Alcohol and Other Drug Prevention
 - Northwestern University
- **Brian Bowden, M.Ed.**
LCMHC, LPC
 - Lead Counselor
 - Dartmouth College

Panel Members

- **Diane Fedorchak, M.Ed., C.A.G.S.**
 - *BASICS Director*
 - *Umass Amherst*
- **Susan Cushman, MPH, CHES**
 - *Campus alcohol & other drug coordinator*
 - *University of Wisconsin-Milwaukee*

Panel Members

- **William Mupo, MPA**
 - *Health Promotion Coordinator*
 - *The University of Texas at Austin*

B.A.S.I.C.S.

****BASICS—Brief Alcohol Screening and Intervention of College Students:**

A Harm Reduction Approach—is a preventive intervention for college students. It is aimed at students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence.

B.A.S.I.C.S.

There are two 50-minute interviews. Before or after the first interview, the student receives a self-report questionnaire to complete. From the questionnaire and the first interview, information is gathered about the student's alcohol consumption pattern, personal beliefs about alcohol, understanding of social alcohol norms, and family history.

B.A.S.I.C.S.

The second interview, which occurs approximately 1 week after the initial interview, provides the student with personalized feedback on myths about alcohol's effects, facts on alcohol norms, ways to reduce future risks associated with alcohol use, and a menu of options to assist in making changes.

Research

- PROVEN RESULTS
 - 67% of students receiving the BASICS intervention "resolved" their behavior, meaning that, statistically, their alcohol use was no different from normal or low-risk students or "reliably improved," meaning their alcohol use significantly improved from baseline to follow up 4 years later, compared to 55% of controls (a statistically significant 12% difference)

Research

- On average, students who drink heavily as freshmen tend to report few negative consequences over time as the reasons for drinking diminish or change.
- However, those who received BASICS reported fewer consequences and more rapid change. The risk period for young adults may thus be minimized through this brief intervention.
- Other independent studies suggest that receiving personal feedback is a critical part of the BASICS program. Those receiving general alcohol education without the feedback did not fare as well as those receiving BASICS.

Why do you believe BASICS is such a successful intervention?

What successes have you seen as the result of implementing BASICS?

What are the students' reactions to BASICS?

What do you consider a successful staffing model for a BASICS program?

Once an institution has decided they want to implement a BASICS program, what resources and support are needed from an institution?

What advice would you give to others who wish to implement or enhance their BASICS program?

What resources have you found valuable in developing and enhancing your BASICS program?

What resources have you used to provide training and professional development for your BASICS program?

What is the one thing that you believe is instrumental in developing a successful BASICS program?

Questions from the webinar attendees?

Resources

- Books
 - **Brief Alcohol Screening and Intervention for College Students. A harm reduction approach.** By Linda Dimeff, John S. Baer, Daniel R. Kivlahan, and Alan Marlatt
 - **Motivational Interviewing: Helping People Change, 3rd Edition.** By William R. Miller and Stephen Rollnick
 - **Building Motivational Interviewing Skills: A Practitioner Workbook.** By David B. Rosengren
 - **Talking with College Students about Alcohol: Motivational Strategies for Reducing Abuse.** By Scott Walters and John Baer

Resources

- DVD's
 - *Motivational Interventions for College Drinkers* - with Susan Cushman, MPH, CHES
 - *Motivational Interviewing with Dr. Scott Walters*
- Websites
 - National Association of Student Personnel Administrators
<http://www.naspa.org/>
 - NIAAA's College AIM
<http://www.collegedrinkingprevention.gov/CollegeAIM/Default.aspx>
 - Motivational Interviewing Network of Trainers (MINT)
<http://motivationalinterviewing.org/>

Thank you to all of the panel members!!!

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