TARGET AUDIENCE

This program is for college students who are 18 to 24 years old and drink heavily but are not dependent on alcohol.

SUMMARY

Brief Alcohol Screening and Intervention for College Students (BASICS) is a school-based, selective, preventive intervention program that is designed to decrease alcohol consumption and minimize adverse effects associated with alcohol consumption.

EVIDENCE

Multiple randomized controlled trials have been conducted on the BASICS program. Internal evaluations have shown significantly positive results on drinking behaviors and negative consequences of drinking up to 4 years post-intervention. However, external evaluations, conducted independently of program developers, have failed to show consistently significant differences between treatment and control groups on drinking measures and alcohol-related harm measures beyond 6 to 9 months post-intervention.

COMPONENTS

The BASICS program uses motivational interviewing with a harm reduction approach to minimize alcohol consumption and limit or prevent alcohol-related problems, including accidents, violence, and poor class attendance. The program is carried out in two interviews.

- The first interview is conducted with a self-report questionnaire. Information that includes alcohol intake patterns, individual attitudes about alcohol, participant's understanding of social alcohol norms, and family history is gathered from the first interview and questionnaire.
- The second tailored interview, the feedback interview, is administered approximately 1 week after the initial interview and 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. This interview is structured using the principles of motivational interviewing, and feedback is presented in a non-confrontational way to allow each student to evaluate her or his own level of risk and contemplate change.

PREVIOUS USE

BASICS is currently being used by several universities in the United States.
Brief Alcohol Screening and Intervention for College Students (BASICS)

TRAINING
This program is implemented by trained personnel at college health centers who are skilled in motivational interviewing (e.g., graduate assistants in counseling, clinical psychology, and/or clinical social work; health educators; chemical dependency professionals; clinical or counseling psychologists; social workers). A 2- to 3-day, on-site initial training is available and costs $4,500 per day. For more information about training, please contact Dr. Jason Kilmer using details in the Contact section.

CONSIDERATIONS
Considerations for implementing this program include ensuring that the sponsoring agencies or schools have health educators or prevention or counseling professionals on staff to be trained in the BASICS program, deciding whether the program will be mandatory or voluntary for problem drinkers, acquiring buy-in from participants and school administrators, and obtaining funds to cover costs of training and program licensing fees.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing BASICS, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The BASICS program is conducted in two 60- to 90-minute interviews that are held over 3 months. The student must complete a self-report questionnaire that takes between 10 and 20 minutes.

A one-time licensing fee is $1,000 for the BASICS Delivery Protocol. A one-time fee for use of the 2-Day Workshop Curriculum by staff who attend a 3-day training and train others is $1,000. Licensing fees apply for online assessments. Printing fees cost $100 to $200 per year; Blood Alcohol Concentration cards cost $250 for 200.

EVALUATION PLAN
To move the BASICS program to the Promising category on the Clearinghouse Continuum of Evidence, at least one external evaluation should be performed demonstrating significantly positive program effects compared to a control group lasting at least one year from the beginning of the program.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact George A. Parks, Ph.D., by mail Caring Communication, 5222 150th Place SW, Edmonds, WA 98026, phone 1-206-930-1949, or email geoaparks@earthlink.net or contact Jason Kilmer by email j.kilmer@u.washington.edu or visit http://depts.washington.edu/abrc/basics.htm

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