

## ➔ What BASICS Is

**BASICS (Brief Alcohol Screening and Intervention for College Students)** is a consultation process that takes a sincere look at one's attitudes, beliefs, values, and behaviors around the use of alcohol and/or other substances. It is non-confrontational, non-judgmental, and non-labeling; it does not assume anyone has a problem with alcohol and/or other substance use.

BASICS uses a harm reduction approach. One of its primary goals is to assist students in gaining skills and education designed to reduce risky behaviors and harmful effects often associated with alcohol and/or other substance use.

## ➔ What BASICS Is Not

BASICS differs from other alcohol programs such as Alcohol Anonymous or K-12 schooling initiatives. It is unique in that it is not an abstinence only program. BASICS assists students in learning accurate information about alcohol and/or other substance use, helps the student to identify personal risk factors, and promotes the establishment of more appropriate and safer drinking (and/or other substance use) goals.

**WESTMINSTER**  
COLLEGE | EDUCATED TO LEAD.  
INSPIRED TO ACHIEVE.™

**Successful Blue Jays Make Responsible Choices**



**65% of Westminster students don't binge drink**

**Drinkers Average BAC is .059**

**Of Westminster students that choose to drink alcohol...**

84% have counted their drinks

82% use a designated driver

96% drink slowly rather than gulping or chugging

80% have avoided drinking games

\*Data taken from the 2011 MCHBS Survey

**the wellness center**  
LIVE WELL. BE WELL. VISIT **THE WELL.**

**The Wellness Center**

Westminster College  
501 Westminster Ave.  
Fulton, MO 65251

Phone: (573) 592-5361



<http://pip.missouri.edu>

Revised 02.2012

Westminster College

# BASICS

Brief Alcohol Screening and Intervention for College Students

An Evidence-Based,  
Harm Reduction Approach

Westminster College

Founded 1851 · Fulton, Missouri  
[www.westminster-mo.edu](http://www.westminster-mo.edu)

# The BASICS Process

**BASICS consists of two consultation sessions:**

**First Session:** The student will meet briefly with a BASICS consultant and complete a self-assessment questionnaire.

**Second Session:** The student is provided feedback based on the responses from the student's completed self-assessment as well as observations from the initial interview.

Both consultations involve discussion of a variety of techniques that can be used to minimize the negative effects and consequences of alcohol and/or other substance use.

**Follow-up Survey:** 1 month after completing the BASICS consultations, a confidential, follow-up survey will be sent to the student via email to assess student progress and promote program efficacy.



## What can a Student Learn from BASICS?

- What constitutes a standard drink and why this is important
- How to estimate Blood Alcohol Content (BAC)
- Identify high risk drinking patterns and ways in which to decrease use
- What a student can avoid and gain through moderation of use
- Recognize how alcohol affects the body both physically and emotionally (bi-phasic response curve)

### Consequences Associated with Risky Drinking

➔ **At a BAC of .06**, an intoxicated individual does not have the capacity to consider all of the factors he or she would typically contemplate when making a decision, often resulting in less intelligent choices and possible unnecessary risk taking behaviors. The likelihood of saying or doing something that you may later regret, such as getting into a heated argument or a physical altercation increases with intoxication.

➔ **At a BAC of .08**, an intoxicated individual begins to experience loss of muscle coordination resulting in a tendency to drop things or misjudge their movements. Some drinkers may begin to feel nauseas and experience a hangover the next day. Driving under the influence of alcohol and/or other substances can lead to incurring a DUI. In addition to being expensive, being arrested for a DUI may hinder your future success and career.

➔ **At a BAC of .10**, there is a clear deterioration of reaction time and bodily control. An individual's ability to speak is clearly impaired.

➔ **At a BAC of .15**, an intoxicated individual loses partial brain functioning, resulting in the inability to create short-term memories (commonly referred to as a "blackout"). This is not only life threatening, but can place you in an unsafe situation or environment.

➔ **At a BAC of .30**, most people lose consciousness. The central nervous system is substantially depressed and there is a risk of death.

➔ **At a BAC of .40**, everyone loses consciousness and some die.

➔ **At a BAC of .45**, breathing stops and death occurs.

## How to Participate in BASICS

Students can participate in BASICS by contacting The Wellness Center at (573) 592-5361 to schedule an appointment with a BASICS consultant.