

# BASICS

## What is BASICS?

Brief Alcohol Screening and Intervention for College Students (BASICS) is a harm reduction approach to high risk alcohol use. BASICS aims to reduce harmful consumption and negative consequences associated with risky drinking.

## What is the goal of BASICS?

To reduce the frequency of risky drinking and the harmful effects of drinking. The BASICS program provides education and feedback to assist the student in making more responsible decisions around alcohol use. In addition, specific tools and strategies are shared to promote responsible self-management.

## What BASICS is NOT

BASICS differs from other alcohol programs such as Alcoholics Anonymous or K-12 alcohol initiatives. It is unique in that it is not an abstinence only program. Unlike other programs, BASICS provides an individualized, non-confrontational approach designed specifically for college students.

## Who would BENEFIT from BASICS?

Any student who chooses to consume alcohol could benefit from participation in the BASICS program. BASICS is designed for students to mitigate risky drinking and the potential for experiencing negative consequences.

## Contact Information

---

### UMSL Partners in Prevention

- kimberlinm@umsl.edu or 314-516-6369

### UMSL Student Affairs

- umslstudenta@umsl.edu or 314-516-5211

### UMSL Counseling Services

- 314-516-5711

### Missouri Partners in Prevention

- pip.missouri.edu

# UMSL



<http://pip.missouri.edu>

Revised 11.2014

# BASICS

---

*Brief Alcohol Screening and  
Intervention for College Students*

---

**A Person-Centered  
Harm Reduction Approach**

# UMSL

## In the past year, has your friend:

- Had times when they ended up drinking more, or longer than intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- More than once gotten into situations while or after drinking that increased their chances of getting hurt?
- Had to drink much more than they once did to get the effect they want?
- Given up or cut back on activities that were important or gave them pleasure, in order to drink?
- Spent a lot of time drinking? Or being sick or getting over other aftereffects?

If your friend shows any of these symptoms then alcohol may already be a cause for concern. The more symptoms they show, the more urgent the need for change.\* If you recognize your friend is exhibiting these symptoms, talk to them about BASICS.

\*NIAAA Rethinking Drinking. Note: These questions are based on symptoms for alcohol use disorders in the American Psychiatric Association's Diagnostic and Statistical Manual (DSM) of Mental Disorders, Fourth Edition. The DSM is the most commonly used system in the United States for diagnosing mental health disorders.

## To Refer a Student, Simply Contact:

### Student Affairs/Conduct

- umslstudenta@umsl.edu or 314-516-5211

### Counseling Services

- (314) 516-5711

### AOD Prevention Coordinator

- kimberlinrm@umsl.edu or 314-516-6369

## How is BASICS Facilitated?

BASICS facilitators are University Health, Wellness, and Counseling Services staff members specially trained in the administration of BASICS. General information and personalized feedback is delivered during two individual sessions that are both 60 minutes in length.



## What can a student LEARN from BASICS?

- Determine how to estimate Blood Alcohol Concentration (BAC)
- Distinguish how alcohol affects the body both physically and emotionally (bi-phasic response)
- Identify high risk drinking patterns and ways to decrease harmful use
- Develop and strengthen techniques/strategies to moderate drinking
- Access resources with practical information about alcohol consumption.

## Consequences Associated with Risky Drinking

**At a BAC\* of .06,** an intoxicated individual does not have the capacity to consider all the factors they would typically contemplate when making a decision, often resulting in less intelligent choices. Social faux pas and unnecessary risk taking may result. The prevalence of saying or doing something that you may later regret, such as getting into a heated argument and/or physical fight 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 drinker may begin to feel nauseous and will likely experience a hangover the next day. Driving while under the influence of alcohol can lead to getting a DUI. Being arrested for a DUI is not only expensive, but your record may follow you for years and 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 clearly is impaired.

**At a BAC of .15,** an intoxicated individual loses partial brain functioning, resulting in the inability to create short-term memories. This is commonly referred to as a "blackout". This is not only life-threatening, but can place you in an unsafe environment. You may even wake up the next day without knowledge of what transpired or in an unexpected place.

**At a BAC of .30,** most people lose consciousness. At a BAC of .40, everyone loses consciousness and some die. At a BAC of .45, breathing stops and death occurs.

\*A person's blood alcohol level (BAC) depends on several factors, including rate of drinking, body mass, stomach contents, and the substance mixed with the alcohol. When a person's BAC reaches high levels, there are numerous dangers, including blacking out, passing out, alcohol poisoning, and losing respiratory functions. Remember: the legal limit for BAC is .08

## Referrals to BASICS can come from a variety of sources:

Academic Advisors - Community Standards & Student Conduct - Concerned Friends or Family Members - Faculty Members - Fraternity and Sorority Life International Affairs - Leadership and Cultural Programs - Residential Life - Resident Assistants - Student Health Services - Student Life