

BASICS

Brief Alcohol Screening and Intervention for College Students

About the Program

The BASICS program is a preventative intervention aimed at college students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, sexual assault, and violence. The program is designed to help students make better alcohol-use decisions by being non confrontational or judgemental and

- Reduce the adverse effects of alcohol consumption
- Promote reduced drinking
- Promote healthier choices among young adults
- Promote important information and coping skills for risk reduction



In comparison with the control group, students receiving BASICS reported significant reductions in their alcohol use and fewer negative consequences resulting from alcohol.

Marlatt et al.

BASICS aims to motivate students to reduce risky behaviors rather than focus on a specific goal. BASICS is a recognized Model Program through the Substance Abuse and Mental Health Services Administration, National Registry of Evidence-based Programs and Practices, U.S. Department of Health and Human Services.

Benefits

- Increases students' awareness of the risks associated with alcohol use.
- Fosters safer alcohol-use choices such as when, where, and how much to drink.
- Young adults gain increased awareness of alcohol-impaired choices that can lead to health problems, social difficulties, and/or legal problems.

Frequently Asked Questions

How much does it cost? The program is free for UTSA students.

Why participate in BASICS? BASICS is appropriate for anyone who uses alcohol and/or drugs in a high risk manner, especially if you are concerned about your drinking or drug use and how it compares to other students.

What should I expect? BASICS is administered by trained BASICS facilitators. All sessions are one-on-one with a facilitator and the student. These sessions are private and confidential. There are two 50 minute sessions and two 30 minute sessions.

How do I know if I have an alcohol problem? Alcohol use, like most human behaviors, exists on a continuum from No/Low Risk to Severe/High Risk. The potential negative consequences of alcohol use also exist on a continuum with the most negative consequences occurring as you move toward alcohol dependence.

What have other UTSA students reported after completing the BASICS program?

- "Helped me to stop drinking."
- "Better educated me."
- "Drinking much less."
- "I haven't consumed alcohol in three months."
- "It has helped me make better decisions."

How can I make an appointment? BASICS sessions are by appointment only and scheduled by calling Health Education at Student Health Services (SHS) at 210.458.6428 or in person at RWC 1.500.

Call for an appointment at:

(210) 458-6428

or email at:

StudentHealthServices@utsa.edu