Overview

- BASICS in the Context of a Comprehensive System of Care
- Overview of Evidence-Based Brief Motivational Interventions
- Screening and Referral
- BASICS Overview
- BASICS Session 1
- BASICS Session 2
Alcohol Abuse Prevention Models

NIAAA 3-in-1 Approach

Institute of Medicine Levels of Prevention

- Indicated
- Selective
- Universal

NIAAA Tier 1 Interventions: Effective with College Students

- Combining motivational enhancement with norms clarification and cognitive-behavioral skills training
- Alcohol Skills Training Programs
- Brief Motivational Interventions
**Alcohol Skills Training:**

**Psych-Educational Groups**

Effective Programs Include:

- Alcohol Skills Training Program (ASTP, Fromme, Marlatt, Baer, & Kivlahan, 1994)
- Lifestyles Management Class (LMC) consists of two 2-hour group sessions (Fromme & Corbin, 2004)
- CHOICES About Alcohol (Parks & Woodford, 2005)
- Party Positive (Clarke & Wagstaff, 2014)
- Making Positive Choices Class (Wagstaff & Clarke, 2014)

**Alcohol Skills Training:**

**The Three Theoretical Components**

- Motivational interviewing techniques to highlight ambivalence and develop discrepancy
- Endorsement of the harm reduction, and
- Incorporation of the Stages of Change Model (precontemplation, contemplation, action, and maintenance).
Harm Reduction

<table>
<thead>
<tr>
<th>Myths</th>
<th>Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harm reduction is associated with increased use.</td>
<td>Harm reduction is associated with reduced use.</td>
</tr>
<tr>
<td>Harm reduction encourages drug use.</td>
<td>Harm reduction discourages drug use.</td>
</tr>
<tr>
<td>Harm reduction includes abstention as an option.</td>
<td>Harm reduction includes abstinence as a possible goal across a continuum of positive outcomes.</td>
</tr>
<tr>
<td>Harm reduction entails preventive behavior and maintenance of “anything goes” attitudes.</td>
<td>Harm reduction entails positive change of drug use and attempts to reduce the harms caused by drug use or other risky behaviors.</td>
</tr>
</tbody>
</table>

Stepped Care Approach: One-on-One Interventions

- Judicial Referral
- Brief Intervention
- Behavioral Consultation
- Counseling
- Specialist Treatment
- BASICS
- Alcohol Skills Training
- SBIRT / Simple Advice

Evidence-Based Brief Motivational Interventions (BMIs)
### Brief Motivational Interventions

<table>
<thead>
<tr>
<th>Type</th>
<th>Duration</th>
<th>Delivery Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>SBIRT / Brief Advice</td>
<td>5 to 15 Minute Session</td>
<td>Residence Life</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Faculty/Staff Office</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Academic Advising</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Health Center</td>
</tr>
<tr>
<td>Behavioral Consultation</td>
<td>15 to 50 Minute Session</td>
<td>Above +</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Student Conduct</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Health Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Counseling Center</td>
</tr>
<tr>
<td>BASICS</td>
<td>2 x 50-Minute Sessions</td>
<td>Student Conduct</td>
</tr>
<tr>
<td></td>
<td>20 – 30 Minute Survey</td>
<td>Health Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Counseling Center</td>
</tr>
<tr>
<td>BASICS +</td>
<td>Additional Sessions</td>
<td>Adapted from George Parks</td>
</tr>
</tbody>
</table>

### Common Components of Brief Motivational Interventions (BMIs)

**Goals:**
- Screening and Feedback
- Move students through the stages of change.
- Reduce alcohol-related harms to self and others.

**Approach:**
- Responsibility for change lies with student
- Empathic style
- Support for self-efficacy
- Permission to give advice
- Develop discrepancy and/or resolve ambiguity.
- Get commitment and/or set goals.

### BASICS: Educational Components

- Standard drinks
- Estimating blood alcohol level
- Bi-phasic response
- Tolerance
- Positive drinking
- Alcohol expectancies
- Harm-reduction/preventive strategies
BASICS

1. Session One: Assessment
   • Structured Clinical Interview
   • Self-Monitoring of Drinking
2. Assessment Survey
3. Session Two: Feedback
   • Personalized Feedback Report (PFR)
   • Change Planning
   • Screening and Referral
   • Stepped-Care Options

BASICS + is a continuation of individual sessions for those students who would benefit from continuing.
Screenings

- Very Brief Screening (SBIRT/Brief Advice):
  1. Single Question
     a. How many times over the last month have you been intoxicated?; or
     b. How many times over the last two-weeks have you had 5 or more drinks (4+ for women) on a single occasion?
  2. Quantity and Frequency:
     a. During a typical week on how many occasions do you consume alcohol?; and
     b. When you socialize or party how many alcoholic beverages do you typically consume?

- AUDIT
- DSM V Criteria
Using the AUDIT

Overall Score (initial class designation):
- 7 or below: “little risk”
- 8 – 15: “risky or hazardous use”
- 16 – 19: “high-risk or harmful use” (BASICS)
- 20+: “high-risk” (BASICS – Refer to Counseling)

Other Factors:
- Previous violations
- Fight/Damage property
- Risky behaviors

Screening for Alcohol Use Disorder Using DSM V

- Alcohol taken in larger amounts or over longer period than intended.
- Persistent desire or unsuccessful efforts to cut down or control use.
- Great deal of time spent obtaining, using or recovering.
- Craving, or a strong desire or urge to use alcohol.
- Failure to fulfill major obligations.
- Continued use despite persistent or recurrent social or interpersonal problems.

Screening for Alcohol Use Disorder Using DSM V (cont.)

- Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
- Recurrent alcohol use in situations in which it is physically hazardous.
- Alcohol use continued despite knowledge of having a persistent or recurrent physical or psychological problem likely caused or exacerbated by alcohol.
- Tolerance.
- Withdrawal, as manifested by either:
  - Characteristic withdrawal syndrome, or
  - Taking to relieve or avoid withdrawal symptoms.
Screening for Alcohol Use Disorder Using DSM V (cont.)

The presence of at least 2 of these symptoms indicates an Alcohol Use Disorder (AUD).

The severity of the AUD is defined as:

- **Mild**: The presence of 2 to 3 symptoms
- **Moderate**: The presence of 4 to 5 symptoms
- **Severe**: The presence of 6 or more symptoms

**BASICS** may not be appropriate, especially if there is resistance.

Progression of Use

**BASICS** not appropriate

Screening is the Key to...

- A stepped care approach
- Involving multiple stakeholders
- Efficient use of limited resources
  - Referring students with lower AUDIT scores to Alcohol Skills Training
  - Referring people with moderate to severe Alcohol Use Disorders to Counseling
- Meeting students needs
  - Severity of Student Conduct Violation may not be indicative

Screening is the Key to...

- A stepped care approach
- Involving multiple stakeholders
- Efficient use of limited resources
  - Referring students with lower AUDIT scores to Alcohol Skills Training
  - Referring people with moderate to severe Alcohol Use Disorders to Counseling
- Meeting students needs
  - Severity of Student Conduct Violation may not be indicative