

Consequences Associated with High Risk Drinking

Driving while under the influence of alcohol and or other drugs can lead to getting arrested for a DWI. Being arrested for a DWI is not only costly but your record may follow you for years and hinder your professional career.

Being caught using a fake I.D. and consuming alcohol in a bar when under age is against the law. You may find yourself paying fines and doing hours of community services.

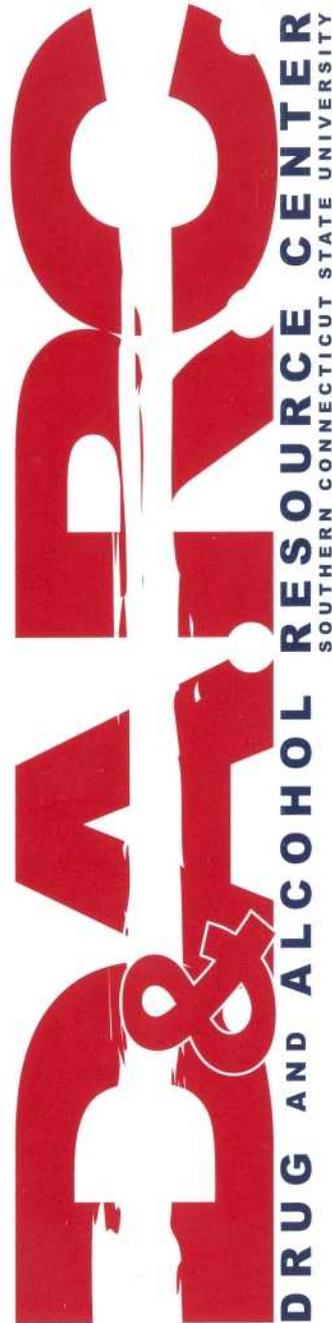
Heavy drinking to the point of intoxication can lead to having a black out which is not only life threatening but it can put you at risk for rape and sexual assault.

BASICS is a program of:
Drug and Alcohol Resource Center
Southern Connecticut State University
Schwartz Hall, Rm 1
203-392-5087

All Services are free and confidential



Brought to you by the Drug and Alcohol Resource Center
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Department of Mental Health and Addiction Services



Understanding the **BASICS**

Are you at risk for...

- » Crashing your car
- » Getting arrested for a DWI
- » Contracting a STD
- » Failing a class
- » Losing a friendship or relationship due to drinking

Then **BASICS** can **HELP** by
reducing alcohol related
consequences and
preventing future alcohol
dependence.

BRIEF ALCOHOL SCREENING AND INTERVENTION FOR COLLEGE STUDENTS [BASICS]

is a harm reduction approach to alcohol abuse. BASICS aims to reduce harmful consumption and negative consequences associated with high risk drinking.

Who would BENEFIT from BASICS?

BASICS is designed for students who drink heavily several times a week and who have already experienced alcohol related negative consequences. BASICS helps to raise awareness and educate the student on risk factors associated with heavy drinking.

All students who choose to consume alcohol could benefit from the BASICS program.

What is the GOAL of BASICS?

To reduce the frequency of high risk drinking and to decrease the harmful effects of drinking. The BASICS program provides education and feedback to assist the student in making more responsible decisions around alcohol use.

What Can I learn from BASICS?

After participating in BASICS, you will learn how to do the following:

- » How to calculate Blood Alcohol Concentration [BAC].
- » Identify high risk drinking patterns and ways to decrease harmful use.
- » Access resources with practical information about alcohol consumption.
- » Make responsible decisions around social situations involving alcohol.

How it Works:

Students who participate in BASICS must agree to complete two 60 minute sessions with a Drug and Alcohol Resource Center staff person.

THE FIRST SESSION assess drinking patterns, related attitudes about alcohol and motivation to change drinking behaviors. Students are asked to complete an on-line assessment tool called E-Chug or E-Toke. Both on-line tools provide computer generated personalized feedback to the students.

THE SECOND SESSION includes providing feedback to the student about personal use, risk factors and strategies to moderate drinking. Students are also given educational materials and information about alcohol consumption and or other drug use.

Referrals to on and off-campus resources are made for students who are at high-risk for alcohol and or drug dependence. Students who need mental health services in addition to substance abuse treatment will also be given referrals.

REFERRALS FOR BASICS CAN COME FROM A VARIETY OF SOURCES INCLUDING:

Athletics
Faculty and Staff
Student Self Referrals
Judicial Affairs
Resident Advisors
Concerned Friends
University Health Services
Women's Center
Counseling Services
Wellness Office
Campus Police