

# KNOW THE BASICS

## Brief Alcohol Screening and Intervention of College Students

A Harm Reduction Approach, is a preventive intervention for college students 18 to 24 years old. It targets students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence.



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# BRIEF ALCOHOL SCREENING AND INTERVENTION OF COLLEGE STUDENTS

**BASICS** is designed to help students make better alcohol-use decisions based on a clear understanding of the genuine risks associated with problem drinking. The program is conducted over the course of two brief interviews that prompt students to change their drinking patterns.

The first interview focuses on introducing the student to the program, assessing the student's level of risk of alcohol-related problems, and obtaining the commitment to monitor drinking in the interval between the two sessions.

The second interview is a feedback interview in which the student is given a personalized feedback sheet containing information on the frequency of drinking, quantity of alcohol consumed, estimates of typical and highest reported blood-alcohol content, and comparisons with student drinking norms.

In addition, the student is provided with information about risks associated with drinking and myths about alcohol use, and receives advice on how to drink safely.

The program's style is empathetic, not confrontational or judgmental, and aims to:

- Reduce alcohol consumption and its adverse consequences
- Promote healthier choices among young adults
- Provide important information and coping skills for risk reduction.

For more information on the **BASICS**,  
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