

## *An Evidence-based Campus Alcohol Abuse Prevention Initiative*

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### IMPLEMENTING BASICS AND OTHER BRIEF MOTIVATIONAL INTERVENTIONS (BMIs)

- ✓ Alcohol misuse is the number one threat to the safety, health and success of college students and other young adults.
- ✓ Parents, college personnel and students themselves are searching for effective ways to prevent and reduce the negative impact of drinking on college life.
- ✓ Research has shown that BASICS and other Brief Motivational Interventions (BMIs) are among the most effective ways to address college alcohol problems.
- ✓ Implementing individually focused prevention programs with fidelity to their evidence-based core components reduces the harm caused by alcohol to students, their family, their peers, the institution and the surrounding community.
- ✓ BASICS is the most empirically supported alcohol abuse prevention program available for use with college students. It is a NIAAA (National Institute on Alcohol Abuse and Alcoholism) Tier One Program shown to be effective in reducing drinking and alcohol-related harm in college students and is listed on the National Registry of Evidence-based Programs and Practices (NREPP).
- ✓ BASICS is delivered by health educators and prevention or counseling professionals over the course of two individual motivational interviews in a way that is compassionate, pragmatic and readily accepted by students, even those mandated by the university or college to receive BASICS as result of student code violations.
- ✓ The broad dissemination of BASICS has led to the development of additional BMIs that use the same components and motivational interviewing delivery modality as BASICS, but that are shorter in duration (2 to 45 minutes) and can be delivered by diverse student and academic services staff such as those working in judicial affairs, health services, residence life, Greek Life, athletics, academic advising, etc.
- ✓ Evidence is growing that diverse student services staff can be trained to effectively deliver these shorter BMIs and that students receiving these service not only are more likely to participate in BASICS and other alcohol abuse prevention programming, but often reduce their drinking and as a result of the intervention.
- ✓ Based on compelling evidence for the effectiveness of BASICS and other BMIs in reducing alcohol-related harm, Walters and Baer in their excellent book, *Talking with College Students about Alcohol*, recommend broad staff training in these individually-focused alcohol abuse interventions be conducted on every campus in America.

Hazardous and harmful drinking is the number one threat to college student safety, health and success. While colleges and universities benefit from environmental management, social norms marketing and consistent policy enforcement in their efforts to prevent alcohol problems, *individual alcohol prevention programs* are also an indispensable component of a comprehensive approach to alcohol abuse prevention.

Program development, consulting and training services provided by George A. Parks, Ph.D. will assist your University to create a comprehensive evidence-based continuum of care for the prevention of alcohol problems in students. The key deliverables in this consulting and training initiative will be alcohol prevention services created and implemented at three levels: *Universal* (U), *Selective* (S) and *Indicated* (I). These three levels of alcohol abuse prevention programming serve students: (1) who have not yet developed alcohol-related problems (U), (2) who are at an increased risk for developing alcohol-related problems (S) and (3) who are experiencing alcohol-related problems that range from mild to severe (I).

### **LEVELS ALCOHOL ABUSE PREVENTION FOR COLLEGE STUDENTS**

| <b>Level of Prevention</b>                 | <b>Subpopulation of College Students</b>   |
|--|--|
| <b><i>Universal</i></b> Alcohol Prevention | Programs applied to every student at a university or college whether or not they are considered at higher risk than others for developing an alcohol-related problem. For example, all incoming freshmen.  |
| <b><i>Selective</i></b> Alcohol Prevention | Programs focused on subgroups of the students whose risk of developing problems with drinking is greater than average. These subgroups of students are distinguished by age, gender, family history, class standing (Freshmen), Greek residence, varsity athletics, counseling center intake, etc.   |
| <b><i>Indicated</i></b> Alcohol Prevention | Programs focused on students experiencing negative consequences from drinking ranging from mild to severe. They may be identified by critical incidents such a drunken behavior, physically or sexually abusive or assaultive behavior, driving while under the influence of alcohol or medical emergencies such as alcohol overdose and transportation to hospital. |

## ALCOHOL ABUSE PREVENTION PROGRAMMING FOR YOUR UNIVERSITY

1. At the *Universal* Prevention level, implementing the *Electronic CHECKUP To Go (eCHECKUP To Go)* as a stand-alone web-based survey and feedback application that has been shown to reduce drinking and related problems in college students when required a condition of enrollment and completed during orientation prior to beginning the academic year.
2. *Selective* prevention programs can be implemented in two ways: *Brief Motivational Interventions* (BMI) and *CHOICES About Alcohol*.

Diverse student services staff including health educators, counselors, residential life staff, academic advisors, health care professionals, athletic department staff, faculty, etc. can be trained to deliver a compassionate and pragmatic BMI in a one-on-one structured interview ranging from 5 to 45 minutes in course of their routine duties. These BMIs provide students with a supportive listener, screening for alcohol problems, feedback on their level of risk, motivational enhancement and referral for further services as needed. Sometimes called “Screening Brief Intervention and Referral to Treatment (SBIRT)”, these selective prevention programs are easily implemented and highly effective.

- a. BMI 101 is a 6-hour workshop offered by George A. Parks, Ph.D. that provides a primer in motivational interviewing and specific scripts for conducting *Brief Advice* an informal 2-5 intervention and *Behavioral Consultation*, a formal 45 minute intervention using the AUDIT (Alcohol Use Disorders Identification Test) a screening test shown to be reliable and valid with college students and when delivered in a Behavioral Consultation type of BMI to reduce drinking and alcohol-related harm.
  - b. *CHOICES About Alcohol* is a selective prevention program derived from the empirically supported *Alcohol Skills Training Program* that is listed by the National Institute of Alcoholism and Alcohol Abuse as a Tier One Program shown to be effective in reducing alcohol abuse in college students. *CHOICES About Alcohol* is a group program typically delivered by health educators or peer educators to groups of 12-15 students. (CHOICES materials - The Change Companies 1-888-889-8866.)
3. Finally, *Indicated* Prevention is targeted at those students who drinking has become hazardous or harmful and who are experiencing moderate to severe alcohol problems. George A. Parks, Ph.D. is a co-developer and senior national trainer of BASICS (Brief Alcohol Screening and Intervention for College Students). BASICS is a Brief Motivational Intervention (BMI) delivered by professional staff in two 50-minute interview sessions and using the eCHECKUP To Go between sessions to assess the student’s drinking and provide a source to give the student personalized feedback in session 2 (see attached BASICS Factsheet).

## YOUR UNIVERSITY ALCOHOL ABUSE PREVENTION PROGRAMMING GRID

| Level of Prevention | Program                                | Program Description  | Staffing  | Source   |
|---------------------|--|--|---|--|
| <b>Universal</b>    | eCHECKUP TO GO<br>Alcohol<br>Marijuana | Stand alone web-based alcohol or marijuana assessment and feedback application                                   | Administrative staff to monitor compliance and write brief annual report  | Doug Van Sickle, Ph.D.<br><br>San Diego State University   |
| <b>Selective</b>    | CHOICES About Alcohol                  | Group program supported by CHOICES Student Interactive Journal and Facilitator Guide                             | Peer Educators or Graduate Assistants trained and supervised by professional staff and professional staff   | CHOICES Student Interactive Journal and Facilitator Guide:<br><br>The Change Companies<br><br>Training: George A. Parks, Ph.D. |
| <b>Selective</b>    | Brief Motivational Interventions (BMI) | Informal and formal structured interviews one-on-one with individual students ranging from 2-45 minutes duration | Student Services Staff in Residential Life, Advising, Counseling, Health Service, Athletics, Club Sports, Greek Affairs, etc.   | Training and Facilitator Guides:<br><br>George A. Parks, Ph.D.   |
| <b>Indicated</b>    | BASICS – Alcohol<br>CASICS - Marijuana | One-on-one structured interview delivered in 2 45-60 minute sessions with web-based survey                       | Professional staff in wellness, health and psychology field such as health educators, counselors, clinical psychologists, clinical social workers, chemical dependency counselors | BASICS Facilitator Guide and Staff Training:<br>George A. Parks, Ph.D.<br><br>Web-based survey<br>eCHECKUP TO GO: See above    |

### Consultant and Trainer

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