

BASICS Alcohol Intervention Program

BASICS stands for Brief Alcohol Screening and Intervention for College Students, and is aimed at students who have had negative experiences or problems related to alcohol and drug use. BASICS is an evidence-based program that helps students make better alcohol-use decisions and reduce their risks for alcohol-related harm. BASICS provides at least two non-confrontational, non-judgmental sessions with a staff member.

[Watch Video](#) [1]

- BASICS is a low-pressure interview process that meets students where they are to provide them with risk reduction strategies and resources. Some information about alcohol/drug risks is provided, but BASICS is not an education course or intervention. BASICS helps students evaluate their alcohol/drug use and offers personalized feedback for self-improvement and safer choices in the future. ***This is not an alcohol education course.***
- The Wellness Staff that provide the BASICS service are not clinical providers. They are graduate level facilitators trained to use motivational interviewing techniques to encourage positive change in student behavior. They are also trained to recognize and refer students who may have more serious substance use dependence issues. ***This is not a clinical assessment or counseling session.***

For appointments, more information or questions, email basics@unc.edu [2]

[Directions to our office](#) [3]

Source URL: <https://studentwellness.unc.edu/programs/alcohol-drug-programs/basics-alcohol-intervention-program>

Links

[1] <https://register.gotowebinar.com/recording/5977003881247294477>

[2] <mailto:basics@unc.edu>

[3] <https://campushealth.unc.edu/about-us/directions-campus-health-services>