

# **Implementing BASICS: Overcoming Barriers on Your Campus**

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# Common Campus Barriers

- Attitudes of staff regarding brief intervention work and harm reduction in general.
- Lack of a useful tool for student assessment/feedback used in BASICS.
- Lack of a campus system for referrals and follow-up.

# **Barrier 1: Attitudes of staff regarding brief intervention work and harm reduction in general**

- **Health Terrorism vs Promotion of Protective Behavior**
- **Harm Reduction vs Shame & Blame**
- **Motivational Interviewing vs Coercion, Persuasion, Confrontation**
- **Professional Advice vs Collaboration**

## **Barrier 2: Lack of a useful tool for assessment/feedback**

- Three on-line intervention and personalized feedback tools are commonly used in BASICS:
  - e-CHUG
  - e-TOKE
  - Infosoft
- Develop your own

# e-CHUG

## (the Electronic Check-up To Go)

- 20-30 minutes to complete. Personal Reflections (additional 15-20 minutes).
- Personal Feedback
  - Quantity and frequency of drinking, caloric intake
  - Amount consumed and peak BAC
  - Norm comparisons
  - Amount and percent of income spent on alcohol
  - Tolerance level
  - Negative consequences of alcohol use
  - Personal family risk score

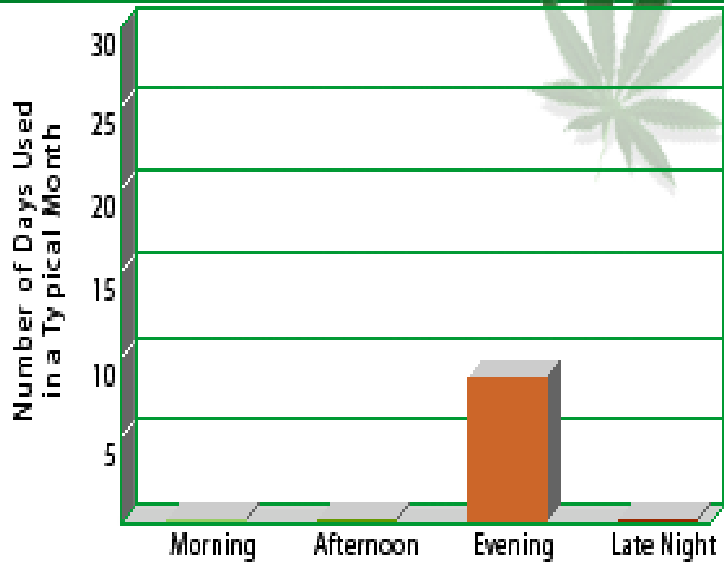


# e-TOKE

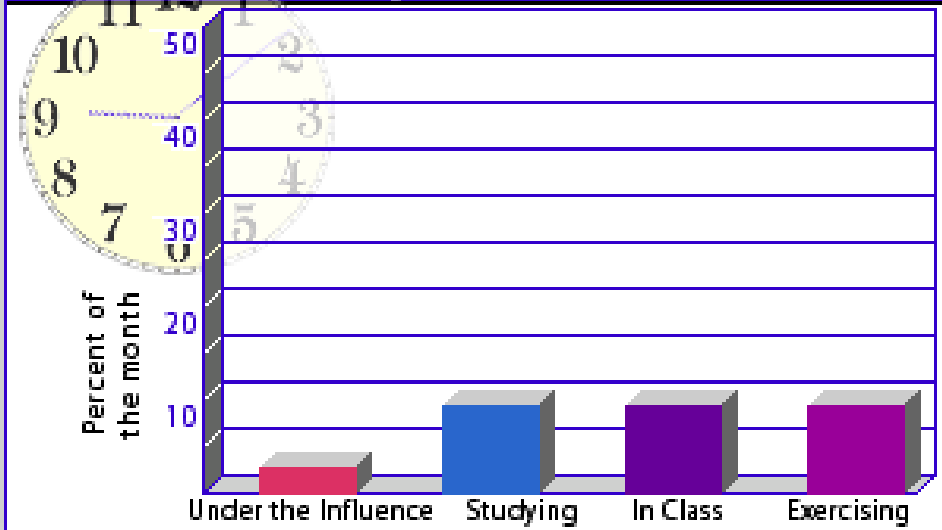
(electronic THC Online Knowledge Experience)

- Marijuana –specific brief assessment and feedback tool. Takes 10-15 minutes to complete.
- Personalized Feedback
  - Quantity, frequency & pattern of marijuana use
  - Time spent under the influence of marijuana vs. other activities
  - Income spent on marijuana
  - Normative comparisons
  - Readiness and confidence to make changes
  - Links to campus and community resources

## Your Pattern of Use



## How You Spend Your Time



IMPORTANCE



CONFIDENCE

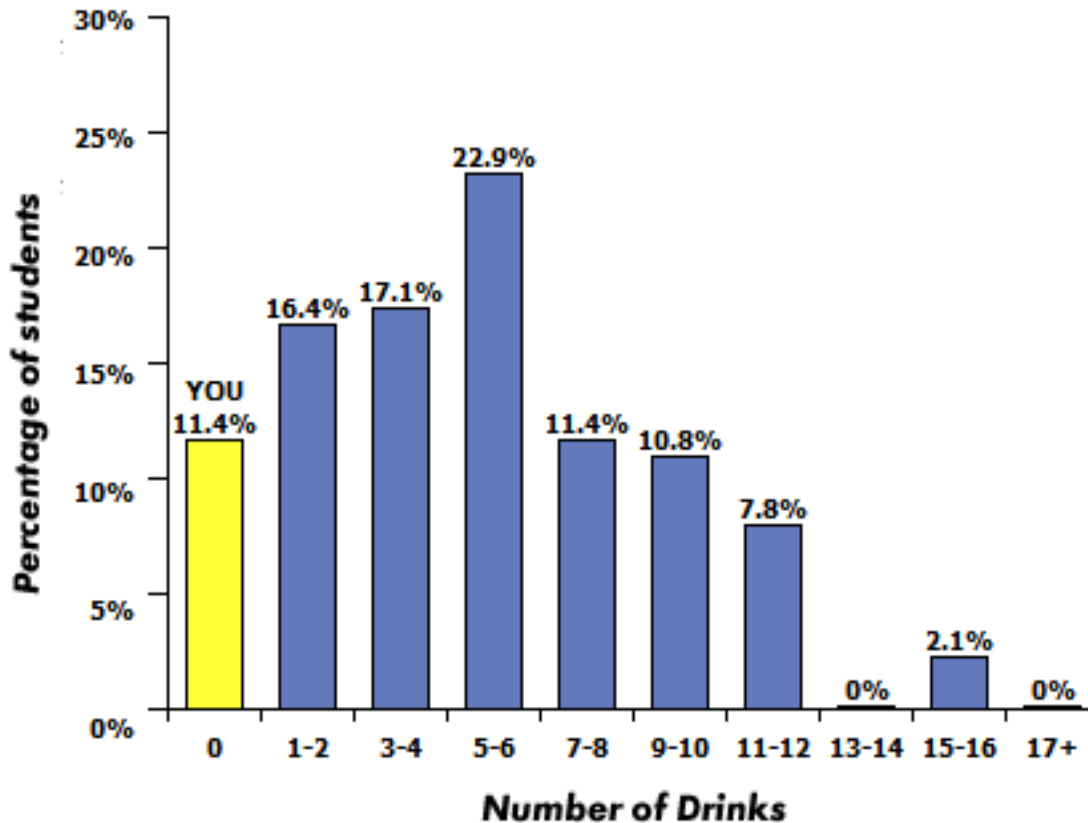
# Infosoft Research

- 15-20 minutes to complete
- Personalized Feedback
  - Drinking and drug use norms side-by-side comparison (Student vs. Campus)
  - Calories consumed from alcohol
  - Cost per quarter/semester
  - Summary of reported individual risk factors
  - Family history and risk level toward dependency
  - Typical, average, and peak BAC
  - Negative consequences as a result of drinking
  - Strategies for reducing consumption
  - Summary of biphasic effect of alcohol

**BASICS Personalized Feedback**

**Assessment:**  
**Participant: 28**

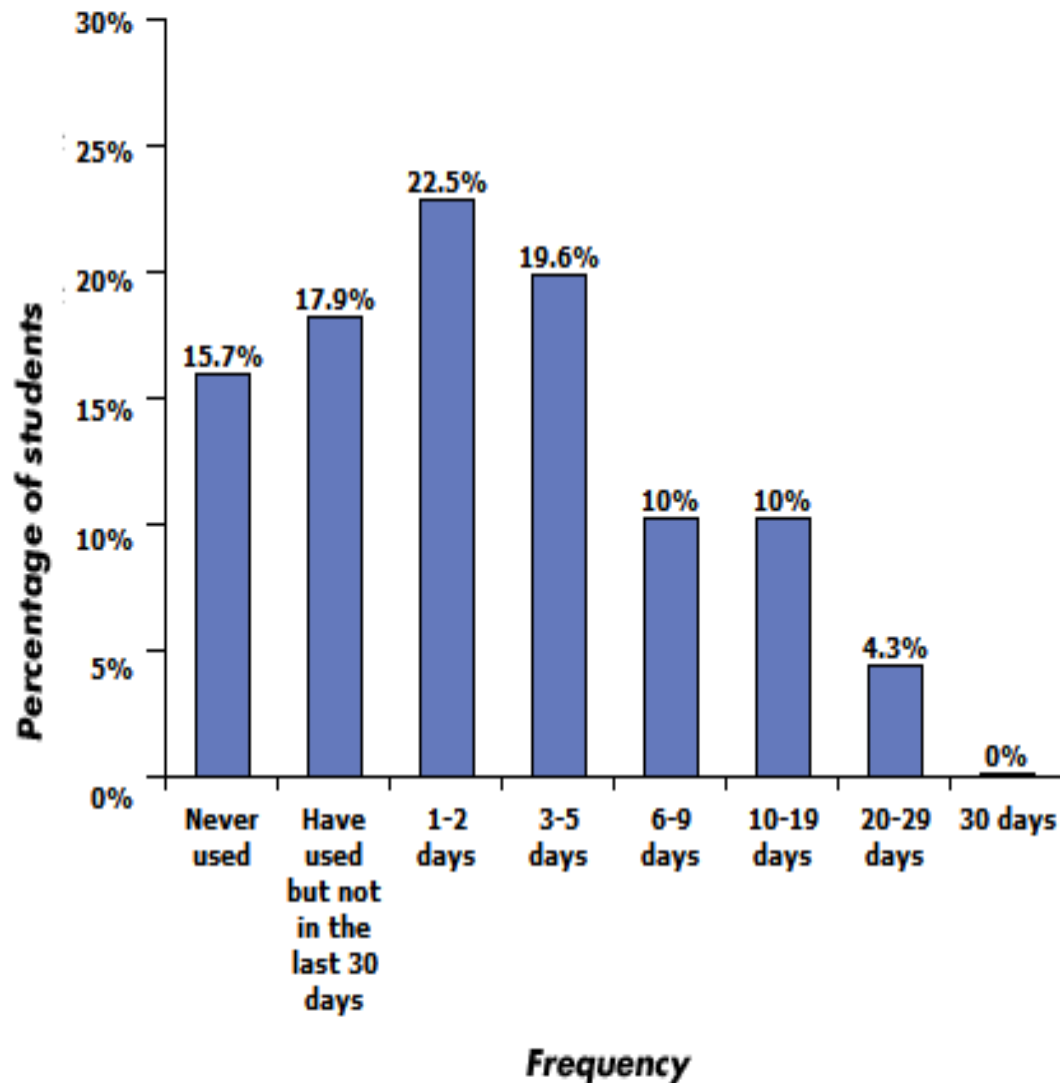
**Your Drinking and Norms**



You said that on a typical weekend evening, you consume

**No drinks**  
Note how the typical amount that you drink compares to that of the campus.

Most students think other students drink more than they actually do. Most students drink 3 or fewer drinks when they drink.

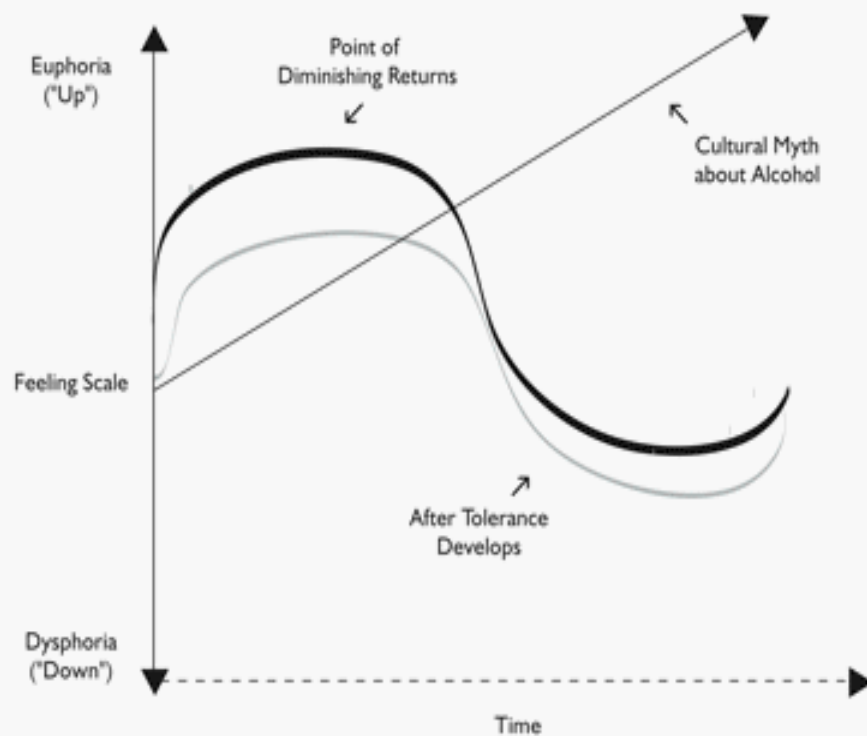


According to the information you gave us, in the past month you drank:

**I didn't drink at all**

Note how your drinking frequency compares to that of the campus.

## Biphasic Response to Alcohol



Biphasic Response to Alcohol

### It's About Balance

> The **Point of Diminishing Returns** (.055 BAC or less) usually gives people the experience they want from drinking. It is also the point when drinking **more** will not make you feel better or have a better time. You will just get more intoxicated and the negative risks of drinking will increase.

# Develop Your Own Tool

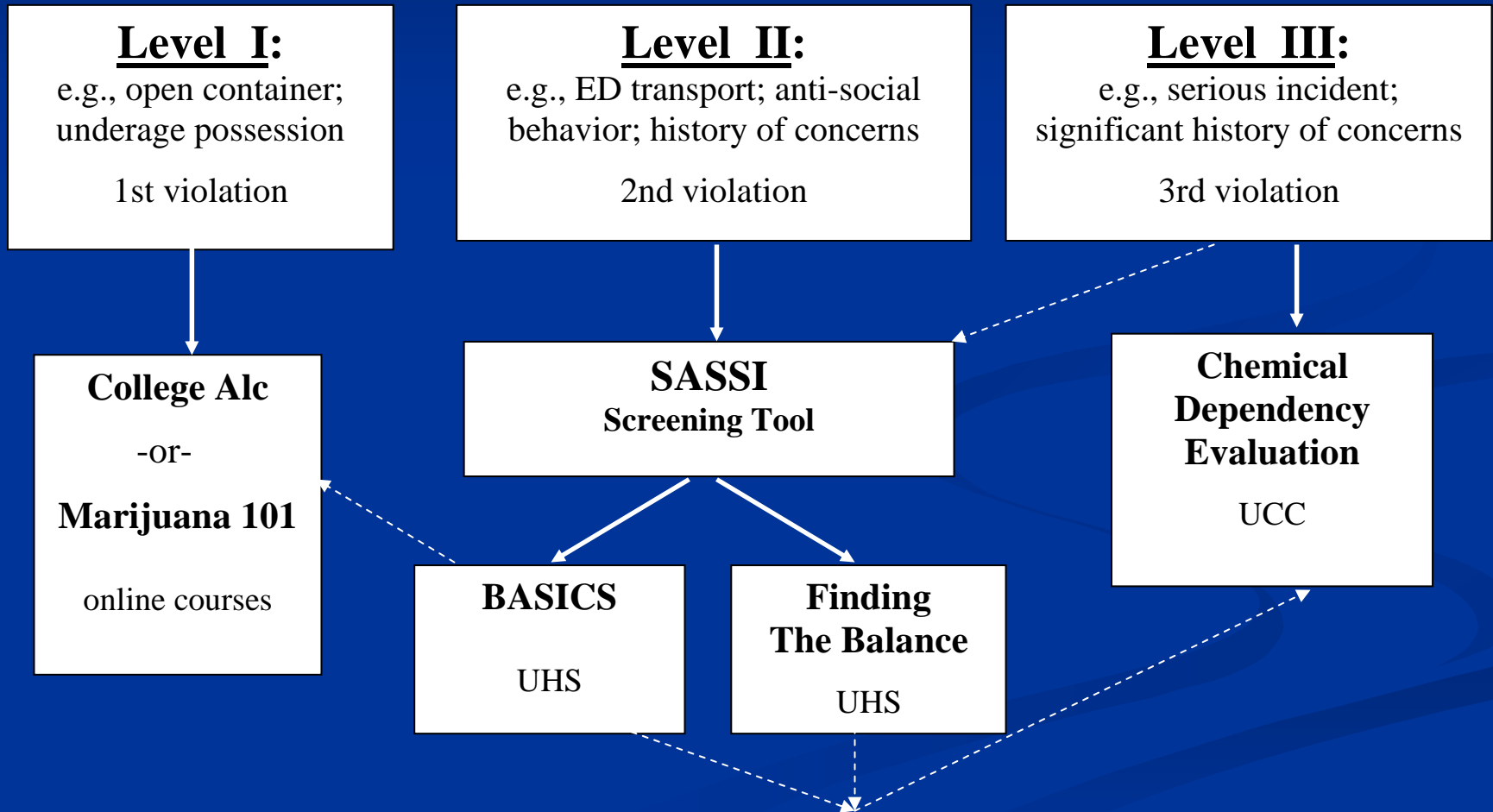
- Need to create questions and text for feedback
- IT support to write code
- Collaborative effort with other student affairs departments (Counseling, Deans, Health, Sport & Recreation Center)
- Very time consuming

# Develop Your Own Tool

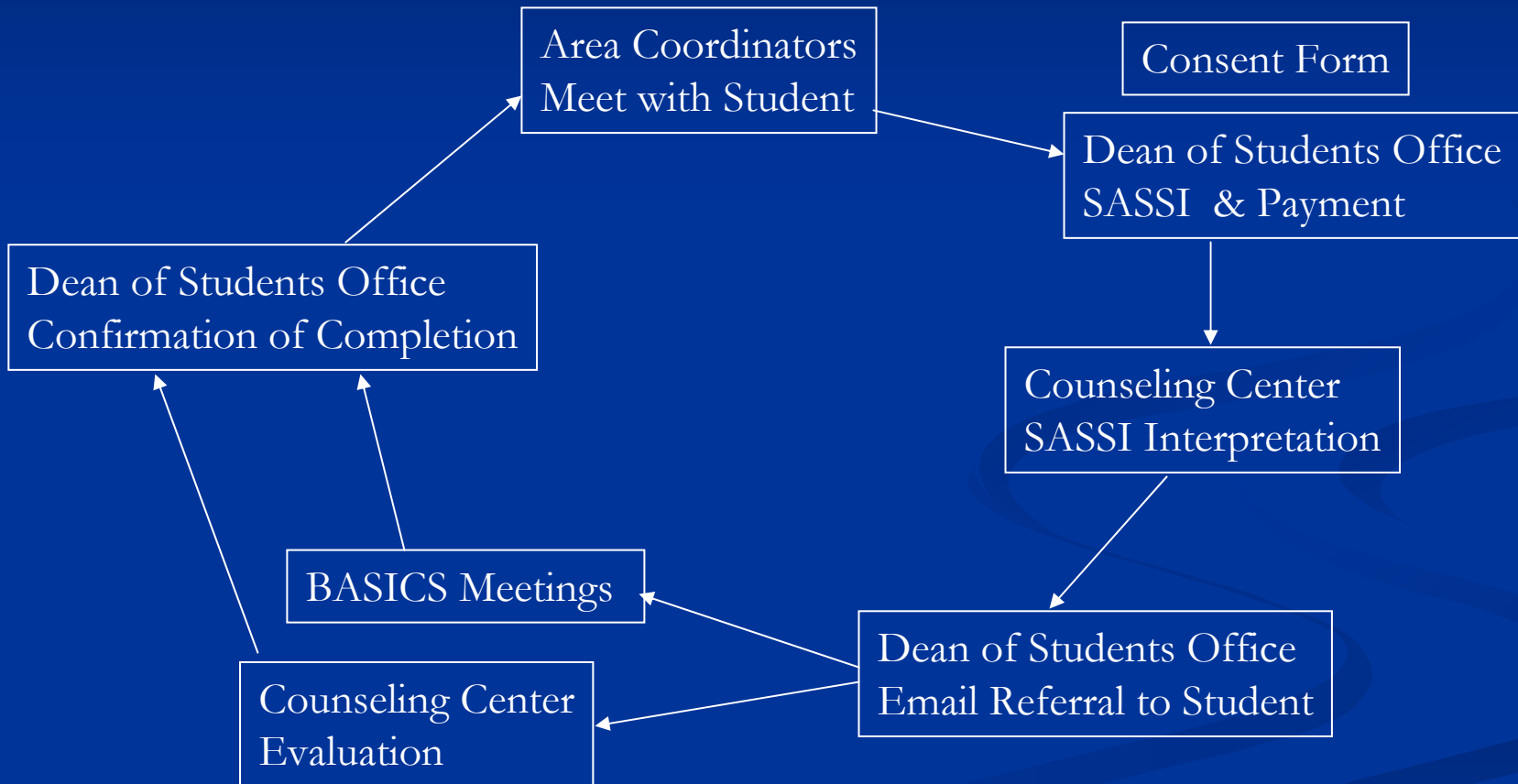
- HWS Wellness Tool
- Personal Feedback
  - Academic success
  - Alcohol, tobacco, and other drugs
  - Exercise, sleep, and nutrition
  - Mood
- <http://www.hws.edu/studentlife/resources/alcohol/survey/>

# Barrier 3: Lack of a campus system for referrals and follow-up

Referral System at University of Rochester:



# Barrier 3: Lack of a campus system for referrals and follow-up



For each item below, circle the number which reflects how often you have experienced the situation described during:

- your entire life
- the past six months
- the six months before \_\_\_\_\_
- the six months since \_\_\_\_\_

Never	Once or Twice	Several Times	Repeatedly
0	1	2	3

### ALCOHOL (FVA)

1. Had drinks with lunch?
2. Taken a drink or drinks to help you express your feelings or ideas?
3. Taken a drink or drinks to relieve a tired feeling or give you energy to keep going?
4. Had more to drink than you intended to?
5. Experienced physical problems after drinking (e.g. nausea, seeing/hearing problems, dizziness, etc.)?
6. Gotten into trouble on the job, in school, or at home because of drinking?
7. Become depressed after having sobered up?
8. Argued with your family or friends because of your drinking?
9. Had the effects of drinking recur after not drinking for a while (e.g. flashbacks, hallucinations, etc.)?
10. Had problems in relationships because of your drinking (e.g. loss of friends, separation, divorce, etc.)?
11. Become nervous or had the shakes after having sobered up?
12. Tried to commit suicide while drunk?

Never	Once or Twice	Several Times	Repeatedly
0	1	2	3

### OTHER DRUGS (FVOD)

1. Taken drugs to improve your thinking and feeling?
2. Taken drugs to help you feel better about a problem?
3. Taken drugs to become more aware of your senses (e.g. sight, hearing, touch, etc.)?
4. Taken drugs to improve your enjoyment of sex?
5. Taken drugs to help forget that you feel helpless and unworthy?
6. Taken drugs to forget school, work, or family pressures?
7. Gotten into trouble with the law because of drugs?
8. Gotten really stoned or wiped out on drugs (more than just high)?
9. Tried to talk a doctor into giving you some prescription drug (e.g. tranquilizers, pain killers, diet pills, etc.)?
10. Spent your spare time in drug-related activities (e.g. talking about drugs, buying, selling, taking, etc.)?
11. Used drugs and alcohol at the same time?
12. Continued to take a drug or drugs in order to avoid the pain of withdrawal?
13. Felt your drug use has kept you from getting what you want out of life?
14. Been accepted into a treatment program because of drug use?

Marital Status: Married or equivalent  Never Married  Divorced  Widowed  Separated

Employment Status: Full-time  Part-time  Not employed  Student  Homemaker  Disabled  Retired

Highest Grade Completed \_\_\_\_\_ Ethnic Origin \_\_\_\_\_

Weekly Family Take Home Income:

Prefer not to answer  \$301-400  \$701-800

\$0  \$401-500  \$801-900

Less than \$200  \$501-600  Over \$900

\$200-300  \$601-700  Not Sure

Number of People in your Family: \_\_\_\_\_

Miscellaneous

A  D

B  E

C  F



**From:** Smith, Jason

**Sent:** Thursday, September 20, 2007 1:42 PM

**To:** ----

**Cc:** Reynolds, Nancy

**Subject:** Educational Assignment Contract - Meeting Assignment with BASICS

They have reviewed your **SASSI**, which was part of your disciplinary sanction. You are to contact Nancy Reynolds at [nreynolds@uhs.rochester.edu](mailto:nreynolds@uhs.rochester.edu) to make an appointment for the BASICS class within two business days. BASICS involves a series of meetings. When you attend the first meeting, a date will be scheduled for the follow-up meeting(s).

Please remember to take your Educational Assignment Contract that you received with your judicial paperwork to these meetings.

Feel free to contact me if there are questions or problems with making an appointment.

Regards,

Jason

Jason E. Smith

Office of the Dean of Students

**REFERRAL EMAIL**

From: ---@mail.rochester.edu [mailto:---@mail.rochester.edu]  
Sent: Thursday, September 20, 2007 2:14 PM  
To: Reynolds, Nancy  
Subject: Basics Meeting

Ms Reynolds,  
My name is ---, and I am supposed to contact you regarding SASSI meetings. I am in the Basics meetings. I really do not know what other information you need, whether it is times I am available or what, but I look forward to hearing back from you.

Thank you.  
(Student)

**STUDENT**

From: Reynolds, Nancy  
Sent: Thursday, September 20, 2007 2:42 PM  
To: ---  
Subject: RE: Basics Meeting

Hi ---,

Let's schedule a time for your first BASICS meeting. The meetings are held here in the Health Promotion Office, 110 Anderson Tower. I am free on Monday and Tuesday afternoons of next week. Monday I'm free before 3:30, and Tuesday after 2:30. Let me know what time is convenient for you.

Nancy

**BASICS PROVIDER**

# Web Resources

- [www.e-chug.com](http://www.e-chug.com)
- [www.e-toke.com](http://www.e-toke.com)
- [www.goinfosoft.com](http://www.goinfosoft.com)
- [www.coresurvey.com](http://www.coresurvey.com)
- [www.acha-ncha.org](http://www.acha-ncha.org)

# Contact Information

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