

# Group BASICS:

## An Innovative Approach to the Brief Alcohol Screening and Intervention for College Students

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### BACKGROUND

- UNC-CH is a large, top-tier public university with ~19,000 undergraduate and ~12,000 graduate students.
- BASICS (Brief Alcohol Screening and Intervention for College Students) is an evidence-based, individual alcohol intervention for high-risk students.
- UNC-CH implemented BASICS in 2007 for all students receiving alcohol-related housing violations or legal citations.
- In Spring 2012, BASICS providers used ADAPT framework to develop a new Group BASICS model.
- Outcome and process evaluations results showed Group BASICS produced similar outcomes as the original BASICS and significantly reduced administrative burden.

### OBJECTIVE

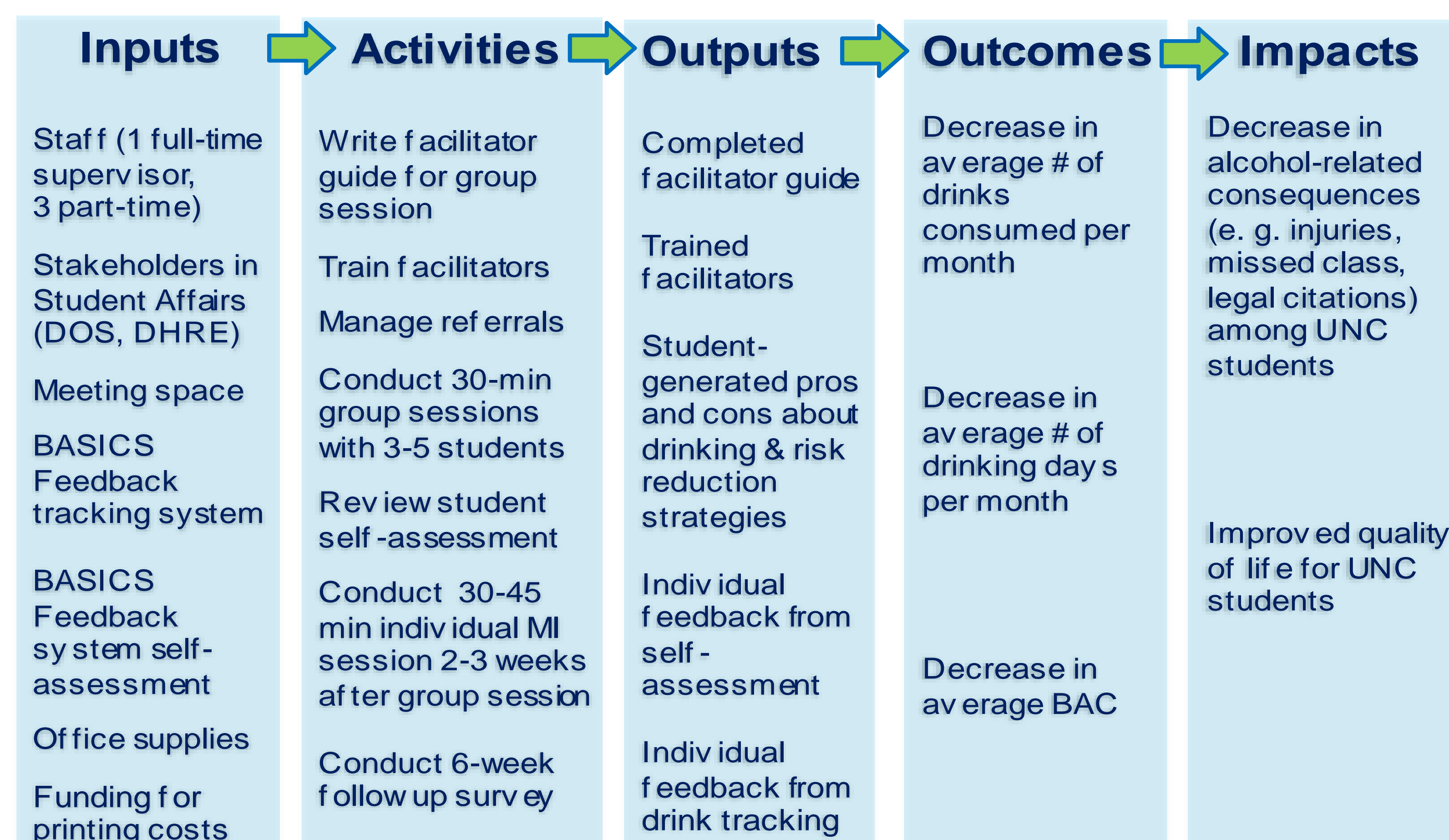
Adapt the evidence-based BASICS program in order to:

- Reduce administrative burden on referrers and providers; and
- Yield statistically significant reductions in drinking frequency and amount.

### METHODS

Using the ADAPT framework for identifying and adapting an evidence-based intervention, BASICS providers at Campus Health developed and piloted a Group BASICS program illustrated in the logic model below.

Figure 1. Group BASICS Logic Model



### RESULTS

#### Process Findings

Figure 2. Average Time Spent per Student: BASICS versus Group BASICS

Session	BASICS		Group BASICS	
	Tasks Involved	Average minutes per student	Tasks Involved	Average minutes per student
Pre-Session 1	Email student to schedule appointment; review incident notes	10	Students schedule for group with receptionist; prepare room	4
Session 1	1-on-1 session; self-assessment	53	Group session	8
Post-Session 1	Billing; provider notes; tracking spreadsheet	10	Billing; update BASICS feedback	2
Pre-Session 2	Review notes; prep follow-up form	5	Review notes & student self-assessment results	5
Session 2	1-on-1 follow up session	25	1-on-1 follow up session	45
Post-Session 2	Evaluation spreadsheet; billing; completion letter	10	Update BASICS feedback; billing; completion letter	10
<b>Total Time</b>		<b>113</b>		<b>74</b>

Group BASICS saves 39 minutes per student, on average

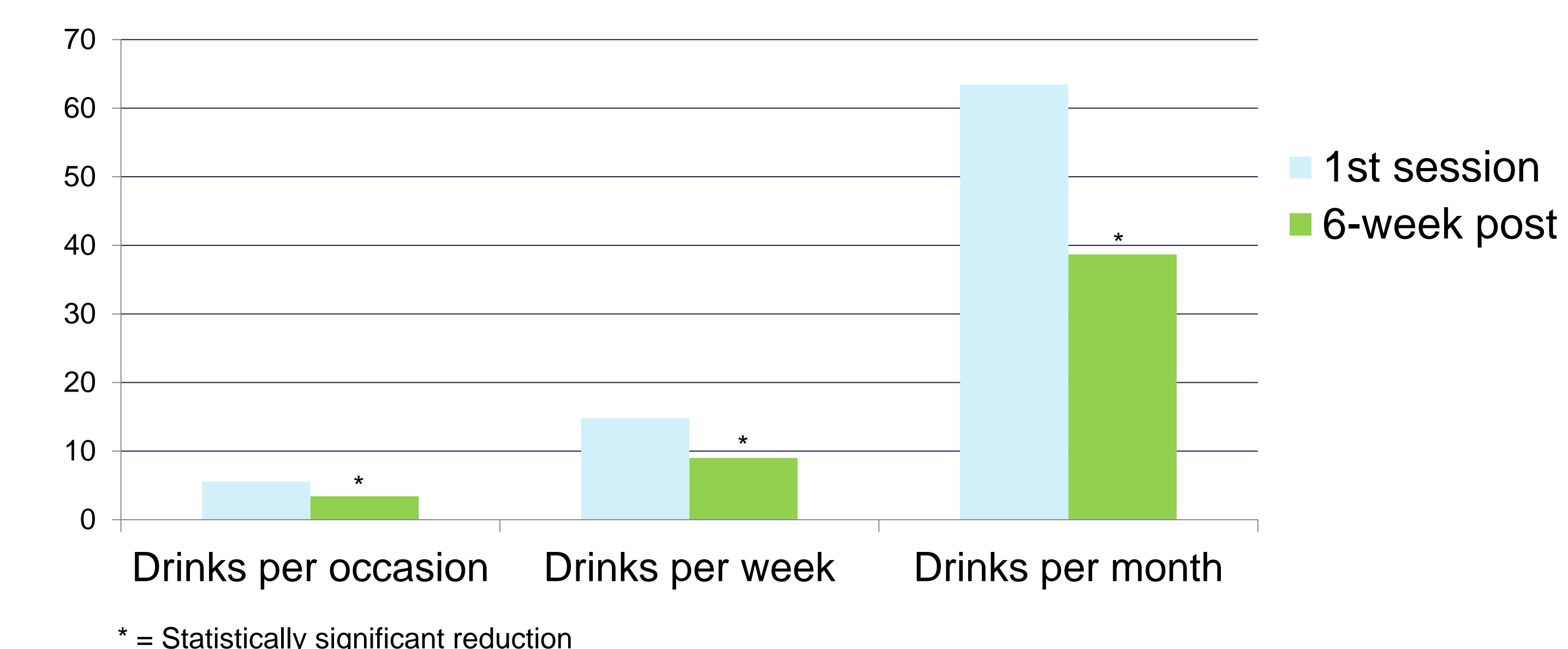
#### Referral Sources

- Students were referred primarily from the Dean of Students Office (56%; for legal citations) and Housing (33% for housing violations).
- Other referral sources included the court-ordered alcohol education class Carpe Diem EMS transport, and self referrals.

#### Outcome Findings

- N=157; response rate 85%
- Frequency: Drinking days per month decreased from 9 to 6 ( $p < 0.0001$ )
- Amount:
  - Average BAC decreased from 0.12 to 0.07 ( $p < 0.0001$ )
  - Average drinks per month decreased from 63 to 39 ( $p < 0.0001$ )

Figure 3. Change in Average Drinking Amount Among Students in Group BASICS: First Session versus 6-Weeks



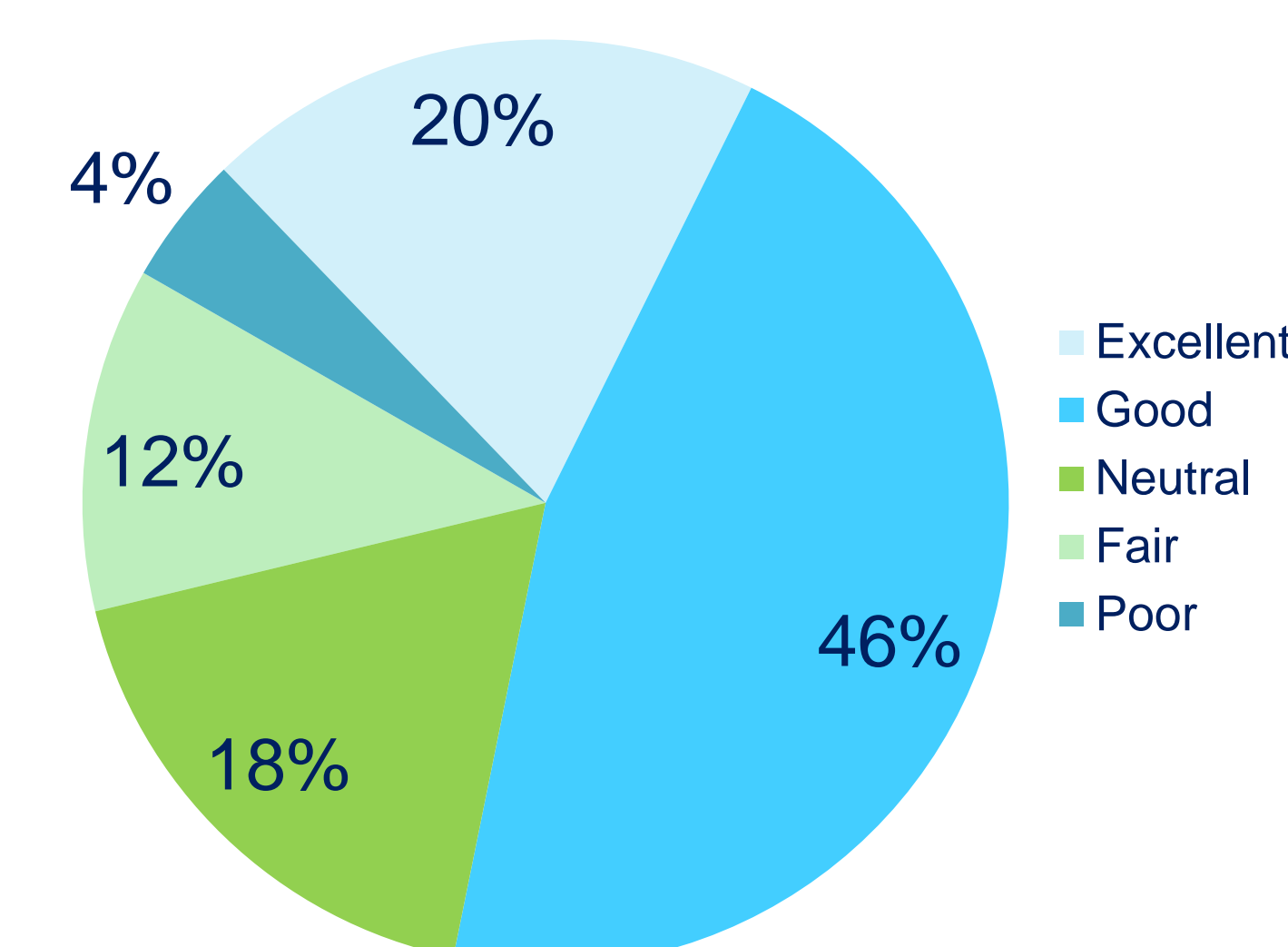
#### Qualitative Themes

“Educational and time-efficient.”

“I not only learned a lot about drugs and alcohol through the program, but I also learned a lot about myself as well.”

“[I] learned more about drinking and about how my drinking habits relate to other people my age.”

#### Student Satisfaction



### CONCLUSIONS

- UNC-CH BASICS providers were able to see more students than in previous years. During the 2012-2013 school year, a total of 263 students completed BASICS, compared to 177 in 2011-2012.
- UNC-CH has not advertised BASICS for self-referrals to students because of time pressure, but given these preliminary results, UNC-CH hopes to take more self-referrals in the 2014-2015 school year.
- Group BASICS is a time-saving brief intervention that results in decreased drinking frequency and amount. Further evaluation with a factorial design (control group, original BASICS, Group BASICS) could better compare the effectiveness of Group BASICS and original BASICS.