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

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

Group BASICS saves 39 minutes per student, on average

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."

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

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.

![Student Satisfaction Chart]

![Figure 1. Group BASICS Logic Model]