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 developed 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

Inputs I	Activities	Outputs =	Outcomes	Impacts
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Staff (1 full-time supervisor, 3 part-time)	Write facilitator guide for group session	Completed facilitator guide	Decrease in av erage # of drinks	Decrease in alcohol-related consequences
Stakeholders in Student Affairs (DOS, DHRE)	Train facilitators Manage referrals	Trained facilitators	consumed per month	(e. g. injuries, missed class, legal citations) among UNC
Meeting space BASICS	Conduct 30-min group sessions with 3-5 students	Student- generated pros and cons about drinking & risk	Decrease in av erage # of	students
Feedback tracking system	Review student self-assessment	reduction strategies	drinking days per month	Improved quality
BASICS Feedback system self- assessment	Conduct 30-45 min individual MI session 2-3 weeks after group session	Indiv idual f eedback from self - assessment	Decrease in av erage BAC	of life for UNC students
Office supplies Funding for printing costs	Conduct 6-week follow up surv ey	Indiv idual feedback from drink tracking		

Process Findings

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

	BASICS		Group BASICS	
Session	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
Total Time		113		74

Group BASICS saves 39 minutes per student, on average

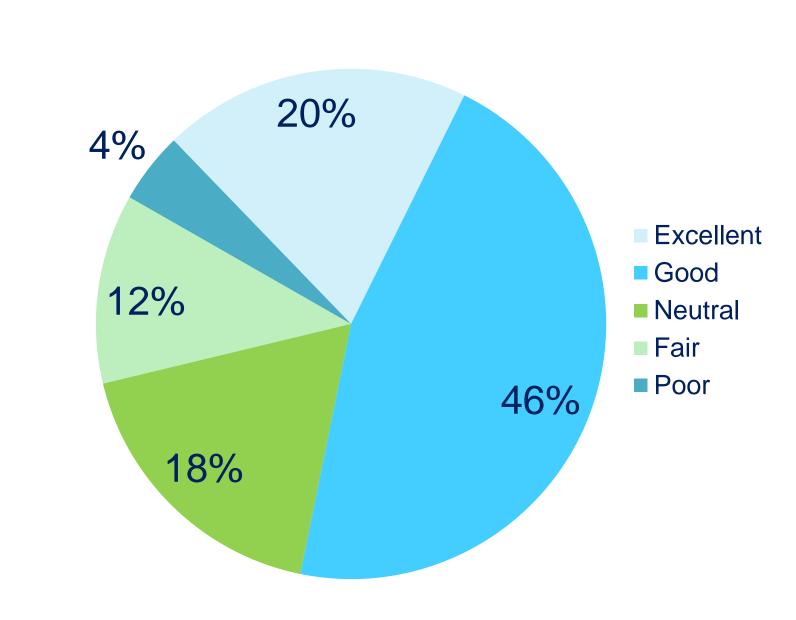
Qualitative Themes

"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."

Student Satisfaction



RESULTS

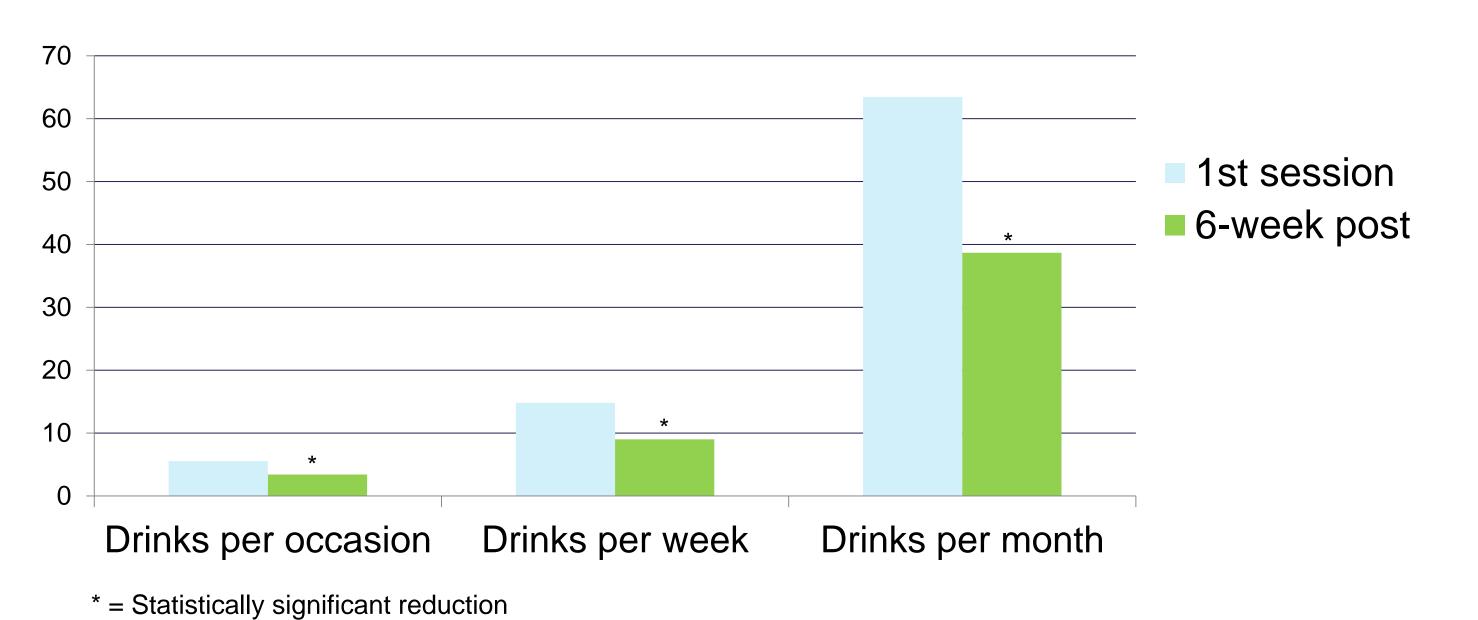
- Students were referred primarily from the Dean of Students Office (56%; for legal citations) and Housing (33% for housing violations).
- Other referral sources included the court-ordered alcohol education class Carpe Diem EMS transport, and self referrals.

Outcome Findings

Referral Sources

- 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.