

Colleagues across campus have raised questions and concerns about substance use by Wesleyan students. This is a complicated issue that the University is committed to addressing. Part of this commitment is our ongoing involvement in the National College Health Improvement Project (NCHIP) learning collaborative on high-risk drinking. Using proven, evidence-based practices, the objective of the collaborative is to work together to reduce high-risk drinking at participant institutions as well as the associated harms resulting from this behavior.

Brief Alcohol Screening and Interventions for College Students (BASICS) is one of the proven, evidence-based practices to reduce high-risk drinking (KB, L, MP, & KS, 2007; Larimer, Kilmer & Less, 2005; ME, JM, CM, & JR, 2004) that we will be using at Wesleyan. We currently have two staff members on campus trained and actively using BASICS in individual and group sessions. We would like to train additional staff and faculty to use BASICS in their work. In order to facilitate this, WesWell will be hosting a BASICS training session on Friday, March 23rd from 9am – 4pm.

BASICS is based on Motivational Interviewing (MI) strategies. MI is a collaborative approach to working with people experiencing negative consequences from substance use. MI facilitates readiness for change by helping the person develop a schema about the positive and negative effects of their behavior. Participants will learn MI techniques that include asking open ended questions, affirming, reflecting, summarizing, and developing change plans. This session will also focus on how each participant can use BASICS, whether it's in a judicial conference, in a clinic visit, in academic review, or in a general conversation with a student you are concerned about. You will leave the training prepared to implement BASICS sessions.

Our BASICS training session will be led by Liza Makuch who has over 10 years experience with campus based alcohol, other drug and violence prevention programs. She has a Masters Degree from the Harvard University Graduate School of Education. Ms. Makuch has been training campus staff to implement BASICS for 7 years. She has worked as a consultant/technical assistant to campuses across the state since 2003 and was the co-founder of the Connecticut Healthy Campus Initiative in 2005.

If you would like to register for this training or would like more information on the training please contact Tanya Purdy, Director of WesWell, Office of Health Education at tpurdy@wesleyan.edu.

If you would like more information on the work we are doing as part of NCHIP please contact Mike Whaley, Vice President of Student Affairs at mwhaley@wesleyan.edu.

Works Cited

- KB, C., L, S.-S., MP, C., & KS, D. (2007). Individual-level interventions to reduce college student drinking: a meta-analytic review. *Addictive Behavior* , 2469-2494.
- Larimer, M., Kilmer, J., & Lee, C. (2005). College Student Drug Prevention: A Review of Individually Oriented Prevention Strategies. *Journal of Drug Issues* , 431-456.
- ME, L., JM, C., CM, L., & JR., K. (2004). Brief intervention in college settings. *Alcohol Research and Health* , 94-104.