

# BASICS

Brief Alcohol (and Other Drug) Screening and Intervention for College Students

## THE BASICS OF BASICS

### BASICS...

- Is a one-on-one alcohol and/or other drug assessment and education program
- Is designed to help you, the student, examine your drinking and/or drug use behaviors in a judgement-free environment.
- Is not an abstinence-only program, but rather a harm reduction approach to these topics
- Allows you to select your own goals around reducing risky behaviors and avoiding harmful consequences

## THE BASICS STRUCTURE

BASICS involves two, one-on-one sessions with the BASICS provider that occur approximately 7-10 days apart. Each session will take about 1 hour. You will also have a few assignments to complete between the two sessions.

## BASICS REFERRALS

If you have been referred to the BASICS program, you will receive an email from the BASICS web portal. From there, you can access the BASICS system, create your log-in credentials and use the calendar to set up your appointments.

Please note: For students who have been sanctioned to attend BASICS, failure to complete both sessions within 4 weeks of your referral may result in a \$50 fee and a hold on your Skidmore account.

### DID YOU KNOW..

that any student can go through the BASICS program?

If you are...

- interested in exploring your consumption patterns
- looking to learn more about protective strategies
- worried about navigating the social scene on campus
- looking for more information about alcohol and other drugs

...then BASICS is for you!

All you have to do is contact the provider below to arrange your appointments.

## QUESTIONS?

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