



BASICS is utilized as an educational sanction when a UW-Madison student is found responsible for alcohol (or related) violations through the Chapter UWS 17 nonacademic misconduct disciplinary process. BASICS is an acronym that stands for Brief Alcohol Screening and Intervention for College Students. BASICS is an evidence-based program designed to address higher risk alcohol use among college students. As a result of your misconduct, you are required to complete BASICS.

#### **1. What is BASICS?**

BASICS involves a personal self-assessment and two one-on-one sessions with a professional substance abuse counselor. BASICS is utilized to address high risk drinking behavior, repeated violations, or any violation involving more serious circumstances such as incapacitation (Detox or ER visit) or disorderly conduct. In the sessions, students will have a structured opportunity to assess their individual risk and identify potential changes for the future, and is intended to reduce the potential harms that are associated with higher risk drinking.

#### **2. Why have I been required to complete BASICS?**

Since you were found responsible for misconduct, the University is committed to assisting you in reducing the negative consequences of your alcohol use. BASICS is one of the most effective education programs to help students reduce their risk associated with alcohol use. Information on the program's impact can be found here: <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=124>

#### **3. What does BASICS cost?**

Students who are required to complete BASICS must cover the cost. **The fee for BASICS is \$125.** This fee is in addition to any court ordered fine or forfeiture as well as additional disciplinary sanctions (if applicable). A deposit may be required to secure your first appointment time. Full payment is due at the time of the first session and can be made by credit card or check payable directly to the provider.

#### **4. How do I enroll in BASICS?**

BASICS is provided at two community locations by two community partner organizations, Connections Counseling and Tellurian UCAN, Inc. Both organizations have extensive experience providing community services around alcohol and drug misuse. Students can enroll in BASICS by either calling one of the providers indicated below or registering online. Additional information on program availability is available online. **It is your responsibility to schedule BASICS – don't wait, register now!**

Connections Counseling: (608) 233-2100 (extension 10) [www.connectionscounseling.com](http://www.connectionscounseling.com)  
Tellurian UCAN, Inc.: (608) 442-4333 (extension 3) [www.tellurian.org](http://www.tellurian.org) (Starting January 2014)

#### **5. How long do I have to complete BASICS? How do I verify completion of BASICS?**

Students are generally required to complete BASICS within six weeks from their case decision date, and the exact due date is listed in a student's finding letter issued by the investigating officer. **You must print the Alcohol Education Referral & Compliance Form (next page) and bring it with you to your first session.** Upon completion, the provider notifies the Dean of Students Office, and the Dean of Students Office will notify your investigating officer. Documentation regarding completion necessary for any court appearances should be requested from the provider.

#### **6. What happens if I miss a session or do not complete BASICS?**

**Please refer to the provider cancellation policy for information on charges associated with missed sessions.** Failure to complete BASICS would constitute a violation of UWS 17.09(16), "Noncompliance with disciplinary sanctions," and could result in additional disciplinary action, sanctions, and a hold placed on your registration and transcripts.



## Alcohol Education Referral & Compliance Form

**Please complete the following fields:**

Name: \_\_\_\_\_  
First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_

Address: \_\_\_\_\_  
Local Address (include apartment # or residence hall and room #, if applicable) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Year in School: \_\_\_\_\_

Gender: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

UW-Madison Student/Campus ID Number: \_\_\_\_\_

**Referral Source:**

- |   |   |
|---|---|
| <input type="checkbox"/> Dean of Students Office    | <input type="checkbox"/> Farm and Industry Short Course Program |
| <input type="checkbox"/> University Housing         | <input type="checkbox"/> Other: _____                           |
| <input type="checkbox"/> University Health Services |   |

Name of Referrer: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Verification of Completion (Provider Use Only):**

Student completed (circle):      **BASICS**      DID NOT COMPLETE

Student's e-Checkup to Go ID#: \_\_\_\_\_

Agency:       Connections Counseling       Tellurian UCAN, Inc.

Attendance:       Attended Session 1      Date: \_\_\_\_\_  
 Attended Session 2      Date: \_\_\_\_\_

Facilitator Name/Title: \_\_\_\_\_

Facilitator Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Today's date: \_\_\_\_\_

## BASICS Pre-Assessment

First letter of first name: \_\_\_\_\_ First letter of last name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Year in School: \_\_\_\_\_

Gender: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

1. Are you participating in BASICS with CONNECTIONS COUNSELING or TELLURIAN?

\_\_\_\_\_ CONNECTIONS COUNSELING    \_\_\_\_\_ TELLURIAN

2. Who referred you to BASICS?

\_\_\_\_\_ UW-Madison Housing                  \_\_\_\_\_ UW-Madison Dean of Students Office

\_\_\_\_\_ OTHER (please describe: \_\_\_\_\_)

### **SECTION 1:**

**For each phrase, please circle the answer that describes how you feel about drinking alcohol.**

Use the following code:

0 = Strongly Disagree    1 = Disagree    2 = Unsure    3 = Agree    4 = Strongly Agree

1. My drinking is okay as it is.	0	1	2	3	4
2. I am trying to drink less than I used to.	0	1	2	3	4
3. I enjoy my drinking but sometimes I drink too much.	0	1	2	3	4
4. I should cut down on my drinking.	0	1	2	3	4
5. It's a waste of time thinking about my drinking.	0	1	2	3	4
6. I have just recently changed my drinking habits.	0	1	2	3	4
7. Anyone can talk about wanting to do something about drinking, but I am actually doing something about it.	0	1	2	3	4
8. I am at the stage where I should think about drinking less alcohol.	0	1	2	3	4
9. My drinking is a problem.	0	1	2	3	4
10. It's alright for me to keep drinking as I do now.	0	1	2	3	4
11. I am actually changing my drinking habits right now.	0	1	2	3	4
12. My life would still be the same, even if I drank less.	0	1	2	3	4

**DRINKING DURING A TYPICAL WEEK.** For each day of the week in the calendar below, fill in the number of standard drinks typically consumed on that day and the hours you drank that day.

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Number of DRINKS							
Number of HOURS drinking							

## **BASICS Pre-Assessment**

**DRINKING DURING YOUR HEAVIEST DRINKING WEEK IN THE PAST 30 DAYS. For each day of the week in the calendar below, fill in the number of standard drinks typically consumed on that day and the hours you drank that day.**

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Number of DRINKS							
Number of HOURS drinking							

**Please circle your response to each question about drinking alcohol.**

1. How often did you drink during the last *month*? (circle one)

- a. I did not drink at all.
- e. Three to four times a week.
- b. About once a month.
- f. Nearly every day.
- c. Two to three times a month.
- g. Once a day or more.
- d. Once or twice a week.

2. Think of a typical weekend evening (Friday or Saturday) during the last *month*. How much did you drink on that evening? (circle one)

0 drinks	7 drinks	14 drinks	21 drinks	28 drinks
1 drinks	8 drinks	15 drinks	22 drinks	29 drinks
2 drinks	9 drinks	16 drinks	23 drinks	30 drinks
3 drinks	10 drinks	17 drinks	24 drinks	More than 30
4 drinks	11 drinks	18 drinks	25 drinks	
5 drinks	12 drinks	19 drinks	26 drinks	
6 drinks	13 drinks	20 drinks	27 drinks	

3. Think of the occasion (any day of the week) you drank the **MOST** during the last *month*. How much did you drink? (circle one)

0 drinks	7 drinks	14 drinks	21 drinks	28 drinks
1 drinks	8 drinks	15 drinks	22 drinks	29 drinks
2 drinks	9 drinks	16 drinks	23 drinks	30 drinks
3 drinks	10 drinks	17 drinks	24 drinks	More than 30
4 drinks	11 drinks	18 drinks	25 drinks	
5 drinks	12 drinks	19 drinks	26 drinks	
6 drinks	13 drinks	20 drinks	27 drinks	

## **BASICS Pre-Assessment**

### **SECTION 2: The following questions are related to facts about drinking alcohol. Circle the BEST answer.**

1. Which of the following is considered a “standard drink”?
  - a. 12 oz. beer
  - b. 8 oz. ice beer or malt liquor
  - c. 5 oz. glass of wine
  - d. 1.5 oz. (one shot) or 80-proof liquor
  - e. All of the above
2. BAC stands for:
  - a. Body alcohol concentration
  - b. Biphasic alcohol concentration
  - c. Blood alcohol concentration
  - d. Balanced alcohol concentration
  - e. Beer and coolers
3. The body uses the calories in alcohol as a source of energy in the same way it uses the calories in other kinds of food:
  - a. True
  - b. False
4. In which group of college students is heavy drinking most common on college campuses?
  - a. First Year Students
  - b. Sophomores
  - c. Juniors
  - d. Seniors
  - e. They all drink about the same amount.
5. In a recent 2011 UW-Madison AODA survey, what percent of UW-Madison students have two drinks or less in a typical week?
  - a. 8%
  - b. 26%
  - c. 35%
  - d. 55%
6. The best way to sober up is by:
  - a. Coffee and other stimulants
  - b. Food
  - c. Cold shower
  - d. Time
  - e. Sleep
7. The current UW-Madison policy, which encourages students to seek immediate help for those needing medical/emergency assistance and exempts the “caller” from disciplinary action for personal alcohol use, is:
  - a. Good Samaritan Law
  - b. Responsible Action Guidelines
  - c. Safe Walk
  - d. UW Crisis Law
8. Which of the following factors do not influence BAC?
  - a. The rate at which a person drinks
  - b. The gender of the drinker
  - c. The amount of food in the drinker’s stomach
  - d. The tolerance level of the drinker
  - e. The weight of the drinker
9. Which of the following is a strategy to maintain a lower risk drinking style?
  - a. Set a drinking limit near a BAC of .05-.08
  - b. Keep track of how much you drink by counting “standard drinks”
  - c. Space your drinking over time
  - d. Avoid drinking games
  - e. All of the above
10. Alcohol takes effect more quickly when mixed with carbonated/caffeinated beverages or “mixers.”
  - a. True
  - b. False
11. Students who have a higher tolerance for alcohol are at greater risk for alcohol-related problems.
  - a. True
  - b. False

## **BASICS Pre-Assessment**

**SECTION 3: The following questions relate to your opinions about drinking. People feel differently, so there are no “right” or “wrong” answers. Please circle your response.**

12. When I drink, I think it's important to be aware of how much pure alcohol I am consuming.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

13. I think drinking a lot of alcohol in a short period of time would put me at risk.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

14. I don't need to drink alcohol in order to have fun when I socialize.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

15. I am comfortable turning down a drink when one is offered if I don't want it.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

16. I do not approve of drinking to get drunk.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

17. I think it's important to have a plan in mind to limit my drinking before I go out.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

18. My personal goals (e.g., academic, social, athletic, etc.) keep me from drinking too much.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

19. If a friend passes out from drinking, I would know what action to take and do it.

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree