



## Brief Alcohol Screening & Intervention for College Students (BASICS)

This 2 day training will be held on:  
**September 27th – 1:30pm – 4:30pm CST**  
**September 28th – 11am – 4:30pm CST**  
(30 minute lunch break)



### Dr. Jason Kilmer

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BASICS was developed in the early 1990s by Dr. Alan Marlatt as harm reduction-focused, individually delivered personalized feedback intervention utilizing motivational interviewing in its delivery. Now, 30 years later, BASICS has surfaced as the most well studied and well supported alcohol prevention strategy for use with college students, associated with reductions in drinking and related consequences up to 4 years post-program. It is one of 8 approaches with “higher effectiveness” in NIAAA’s College Alcohol Intervention Matrix (CollegeAIM) and is one of 2 approaches identified as efficacious for use with college students by the Surgeon General.

The key to BASICS is fidelity to Motivational Interviewing (MI) spirit, style, and strategies. MI is a non-judgmental, non-confrontational approach that emphasizes meeting students where they are in terms of their readiness to make a change and focuses on eliciting personally relevant reasons to change.

In this training for the Nebraska Collegiate Prevention Alliance, participants will receive training in MI strategies relevant to and required for BASICS implementation as well as alcohol information and skills training content. To maximize participation (and hopefully reduce fatigue from a full day training), the training will be split over two days.

**This training is FREE and registration is available here - <https://forms.gle/WRXQGkbGLkwDzWKq7>.**  
**Registration will close on September 20th, 2023!**

Please feel free to share with your colleagues who might also benefit from this training opportunity!