



Online Tools to Manage BASICS (Brief Alcohol Screening & Intervention of College Students)



**PRESENTED AT:
NASPA STRATEGIES CONFERENCE: ALCOHOL
ABUSE PREVENTION & INTERVENTION
JANUARY 24, 2009**

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**ALICE! HEALTH PROMOTION PROGRAM
HEALTH SERVICES AT COLUMBIA UNIVERSITY
WWW.HEALTH.COLUMBIA.EDU/ALICE**

Agenda



- **Overview of BASICS**
- **BASICS Participants**
- **BASICS at Columbia**
- **BASICS Referral Process**
- **Major Issues**
- **Development Process**
- **Administrative Tasks and Time**
- **Assessments and Surveys**
- **Feedback Form**
- **Strategies for Implementation & Discussion**

BASICS Overview: Purpose



- Reduce quantity and frequency of high-risk drinking
- Reduce harm associated with high-risk drinking
- Reflect on alcohol use behavior and the consequences of that use
- Non-judgmental
- Non-labeling
- Not abstinence-only
- Goals are created by students
- Grounded in theories of motivational interviewing and stages of change
 - “People become more committed to that which they give voice.”

BASICS Overview: Effectiveness



- Rated as a Tier 1 strategy for high-risk alcohol use intervention by the NIAAA (2002) and “Model Program” listed in the National Registry Effective Prevention Programs (SAMSHA, 2003).
- 18/22 studies from 1994-2007 demonstrated the effectiveness of brief interventions in reducing high-risk alcohol use behavior and/or consequence of that use (Larimer et al., 2007).
- Significant reductions in the number of drinks consumed per week, number of times alcohol was consumed in a month, and frequency of binge drinking in a month (Borsari & Carey, 2000).
- Similar effectiveness rates for mandated and voluntary students (Fromme & Corbin, 2004).
- Trained peers are effective at administering brief interventions (Larimer et al., 2001; Leary et al., 2002).

BASICS Overview: Process

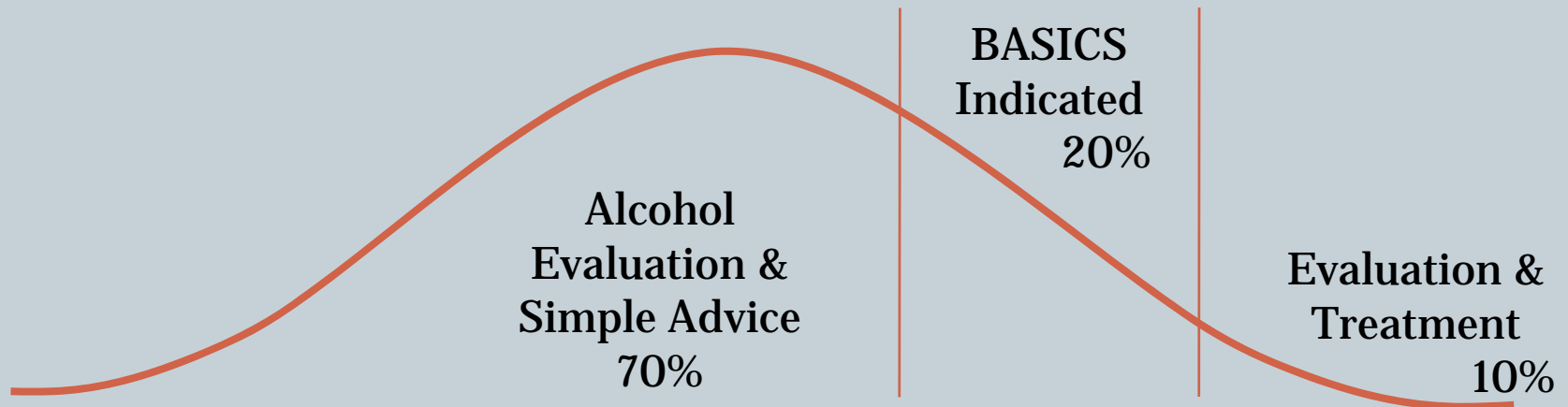


- **Referral**
- **Meeting 1**
 - Establish rapport
 - Debrief incident (if relevant)
 - Assess drinking history
 - Describe program and assess appropriateness
- **Assessment**
- **Drinking diary**
- **Meeting 2**
 - Feedback report
 - Progression in stage of change
- **Satisfaction survey**
- **6-week follow-up survey**

BASICS Participants



- **Who should go to BASICS?**
 - Indicated?
 - Referred/Mandated?
 - Self-selecting?
 - Everyone? (all incoming students)



BASICS Participants: Why Not Everyone?



- **Example: 1000 new incoming students**
- **Assumption: Fidelity to BASICS protocol (BASICS is only appropriate for “indicated” students)**
- **BASICS-indicated only (300 BASICS/Counseling)**
 - 600 hours (1st session, 2nd session for BASICS-indicated, AT time)
 - 2.8 FTE for 6 week completion of all students
 - .5 FTE for 30 week completion of all students
- **All students (1000)**
 - 2500 hours (1st session, 2nd session, AT time)
 - 11.6 FTE for 6 week completion
 - 2.3 FTE for 30 week completion
- **Does not include screening time (indicated) or program management**
- **Does not include upper-class students who are also referred to BASICS**

BASICS at Columbia: History



- **2005-2006**

- Policy recommendation
- Program and funding approval
- Decisions
 - Adherence to BASICS protocol as originally developed (fidelity)
 - Only indicated students

- **2006-2007**

- Program development & implementation
- Pilot with undergraduate intox transports
- 49 students (30 first year)

Major Issues



- How do students get into the program?
- Significant administrative time
- Difficulty tracking students through program
- Record keeping
- Confidentiality
- Consistency of communication with student
- No standardized assessment or feedback form

Administrative Time



Step	Paper & Pencil	Online
Meeting with referrer	1 hour	1 hour
Scheduling sessions	15-30 minutes	0
Session 1	45 minutes	45 minutes
Analyzing assessment data	30 minutes	0
Formatting feedback form	30 minutes	0
Session 2 (incl. prep)	1 hour	1.5 hours
Follow-up surveys/assessments	30 minutes	0
Follow-up with non-compliant students	30-90 minutes	15 minutes
Total	5-6.25 hours	3 .5 hours

BASICS at Columbia: History



- **2007-2008**

- Development of on-line management system
- 70 students – 34 first year

- **2008-2009**

- Hired 2nd BASICS provider
- Fall: Only intox transports and AOD policy violators
- Spring: Available to all students via self- and soft-referrer system
- 70 students as of 1/24/09
 - 65 mandatory referrals
 - 5 soft referrals

Development Process



- Establish program goals
- Conceptual framework
- Vendor relationship
- System Requirements
- Content development
- Extensive testing
- Launch
- Assessment of fit
- Maintenance

Referral Process



- **Mandatory**
 - Intox transports & policy violations
 - Progress is monitored through program
 - Disciplinary follow-up for any non-compliance
- **Soft**
 - Trained referrers across University
 - Referrer inputs student into system
 - Progress is not monitored
- **Self**
 - Self-assessment (AUDIT) via the HSC website
 - 8+ score optional referral to BASICS
 - Progress is not monitored

Standardized Assessment



- **Special thanks to George Parks and Deborah Lewis for identifying assessment components and creating the assessment structure.**
- **Compilation of validated assessments**
 - Alcohol Use Disorders Identification Test (AUDIT)
 - Daily Drinking Questionnaire (DDQ)
 - Family Tree Questionnaire (FTQ)
 - National College Health Assessment substance use questions
 - Rutgers Alcohol Problem Index (RAPI)
 - Alcohol Abuse & Dependence Assessment (adapted by NIAAA from DSM-4)
 - Marijuana and Cocaine Effect Expectancy Questionnaire (MEEQ)
 - Chronic Alcohol Harms
 - Comprehensive Effects of Alcohol Questionnaire (CEA)
 - Rutgers Marijuana Problem Index (RMPI)
 - Cannabis Use Disorders Identification Test (CUDIT)
 - Readiness to Change Questionnaire (RCQ)
 - Confidence Rulers
 - Patient Health Questionnaire (PHQ-9)
 - Sleep Assessment Questionnaire (SAQ)
 - Canadian Problem Gambling Index

Assessment Domains



- Alcohol & other drugs
 - Marijuana
 - Other Drugs
 - Sleep
 - Mental Health
-
- Gambling

Assessment & Feedback Form



- **Assessment**
- **Feedback form**
 - Short form
 - Long form
- **Satisfaction survey**
- **Follow-up assessment**

Strategies for Implementation



- **Involve stakeholders**
 - Residential programs
 - Academic deans, advisors
 - Athletics
 - Other possible administrative referrals
- **Referrer training**
 - Overview of BASICS
 - Add participant
- **Ongoing process evaluation**

BASICS Console



ADMINISTRATOR VIEWPOINT

BASICS

Participants

Name Starts With
UNI
Site

Referral Type
Referrer
Provider

Referrer meeting date was between
Start Date
End Date

Pending Referrals
 Immediate F/U
 Non Compliant
 Returning
 Must Re-Register

Sex
Flag
Format

Showing 29 of 40 Columns

Detail	Edit	Participant Id	UNI	First Name	Last Name	Sex	Incident Location	Referrer First Name	Referrer Last Name	Referrer Meeting Date	Referrer Notes	Referral Type	Other Ref Ty
		1092	MH435	_Micah	_Huff	Male		Soft	ReferrerInformatics	08/25/2008		Soft	
		1094	LPK1234	_Micah	_Huff	Male		Columbia	SoftRef	08/25/2008		Soft	

- Any --
- Appointment Reminder - Participant
- High Alcohol
- Max Reschedules - Admin
- Max Reschedules - Participant
- Mental Health Follow-Up Needed - Admin
- Mental Health Follow-Up Needed - Provider
- NonCompliant Assessment - Admin
- NonCompliant Assessment - Participant
- NonCompliant Assessment - Referrer
- NonCompliant Session 1 - Admin
- NonCompliant Session 1 - Participant
- NonCompliant Session 1 - Referrer
- Referral Email - Mandatory
- Referral Email - Self
- Referral Email - Soft
- Referral Reminder1 - Mandatory
- Referral Reminder1 - Self
- Referral Reminder1 - Soft
- Referral Reminder2 - Mandatory
- Referral Reminder2 - Self
- Referral Reminder2 - Soft
- Referral Reminder3 - Mandatory
- Referral Reminder3 - Self
- Referral Reminder3 - Soft
- Reset Password Notice - Admin
- Reset Password Succeeded - Participant
- Session 1 Attended
- Session 1 Confirmation - Participant
- Session 1 Missed - Mandatory 1

http://p
File Edit View Favori
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aspx
Google
Home RSS Print Page

BASI

Account

Alert Log

Alert Type

Start Date

Format

Sessions Administration Help

Recipient -- Any --

End Date 01/17/2009

Submit

Showing 8 of 10 Columns

<< First

< P

Update

12 Total Results

Page 1 of 1 Go

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Last >

Participant Id	UNI	Alert Type	Subject	Message Body	Date Created	Recipient
1148	MPH1414	Session2ReminderParticipant	BASICS appointment reminder	Dear Micah Micah, This email is to remind you about your BASICS appointment scheduled for 1/8/2009 at 12:30 PM. The session will be held in the Alice! Health Promotion Program, which is located on the first floor of Wien Hall (suite 108). Your appointment will be with Micah Provider_test. When you arrive at your appointment, please let the receptionist know you are there for a BASICS appointment with Micah.	01/08/2009	Particip

Clear Filters Submit

Showing 33 of 33 Columns

<< First < Previous 20 Results Per Page Update 122 Total Results Page 1 of 7 Go Next > Last >

Flag	Detail	Edit	Participant Id	UNI	First Name	Last Name	Session Title	Session Description	First Name	Provider Last Name	Location	Date	StartTime	EndTime	Attendance Status	S
			1008	ME789	Melanie	Edmonds	BASICS Session #1	First BASICS session	Marcus	Welby	Downtown Classroom	06/10/2008	03:00 PM	04:00 PM	Attended	Fe
			1011	KW2272	Kate	Watson	BASICS Session #1	First BASICS session	Marcus	Welby	Uptown Classroom	06/13/2008	02:00 PM	03:00 PM	Attended	Fe
			1005	AAA2283	Hillary	Nolan	BASICS Session #1	First BASICS session	Erin	Carlton	Philosophy Session Meeting Location	06/17/2008	08:00 PM	09:00 PM	Attended	Fe
			1010	gs456	Glen	Smith	BASICS Session #1	First BASICS session	Erin	Carlton	Philosophy Session Meeting Location	06/17/2008	08:00 PM	09:00 PM	Attended	Ma
			1017	98123	John	Cicero	BASICS Session #1	First BASICS session	Bill	Johnson	Department of Engineering Building	06/24/2008	09:00 AM	10:00 AM	Attended	Ma
			1008	ME789	Melanie	Edmonds	BASICS Session #2	Second BASICS session	Marcus	Welby	Alice! Health Promotion Program	06/30/2008	08:00 AM	09:00 AM	NotStarted	Fe
			1024	CC6678	Charlotte	Connolly	BASICS Session #1	First BASICS session	Bill	France	Philosophy Session Meeting	06/30/2008	10:00 AM	11:00 AM	Attended	Fe

Showing 9 of 9 Columns

<< First < Previous 20 Results Per Page Update 82 Total Results Page 1 of 5 Go Next > Last >

Edit	User Id	First Name	Last Name	Site Name	Role	Email	Phone	Last Login
Edit	abello	Asere	Bello	Columbia	Mandatory Referrer	kb2221@columbia.edu		8/7/2008 8:13 AM
Edit	afertmann	Adam	Fertmann	Columbia	Mandatory Referrer	af2461@columbia.edu		
Edit	bjohnson	Bill	Johnson	Department of Zen	Provider	bjohnson@foo.com		7/10/2008 4:05 AM
Edit	bjones	Bruce	Jones	Columbia	Provider			7/11/2008 6:56 AM
Edit	CCCAdmin	Columbia	CalAdmin	Columbia	Calendar Administrator			
Edit	CCDeptAdmin	Ayn	DeptAdmin	John Locke Institute	Department Administrator	test@datstat.com		6/27/2008 11:21 AM
Edit	CCProv	Columbia	Provider	Columbia	Provider	test@datstat.com		6/26/2008 9:57 AM
Edit	CCRef	Columbia	Referrer	Columbia	Mandatory Referrer			7/9/2008 10:56 AM
Edit	ccrewstest	Carolynn	Crews	Columbia	Department Administrator	ccrews@datstat.com		6/26/2008 10:13 AM
Edit	CCSoftRef	Columbia	SoftRef	Columbia	Soft Referrer			
	CCUnivAdmin	Columbia	UnivAdmin	Columbia	University Administrator			6/27/2008 11:27 AM
	cdoucet	Chris	Doucet	Columbia	University Administrator	cd2236@mail.columbia.edu		7/14/2008 6:43 AM
	cnelson	Chris	Nelson	Columbia	University Administrator	crn6@mail.columbia.edu		6/10/2008 1:41 PM
Edit	ColumbiaProf_DEMO	Columbia	Instructor	Columbia	Soft Referrer			8/5/2008 5:29 PM
	dbaggenstos	Dave	Baggenstos	Columbia	University Administrator	daveb@infosoftresearch.com		9/16/2008 3:42 PM
Edit	dcepin	Darleny	Cepin	Columbia	Mandatory Referrer	dec23@columbia.edu		6/10/2008 5:53 AM
	dfedorchak	Diane	Fedorchak	Columbia	University Administrator	dfedorchak@uhs.umass.edu		7/25/2008 1:00 PM
Edit	dgemdjian	Didi	Gemdjian	Columbia	Soft Referrer	hdg2104@columbia.edu		6/16/2008 9:03 AM
Edit	dhoster	Debbie	Hoster	Department of Zen	Soft Referrer	dhoster@foo.com		6/19/2008 1:41 PM
	dlewis	Deb	Lewis	Columbia	University Administrator	dkl24@cornell.edu		

Users in green are currently logged in.

Provider Availability

Add Provider Availability

Provider: Any Site: Any
Service Type: Any Day: Any
Clear Filters Submit

DEMO - Kate Watson of Columbia

Available as Session Instructor
From Monday, September 01, 2008
Through Friday, May 08, 2009

Day	StartTime	StartTime
Monday	9:00 AM	12:00 PM
Wednesday	5:00 PM	7:00 PM
Friday	10:00 AM	5:00 PM

Delete

Edit

Participant Management Console navigation sidebar with links for Account, Provider Availability, Provider, and Service Type.

Provider Availability

Provider and Availability Type

Provider: -- Choose --

Availability Type: Session Instructor

This schedule begins on: [Date Picker]

Schedule is valid through end of day on: [Date Picker]

Available Dates and Times

Hide labels for hour, minute, and AM/PM in the table below.

Day	Start Time	End Time	Remove
Sunday	1:00 AM	1:00 AM	Remove

Day 1 Start Hour Minute AM/PM End Hour Minute AM/PM

Partial view of the right sidebar showing a 'Provider Availability' button and other interface elements.

BASICS

Account

Participants

Reports

Sessions

Administration

Help

Vacation / Away Time

Site Provider Format

Show periods starting between

Start Date End Date

Showing 7 of 7 Columns

 << First < Previous 20 Results Per Page 5 Total Results Page 1 of 1 Next > Last >

Edit	Delete	First Name	Last Name	Site	Start	End
Edit	Delete	DEMO - Kate	Watson	Columbia	11/26/2008 12:00 AM	11/30/2008 12:00 AM
Edit	Delete	DEMO - Kate	Watson	Columbia	11/19/2008 12:00 AM	12/9/2008 12:00 AM
Edit	Delete	Greg	Brady	School of Hard Knocks	10/14/2008 12:00 AM	10/16/2008 12:00 AM
Edit	Delete	Columbia	Provider	Columbia	8/13/2008 7:30 AM	8/13/2008 3:30 PM
Edit	Delete	Columbia	Provider	Columbia	1/12/2008 6:10 PM	12/10/2008 6:25 PM

BASICS Console



REFERRER VIEWPOINT

BASICS

New Participant

** Items marked with an asterisk are required.*

Participant Contact Information

Student ID (UNI)*

Title

First*

Middle

Last*

Suffix

Sex*

Participant's Primary Language

Date of Birth*

Email And Phone

Email Address*

Phone

Phone

School Information

School

-- Choose --

Year in School*

1st year undergrad

Referral Information

Referral Type*

-- Choose --

Start Date*

01/17/2009

Date of Incident

Incident Location

Referrer Name*

Justin Laird

Date of Referrer Meeting

01/16/2009

Referrer Notes

BASICS Console



STUDENT VIEWPOINT

BASICS

Login	
UNI	<input type="text" value="LPK1234"/>
Password	<input type="password"/>
<input type="button" value="Login"/>	

Shortcuts for Testing

L

F

BASICS

Account Help

My BASICS

To Do Items

Register for [BASICS Session 1](#)

Resources

File	Description
thickbox.js	xyz
MtRainier.pdf	Map of Mount Rainier

BASICS

[Account](#) [Help](#)

Available Sessions

Please choose an appointment for BASICS Session #1.

Showing 5 of 5 Columns

<< First < Previous 20 Results Per Page Update 319 Total Results Page 1 of 16 Go Next > Last >>

Edit	Date	Session Starts	Session Ends	Provider
Register	Tuesday, October 14, 2008	8:00 AM	9:00 AM	Alexandra Myles
Register	Tuesday, October 14, 2008	8:00 AM	9:00 AM	Bill France
Register	Tuesday, October 14, 2008	8:00 AM	9:00 AM	Bill Johnson
Register	Tuesday, October 14, 2008	9:00 AM	10:00 AM	Bill France
Register	Tuesday, October 14, 2008	9:00 AM	10:00 AM	Alexandra Myles
Register	Tuesday, October 14, 2008	9:00 AM	10:00 AM	Bill Johnson
Register	Tuesday, October 14, 2008	10:00 AM	11:00 AM	Alexandra Myles
Register	Tuesday, October 14, 2008	10:00 AM	11:00 AM	Bill Johnson
Register	Tuesday, October 14, 2008	10:00 AM	11:00 AM	Bill France
Register	Tuesday, October 14, 2008	10:15 AM	11:15 AM	Greg Brady
Register	Tuesday, October 14, 2008	11:00 AM	12:00 PM	Alexandra Myles
Register	Tuesday, October 14, 2008	11:00 AM	12:00 PM	Bill France
Register	Tuesday, October 14, 2008	11:00 AM	12:00 PM	Bill Johnson

Browser navigation and address bar showing the URL: http://playtest.datstat.com/Columbia_BASICS/ParticipantPages/participantHome.aspx. Includes search bar with "Google" and menu items: File, Edit, View, Favorites, Tools, Help.

BASICS

[Account](#)

[Help](#)

My BASICS

To Do Items

Complete your [Student Assessment](#)

Register for [BASICS Session 2](#)

Resources

There are currently no files available for download.

BASICS

[Account](#) [Help](#)

Available Sessions

Session 1 is scheduled for Monday, August 18, 2008 at 12:00 PM. Please register for one of the Session 2 options below.

Showing 5 of 5 Columns

<< First < Previous 20 Results Per Page Update 23 Total Results Page 1 of 2 Go Next > Last >>

Edit	Date	Session Starts	Session Ends	Provider
Register	Monday, September 01, 2008	8:00 AM	9:00 AM	Joan Peters
Register	Monday, September 01, 2008	9:00 AM	10:00 AM	Joan Peters
Register	Monday, September 01, 2008	10:00 AM	11:00 AM	Joan Peters
Register	Monday, September 01, 2008	11:00 AM	12:00 PM	Joan Peters
Register	Monday, September 01, 2008	12:00 PM	1:00 PM	Joan Peters
Register	Monday, September 01, 2008	1:00 PM	2:00 PM	Joan Peters
Register	Monday, September 01, 2008	2:00 PM	3:00 PM	Joan Peters
Register	Tuesday, September 02, 2008	12:00 PM	1:00 PM	Joan Peters
Register	Tuesday, September 02, 2008	1:00 PM	2:00 PM	Joan Peters
Register	Tuesday, September 02, 2008	2:00 PM	3:00 PM	Joan Peters
Register	Tuesday, September 02, 2008	3:00 PM	4:00 PM	Joan Peters
Register	Tuesday, September 02, 2008	4:00 PM	5:00 PM	Joan Peters
Register	Monday, September 08, 2008	8:00 AM	10:00 AM	Joan Peters

BASICS

Account

Help

My BASICS

To Do Items

Session 2 is scheduled for 9/30/2008 from 8:00 AM - 9:00 AM at Alice!
Health Promotion Program
[Reschedule](#)

Resources

There are currently no files available for download.

Participant Tracking



- **Follow-up with non-compliant students**
- **Confidentiality**
 - Separate from medical/counseling record?
 - Notification of compliance to mandatory referrers
 - Paper records
- **Consistent messages to students**

Reminder Email to Participant



Attention John Smith, you have not registered for a BASICS program as of 8/19/2008. The deadline for registration is 8/9/2008. Please contact Justin Laird at basics@columbia.edu or 212-854-5453 to register. Thank you.

Missed Session – Participant Email



Dear Jane Peters,

You scheduled a BASICS appointment for 8/13/2008 at 10:00 AM, which you did not attend. To reschedule your appointment, please log into the online BASICS system and select a new appointment time. If you have any questions about BASICS, please email basics@columbia.edu. Thank you.

BASICS Assessment



2%

2. Thinking of a typical week in the last 30 days, try to remember as accurately as you can **how long** you typically drank each day of the week. For each day of the week, indicate how many hours you typically consumed alcohol on that day. If you did not drink that day, enter "0".

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
hours spent drinking	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

3. For each day of the week above that you indicated drinking 1 or more hours, please indicate (below) the **number of drink(s)** you typically consumed on that day. Please enter the number beside the drink that is most similar to your drink. If you did not consume alcohol for a particular type of drink for any of the days of the week, simply leave those spaces blank.

Type of drink	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beer							
Beer, Light (12 oz bottle or can)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beer, Light (red plastic cup -16oz)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beer, Light (pint -16oz)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beer, Regular (12 oz bottle or can)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beer, Regular (red plastic cup -16oz)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Beer, Regular (pint -16oz)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Malted beverages							
One 12 oz bottle (ex. Mike's Hard Lemonade, Smirnoff Ice, Wine Cooler)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wine							

64%

25. Please choose the response that is most correct for you in relation to your cannabis (marijuana) use over the **past 6 months**.

	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
(a) How often were you stoned for 6 or more hours?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(b) How often during the past 6 months did you find that you were not able to stop using cannabis once you had started?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(c) How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(d) How often during the past 6 months did you need to use cannabis in the morning to get yourself going after a heavy session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(e) How often during the past 6 months did you have a feeling of guilt or remorse after using cannabis?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(f) How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. Have you or someone else been injured as a result of your use of cannabis over the **past 6 months**?

- No
- Yes

27. Has a relative, friend or doctor, or other health worker been concerned about your use of cannabis or suggested you cut down over the **past 6 months**?

- No
- Yes



85%

30. Indicate on the ruler below how important it is to you to make a change in your drinking on a scale from 1 to 10. If it is "Not at all important" to you to change your drinking, you would choose 1 or 2. If it is "Very important" to you to change your drinking, you would choose 9 or 10. If you are unsure whether you want to make a change, you would choose a number more in the middle, such as 5 or 6.

Not at all important					Unsure how important					Very important
1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. Indicate on the ruler below how confident you are that you could make a change in your drinking on a scale from 1 to 10. If you feel "Not at all confident" that you could make a change in your drinking, you would choose 1 or 2 and if you feel "Very confident" you could make a change in your drinking, you would choose 9 or 10. If you are unsure whether you could make a change or not if you chose to, you would choose a number more in the middle, such as 5 or 6.

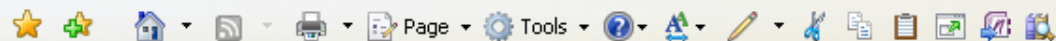
Not at all confident					Unsure how confident					Very confident
1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. Indicate on the ruler below how important it is to you to make a change in your marijuana use on a scale from 1 to 10. If it is "Not at all important" to you to make a change, you would choose 1 or 2. If it is "Very important" to you to change your marijuana use, you would choose 9 or 10. If you are unsure whether you want to make a change, you would choose a number more in the middle, such as 5 or 6.

Not at all important					Unsure how important					Very important
1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Feedback Form

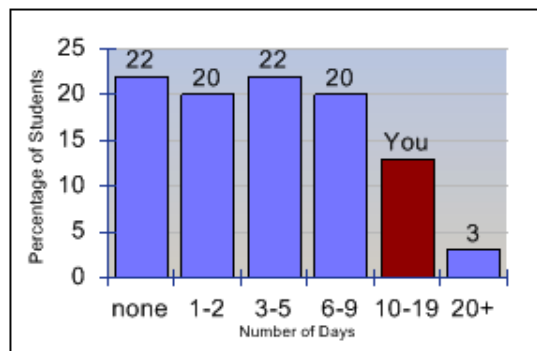




This personalized feedback report summarizes your responses to the online assessment you completed on 8/22/2008 when you answered questions about your alcohol and other drug use, and mental health. If you feel that this report does not accurately reflect the responses you provided, please contact Bill France at bfrance@foo.com. BASICS is a service of Health Services at Columbia University and must follow all confidentiality requirements as outlined in the Health Insurance Portability and Accountability Act (HIPAA) of 1996, other laws, and Health Service's internal policies. If you have questions or concerns about BASICS, please contact Justin Laird at 212-854-5453 or jl3059@columbia.edu.

Your Frequency of Drinking

You consumed alcohol on approximately 13 days in the last 30 days. 16% of Columbia students report consuming alcohol for the same or more number of days as you in the last 30 days.



NCHA, 2006

Your Pattern of Drug Use

Your Quantity of Drinking

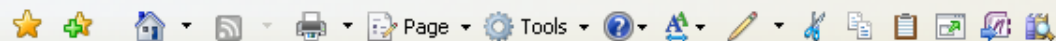
Average number of drinks you consume on the days you drink: 3.33

Average number of drinks you consume in a typical week: 10.00

Average number of drinks you consume in a typical month: 42.90

Highest number of drinks you consumed in one sitting in the past 30 days: 6

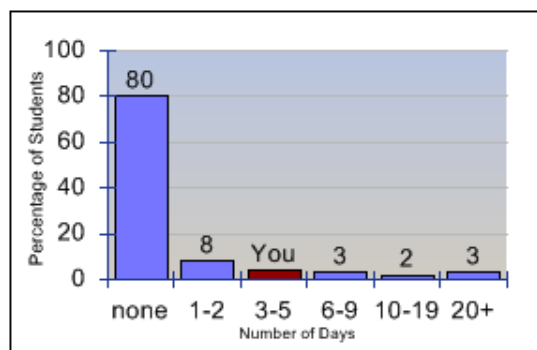
Drugs Used



the last 30 days. 12% of Columbia students report using marijuana for the same or more number of days as you in the last 30 days

Approximate number of days you used marijuana in the last 30 days: 4.29

Approximate number of hours you were under the influence of marijuana in the last 30 days: 4

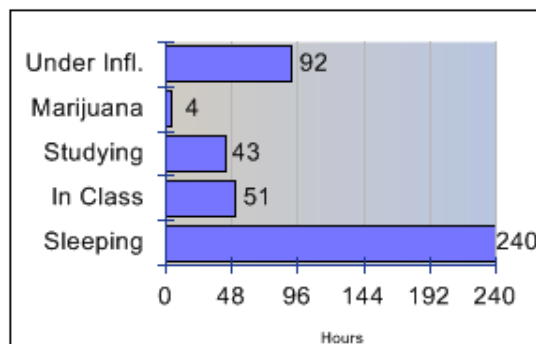


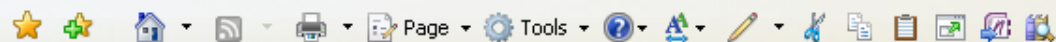
NCHA, 2006

How You Spend Your Time

In a typical month, you spend approximately:

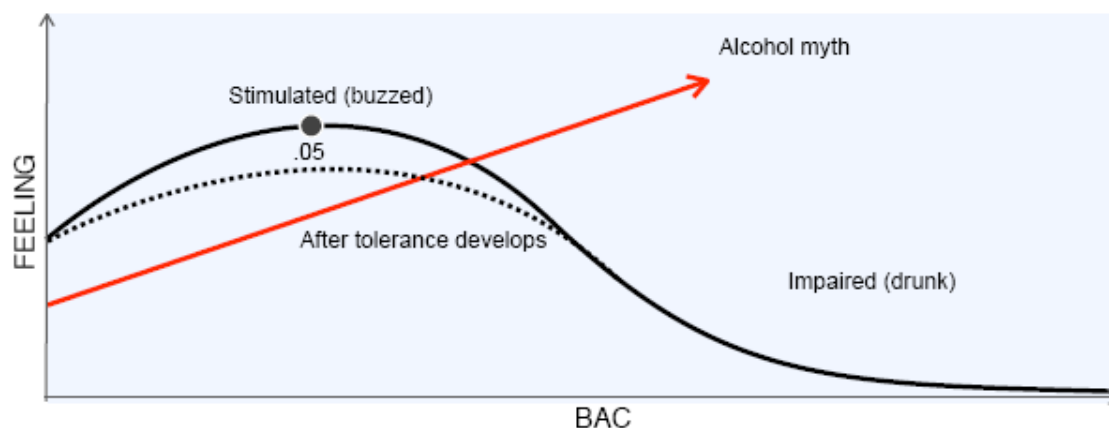
- 30 hours using alcohol
- 4 hours using marijuana
- 92 hours under the influence of alcohol and marijuana
- 43 hours studying
- 51 hours in class
- 240 hours sleeping





Alcohol leaves the body at a constant rate of about .015% of BAC per hour for most people.

- With a typical BAC of 0, it will take 0 hours until you are sober.
- With a peak BAC of 0.17, it will take 11 hours until you are sober.



Alcohol and Marijuana Use: Your Expectations

Listed below are the desirable and undesirable things you reported as likely to happen to you while consuming alcohol.

Desirable effects

- I would be humorous
- I would have difficulty thinking
- I would feel dizzy
- I would be loud, boisterous or noisy
- I would feel shaky or jittery the next day
- I would be a better lover

Undesirable effects

- I would be outgoing
- My senses would be dulled
- It would be easier to express my feelings
- I would feel sexy
- I would be dominant
- I would enjoy sex more
- I would be clumsy
- I would be clumsy



There are many thoughts on what constitutes "one drink". In order to determine the BAC of different people, a standard drink measurement is used. Depending on the quantity of alcohol consumed over a particular period of time, your BAC can be estimated.

The list below provides examples of the number of standard drinks in some common drink choices.

Beer – One drink equals

One can/bottle of beer (12 oz)

16 oz = 1.3 drinks (red plastic cup)

1 pint = 1.6 drinks

40 oz = 3.3 drinks

Wine – One drink equals

1 glass of wine (5 oz)

One bottle = 5 drinks

Liquor – One drink equals

1 shot glass (1.5 oz)

1 rum & coke = 1.3 drinks

1 vodka cranberry = 1.3 drinks

One 10oz margarita = 1 drink

One Long Island Tea = 2 drinks

It is important to consider how many drinks you are actually consuming when drinking alcohol. Mixed drinks that are especially strong contain several shots of alcohol, or drinks that are served in a large container likely contain more than one standard drink. The more alcohol consumed, the higher the BAC.



- Premenstrual hormonal changes can cause intoxication to set in more quickly during the days before a woman gets her period. Birth control pills (because they contain estrogen) can also increase a woman's level of intoxication.
- Water in the body dilutes alcohol in the blood; men tend to have more total body water than women, which helps dilute alcohol in their blood.

Reflection Questions

- How will/do you know when you've reach the point of diminishing returns? What does that point feel like for you?
- What does "reaching your limit" feel like for you? What clues does your body give you to signal that you're close to reaching your limit?
- What efforts or plans could you make to prevent alcohol poisoning when you drink?

Costs

Financial The estimated amount of money you spend on alcohol per month is \$214.50.
The estimated amount of money you spend on marijuana per month is \$64.35.

Caloric The estimated number of calories you consume per week from alcohol alone is 1225.

More on Costs of Alcohol and Marijuana Use

Calorie Consumption

The recommended total daily calorie intake for most average size people (depending on factors such as sex, age, and activity levels) ranges from 1,600-2,400. Most 12 ounce beers and malt beverages have approximately 100-200 calories, while a 5 ounce glass of wine and 1.5 ounce of liquor have approximately 100 calories. Specialty mixed drinks can have 160 to more than 300 calories per drink. Additionally, most juices and sodas have approximately 100 calories per 8 oz. cup. Limiting the amount of drinks consumed and avoiding drinks that contain a lot of sugar or syrup can help reduce the calories.

In addition to the calories, alcohol interferes with fat burning. Normally, the liver metabolizes fats, but when a person drinks, alcohol takes preference. Because the liver breaks down alcohol for energy first, the body uses the calories supplied from alcohol before it is able to expend the calories from fat. This characteristic is referred



- National Council for Problem Gambling <http://www.ncpgambling.org>
- National Center for Responsible Gaming <http://www.ncrg.org>

Next Steps

What would you like to do next? It is okay to choose more than one:

I'd like to work on the following strategies:

I'd like to stay in touch:

By Appointment	Date: / /	Time:	Location:
Email:	Date: / /		
Phone:	Date: / /	Time:	

I'm interested in a referral to:

Questions, Comments?



- Thank you! Have a wicked good day!

- Contact

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212 854 5453

www.health.columbia.edu/alice