



You have been referred to **BASICS**. BASICS is a program offered by Student Wellness & Health Promotion that helps you to explore your alcohol and other drug use in a non-judgmental environment. The program's goal is to reduce risky behavior and the harmful consequences of use and abuse of alcohol and other drugs.

BASICS FAQs:

Who is BASICS for?

Students who violate the University's policies related to alcohol and drugs are required to attend BASICS. BASICS is a program that helps you examine your use of alcohol and other drugs, identify changes that could work for you, and reduce your risk of future problems. It is not therapy or substance abuse treatment.

Additionally, any student who is concerned about his or her alcohol or other drug use can choose to attend BASICS.

What happens in BASICS?

In BASICS, you will complete an online assessment, creating a personalized profile of your use. Prevention specialists will talk with you about these results, helping you identify consequences of your choices and explore ways to reduce risks.

How do I make an appointment?

You will receive an e-mail with instructions and a link for scheduling your appointments online. Once you receive the email with the link for scheduling your appointment, you will have three calendar days to do so (including Saturdays and Sundays). You have three weeks from receiving that email to complete your sanctions. As time and space are limited, you should schedule your appointments as soon as possible to ensure that you meet your deadline. If you need assistance scheduling your appointment, call (302) 831-3457, Monday – Friday, 8:15 a.m. – 4:30 p.m.

Time and space are limited, so you will want to make your appointments as soon as possible to ensure you meet your deadline for completion. *Failure to do so will result in additional conduct charges, sanctions and fees.*

How long is BASICS?

BASICS has three levels.

BASICS 1 consists of one 50-minute session (a small-group experience followed by your completion of an online questionnaire) and one 50-minute individual session in which you review your personalized feedback with a prevention specialist. These sessions are scheduled at least one week apart from each other, and cannot be completed in the same week.

BASICS 2 consists of two 50-minute individual sessions with a prevention specialist, and still includes the completion of an online questionnaire during the first session. These sessions are scheduled at least a week apart from each other, and cannot be completed in the same week.

BASICS 3 involves four individual sessions, and includes the completion of the online questionnaire. All meetings are scheduled at least a week apart, and more than one meeting cannot be scheduled in the same week.

*The BASICS level you attend depends on the number of times you've been mandated or referred to the program.

Is there a cost for attending BASICS?

No.

Who will know that I've attended BASICS?

Your online questionnaire and the content of your individual session with the prevention specialist are confidential. The Office of Student Conduct will only be notified of your attendance and completion.

How will the Office of Student Conduct know that my sanction is complete?

The Office of Student Conduct will be notified via e-mail that you have attended all required sessions and that you have completed your sanctions.

Where is BASICS located?

BASICS is located in Student Wellness & Health Promotion, 231 S. College Ave. (the white house adjacent to the Morris Library parking lot. [Click here for a map.](#))