

# BASICS Information

This is a reminder that you have been scheduled either by the Office of Student Conduct or University Housing to attend the BASICS Program facilitated by Prevention Services.

## What is BASICS?

BASICS consists of two 50-minute, one-on-one meetings with a prevention specialist from our Alcohol and Other Drug Prevention team.

Individual sessions are completed typically over a three week time span. BASICS is a “harm reduction conversation” that aids in examining substance use and, when applicable, identifying changes that could reduce the risks of future substance-related problems. It is not therapy or substance abuse treatment.

The program cost is \$100 and will be added to your student account.

## During BASICS

- 1 Students complete an alcohol and/or cannabis use screening
- 2 Students discuss their history of substance use
- 3 Students analyze their current use
- 4 Students review drug educational information in a non-judgmental environment

## Contact Information

To learn more about Prevention Services and the resources they offer to the Wolfpack Community, visit [prevention.dasa.ncsu.edu](http://prevention.dasa.ncsu.edu)

For more information or questions related to BASICS scheduling, please contact Jeffrey Fay, Alcohol and Other Drug Education Coordinator, at [jdfay@ncsu.edu](mailto:jdfay@ncsu.edu)