

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.

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

To learn more about Prevention Services and the resources they offer to the Wolfpack Community, visit 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.