

Consequences Associated with Risky Drinking

Driving while under the influence of alcohol & or other drugs can lead to getting a DWI. Being arrested for DWI is not only expensive but your record may follow you for years & hinder your career.



Being caught using a fake I.D. & consuming alcohol in a bar when under age is against the law. You may find yourself paying fines & doing community service hours.

Heavy drinking to the point of intoxication can lead to having a black out which is not only life threatening but it can place you at risk for sexual assault.

After drinking to intoxication you may find that you have said or done something embarrassing

The prevalence of getting into a heated argument and/or physical fight increases with intoxication.

Due to intoxication you may find that you woke up in an unexpected place.

**Make Wise Choices
Regarding Alcohol**



Did You Know Most S&T Students Make Smart Choices

- 57.7% made a choice not to drink
- 47.1% alternated non-alcohol drinks with alcohol
- 64.2% count their number of drinks
- 0.046 Average BAC Level (legal limit = 0.08)
- 47.3% Always use a designated driver
- 68.3% of S&T students do not gamble
- 77.5% of S&T students do not use tobacco

BASICS PROGRAM SPONSORED BY:

Joe's PEERS

Judicial Affairs: Community Standards & Student Conduct

Student Wellness Program

Student Affairs

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MISSOURI UNIVERSITY OF SCIENCE AND TECHNOLOGY

Understanding the BASICS

Are You At Risk
For:

Getting Arrested

Crashing A Car

Failing A Class

Loosing A Friendship

Contracting An STI

BASICS

CAN HELP!

What is BASICS?

Brief Alcohol Screening and Intervention for College Students (BASICS) Is a harm reduction approach to alcohol abuse. BASICS aims to reduce harmful consumption and negative consequences associated with risky drinking.

What is the GOAL of BASICS?

To reduce the frequency of risky drinking & to decrease the harmful effects of drinking. The BASICS program provides education & feedback to assist the student in making more responsible decisions around alcohol use.

Who would BENEFIT from BASICS?

BASICS is designed for students who engage in risky drinking & who have or are at risk for experiencing negative consequences. BASICS helps to raise awareness and educate students on risk factors associated with alcohol consumption.

Any student who chooses to consume alcohol could benefit from participation in the BASICS program.

How to refer A Student

BASICS referrals may be made by any member of the campus community.

Simply contact basics@mst.edu, Student Wellness, getzr@mst.edu, 341-6655 or the Office of the Vice Chancellor for Student Affairs, stuaff@mst.edu,

How is BASICS Facilitated

BASICS facilitators are professional staff along with an upper level BASICS Assistant specially trained in the administration of BASICS. The program is managed through Student Affairs.

Referrals to BASICS can come from a variety of sources:

- Academic Advisors
- Concerned Friends
- Faculty Members
- Greek Life
- International Affairs
- Judicial Affairs
- Leadership & Cultural Programs
- Residential Life
- Resident Assistants
- Student Health Services
- Student Life
- Student Wellness Programs

What can a student LEARN from BASICS?

After participating in BASICS a student will learn how to:

- Estimate Blood Alcohol Concentration (BAC) & how varying BAC levels effect the body.
- Identify high risk drinking patterns & ways to decrease harmful use.
- Learn techniques/strategies to moderate drinking
- Access resources with practical information about alcohol consumption.

What can YOU do?

Work together as a community to create an environment that supports & encourages students to make good decisions about alcohol. Holding students accountable, not making jokes about alcohol or condoning use is imperative. In addition it is important to help students who may be at risk for alcohol problems to know what resources are available.