Background

- Underage (less than 21 years of age) consumption of alcoholic beverages and binge drinking are commonplace on United States (U.S.) university campuses.
- BASICS (Brief Alcohol Screening and Intervention for College Students) is a confidential, evidence-based program that consists of an online survey followed by a motivational interview with a trained facilitator.
- There are multiple studies that have demonstrated the efficacy of BASICS in reducing alcohol consumption and alcohol-related consequences in college students.

Methods: Logistics

- August 18, 2017 a BASICS referral program was implemented at a university health system’s Emergency Department (ED) with an annual volume of 64,000 visits.
- BASICS is based at the university’s Student Health Center (SHC), which is not affiliated with the health system.
- The university poison center was utilized as a confidential source to allow for referral placement and student tracking.
- There are U.S. privacy laws specific to the SHC (Family Educational Rights and Privacy Act) and the ED (Health Insurance Portability and Accountability Act).
- To abide by these laws and allow for confidential reporting, BASICS was administered under the direction of faculty from the university health system.

Results

- Between August 18, 2017 and March 31, 2018, a total of 169 referrals were placed.
- 40.2% were males and 59.8% were females.
- The majority of cases presented on Saturdays (44.3%) or Fridays (21.3%).

Table 1. Participant Age

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Percent</th>
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</thead>
<tbody>
<tr>
<td>17</td>
<td>1.7</td>
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<tr>
<td>18</td>
<td>40.2</td>
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<tr>
<td>19</td>
<td>22.4</td>
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<tr>
<td>20</td>
<td>17.7</td>
</tr>
<tr>
<td>21</td>
<td>11.8</td>
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<tr>
<td>other</td>
<td>6.2</td>
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</tbody>
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Discussion/Conclusions

- This program demonstrated the feasibility and logistics involved in the implementation of a multidisciplinary collaboration to assure appropriate follow-up from a university based ED for students presenting for alcohol intoxication.
- Prior to this initiative, there was no consistent referral mechanism for student follow-up after presenting intoxicated.
- This multidisciplinary initiative is compliant with all U.S. Federal privacy laws and assures student confidentiality.
- Future directions include expanding the program and assuring student follow-up with BASICS providers.