**BASICS Student Summary: ANNOTATED.
This is intended to provide script suggestions for beginning practitioners. It is NOT intended to be a Q&A form. Use this as a guideline for a conversation as you develop your own style and format. Not all items may be needed at every session**

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May be used for personal learning or for training with credit to author.

**INTRO: Explain confidentiality, logistics of appointments.**

***“We will get to what happened to bring you in here, first tell me about yourself. Where are you from, what are you studying, that kind of thing?”***

**Year/Major: Age:**

**Home:** *Where is home? Who do you live with?*

Campus Residence: On Off

**Campus Involvement/Interests:***What do you do in down time? What kind of clubs/organizations/campus activities?*

**General health: (health conditions and medications can impact the conversation about alcohol use and safety)** *because we look at this from a health perspective, I have some general health question. How is your health in general?*

OTC Medications?

On prescribed medications--which?

* **SUMMARIZE, transition.**

**Lifestyle:** *I have some**general lifestyle questions*

Caffeine: *how often do you have coffee, tea energy drinks?*

Tobacco: *Do you use tobacco/nicotine products?*

Sleep: *How much sleep do you get? How is the quality of your sleep? OR How rested do you usually feel?*

Meals: *How is the meal plan working out? What have you noticed about any weight changes since you have started school? OR what are you doing about meals now that you live off campus?*

Exercise: *What kind of exercise/activity do you get?*

Stress management: *How are your stress levels, on a low-medium-high? What do you do to manage stress?*

*How about if you are in a crunch/have something on your mind- who can you go to?*

Spiritual: *some people have something spiritual or religious that is an anchor for them- how about you?*

Seatbelts: *how often do you wear a seatbelt? (What is the difference between when you do and do not? How effective do you think they are?)*

* **SUMMARIZE, transition.**

**Mental Health:** *I have mental health questions I ask everyone. People often have ups and down-it is to be expected. Have you had anything you think is more than usual- periods of low mood or worry that last more than a few weeks, or get in the way of your life?*Depression Anxiety Had counseling in past--*for? How helpful?*

**Family history of addiction**? *What do you know about any family history (blood relatives) of alcoholism? Drug addiction? {looking at biologic risks}*

Family: hx alcoholism, drug addiction (blood relatives)

**Other:

 Summary:**

* **SUMMARIZE, transition.**

**Academics:**

* *How are your academics? What are you studying?*
* *What has the transition from high school to college been like?*
* *How do you think your study skills/time management skills are?*
* *Where do you do your best studying?*

**Goals:** *what are you hoping to see for yourself over the next few years? (major, GPA etc)*

**Strengths:** *When you think about who you are, what are your best qualities? (* if not sure, try *“What would your*

*co-workers or boss say?)*

* **SUMMARIZE, transition.**

**Reason for referral:** *tell me about what happened to bring you in here (to get you this invitation…)*

BAL: \_\_\_\_\_\_

Previous incidents/legal:

**Drinking patterns:** *I want to get a general idea of patterns of alcohol use. Generally, how often, how much, and what kind of things happen (or how things work out) when you drink.)*

First use: *how old were you when you first drank regularly?*

High school: *Tell me about high school and alcohol. About how often did you drink? What was the peak time of use?*

* **SUMMARIZE, transition.**

College: *how about once you got to college?*

*What have you been doing about drinking since the incident/arrest/citation?*

*OR*

Changes made: *has there ever been a time that you have made changes with drinking?*

(Possibly use Decisional Balance Exercise):Hangovers:

Blackouts:

Design. Driver: *What do you do about drinking and driving? How about at home?
What does “DD” mean for you and your friends?*

* **SUMMARIZE, transition.**

Other drugs:

*So we talked about alcohol, What about other drugs?*

*How about marijuana? How often?*

*How about other drugs? Other people’s Ritalin/Adderall, things you sniff, snort, shoot?
What has kept you away OR how do you draw the line for yourself?*

**Student Perceptions:** *“what do you think about all of this?...you, alcohol, where it fits into your life?”*

Importance of change: *On a scale of 0-10, how important do you think it is to make a change with drinking?*

Interest in change: Summarize session and positives---explain drink monitoring and feedback survey

**Good Things/Less Good:**

*What do you think?*

*How does this add up?*

*How can you maximize the good/minimize the less good?*

*How do you get the good stuff (or similar) without alcohol?*

**Summary and Self-Monitoring**

**Goals for interim?**

**Summarize:**

**Student Response**

**Stage of change: *“****where does this leave you”. How important / interested are you in making changes to drinking?”*

**Plan:** *“what do you plan to do from here related to drinking?”*

*Perceived risks to physical health, academics, legal, social (ask as needed- use a low-medium-high OR positive-negative-neutral)*

**Referral Recommendations:**

Summarize, make recommendations/referrals as indicated

**Follow Up:**

**Appointment 2**

**Updates:** (ask about specifics from session 1 as needed).

**Self-Monitoring:**

Self-reflections

*How did you keep track?
What was it like?
What did you notice?*

Number of non-drinking days: *what did you do those days?*

Number of drinking days:

Range of drinks/types of use:

*BAC’s: (including feedback)*

*Relationships between alcohol use and hangovers, good things, less good things.*

*Calculate drinks per night or week into other comparisons: ounces of beer to gallons, number of drinks to fifths of liquor, etc.*

**Feedback: Review together, collaboratively**

*(The feedback information, rather than the counselor is the primary motivator)*

* *present slowly, add background information when needed*

**Feedback Summary:**

Typical BAC: Peak BAC:

Family Risks: Tolerance:

Norms: Calories:

**Student Response:**