Brief Alcohol Screening and Intervention for College Students (BASICS) Training



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Exercise 2.1: Open-ended Statements and Questions on Personal Alcohol Use

Use **BASICS Session 2 Exercise Worksheet** to generate a list of 3 **open-ended** ways you could ask for or prompt a student to share about their personal alcohol use.

Consider your work context when generating the responses. Try to generate options you will actually use in your conversations with students around their alcohol use.

- *Open-ended statement vs. question:*
  - *Open-ended statement:* ***"Tell me about…"***
  - *Open-ended question:* ***"What…?"***



Need more time for Exercise 2.1?

If you need more time, please pause the video now and resume it when you are done with Exercise 2.1



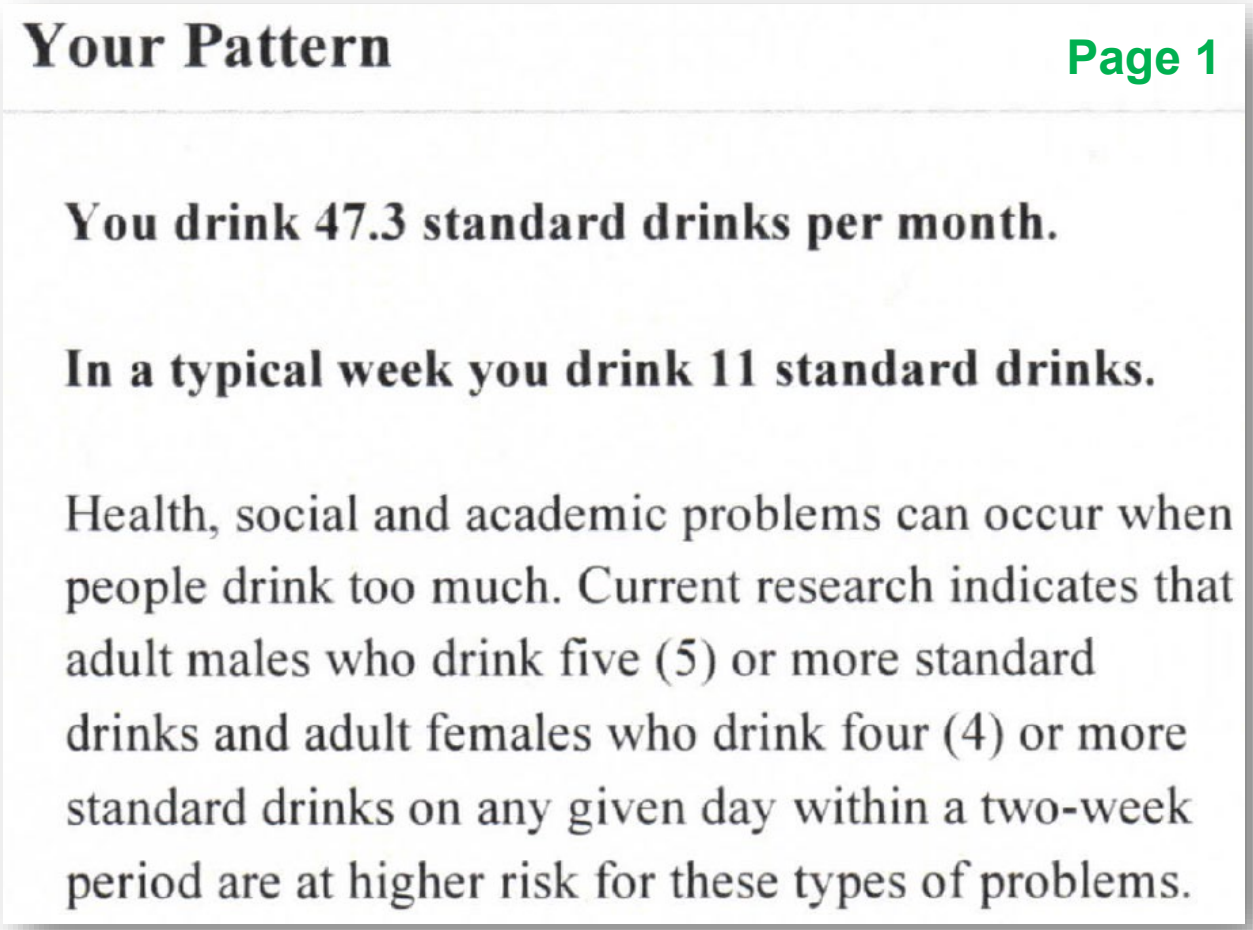
Session 2:
Personal Alcohol Use

Session Learning Objectives:

1. Calculate standard drinks
2. Explain alcohol absorption and metabolism
3. Explain effects of alcohol at different BACs



Personal Alcohol Use in the Feedback



Your Pattern Page 1

You drink 47.3 standard drinks per month.

In a typical week you drink 11 standard drinks.

Health, social and academic problems can occur when people drink too much. Current research indicates that adult males who drink five (5) or more standard drinks and adult females who drink four (4) or more standard drinks on any given day within a two-week period are at higher risk for these types of problems.



Calculating a Standard Drink (SD)

$$\frac{60}{\text{ABV}} = \text{1 SD in ounces (oz)}$$

60 / **5%** = **12 oz = 1 SD**
60 / **6.5%** = **9.23 oz**
60 / **7.8%** = **7.69 oz**
60 / **9.8%** = **6.12 oz**

$$\frac{\text{Total container volume in oz}}{\text{oz in 1 SD}} = \text{\# of SDs}$$



16 oz / 12 oz = **1.33 SD**
16 oz / 9.23 oz = 1.73 SD
12 oz / 7.69 oz = 1.56 SD
8 oz / 6.12 oz = 1.31 SD

Summer Cut Berry Berliner *Sour - Berliner Weisse*
5% ABV • 7 IBU • Broadway Brewery
Our traditional German-style tart wheat ale. Kettle soured to ... More Info ▸

Batch 300 IPA *IPA - American*
6.5% ABV • 70 IBU • Broadway Brewery
Originally made to celebrate our 300th batch brewed at the P... More Info ▸

Fritz *IPA - Imperial / Double*
7.8% ABV • 75 IBU • Broadway Brewery
West Coast-style Imperial IPA with Columbus, Simcoe, Amari... More Info ▸

Double Rye IPA *IPA - Imperial / Double*
9.8% ABV • 111 IBU • Broadway Brewery
The double in this beer not only stands for the two mashes th... More Info ▸

Calculating a Standard Drink (SD)



60 / **40%** = **1.5 oz**



60 / **12%** = **5 oz**

Calculating a Standard Drink (SD)

A **Spodee recipe (Pacific Northwest)**
fifth of Vodka (40% ABV, 25 oz)
fifth of Light Rum (40% ABV, 25 oz)
fifth of Gin (40% ABV, 25 oz)
fifth of **Everclear** (**75.5 or 85 ABV**, 25 oz)
2 bottles of sprite (128 oz)
6 bottles of squirt (384 oz)

Alcohol content x liquor volume ***(AC x LV)*** =

.40 x 25 = 10 x 3 = 30
\+ **.85** x 25 = 21.25
51.25 oz

Total drink volume ***(TDV)*** =

25 x 4 = 100
128
\+ 384
612 oz



$$\frac{\mathbf{AC\ x\ LV}}{\mathbf{TDV}}\ \mathbf{x\ 100 = Estimated\ ABV}$$

$$\frac{51.25}{612}\ \text{x}\ 100 = 8.4\%\ \text{Est. ABV}$$

$$\frac{60}{8.4\ \%} = 7.14\ \text{oz in 1 SD}$$

$$\frac{16\ \text{oz "party cup"}}{7.14\ \text{oz}} = \mathbf{2.24\ SDs}$$

Exercise 2.2: Calculating Standard Drinks

- Using the formulas included in the **BASICS Session 2 Exercise Worksheet**, calculate and record **how many standard drinks** are in the **3 most common drinks & serving sizes** (***other than standard 5% ABV beer, 12% ABV wine, or 40% ABV shots of liquor***) that you hear students describe consuming.

- **If a common source mixed drink or local bar special, write out the recipe as you know it.**



Need more time for Exercise 2.2?

If you need more time, please pause the video now and resume it when you are done with Exercise 2.2



RETHINKING DRINKING℠
Alcohol & your health

- Cocktail content calculator
- Drink size calculator
- Alcohol calorie calculator
- Alcohol spending calculator
- Blood Alcohol Content Calculator

Drink size calculator

Do you know how many "standard drinks" (also known as alcoholic drink-equivalents) are in a:

- 21-fluid ounce ballpark souvenir cup of beer? ›
- 40-fluid ounce bottle of malt liquor? ›
- "half-pint" of 80-proof distilled spirits? ›
- 25-fluid ounce bottle of wine? ›



Chances are, your cup or beverage label won't tell you the answer—but this calculator will. See this drop-down menu for common container sizes and alcohol content for different beverages.

Examples:

Select an example

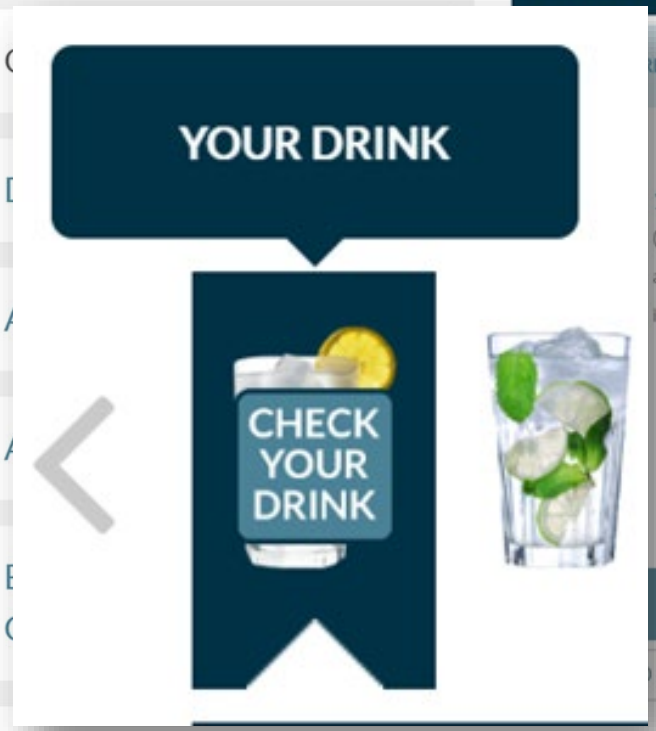
(The alcohol content of different types of beer, other malt beverages, and wine may vary.)

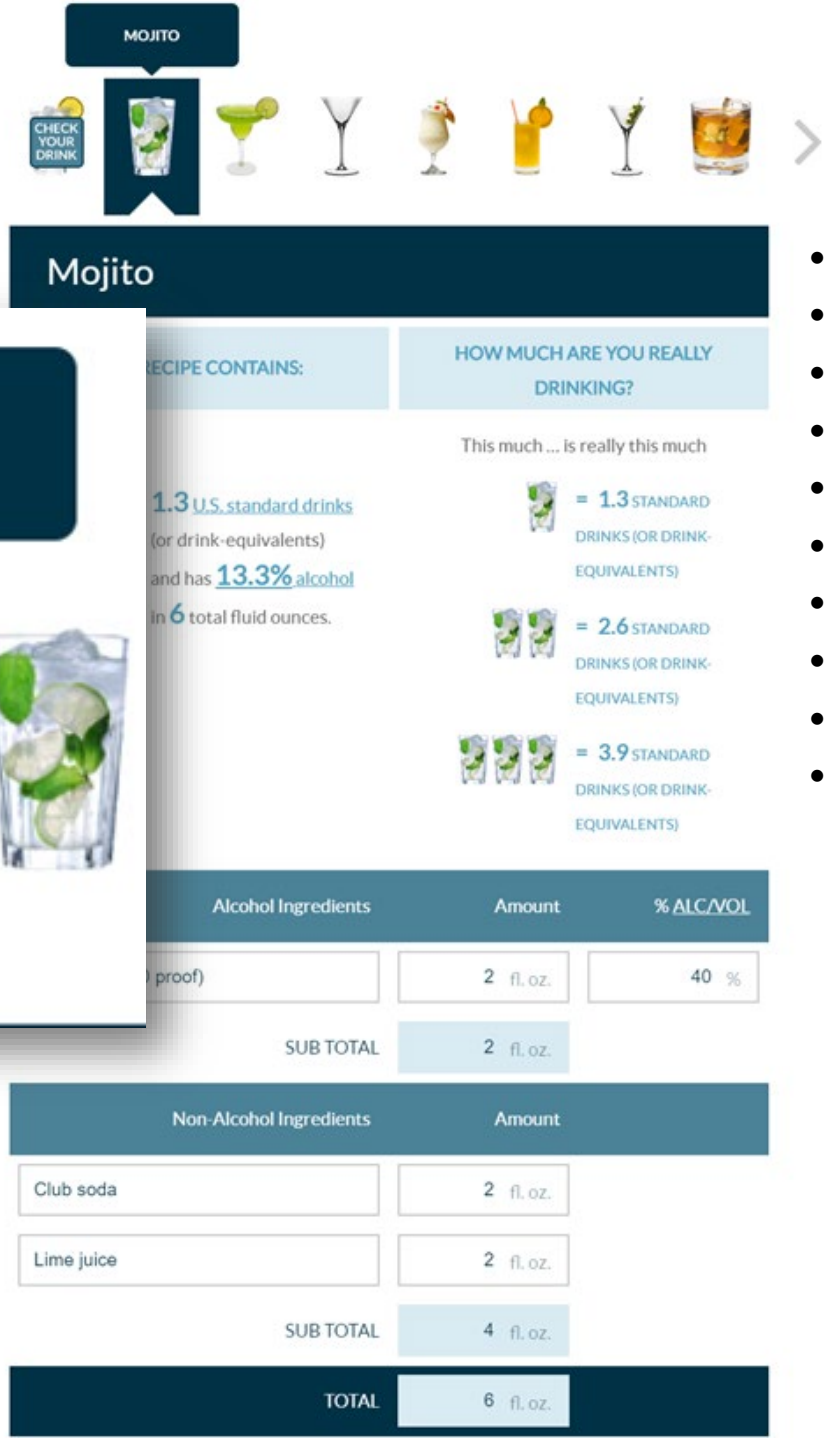
What's the alcohol content of the beverage? (convert proof to alc/vol)	U.S. standard drink (or drink-equivalent) size (containing 14 g pure alcohol)	What's the container size? (convert to fl. oz.) if needed)	Number of U.S. standard drinks (or drink-equivalents) per container
8.4 % alc/vol	7.1 fl. oz.	16 fl. oz.	2.3

http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/

RETHINKING DRINKING℠

Alcohol & your health





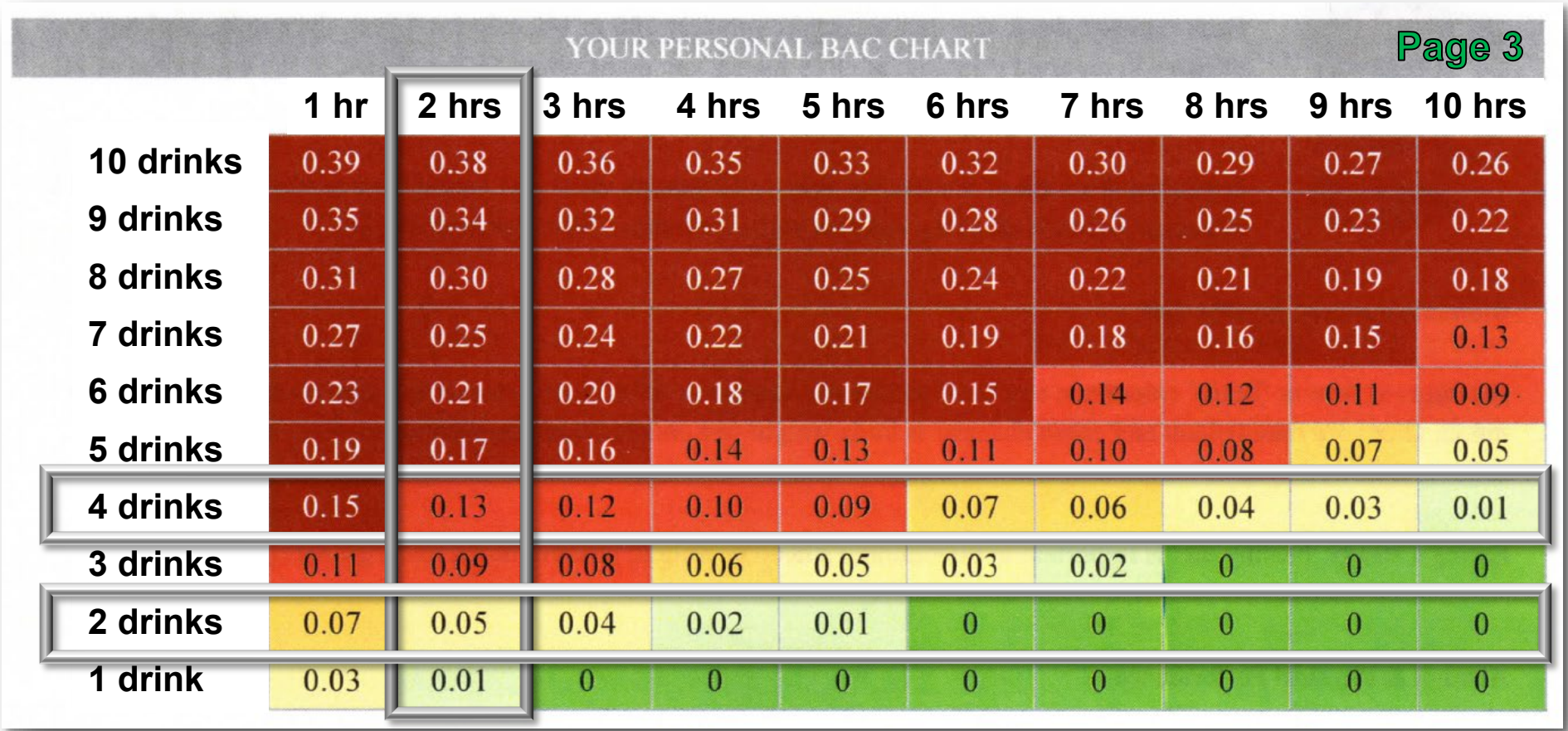
- Mojito
- Margarita
- Martini - Dry
- Piña Colada
- Screwdriver
- Martini – Traditional
- Bourbon and water
- Vodka and tonic
- Gin and tonic
- Cosmopolitan

Absorption and BAC

- Alcohol is a absorbed through the stomach (~20%) and small intestine (~80%)
- Factors affecting **absorption**:
  - Stomach contents (volume AND type)
  - Carbonation
- Factors affecting **peak blood alcohol concentration (BAC)**:
  - Rate of consumption
  - Weight
  - Sex (vs. gender); linked to levels of gastric ADH



Blood Alcohol Concentration (BAC) in the Feedback



YOUR PERSONAL BAC CHART

Page 3

	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs	7 hrs	8 hrs	9 hrs	10 hrs
10 drinks	0.39	0.38	0.36	0.35	0.33	0.32	0.30	0.29	0.27	0.26
9 drinks	0.35	0.34	0.32	0.31	0.29	0.28	0.26	0.25	0.23	0.22
8 drinks	0.31	0.30	0.28	0.27	0.25	0.24	0.22	0.21	0.19	0.18
7 drinks	0.27	0.25	0.24	0.22	0.21	0.19	0.18	0.16	0.15	0.13
6 drinks	0.23	0.21	0.20	0.18	0.17	0.15	0.14	0.12	0.11	0.09
5 drinks	0.19	0.17	0.16	0.14	0.13	0.11	0.10	0.08	0.07	0.05
4 drinks	0.15	0.13	0.12	0.10	0.09	0.07	0.06	0.04	0.03	0.01
3 drinks	0.11	0.09	0.08	0.06	0.05	0.03	0.02	0	0	0
2 drinks	0.07	0.05	0.04	0.02	0.01	0	0	0	0	0
1 drink	0.03	0.01	0	0	0	0	0	0	0	0

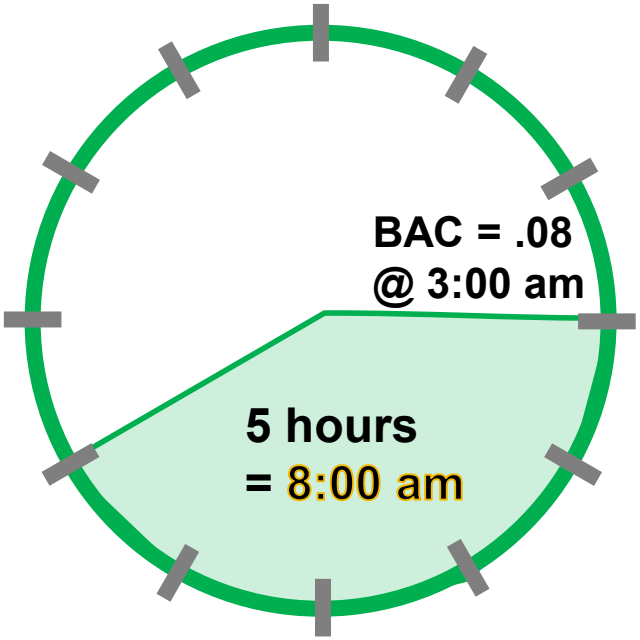
Alcohol Metabolism

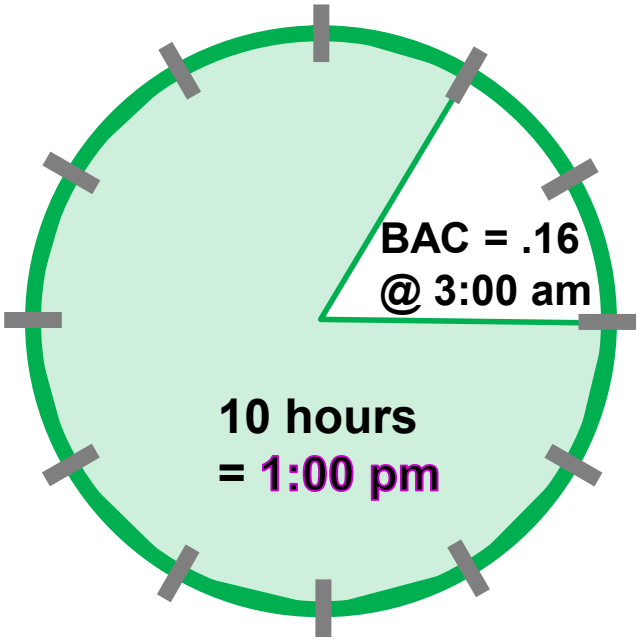
- Factors affecting oxidation (metabolism):
  - Only time (coffee, exercise, etc are all myths)
  - Alcohol metabolism ≈ .016% from BAC/hour



Time to get back to .000%?

$$\frac{\mathbf{BAC}}{\mathbf{0.016}} = \mathbf{hours\ until\ .00\ BAC}$$





Alcohol Metabolism in the Feedback

Sobering Up **Page 3**

Once alcohol is in your bloodstream, there is nothing that you can do to speed up the process of elimination. In your case:

- With your typical weekly BAC of **0.15**, it would take **10 hours** for your BAC to return to zero.
- With your highest reported BAC of **0.41**, it would take **27 hours and 20 minutes** for your BAC to return to zero.

Your body gets rid of alcohol at a relatively constant rate. However, that rate is not the same for everyone. Males and females, for example, typically metabolize alcohol at different rates. However, some things often believed to help a person sober up actually have **NO EFFECT ON BAC AT ALL**. They only give the person a false impression of feeling more awake and alert, creating what has been called a ";wide awake drunk.";

Things that DON'T work include:



Coffee and other stimulants



Exercise or a cold shower



Fruit juices or special concoctions

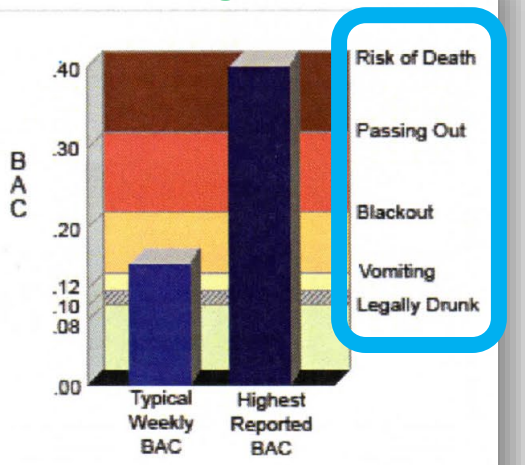
Personal Alcohol Use in the Feedback

Your BAC Levels

Page 1

YOUR Estimated highest Blood Alcohol Concentration *during a typical week*: **0.15%**

YOUR Estimated highest Blood Alcohol Concentration *during your heaviest drinking episode*: **0.41%**



Another way of looking at your drinking is to examine your peak level of intoxication. The unit used to express the amount of alcohol that is circulating in your blood stream is called Blood Alcohol Concentration (BAC).

BAC might be thought of as a thermometer, in that, the higher it is, the more intoxicated you are. Police and the courts, for example, use it to determine whether a driver is too impaired to operate a motor vehicle.

In Missouri it is illegal to drive a vehicle if your level of intoxication (BAC) is 0.08% or above.

At this level judgment is impaired. People are more likely to do things they would not do while sober, and are unable to accurately judge their ability to drive safely. Definite impairment of driving ability and memory is also present.

If you are under 21, no level of intoxication is acceptable or legal. Minors can be arrested for "possession by consumption," meaning minors may be arrested if police determine they are "visibly intoxicated" or if they have a blood alcohol level of 0.02% percent or more.

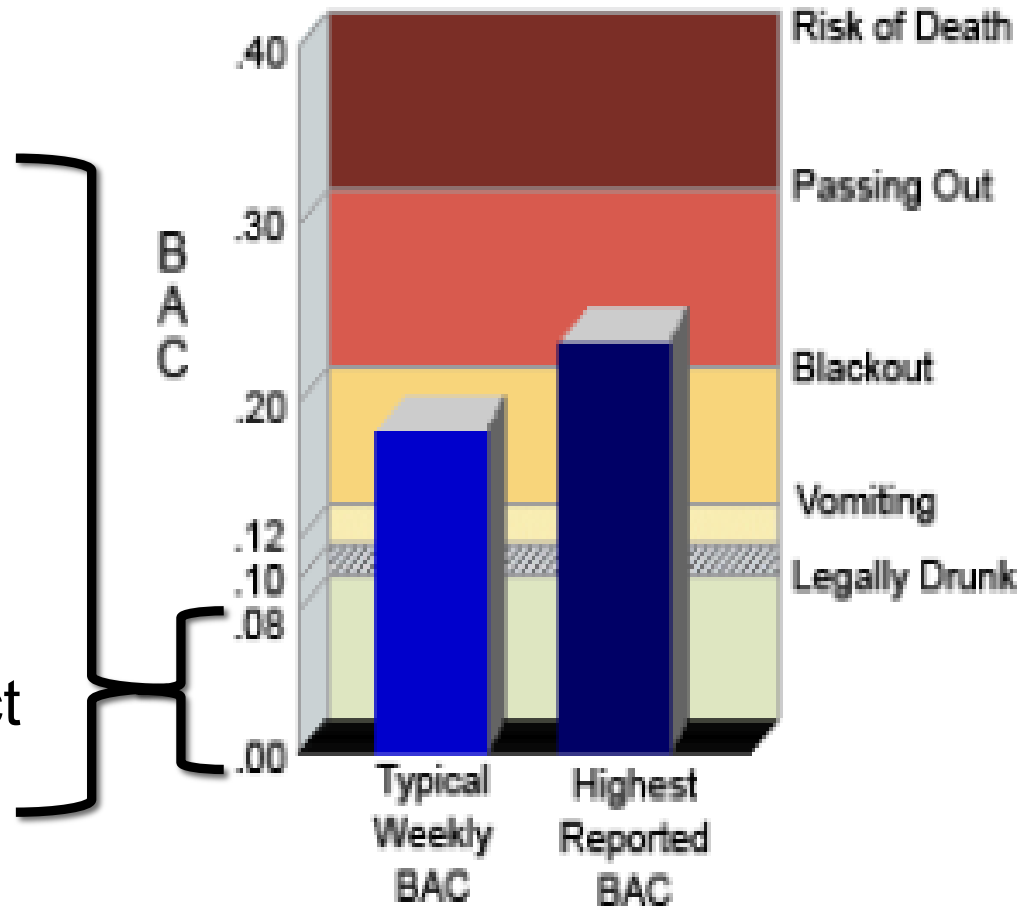
Relation of Effects to BAC

.06% Judgment impaired

(**ALCOHOL MYOPIA**)

.04% Feel relaxed

.02% Begin to feel some effect



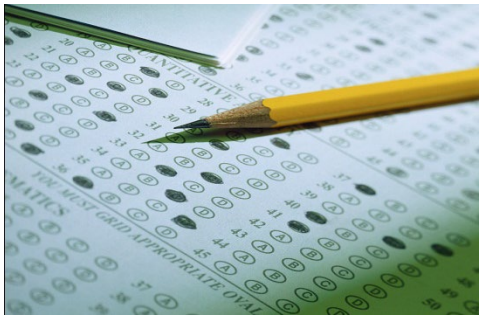
“Alcohol Myopia”

Impelling Cues



Alcohol impairs information processing, **narrowing attention** to only the most salient internal and environmental cues.

Inhibiting Cues



Hooking up

?

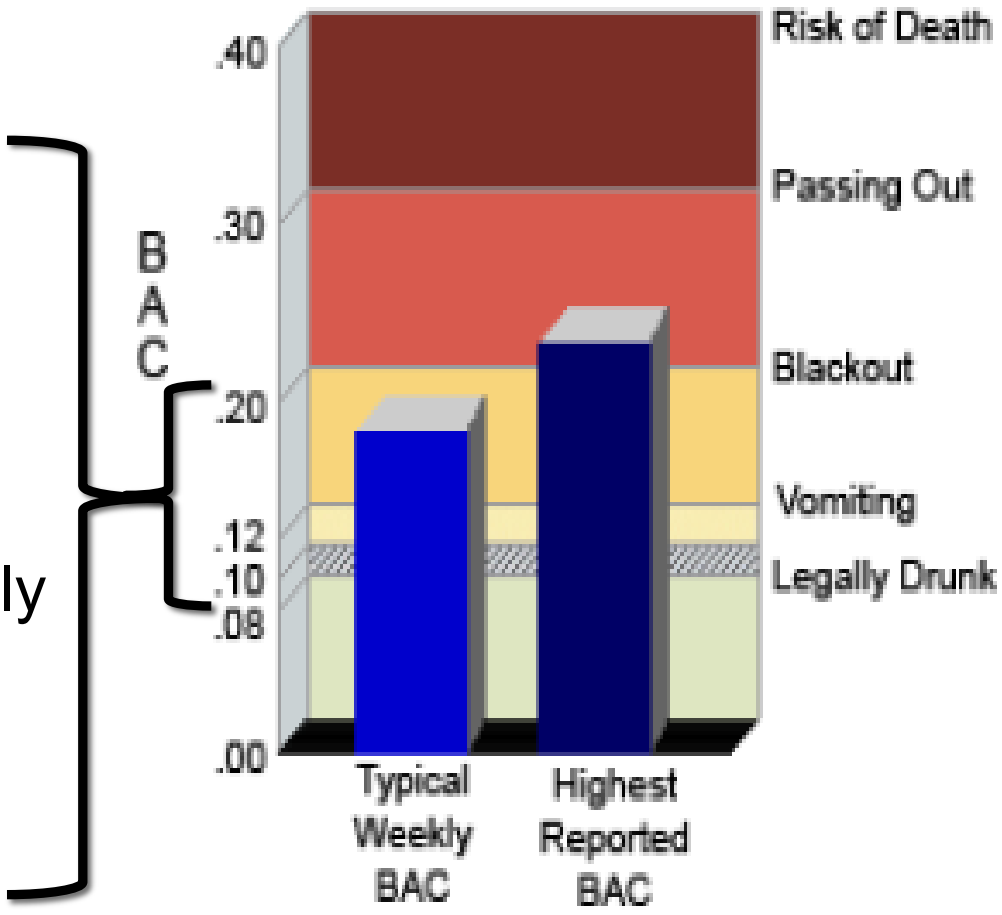


Relation of Effects to BAC

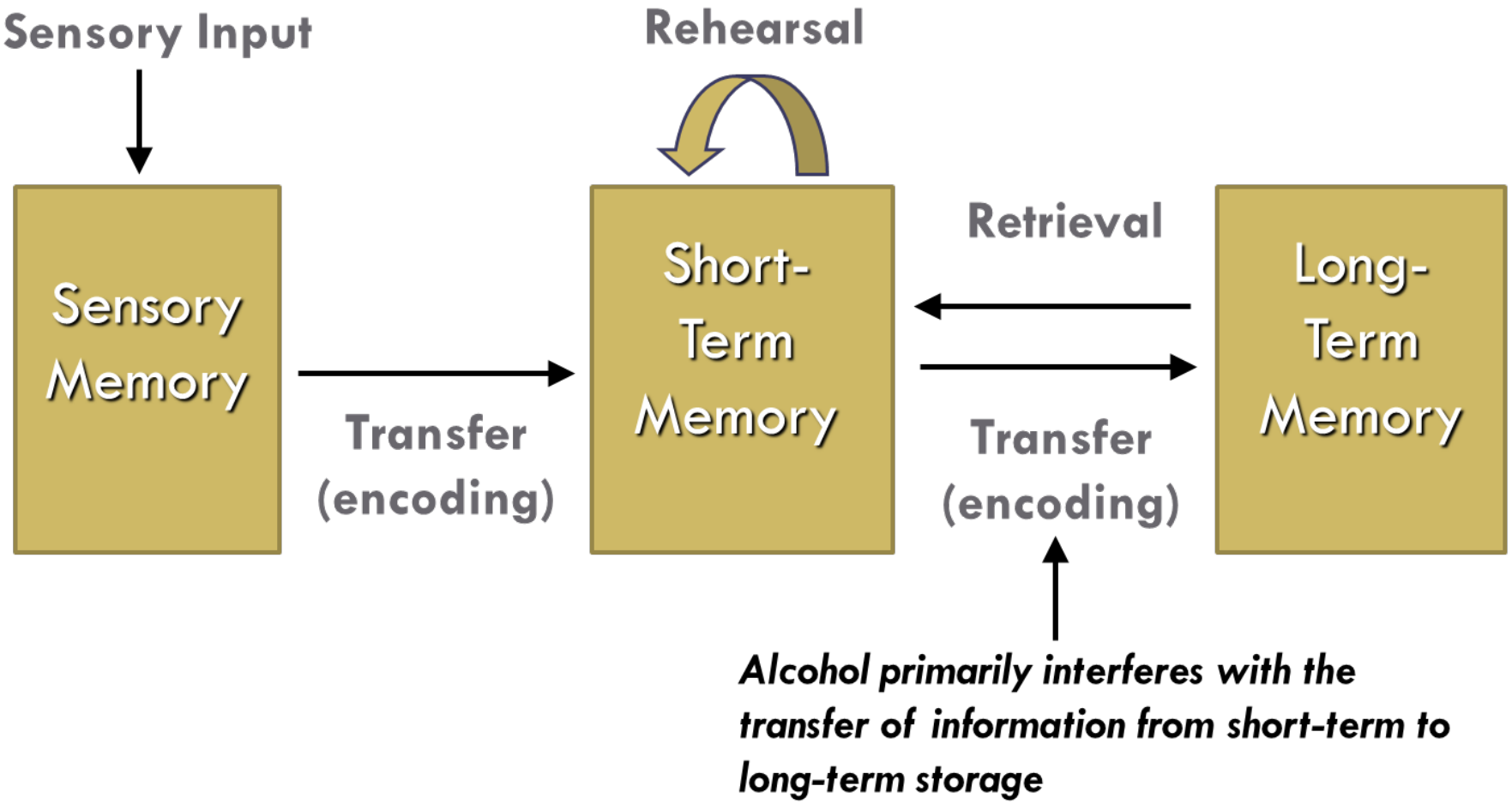
.20% **BLACKOUTS** more likely

.15% Blackouts possible; nausea, vomiting, & hangovers more likely

.10% Very clear motor impairment



Blackouts

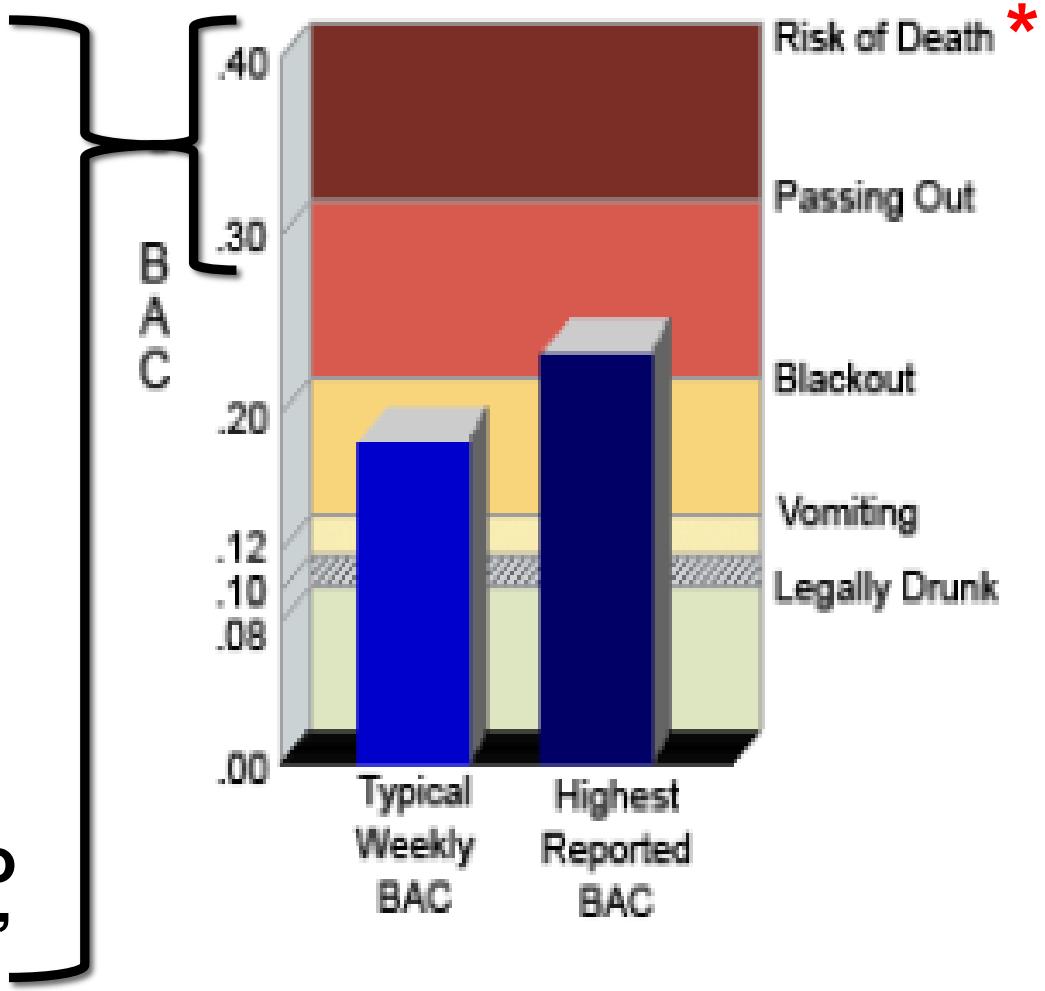

Sensory Input
Rehearsal
Sensory Memory
Transfer (encoding)
Short-Term Memory
Retrieval
Transfer (encoding)
Long-Term Memory
Alcohol primarily interferes with the transfer of information from short-term to long-term storage

Relation of Effects to BAC

.45% For most people, breathing stops; **death occurs**

.40% Most people lose consciousness; **higher risk of death**

.30% Many people lose consciousness; ***risk of death due to "alcohol poisoning"**



**Any* level of alcohol use may increase "risk of death"

Exercise 2.3: Responding to Reactions around BAC Effects

- The effects of alcohol at different BACs that are portrayed on the e-CheckUpToGo feedback, and which are elaborated on in the video, are overall *averages* based on individuals ***without substantial tolerance***.

- This means that students who ***have developed tolerance*** may question the validity of the information based on their own experiences, which could present as **sustain talk or discord.**

- Generate at least one **MI reflection** to the four statements found in Exercise 2.3 on the **BASICS Session 2 Exercise Worksheet** and record your responses.



Need more time for Exercise 2.3?

If you need more time, please pause the video now and resume it when you are done with Exercise 2.3



Please download and complete the **BASICS Session 2 Post-video Reflection** now.

Code for Session 3 Video: **Descriptive**

(Write down this code to access the video later)