BASICS
WITH THE HAVEN AT COLLEGE

Want to learn more about safe drinking?

BASICS is offered to USC students who are interested in understanding more about alcohol use; BASICS guides students to identify and reduce alcohol-related risk while enhancing overall wellness.

What Is At-Risk Drinking?

For men, at-risk drinking is more than 4 standard doses* of alcohol in a day and/or more than 14 doses per week. For women, at-risk drinking is more than 3 doses in a day and/or 7 doses per week.

*12 oz of beer, 10 grams of alcohol, 5 oz of wine or 1.5 oz of liquor

Want to learn more?
See other side!
Who is BASICS for?
Students who are interested in exploring their own drinking behaviors.

About BASICS
The BASICS program uses a harm-reduction approach designed to:
- Help students explore their alcohol use in a non-judgmental setting
- Reduce risky behavior and harmful consequences of alcohol abuse
- Identify changes that could help students reduce risk
- Provide important information and skills for risk-reduction

Time Commitment
The BASICS program consists of two one-hour sessions with a trained Haven staff member. During the first session, you will meet individually with the staff member and complete an online questionnaire. At the second session, you will discuss your questionnaire and personalized feedback with the staff member.

Confidentiality
The BASICS program is both non-judgmental and empathetic - students can be assured that any information revealed will remain completely confidential.

Fees
The cost for this program is paid for by your Student Health Fee.

An Evidence-Based Program
The Substance Abuse and Mental Health Services Administration has recognized BASICS as an evidence-based program.

CASICS
Cannabis Screening and Brief Intervention for College Students is also available to USC students and focuses on exploring marijuana use.

For more information, please visit: thehavenatcollege.com
The Haven at College Outpatient Center at USC
USC University Park Campus
817 W. 34th Street
United University Church (UUC), 4th Floor
Monday - Friday: 9:00am - 5:00pm
Saturday: 10:00am - 1:00pm
(310) 822-1234 | info@thehavenatcollege.com
Active: 1/2019 - 7/2019