



BEYOND THE BASICS: ADAPTING THE BASICS FRAMEWORK TO SERVE THE UNIQUE NEEDS OF FRATERNITIES AND SORORITIES

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ABSTRACT

The BASICS for New Members of Fraternities and Sororities program is an adaptation of the original BASICS program focused on harm reduction within a large sub-population that is at risk for high-risk substance use-related behaviors. A custom-tailored program for the unique needs of the University of Delaware's fraternities and sororities, BASICS for New Members combines the ease of online implementation with the core of the BASICS platform: Personalized feedback.

THE CHALLENGE

Students in fraternities and sororities are at a greater likelihood of experiencing alcohol-related consequences well beyond their years in college compared to their non-initiated peers. At the University of Delaware, students in fraternities and sororities comprise 28% of the student body, making education about substance use particularly challenging--and essential. BASICS for New Members was designed specifically to meet the capacity needs of simultaneously and uniformly educating a large number of students within a high-risk population about harm reduction while providing individualized feedback--the key evidence-based factor that encourages behavior change.

PROCESS

- 1 Determined need and timeline with Fraternity and Sorority Leadership and Learning office
- 2 Modeled surveys on existing BASICS program via Impact Feedback platform, with assistance of First Light Web Services
- 3 Tailored content based on research on fraternity and sorority member substance use risks and behavioral trends to increase relevance for the targeted population
- 4 Created initial program in three parts: (1) A baseline survey assessing general risks, protective factors, and bystander behaviors; (2) A personalized feedback report (PFR) based on data from baseline; and (3) A follow-up survey to assess their understanding of the PFR and identify goals and intentions
- 5 Made contact with chapter leadership to enforce requirement and encourage completion
- 6 Assessed program following each semester for successes and to determine needed changes
- 7 Implemented a fourth part: A "booster" session in the subsequent semester assessing belonging, stress, and any changes to substance use behavior
- 8 Assessed four-part program for long-term behavior change

SUCCESSES

Over 10,300 students have completed training since Spring 2016

Many students opt to complete the non-mandatory booster

Program completion rates contribute to chapter accreditation scores

Majority of new members indicate strong willingness and likelihood to intervene in risky situations with alcohol

Students show greater knowledge of how and when to intervene in risky situations between baseline and booster surveys

POTENTIAL FOR GROWTH

With the assistance of key stakeholders and technical support, the program can grow with increased capacity:

Make Part 4 (Booster) mandatory to increase education and data analysis opportunities

Provide per-chapter aggregate data "scorecards" to chapter leaders and membership

Based on scorecards, work with FSLL leadership to create tailored follow-up workshops or interventions on a per-chapter basis

Create social norms campaigns focused on fraternity and sorority life based on program data

REFERENCES & ACKNOWLEDGMENTS

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