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### **SEEGER ATTENDS SEMINAR ON ALCOHOL ABUSE SCREENING**

WAHPETON — Karen Seeger, director of counseling services at the North Dakota State College of Science in Wahpeton, recently participated in a regional three-day workshop on the Brief Alcohol Screening and Intervention for College Students (BASICS), an individually delivered indicated alcohol abuse prevention program for college students.

Following the workshop held in Sioux Falls, S.D., Seeger and other participants are trained to deliver the BASICS program on their campuses and to teach others how to conduct the program.

BASICS is supported empirically by rigorous research and is being delivered at colleges and universities throughout North America. BASICS is a Center for Substance Abuse Prevention (CSAP), U.S. Department of Health and Human Services Model Program and a National Institute on Alcohol Abuse and Alcoholism (NIAAA) Tier 1 Program demonstrated to be effective with college students in reducing drinking and alcohol-related harm.

Dr. George A. Parks, research coordinator for Addictive Behaviors Research Center at the University of Washington and a licensed clinical psychologist, led the three-day workshop. Parks's research spans nearly 20 years with emphases on alcohol abuse prevention and harm reduction for college students, alcohol expectancy effects, motivational enhancement for high-risk students, chemical addiction, relapse prevention and rehabilitation of inmates.

Along with colleagues at the Addictive Behaviors Research Center, Parks has contributed to the development and refinement of the Alcohol Skills Training Program (ASTP) and Brief Alcohol Screening and Intervention for College Students (BASICS). He also co-authored with Dr. Alan Marlatt *CHOICES: Brief Alcohol Abuse Prevention and Harm Reduction Program*. Both the ASTP and BASICS have been recognized as model prevention programs.

The training was sponsored by The Network: Addressing Collegiate Alcohol and Other Drug Issues, a program of the U.S. Department of Education's Office of Safe and Drug Free Schools. The Network is the national organization that proactively addresses the issues of alcohol- and drug-related violence in order to promote healthy campus environments through self-regulatory initiatives, information dissemination and technical assistance. This voluntary organization includes almost 1,500 member institutions in 21 regional networks throughout the continental United States, Hawaii, Puerto Rico and the U.S. Virgin Islands. These colleges and universities are dedicated to the reduction of the negative impact of alcohol and other drug use including violence on post-secondary campuses. Member institutions subscribe to a set of guidelines that are intended to assist in the development of policy, education and student assistance, enforcement, assessment and community collaboration in concordance with federal, state and local laws.

NDSCS is a two-year, comprehensive, residential college in Wahpeton. The State College of Science offers degrees, certificates and diplomas in over 80 academic options in traditional career and technical studies and in the liberal arts. Approximately 97 percent of graduates from its technical programs find jobs in their chosen fields.

Unlike most two-year colleges, NDSCS offers a university atmosphere for its students, complete with residence halls, 35 affiliated clubs and organizations, music groups, theater productions, intercollegiate athletics, intramural athletics and numerous social activities.

NDSCS celebrated its centennial last year. The college opened in 1903 as the North Dakota Academy of Science.

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