

CASICS

(CANNABIS SCREENING AND INTERVENTION FOR COLLEGE STUDENTS)

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WHY YOUR CAMPUS SHOULD IMPLEMENT CASICS

It is widely known that alcohol use is the number one threat to the safety, health and success of college students and other young adults. Parents, college personnel and students themselves are searching for effective ways to prevent and reduce the negative impact of excessive drinking on college life. Next to alcohol, marijuana is the most frequently used and abuse drug by college students and other young adults.

Intervening with college students who possess and use marijuana poses different challenges than addressing alcohol abuse. While the acute harms of marijuana use are not as severe as those posed by alcohol, marijuana use is a growing concern because of its increasing frequency of use, it is a Schedule 1 Drug that is illegal to possess and use in all 50 states, it alters judgment, decision-making and performance, has a risk of dependency and its long-term use is associated with persistent emotional, social and cognitive harms.

In the past ten years, research has shown that BASICS and other Brief Motivational Interventions (BMI) are among the most effective ways to address the college alcohol problem. Among alcohol prevention programs, BASICS stands out as a model program. BASICS is a NIAAA (National Institute on Alcohol Abuse and Alcoholism) Tier One Program shown to be effective in reducing drinking and alcohol-related harm in college students and is listed in the National Registry of Evidence-based Programs and Practices (NREPP) as a model program.

CASICS is a brief motivational intervention built on the foundation of the core components of BASICS. While there are no outcome studies of CASICS as yet, similar brief motivational interventions applied to high school youth in the United States and young adults in Australia have shown reductions in marijuana use and marijuana-related harm similar to the effects typical of BASICS for alcohol.

BASICS has been successfully implemented in over 2000 colleges and universities in the United States. The broad implementation of BASICS and growing concern about marijuana abuse and dependence has led to the development of CASICS that uses the same core components and motivational interviewing delivery modality as BASICS, but focuses on marijuana. CASICS has been implemented in several colleges, state university system and municipal court jurisdictions.