

Binge drinking down at NMSU

Roy Berkeley | Staff Writer | Posted: Friday, February 18, 2011 1:50 pm

According to the Wellness, Alcohol, Violence Education Program (WAVE), binge drinking is down amongst New Mexico State University college students.

According to WAVE, the percent of students who binge drink at NMSU is 44 percent. The percent of the average number of students who never or rarely drink on campus is 42 percent. Drinking never or rarely is considered 0-6 drinks a week.

These statistics are the statistics of students in the fall 2010 semester.

"From 2006 to 2010 there's been a 25 percent decrease in average number of drinks per week," said John Rivers, Associate Coordinator of the Counseling and Student Development Center.

WAVE helps get the word out about the Brief Alcohol Screening and Intervention for College Students (BASICS) program, which can help with alcohol abuse at the Counseling and Student Development Center.

According to Dr. Natasha Ali, of BASICS, typically if a student breaks the policies at NMSU because of alcohol abuse or they are charged with a minor in possession, Angela Arvizo, the Dean of Student Affairs can charge them with BASICS. A student is usually only referred to it on a second offense.

"BASICS can help not only with alcohol abuse, but also deals with other drugs such as marijuana," said Dr. Ali. Students are screened for their behavior and faced with evaluating themselves. "There are two sessions. After the first session they are given a questionnaire and are asked to track their behavior for two weeks. They can be given up to eight questionnaires."

Dr. Ali said the questionnaires normally ask how much money they are spending on their use. Another example of a question is, is it beginning to affect their school.

BASICS doesn't have a follow-up past their second session, however. Some schools do include one according to Dr. Ali, but not NMSU.

"We continue to support these [WAVE] programs that support outreach," said John Rivers.

For more information call the Counseling and Student Development Center at (575)-646-2731.