



MISSISSIPPI STATE UNIVERSITY™
HEALTH PROMOTION & WELLNESS

Goal-Driven Alcohol/drug Intervention Network
662.325.0075 | 662.325.7545
afondren@saffairs.msstate.edu
jyates@saffairs.msstate.edu

To schedule an appointment, email:
gain@saffairs.msstate.edu

G.A.I.N.

Goal-Driven Alcohol/drug Intervention Network



MISSISSIPPI STATE
UNIVERSITY

ABOUT G.A.I.N.

G.A.I.N. (Goal-Driven Alcohol/drug Intervention Network) uses a harm reduction approach to alcohol abuse. The goal of G.A.I.N. is to reduce levels of alcohol consumption and negative consequences associated with moderate to high-risk drinking.

G.A.I.N. is a research program designed for any student who wants to learn more about his/her drinking habits and how to avoid possible negative consequences.

Any student who consumes alcohol, no matter how little, can benefit from the G.A.I.N. research program. It is a non-judgmental education/prevention session designed to enhance wise decisions.

WHAT CAN I LEARN FROM G.A.I.N.?

After participating in the G.A.I.N. research program, you will know:

- How to calculate your personal Blood Alcohol Content (BAC)
- Harm reduction tips to reduce negative consequences
- How to identify high-risk drinking patterns
- How many calories you are potentially consuming when you drink
- Practical information about alcohol consumption
- How to make responsible choices in social situations



EVIDENCE-BASED PRACTICE

G.A.I.N. is based on the Brief Alcohol Screening and Intervention for College Students (BASICS), which has been shown to be effective in reducing alcohol consumption.

HOW IT WORKS

Students are referred or volunteer to participate in the G.A.I.N. program with the Health Education & Wellness Department of University Health Services. The student is required to participate in two sessions that last approximately 30 minutes.

SESSION ONE:

The student will meet with a G.A.I.N. staff person who walks them through a confidential on-line assessment of his/her drinking patterns and related attitudes about drinking. The online tool generates personalized feedback for each student.

SESSION TWO:

The student will meet with the G.A.I.N. staff person to receive his/her personal feedback report. The staff person will provide feedback to the student specific to his/her needs, based on the information in the report. If a student is found to be at high-risk for alcohol or drug dependence or abuse, he/she will be referred to on or off campus resources to further assist them with their personal needs.

REFERRALS

Referrals to G.A.I.N. can come from a variety of locations including:

Athletics Faculty & Staff Self Referrals Judicial	Resident Advisors/Directors University Health Services Student Counseling Services Campus Police
--	---

