G.A.I.N.
Goal-Driven Alcohol/drug Intervention Network
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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

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.

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.

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