

# LET'S TALK ABOUT ALCOHOL & DRUG USE

## A STANDARD DRINK:

Any Drink Containing About 14 Grams of Pure Alcohol

12 OZ OF BEER = 5 OZ OF WINE = 1.5 OZ OF LIQUOR



## HEALTHY DRINKING GUIDELINES:

Drinks:	Per Week	Per Day
MEN	14	4
WOMEN	7	3
All 65+	7	3

## RISK LEVEL SCORE:



## EXPLORE THE PROS & CONS

- PROS:** What are the good things about using?
- CONS:** What are the not-so-good things about using?
- What are some reasons **NOT** to reduce use?
- What are some reasons **TO** reduce use?

## ON A SCALE OF 1 TO 10, RATE YOUR READINESS TO CHANGE



Low Risk

POSITIVE REINFORCEMENT

Moderate Risk

BI & REFER TO TREATMENT

High Risk

BI & REFER TO TREATMENT

## BRIEF INTERVENTION STEPS

### 1. Raise the Subject

- Is it OK if we review your screening results on alcohol use?
- I assure you that everything you say today will remain confidential unless I feel you pose a danger to yourself or others.

### 2. Provide Feedback

- According to the screening tool, you scored a [ ], which puts you within the [Low/Moderate/High/Severe] risk category.
- I am concerned with your use affecting your health and/or social life either now or in the future. What are your thoughts about this?

### 3. Enhance Motivation

- **DECISIONAL BALANCE:** What are some of the good things about using? What are some of the not-so-good-things?
- **PERSONAL REFLECTION:** What are some important reasons to change?
- **READINESS RULER:** On a scale of 1 to 10, how ready are you to make a change? Why didn't you choose a lower number?

\*Faith Integration: Does your faith/spirituality affect your decision to change/use?

### 4. Negotiate a Plan

- What does change look like for you? What are steps you can take?
- Would it be alright to schedule a follow-up to continue this discussion?
- [If Necessary] Would it be alright if I refer you to someone who can help you make this change?

\*Faith Integration: How can your faith/spirituality support you through this change?

## MOTIVATIONAL INTERVIEWING TECHNIQUES

ASK OPEN-ENDED QUESTIONS

GIVE AFFIRMATIONS

LISTEN & ENGAGE IN REFLECTIONS

PROVIDE SUMMARIES

EXPRESS EMPATHY

ROLL WITH RESISTANCE

EXPLORE DISCREPANCY

SUPPORT SELF-EFFICACY

# LET'S TALK ABOUT ALCOHOL & DRUGS

A STANDARD DRINK IS EQUAL TO:



12 OZ OF BEER

5 OZ OF WINE

1.5 OZ OF HARD LIQUOR

RISK LEVEL SCORE

RISK LEVEL	S2BI	The CRAFT
No Risk	"Never"	0
Low Risk	"Once or Twice"	1-2
Moderate Risk	"Monthly Use"	3-4
High Risk	"Weekly Use"	5-6

## EXPLORE THE PROS & CONS

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- 2. CONS:** What are the not-so-good things about using?
- 3.** What are some reasons **NOT** to reduce use?
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# MOTIVATIONAL INTERVIEWING

## Express Empathy

- Show warmth and communicate respect and understanding by establishing a non-judgmental attitude.
- Engage in reflective listening

## Roll with Resistance

- Provide Reflections
- Shift the focus to something they are concerned with.
- Reframe the issue. Resistance is a signal for you to change direction.

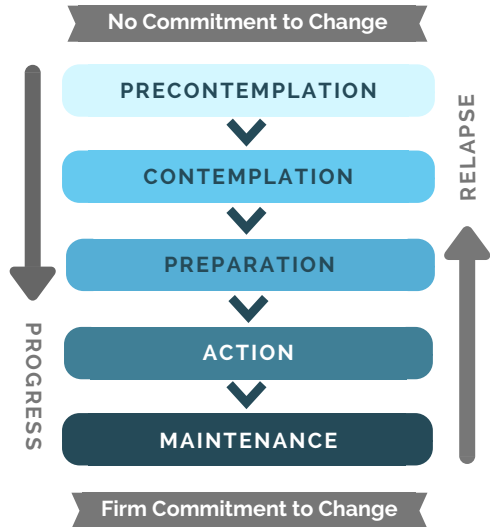
## Explore Discrepancy

- Ask how their current behaviors coincide with their future goals: "Where do you see yourself in 5 years? What will your life be like in 5 years if you don't make a change?"

## Support Self-Efficacy

- Help the client/patient develop a belief that they are capable of change.
- Instill hope in your client/patient by letting them know there is no "right way" to change.
- Explore barriers that may be contributing to low confidence.

## THE STAGES OF CHANGE MODEL



The purpose of Motivational Interviewing is to move clients/patients along this model towards making a behavioral change.

# MOTIVATIONAL INTERVIEWING: OARS

## Ask Open-Ended Questions

- Open the door and encourage the client to talk: "Can you tell me what you like about using?"
- Do not invite a short answer (i.e. no "Yes/No" questions): "What makes you think it might be time for a change?"

## Give Affirmations

- Catch the person doing something right and show them appreciation for it: "Thank you for being so open and honest."
- A compliment on a positive attribute: "You are a very strong person."
- An expression of hope, caring, or support: "I believe you can make this change."

## Listen & Engage in Reflections

- Reflections are statements, rather than questions.
- Reflections make a guess at the patient/client's meaning and encourage the client to continue exploring.
- Reflections are meant to yield more information and better understanding.

## Provide Summaries

- Collect information that has been said: "So far, you've expressed..."
- Link what has just been said with something discussed earlier: "That sounds like what you told me earlier..."
- Draw together what happened and transition to a new task: "To summarize our discussion... Given this, would you like me to refer you to someone who can help?"

# REFERRAL TO TREATMENT RESOURCES

Organization	Website URL
SAMHSA Treatment Locator	<a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a>
LAC Substance Use Prevention And Control	<a href="http://publichealth.lacounty.gov/sapc/findtreatment.htm">http://publichealth.lacounty.gov/sapc/findtreatment.htm</a>
Orange County Social Services Agency	<a href="http://ssa.ocgov.com/comres/substance">http://ssa.ocgov.com/comres/substance</a>
LAC Department of Mental Health	<a href="http://dmh.lacounty.gov/wps/portal/dmh">http://dmh.lacounty.gov/wps/portal/dmh</a>
2-1-1 Los Angeles	<a href="https://www.211la.org/">https://www.211la.org/</a>

Organization	Telephone Number
SAMHSA's National Helpline	1-800-662-HELP (4357)
LAC Community Assessment Service Centers	888-742-7900
LAC Department Of Mental Health Access Center 24/7 Helpline	1-800-854-7771
2-1-1	211

# REFERRAL TO TREATMENT RESOURCES

Write Down Your Trusted Referral Sites

Organization	Contact Information