LET'S TALK ABOUT

A STANDARD DRINK IS EQUAL TO:



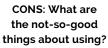


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| RISK LEVEL | AUDIT | DAST | CRAFFT | S2BI |
|-------------------|-------|------|--------|-----------------|
| No Risk | 0 | 0 | 0 | "Never" |
| Low Risk | 1-7 | 1-2 | 1-2 | "Once or Twice" |
| Moderate Risk | 8-19 | 3-5 | 3-4 | "Monthly Use" |
| High Risk | 20-40 | 6-10 | 5-6 | "Weekly Use" |

EXPLORE THE PROS & CONS

PROS: What are the good things about using?



What are some reasons NOT to reduce use? What are some reasons TO reduce use?

10 READY

9

8

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

5



🆄 THE FAITH & SPIRITUALITY INTEGRATED SBIRT NETWOR

6

| 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 'Faith Integration: Does your faith/spirituality affect your decision to change/use? | 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? | | | | | |
| 4. Negotiate a Plan *Faith Integration: How can your faith/spirituality support you through this change? | 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? | | | | | |
| MOTIVATIONAL INTERVIEWING TECHNIQUES | | | | | | |
| ASK OPEN-ENDED QUESTIONS | | EXPRESS EMPATHY | | | | |
| GIVE AFFIRMATIONS | | ROLL WITH RESISTANCE | | | | |
| LISTEN & ENGAGE IN REFLECTIONS | | EXPLORE DISCREPANCY | | | | |
| PROVIDE SUMMARIES | | SUPPORT SELF-EFFICACY | | | | |