

LET'S TALK ABOUT ALCOHOL & DRUGS

A STANDARD DRINK IS EQUAL TO:



← 12 OZ OF BEER

← 5 OZ OF WINE

← 1.5 OZ OF LIQUOR

♂ **MEN** No more than 4 drinks a day and 14 drinks a week

♀ **WOMEN & MEN 65+** No more than 3 drinks a day and 7 drinks a week

RISK LEVEL SCORE

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

- 1. PROS:** What are the good things about using?
- 2. CONS:** What are the not-so-good things about using?
- 3.** What are some reasons **NOT** to reduce use?
- 4.** 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