

## 2. Provide Feedback

During this step of the Brief Intervention (BI), the practitioner engages the client/patient in a reflection about their personalized screening results. It is important to point out where the client/patient falls within the risk limits (standard guidelines) using a “Risk Level Card.”

❖ **Provide a risk score:**

*“According to results from the screener, you scored at a   (#)  .”*

❖ **Show where the risk score falls using the risk limits/standard guidelines:**

*“This is a risk level card. It will show you where you fall within the risk limits/standard guidelines for healthy use.”*

Substance Type	My Score (clinician will provide)	Risk Level (Compare to your score)	
Alcohol:		0-3 4-26 27+	Low Moderate High
Drugs:		0-10 11-26 27+	Low Moderate High

NIAAA Guidelines: How Much is Too Much?		
	Drinks Per Week	Drinks Per Occasion
<b>Men</b>	No more than 14	No more than 4
<b>Women</b>	No more than 7	No more than 3
<b>Age 65+</b>	No more than 7	No more than 3

*“As you can see, your score puts you in the \_\_\_\_\_ [low, moderate, high] risk category. Would you like to know more about what this means?”*

❖ **Point out that the risk range [use] has implications for “general” health concerns.**

*“A score in the [low, moderate, high] risk range means that you are at risk for health and other problems from your current pattern of substance use. Even if you are not experiencing any problems now, a score in this risk range category means that you are at risk of developing health and other problems in the future [e.g. difficulty sleeping, issues with breathing, headaches, loss of appetite, and mood changes, like feeling anxious, depressed, panicky, or paranoid].”*

*[A general statement about health risks is advised to avoid a time consuming discussion. If the client/patient asks for specifics, it is important to point out the things that may be associated with their current pattern of use by the way the substance is classified (i.e. depressant, stimulant, or hallucinogen).*

❖ **Ask about any health issues they may be experiencing and the degree of concern they might have.**

*“Have you experienced any health issues as a result of your substance use? Does your risk level concern you? How so?”*