

What is a standard drink?

12 oz Beer 8-9 oz Malt Liquor 5 oz Wine 1.5 oz/ 1 shot liquor



~5% ~7% ~12% ~40%

The percent of "pure" alcohol expressed here as alcohol/volume varies by beverage.

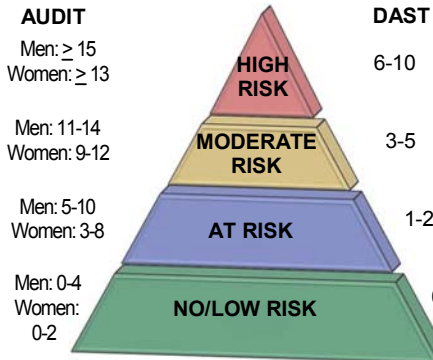
Do you sometimes drink beer, wine or liquor?

How many times in the last 12 months have you had **X or more** drinks in one day?

Men: X = 5 Women: X = 4

How many times in the past year have you used an illegal drug or used a prescription medication for nonmedical reasons?

Your Risk Level



Lower Risk Drink Limits

| | Per Day | Per Week |
|---------------|---------|----------|
| Healthy Men | 4 | 14 |
| Healthy Women | 3 | 7 |
| All ages >65 | 3 | 7 |

No drinking/using if driving, pregnant, possibly dependent, or otherwise contraindicated

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely



| Zone I: At Risk AUDIT Women: 3-8, Men: 5-10; DAST 1-2 | Zone II: Moderate Risk AUDIT Women: 9-12, Men: 11-14; DAST 3-5 | Zone III: High Risk AUDIT Women: ≥ 13, Men: ≥ 15; DAST 6-10 |
|---|--|--|
| Ask Permission (Engage) | "I appreciate your answering our health questionnaire. Could we take a minute to discuss your results?" | <ol style="list-style-type: none"> 1. Introduce self and MI style, with "choice" noted. 2. Complete screen. 3. Provide brief feedback from screen, express concern. 4. Identify target substance(s) with patient. 5. Decisional balance exercise. 6. Importance ruler, scaling questions. 7. Confidence ruler, scaling questions. 8. Readiness ruler, scaling questions (with target substance). 9. Obtain and record goal (e.g., cutting down, stopping). 10. Close with summary. 11. Make follow-up appointment for BI, BT if applicable. |
| Provide Feedback (Focus) | Refer to pyramid and provide patient's AUDIT/DAST score and risk level(s). [As your physician] "Drinking/using at this level can be harmful to your health and possibly responsible for the health problem for which you came in today. What do you make of that?" | |
| Enhance Motivation & Elicit Change Talk (Evoke) | "Have you ever considered cutting back or quitting?" If so, "Why?" If not, "What would have to happen for you to consider cutting back/quitting?" "On a scale of 0-10, how important is it that you cut back or quit your alcohol/drug use?" If >0, "Why that number and not a lower one?" [Use rulers to also ask about confidence, readiness] OARS: Open-ended questions, Affirmations, Reflections, Summaries | |
| Discuss Next Steps (Plan) | "If you were to make a change, what would be your first step?" | |
| Close on Good Terms | Summarize, emphasize patient strengths, highlight change talk and decisions made. Arrange for follow-up as appropriate. | |



Adapted with permission of:



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