

### Screening Questions:

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, marijuana, or prescription medication for nonmedical reasons?

## SBIRT

Screening, Brief Intervention  
& Referral to Treatment

[www.sbirtonline.org](http://www.sbirtonline.org)

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

### Your Risk Level

AUDIT

≥14

1-13

0



DAST

3-10

1-2

0

#### Low-Risk Drinking Limits

Men

Women

No more than \_ in a  
single day



4

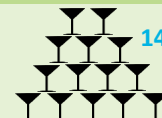


3

and

and

No more than  
\_ per Week



14



7

# Intervention

<b>1. Raise the Subject</b>	Is it OK if we talk about your substance use? Tell me about your...
<b>2. Provide Feedback</b>	Your [alcohol/drug] use is above safe limits and I am concerned about how that affects your health.
<b>3. Offer Advice</b>	I would like you to consider cutting back on your _____ use.
<b>4. Enhance Motivation</b>	Use OARS* & techniques to enhance internal motivation: -What are some of the pros and cons of your _____ use? -On a scale of 1-10, how ready are you to reduce your use?
<b>5. Negotiate a Plan</b>	What steps can you take to reduce your use? Can we schedule a follow up visit to talk about this further?

## Key Interviewing Techniques:

**O**pen Ended Questions

**A**ffirmations

**R**eflections

**S**ummaries

**R**oll With Resistance

**E**xpress Empathy

**D**evelop Discrepancy

**S**upport Self Efficacy

## A Standard Drink Is:

Beer  
12 fl. oz.



Malt Liquor  
8-9 fl. oz.



Wine  
5 fl. oz.



Shot of 80-proof liquor  
1.5 fl. oz.



Not At All  
Ready



Completely  
Ready