

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

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

Your Risk Level



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

1. Raise the Subject	Is it OK if we talk about your substance use? Tell me about your...
2. Provide Feedback	Your [alcohol/drug] use is above safe limits and I am concerned about how that affects your health.
3. Offer Advice	I would like you to consider cutting back on your _____ use.
4. Enhance Motivation	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?
5. Negotiate a Plan	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**oll With Resistance
- R**eflections
- E**xpress Empathy
- S**ummaries
- D**evelop Discrepancy
- S**upport Self Efficacy

A Standard Drink Is:

