



Develop a Relationship

- Introduce yourself. “Hello, my name is [?] How are you today?”
- Raise subject: “We practice universal alcohol screening. I’d like to talk with you about alcohol. Would that be ok with you?  
 (Yes) “Tell me about a typical day in your life.” After client finishes responding, ask, “Where does your current alcohol use fit in?”  
 (No) Respect patient’s rights not to share.

Screening

- “On average, how many days per week do you drink alcohol (beer, wine, liquor)?”
- “On a typical day when you drink, how many drinks do you have?”
- “What is the maximum number of drinks you had in a 2- hour period during the last month?”
- “Do you use any recreational drugs or any pills outside prescribed dosages for the feeling it gives you?” (if yes, ask about frequency and amount used; help connect drug use with possible health/legal/social consequences)

Conduct Screening: AUDIT

AUDIT Scoring

0-7	8-15	16-19	20+
Low-risk or no drinking	Risky drinking	Harmful drinking	High-risk drinking
Support positive behaviors	Feedback, risk, reduction	Brief Intervention, potential referral	Brief Intervention, potential referral

Provide Feedback: I have some information on low-risk guidelines for drinking use. Would you mind if I shared them with you?

Alcohol Education (ALL CLIENTS)

Guidelines, Low-risk Drinking: (Equal or LESS than)			Binge Drinking: (Drinking until BAC = 0.08% or more)	
Standard drinks:	Per Day	Per Week	Standard drinks:	Per Episode (2-3 hours)
Men under 65 years:	2	14	Men under 65 years:	More than 4
Women & Men 65+	1	7	Women & Men 65+	More than 3

Feedback - Share AUDIT Score: You scored...

- 0-7: Great job! You are doing well moderating your alcohol use.
- 8-15: In comparing your reported drinking with these guidelines, it appears that you have a few risky drinking habits. Can we talk more about that?
- 16 or more: In comparing your reported drinking with these guideline, it appears that there are reasons to be concerned about your health. It it’s okay with you, I’d like to talk more about the role of alcohol in your life.  
 “Drinking more than recommended can put you at risk for social or legal problems, as well as illness and injury. What are your thoughts on that?”

## Brief Intervention (Score 16 or higher)

### Pros and Cons – Decisional Balance

- Through your eyes, what are the good things about using [X]?
- What are some of the not-so-good things about using [X]?
- So, on the one hand [PROS], and on the other hand [CONS].
- What do you make of that?

### Readiness to Change – Readiness ruler

*On a scale of 0-10, how ready are you to change your use of [X]?*

*Why [number they stated] and not a [lower number]? What would make it more important such that you would rate it higher?*

0-3 NOT READY (Precontemplation/Early Contemplation)

- It sounds like you are content with your current use of [X].

[ALCOHOL/DRUG EDUCATION AND FOLLOW-UP]

4-7 MAYBE? (Contemplation)

- What are some steps you think you could take to cut back?  
[READINESS RULER – ACTION PLAN – POSSIBLE REFERRAL]

8-10 READY! (Preparation, Action)

- What would change look like for you? What could be your first step?  
[READINESS RULER – ACTION PLAN]

### Action Plan

Additional Ways to Reduce Drinking	Ideas to Stay Sober and Prevent Relapse
<ul style="list-style-type: none"><li>- Substitute non-alcoholic drink between alcoholic drinks</li><li>- Pace self when drinking (1 drink/hr = 4 total)</li><li>- Be the designated driver</li><li>- Participate in sober activities (hiking, going to the movies)</li></ul>	<ul style="list-style-type: none"><li>- Avoid risky places, people, and/or environments</li><li>- Seek sober support groups (local or online)</li><li>- Redirect thoughts about drinking</li><li>- Talk to someone safe</li><li>- Check-out relapse prevention apps/websites</li></ul>

### Help set clear goals: SMART

**Specific** “So you plan to cut back and have one drink an hour and stop at 4 this weekend.”

**Measurable** “It sounds like having a water/soda in between each drink will help you cut back.”

**Attainable** “I hear you say you would like to reduce your drinking by drinking 2 nights a week

**Realistic** ...and keep it below 3 drinks each time.”

**Time Frame** “So you plan to stop drinking for two weeks and see how you do without alcohol.”

## Referral to Treatment

### Consider a referral when:

- Client expresses he/she wants to stop drinking, but “can’t”
- Client asks for help and is ready to change
- Know local resources and have contact information available.
- Complete referral WITH patient, if possible.
- Support desire to change and ability to do it!
- Follow-up, if at all possible. Make plan for next appointment, call, or other contact.

## Readiness for Change Ruler

Not at all  
Ready



Completely  
Ready