



## Screening, Brief Intervention, & Referral to Treatment

I-LOW RISK/ABSTAIN  
AUDIT:0-7 DAST:0

II - RISKY  
AUDIT:8-15 DAST:1-2

III - HARMFUL  
AUDIT:16-19 DAST:3-5

IV - DEPENDENT  
AUDIT:20+ DAST:6+

Low-Risk Drinking Limits	Men 64 years & under	Women & Men 65+
On a Single Day	No more than <b>4</b> drinks on any day	No more than <b>3</b> drinks on any day
Per Week	No more than <b>14</b> drinks per week	No more than <b>7</b> drinks per week

### What is a “standard” drink?

12 fl. oz. of regular beer	8-9 fl. oz. of malt liquor	5 fl. oz. of table wine	1.5 fl. oz. shot of 80 proof liquor/spirits
			

<p><b>Build Report</b></p>	<ul style="list-style-type: none"> <li>- Hello, I am _____. Would you mind taking a few minutes to talk with me about your use of [X]?</li> <li>- Before we start, can you tell me a little bit about a day in your life? Where does your [X] use fit in?</li> </ul>
<p><b>Pros &amp; Cons of Use</b></p>	<ul style="list-style-type: none"> <li>- Help me understand through your eyes the good things about using [X]. What are some of the not so good things about using [X]?</li> <li>- So on one hand <u>PROS</u>, and on the other hand <u>CONS</u>.</li> </ul>
<p><b>Feedback</b></p>	<ul style="list-style-type: none"> <li>- I have some information about the guidelines for low-risk drinking, would you mind if I shared them with you?</li> <li>- We know that drinking 4 or more (F)/5 or more (M) drinks in one sitting or more than 7F/14M in a week and/or use of illicit drugs can put you at risk for illness or injury. It can also cause health problems like [insert medical info].</li> <li>- What are your thoughts on that?</li> </ul>
<p><b>Readiness to Change</b></p>	<ul style="list-style-type: none"> <li>- This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your [X] use?</li> <li>- You marked _____. That's great. That means you are _____% ready to make change.</li> <li>- What are some options/steps that will work for you?</li> <li>- What do you think you can do to stay healthy and safe?</li> <li>- Tell me about a time when you overcame challenges in the past. What kinds of resources did you call upon them? Which of those are available to you this time?</li> </ul>
<p><b>Prescription for Change</b></p>	<ul style="list-style-type: none"> <li>- Will you summarize the steps you will take to change your [X] use? I've written down a plan, a prescription for change, to keep with you as a reminder.</li> <li>- Give referrals if appropriate: outpatient counseling, suboxone, methadone clinic; needle exchange &amp;/or AA/NA; primary care, mental health, shelter; handout and information;</li> <li>- Thank you for sharing with me today.</li> </ul>