

Do you sometimes drink beer, wine or liquor?

What is a standard drink?

12 oz Beer	8-9 oz Malt Liquor	5 oz Wine	1.5 oz/ 1 shot
			
=	=	=	
~5%	~7%	~12%	~40%

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

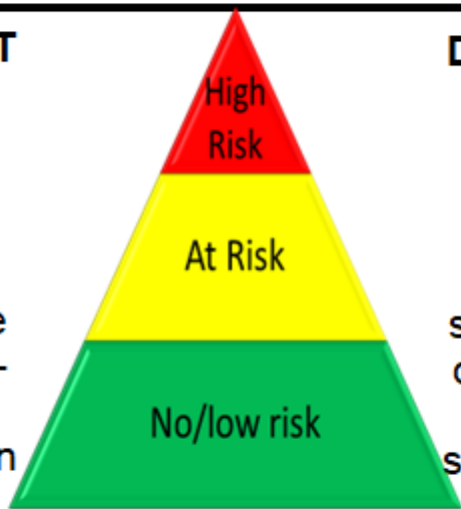
How many times in the last 12 months have you had X or more drinks in one day?

Men: X = 5 Women: X = 4

Your Risk Level:

AUDIT
≥14

4-13
or +
single
question
screen



DAST
≥3

1-2
or +
single
question
screen

In the last 12 months, on how many days did you use pot (marijuana), use another street drug, or use a prescription medication "recreationally" (just for the feeling or more than prescribed)?

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



Extremely

Zone II: At Risk
AUDIT 4-13; DAST 1-2
or Positive Single-Question Screen

Zone III: High Risk
AUDIT ≥ 14; DAST 3+

Raise the Subject

Ask permission: "I appreciate you answering our health questionnaire.. Could we take a minute to discuss your results?"

Provide Feedback

1. Identify risk level: refer to pyramid & provide patient's AUDIT/DAST score & risk level(s). "What do you make of this?"
2. Explain any connection between substance use and the reason(s) for patient's current medical visit.
3. Educate regarding low risk drinking limits
4. Give recommendation to quit or cut back.

Enhance Motivation

On a scale of 0-10, how ready are you to cut back or quit your alcohol/drug use?"
 If >0, "Why that number and not a lower one?"
 [If time allows, also use rulers to ask about importance, confidence]
 Use OARS: Open-ended questions, Affirmations, Reflections, Summaries.
 Look for and reflect change talk.
 If readiness is low, ask about good & not so good aspects of substance use.

Negotiate Plan

If you were to make a change, what would be your first step?"
 Encourage a specific plan/goal to reduce use, abstain and/or seek referral.
 Support patient autonomy & make an affirming statement.
 Schedule follow-up.

Additional Steps:

Ask: "If you go a day or 2 without drinking/using do you ever get sick, shaky, have tremors/seizures/cramps, or see/hear things that are not there?"

Offer menu of options for more help:

- ▶ Medication (naltrexone, acamprosate, disulfiram, methadone, Suboxone)
- ▶ Referral
 - Counseling/Brief treatment
 - Support group (e.g., AA, NA, Celebrate Recovery)
 - Treatment or substance abuse program

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