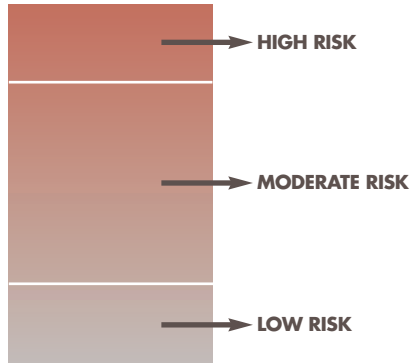


## YOUR SCREENING RESULT



## A STANDARD DRINK ANY DRINK CONTAINING ABOUT 14 GRAMS OF ALCOHOL\*

\*NIAAA ([www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov))



12 oz beer      5 oz wine      1.5 oz liquor

## LOWER RISK DRINK LIMITS\*

|                       | OCCASION | WEEKLY |
|-----------------------|----------|--------|
| WOMEN                 | 3        | 7      |
| MEN                   | 4        | 14     |
| OVER 65               | 3        | 7      |
| <b>LESS IS BETTER</b> |          |        |

- IT'S SAFEST TO AVOID ALCOHOL IF YOU ARE**
- taking medications that interact with alcohol
  - have a health condition made worse by drinking
  - underage
  - planning to drive a vehicle or operate machinery
  - pregnant or trying to become pregnant

HOW READY ARE YOU?      HOW CONFIDENT ARE YOU?      HOW IMPORTANT IS IT TO YOU?



|  |   |
|--|---|
| <b>ASK PERMISSION</b>                            | <b>"I appreciate your answering our health questionnaire. I would like to take a minute to discuss your results. Is that okay with you?"</b>  |
| <b>PROVIDE FEEDBACK</b>                          | <b>Provide the individual's screening score.<br/>"Drinking at this level can be harmful to your health and could possibly be responsible for the health problem you came in today to see us about. How do you feel about that?"</b>   |
| <b>ENHANCE MOTIVATION AND ELICIT CHANGE TALK</b> | <b>"What do you enjoy about drinking? What do you not enjoy about drinking?"<br/>"On a scale from 0-10, how ready are you to decrease or quit your drinking?"<br/>"On a scale from 0-10, how important is it for you to decrease or quit your drinking?"<br/>"On a scale from 0-10, how confident are you that you will be able to make this change?"</b> |
| <b>ADVISE WITH PERMISSION</b>                    | <b>Refer to drink limit guidelines and discuss possible health consequences related to use. Advise to quit or cut down per NIAAA guidelines (<a href="http://www.rethinkingdrinking.niaaa.nih.gov">www.rethinkingdrinking.niaaa.nih.gov</a>).</b>   |
| <b>NEGOTIATE GOALS</b>                           | <b>"If you were to make a change, what would be your first step? What would be the challenges? How would you overcome these challenges?"</b>  |
| <b>CLOSE ON GOOD TERMS</b>                       | <b>Summarize, emphasize the individual's strengths, highlight change talk, decisions and goals. Arrange for follow-up as appropriate.</b>   |

This guide can be used for other risky behaviors, such as tobacco or illicit drug use.

**OPTIONS FOR MORE HELP**

- Medication
- Referral

**-[www.LinkinCare.org](http://www.LinkinCare.org)**  
**-Counseling/brief therapy**