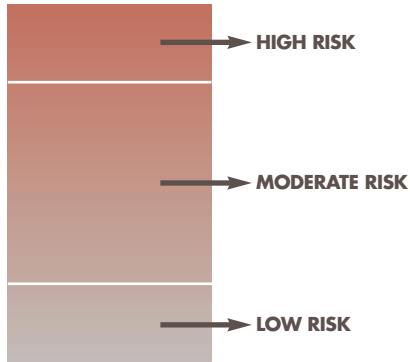


## YOUR SCREENING RESULT



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



12 oz  
beer

5 oz  
wine

1.5 oz  
brandy

1.5 oz  
liquor

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

## LOWER RISK DRINK LIMITS\*

	DAILY LIMITS	WEEKLY LIMITS
WOMEN	3	7
MEN	4	14
OVER 65	3	7
LESS IS BETTER		

**Abstinence** if driving or are pregnant  
**Lower limits** if taking medication that interacts  
with alcohol or have a health condition  
exacerbated by alcohol

## HOW READY AND CONFIDENT ARE 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 patient's screening score. "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?" "On a scale of 0-10, how ready are you to cut back or quit your alcohol use?" If &gt;5, "Why that number and not a lower one?" If &lt;5, "What would have to happen to move you from X to X?" On a scale of 0-10, how confident are you that you could move from X to X?"</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 patient strengths, highlight change talk and decisions and goals. Arrange for follow-up as appropriate. 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
  - Referral data base: [IntergratingCare.org](http://IntergratingCare.org)
  - Counseling/brief therapy