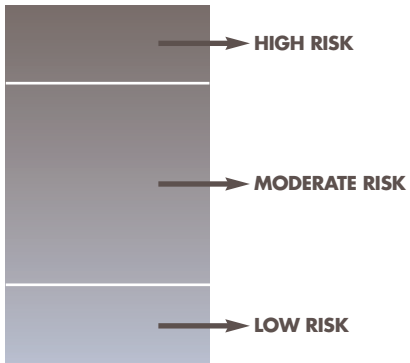


## YOUR SCREENING RESULT



## 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

**LESS IS BETTER**

### 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?

NOT AT ALL      0      1      2      3      4      5      6      7      8      9      10      EXTREMELY

SOMEWHAT



<b>ASK PERMISSION</b>	<i>"Thank you for answering these questions, do you mind if we talk more about the results?"</i>
<b>PROVIDE PERSONALIZED FEEDBACK</b>	Provide screening score and its meaning. Personalize feedback by tying risk to presenting problems. <i>"Based on your screening score, you are at risk for health and other problems related to your current pattern of use (including the reason for your visit today)."</i>
<b>PROMOTE PERSONAL RESPONSIBILITY</b>	Messages such as: <i>"What you do with this information is up to you"</i> and <i>"Nobody can decide for you"</i> enable the patient to retain personal control over their behavior and its consequences.
<b>ADVISE WITH PERMISSION</b>	<i>"The best way to reduce your risk of experiencing these problems is to cut down or stop using altogether. If it's alright with you I'd like to talk with you about that."</i> Review reported alcohol use by referring to NIAAA recommended drinking guidelines, as applicable. Then ask, <i>"What are your thoughts about this?"</i>
<b>ENHANCE MOTIVATION AND ELICIT CHANGE TALK</b>	<p><i>"What do you (enjoy/dislike) about drinking?"</i></p> <p><i>"What would (be difficult for you/benefit you) if you cut back on your drinking?"</i></p> <p><i>"On a scale of 0-10, how important is it for you to decrease or quit your drinking?"</i></p> <p><i>"On a scale of 0-10, how ready are you to decrease or quit your drinking?"</i></p> <p><i>"On a scale of 0-10, how confident are you that you will be able to make this change?"</i></p>
<b>MENU OF OPTIONS TO ENCOURAGE A CHANGE PLAN</b>	Allow patient to choose from a range of change strategies most suitable for their situation and which they feel will be most helpful. <i>"What are some steps you want to take to make a change?"</i> <i>"What could help you accomplish your goal?"</i> Ask to provide the patient with take-home materials presenting such strategies.
<b>EXPRESS EMPATHY AND EVOKE SELF-EFFICACY</b>	Empathy involves an accepting, non-judgmental approach to understand the patient's point of view. Summarize the conversation; emphasize the individual's strengths; highlight decisions/goals; thank the patient.

**OPTIONS FOR MORE HELP**

- Medication
- Referral
- [www.ct.gov/DMHAS](http://www.ct.gov/DMHAS)
- Counseling/brief therapy

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