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| Intervene          |  |                    |   |
|--------------------|--|--------------------|---|
| 1.                 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; background-color: #2c4e64; color: white; padding: 5px;">Raise the subject</td> <td style="padding: 5px;">Is it okay if we talk about your substance use? Can you tell me about your _____?</td> </tr> </table>  | Raise the subject  | Is it okay if we talk about your substance use? Can you tell me about your _____?   |
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| 2.                 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; background-color: #2c4e64; color: white; padding: 5px;">Provide feedback</td> <td style="padding: 5px;">Your (alcohol/drug use) is above safe limits and I'm concerned about how it affects your health.</td> </tr> </table>  | Provide feedback   | Your (alcohol/drug use) is above safe limits and I'm concerned about how it affects your health.  |
| Provide feedback   | Your (alcohol/drug use) is above safe limits and I'm concerned about how it affects your health.   |                    |   |
| 3.                 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; background-color: #2c4e64; color: white; padding: 5px;">Offer advice</td> <td style="padding: 5px;">I'd like you to consider cutting back on your _____ use.</td> </tr> </table>  | Offer advice       | I'd like you to consider cutting back on your _____ use.  |
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| 4.                 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; background-color: #2c4e64; color: white; padding: 5px;">Enhance motivation</td> <td style="padding: 5px;">                     Use OARS techniques to enhance internal motivation.                     <ul style="list-style-type: none"> <li>What are some of the pros and cons of your _____ use?</li> <li>On a scale of 0 – 10, how ready are you to cut down?</li> </ul> </td> </tr> </table> | Enhance motivation | Use OARS techniques to enhance internal motivation. <ul style="list-style-type: none"> <li>What are some of the pros and cons of your _____ use?</li> <li>On a scale of 0 – 10, how ready are you to cut down?</li> </ul> |
| Enhance motivation | Use OARS techniques to enhance internal motivation. <ul style="list-style-type: none"> <li>What are some of the pros and cons of your _____ use?</li> <li>On a scale of 0 – 10, how ready are you to cut down?</li> </ul>  |                    |   |
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| Probable Risk<br><small>(actual risk can only be determined by assessment)</small> |   |
|--|---|
| Low Risk   | No "yes" responses  |
| Moderate Risk  | Exceeds daily/weekly limits   |
| Higher Risk  | Any of the below: <ul style="list-style-type: none"> <li>exceeds daily/weekly limits</li> <li>drank more than intended</li> <li>thought of cutting down</li> <li>intoxicated when could have hurt self or others</li> </ul> |
| Recommended Action   |   |
| Low Risk   | Reinforce   |
| Moderate Risk  | Brief Intervention  |
| Higher Risk  | Brief Intervention + assess for SUD + consider referral   |

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**Screen**

**Women of all ages Men 65 or older**

- in the past year, have you had 4 or more drinks in a day?
- in a typical week, do you have more than 7 drinks?

**Men under 65**




- in the past year, have you had 5 or more drinks in a day?
- in a typical week, do you have more than 14 drinks?

**Women and Men: in the past year, have you used...**


- pot, other street drugs or Rx drugs for non-medical reasons?
- drank more than you meant to?
- thought about cutting down on your drinking/drug use?
- been intoxicated when you could hurt yourself/others?

| Low Risk Limits | Drinks per day | Drinks per week |
|-----------------|----------------|-----------------|
| All Women       | 3              | 7               |
| Men over 65     | 3              | 7               |
| Men under 65    | 4              | 14              |


**Serving size**

|  |   |   |
|--|---|---|
| <br>Beer<br>12 OZ | <br>Wine<br>5 OZ | <br>Liquor<br>1.5 OZ |
|--|---|---|


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Call SAMSHA's Free 24 Hour Toll-Free Treatment Referral Helpline at 1-800-662-4357

Key motivational interviewing techniques

OARS    Open ended questions    Affirmations    Reflections    Summaries

REDS    Roll with resistance    Express empathy    Develop Discrepancy    Support self-efficacy

**Readiness Ruler**

|         |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |    |     |
|---------|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|----|-----|
| 0       |  | 1 |  | 2 |  | 3 |  | 4 |  | 5 |  | 6 |  | 7 |  | 8 |  | 9 |  | 10 |     |
| Not now |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |    | Now |

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