

How many times in the past year have you had x or more drinks in one day? Men x = 5 · Women x = 4 · Positive = 1 or more times

## Tips for Giving Feedback



HEALTH



LEGAL



PREGNANCY



WORK



INJURY



SLEEP



FAMILY



FINANCES

## A Standard Drink

Any Drink Containing About  
14 Grams Of Alcohol\*

\*NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))

12 fl oz beer     =     5 fl oz  
table wine     =     1.5 fl oz liquor  
(vodka, tequila, etc.)



~5% alcohol



~12% alcohol



~40% alcohol

Craft beers often contain a higher % alcohol.

See *Lower Risk Drink Limits* chart to know your limit.

## Lower Risk Drink Limits\*

	Per Day	Per Week
WOMEN	3	7
MEN	4	14
OVER 65	3	7

LESS IS BETTER

Adult SBIRT

### AVOID ALCOHOL IF YOU

- take medications that interact with alcohol
- have a health condition made worse by drinking
- are under 21 years of age
- plan to drive a vehicle or operate machinery
- are pregnant or trying to become pregnant

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

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY

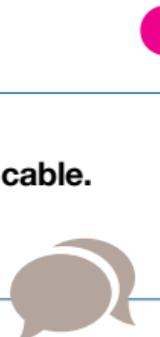
01

**RAISE THE SUBJECT****Ask permission:** "Would you mind taking a few minutes to discuss your screening results?"

02

**PROVIDE FEEDBACK**

- Review reported alcohol use and refer to lower risk alcohol guidelines.
- Discuss possible health and other consequences of use; link to purpose of visit, if applicable.
- Express concern.
- Elicit the person's response: "What do you think about this information?"



03

**ENHANCE MOTIVATION**

- "On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?"
- "On a scale of 0-10, how confident are you that you will be able to make this change?"
- "How does your current level of drinking fit with what matters most to you?"
- **When readiness is low, ask,** "What do you enjoy about drinking? What do you not enjoy about drinking?" Then summarize both sides.

04

**NEGOTIATE AND ADVISE**

- **Elicit response:** "What are your thoughts about our conversation?"
- **Negotiate a goal:** "What steps are you interested in taking to make a change?"
- **Assist in developing a plan:** "What could help you accomplish your goal? What will be challenging?"
- **Summarize the conversation. Arrange follow-up.**
- **Thank the person for having the conversation.**

*This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 9/2018*

**OPTIONS FOR MORE HELP**

Medication • Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)