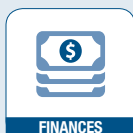


# How many times in the past year have you had x or more drinks in one day?

Men x = 5 · Women x = 4 · Positive = 1 or more times

## Tips for Giving Feedback



## 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
<b>WOMEN</b>	<b>3</b>	<b>7</b>
<b>MEN</b>	<b>4</b>	<b>14</b>
<b>OVER 65</b>	<b>3</b>	<b>7</b>

LESS IS BETTER

## 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

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY

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

## 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.**

### OPTIONS FOR MORE HELP

Medication • Referral • [www.LinkingCare.org](http://www.LinkingCare.org)

*This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 8/2016*



**COLORADO**  
Office of Behavioral Health  
Department of Human Services