

Job of Brief Interventions:

- Raise the Subject:** "If it's okay with you, let's take a minute to talk about the screening questions you answered today."
- Provide Feedback:** "I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today (and/or may interact in a harmful way with your medication)."
- Enhance Motivation:** "On a scale of 0–10, how ready are you to cut back on your use?"
If > 0: "Why that number and not a ___ (lower number)?"
If 0: "Have you never done anything while drinking (using drugs) that you later regretted?"
- Negotiate Plan:** "What steps can you take to cut back on your use?"
"How would your drinking (drug use) have to impact your life in order for you to start thinking about quitting or cutting back?"

**National SBIRT
Addiction
Technology
Transfer Center**



Adapted from SBIRT Oregon
<http://www.sbirtoregon.org>

Funded by:



Rev. 10/2014

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What is a Standard Drink?

12 oz Beer	8-9 oz Malt Liquor	5 oz Wine	1.5 oz/ 1 shot liquor
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~5% ~7% ~12% ~40%

The percent of "pure" alcohol expressed here as alcohol/volume varies by beverage.

Your Risk Level

AUDIT Scores	DAST Scores
20 - 40	6 - 8
16 - 19	3 - 5
8 - 15	1 - 2
1 - 7	0

Lower Risk Drink Limits

	Per Day	Per Week
Healthy Men	4	14
Healthy Women	3	7
Everyone ≥ 65	3	7

No drinking/using if driving, pregnant, possibly dependent or otherwise contraindicated



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