

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
WOMEN	3	7
MEN	4	14
OVER 65	3	7

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

Adult SBIRT

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. 8/2016

OPTIONS FOR MORE HELP  
Medication • Referral • [www.LinkinCare.org](http://www.LinkinCare.org)



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