



Mountain Plains (HHS Region 8)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Contact Info:

801-213-1475

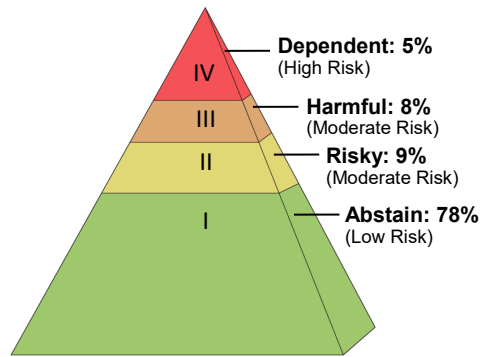
pttcnetwork.org/mountainplains

NIAAA GUIDELINES

LOW-RISK DRINKING LIMITS		
	Drinks/Week	Drinks/Day
Men	14	4
Women	7	3
All age >65	7	3

- No use for pregnant women
- No use for ages 18 - legal drinking age
- No illegal drug use
- No non-medical prescription drug use

CATEGORIES OF USE



Adapted from Oregon's SBIRT Project



I Low Risk/Abstain	II Risky	III Harmful	IV Dependent
Low Risk AUDIT: 0-7 DAST:0 ASSIST: 0-3, 0-10 (alcohol)	Moderate Risk AUDIT: 8-19 DAST: 1-5 ASSIST: 4-26		High Risk AUDIT: 20+ DAST: 6 ASSIST: 27+

STEPS OF THE BRIEF INTERVENTION

Raise the subject

"If it's okay with you, let's take a minute to talk about the screening form you've filled out today."

Provide feedback

"As your provider, I can tell you that tobacco use, drinking, or drug use at this level can be harmful to your physical and mental health, oral health, or be associated with other problems you are experiencing."

Enhance motivation

"On a scale of 0-10, how ready are you to cut back?"

- If >0: "Why that number and not a ___ (lower one)?"
- If 0: "Have you ever done anything while drinking (using drugs) that you later regretted?"

Negotiate plan

- "What steps can you take to cut back your use?"
- "How would your tobacco use, drinking, or drug use have to impact your life in order for you to start thinking about cutting back?"