SCREENING, BRIEF INTERVENTION, and REFERRAL to TREATMENT at NORTHERN



	1. RAISE THE SUBJECT	Is it OK if we talk about your substance use? Tell me about your					
	2. PROVIDE FEEDBACK Your [alcohol/drug] use is above safe limits and I am concerned about how that affects your						
È	3. OFFER ADVICE	I would like you to consider cutting back on your use.					
R V E	4. ENHANCE MOTIVATION	Use OARS* techniques to enhance internal motivation What are some of the pros and cons of your use? On a scale of 1-10, how ready are you to cut down?					
N E	5. NEGOTIATE A PLAN	 What steps can you take to cut down? Can we schedule a follow up visit to talk about this? 					

KEY MOTIVATIONAL INTERVIEWING TECHNIQUES													
OARS:	OPEN ENDED QUESTIONS				AFFIRMATIONS			REFLECTIONS			SUMMARIES		
REDS:	ROLL WITH RESISTANCE			EXPRI	ESS EMPATH	Y	DEVELOP DISCREPANCY			SUPPORT SELF-EFFICACY			
READINESS RULER													
NOT NOW	0	1	2	3	4	5	6	7	8	9	10	NOW	
NOTNOW	Ļ	1 1	1 1	1 1	1 I	I I .	l t	i i .	ļļ.	1 1	1 1	NOW	

SCREEN

3

4

WOMEN/MEN ≥ 65

MEN < 65

WOMEN OF ALL AGES, AND MEN ≥ 65 *ACTUAL RISK CAN ONLY BE DETERMINED BY ASSESSMENT No "YES" responses In the past year, have you had 4 or more drinks in a day? Exceeds Daily OR Weekly Limit In a typical week, do you have more than 7 drinks? ANY of the below: MEN < 65 Exceeds daily + weekly limit In the past year, have you had 5 or more drinks in a day? Drank more than intended . Thought of cutting down In a typical week, do you have more than 14 drinks? Intoxicated when could have hurt WOMEN AND MEN: IN THE PAST YEAR, HAVE YOU... self/others used pot, other street drugs or Rx drugs for non-medical reasons? **YES** to illicit/Rx drug misuse drunk more than you meant to? LOW RISK Reinforce thought about cutting down on your drinking or drug use? **MODERATE RISK Brief Intervention** been intoxicated on alcohol/drugs when you could hurt yourself or others? **Brief Intervention** LOW RISK LIMITS **DRINKS/WEEK** DRINKS/DAY **HIGHER RISK** + Assess for SUD + Consider Referral

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PROBABLE RISK* and RECOMMENDED ACTION

IOW

MODERATE

HIGHER

TBD BY

ASSESSMENT