

Low-risk drinking limits

	Drinks per week	Drinks per day
Men	14	4
Women	7	3
All ages >65	7	3
Pregnancy	0	0

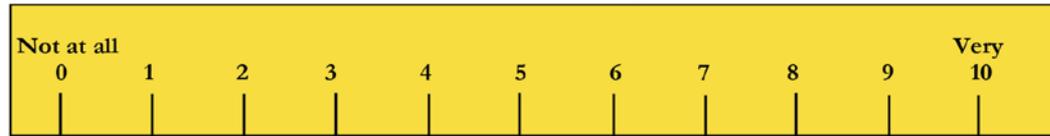
One standard drink

12 fl oz of regular beer = 8-9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits ("hard liquor" — whiskey, gin, rum, vodka, tequila, etc.)

about 5% alcohol about 7% alcohol about 12% alcohol about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Readiness for change ruler



Raise the subject

"Can you tell me more about your drinking or drug use? Do you smoke? What does a typical week look like?"

Provide feedback

"Many patients who score into this zone have difficulty just cutting back and need to abstain from drinking alcohol."

Enhance motivation

- "What do you like and what are you concerned about when it comes to your alcohol/drug use?"
- "On a scale of 0-10, how ready are you to cut back/seek specialized treatment? Why not a lower number?"

Negotiate plan

Summarize conversation. Then: "What steps do you think you can take to reach your goal of cutting back/seeking specialized treatment?"

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Key Motivational Interviewing Techniques

OARS: Open ended questions

Affirmations

Reflections

Summaries

REDS: Roll with Resistance

Express Empathy

Develop Discrepancy

Support Self Efficacy