

How many times in the past year have you used tobacco, alcohol or marijuana?

Never, Once or twice, Monthly, Weekly or more

Potential consequences of alcohol and drug use:



Brain



Injury



Legal Issues



Driving



School



Money



Violence



Pregnancy



Sexually Transmitted Infections

How much is one drink?

Any Drink Containing About 14 Grams Of Alcohol*

*NIAAA (www.RethinkingDrinking.NIAAA.NIH.gov)



12 fl oz beer

5 fl oz table wine

1.5 fl oz liquor (vodka, tequila, etc.)

Alcohol use is related to the most common causes of injury and death among adolescents.

Risk Levels

- Never/No use = No risk.
- Once or twice in past year = Low risk.
- Monthly use = Moderate risk.
- Weekly or more = High risk.

What is binge drinking?

	YEARS	DRINKS IN A SITTING
FEMALES	9-17	3
MALES	9-13	3
	14-15	4
	16-17	5

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY

HOW IMPORTANT IS IT TO YOU? | HOW READY ARE YOU? | HOW CONFIDENT ARE YOU?

01 RAISE THE SUBJECT

Build rapport: Explore how things are going. **Ask permission:** “Would it be ok to discuss your answers to the alcohol and drug questions?”

02 PROVIDE FEEDBACK

- **Review reported responses. Reinforce positive choices:** “It’s great that you’ve chosen not to use alcohol or drugs at this stage of your life.
What made you make that decision?”
- **Provide feedback:** “Alcohol/marijuana use can be especially harmful at this stage of your life when your brain is still developing...”
- **Recommend abstinence:** “Because I care about your well-being, the best choice is to completely avoid alcohol and drugs at this time in your life.”
- **Elicit response:** “What do you think about this information?”

03 ENHANCE MOTIVATION

- **Explore pros and cons:** “What do you like about drinking/using marijuana?” “What are some of the not so good things about drinking/using marijuana?” Summarize both sides.
- **Explore readiness to change:** “On a scale where 0 is not at all ready and 10 is very ready, how ready are you to stop drinking/using marijuana?” **Respond:** “What made you choose x and not a lower number?”
- **Reasons to change:** “What are some of the best reasons you can think of to avoid alcohol/marijuana?”

04 NEGOTIATE AND ADVISE

- **Reinforce autonomy:** “What you choose to do is up to you.” **Elicit input from adolescent:** “What next steps would you like to take?”
- **Negotiate a goal.**
- **Harm reduction:** Contract for Life (if ‘yes’ to car question).
Ask: “What steps could you take to reduce harms from alcohol or drug use?”
- **Assist with developing a plan.** Address co-occurring mental health and other issues.
- **Arrange follow-up:** depends on level of risk.
- **Thank them.**

OPTIONS FOR MORE HELP

Referral • www.LinkingCare.org

This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 8/2016



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