

SBIRT INTERVENTION SCORING RANGES

Risk Level	Alcohol	Drugs	Recommended Intervention
No/Low	0-10	0-3	Screening and Feedback
At-Risk	11-17	4-17	Brief Intervention*
Moderate	18-26	18-26	Brief Treatment*
High	27+	27+	Referral to Treatment*

* Indicates that you should use a brief negotiated interview to complete this intervention

STEPS OF THE BRIEF NEGOTIATED INTERVIEW (BNI)

Raise the Subject and Build Rapport

- Begin with a general conversation.
- Ask permission to talk about alcohol/drugs.
- Explore the pros and cons of use.
 - “What are the good things about using alcohol/drugs?”
 - “What are some of the not-so-good things about using alcohol/drugs?”
- Ask open-ended questions.
- Reflections.

Provide Feedback

- Ask permission to give information.
- Discuss screening findings.
- Link substance use behaviors to any known consequences.

Build Readiness to Change

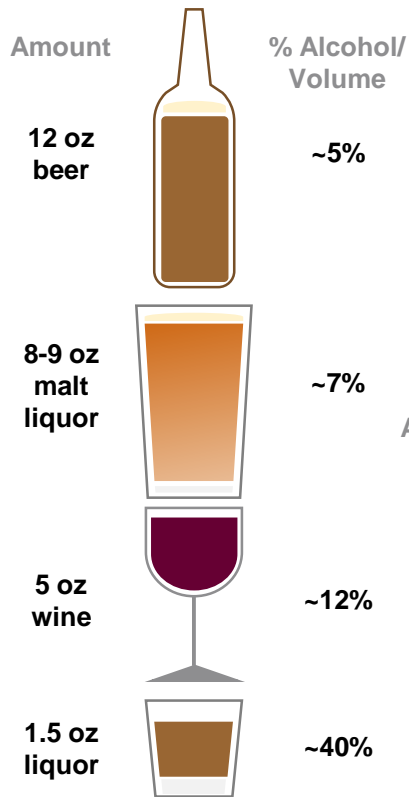
“Could we talk for a few minutes about your interest in making a change?”

“On a scale from 1 to 10, 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your substance use?”

Negotiate a Plan for Change

- A plan for reducing use to low-risk levels.
- An agreement to follow up with specialty treatment services

What is a Standard Drink?

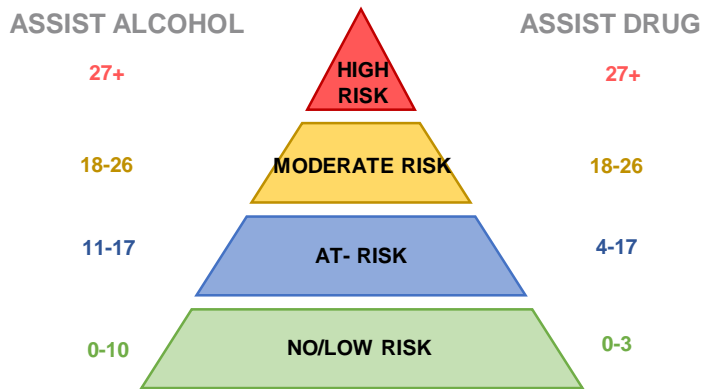


Low Risk Drinking Limits

	Per Day	Per Week
Men <65	4	14
Women & Men ≥ 65	3	7

No drinking/using if driving, pregnant, or otherwise contraindicated

Your Risk Level



AUDIT-C Initial Screen

1. How often do you have a drink containing alcohol?
2. How many drinks containing alcohol do you have on a typical day you are drinking?
3. How often do you have "X" or more drinks on one occasion?

Men: x = 5

Women & Men ≥ 65: x = 4

Drug Use Initial Screen

In the past 12 months, have you used marijuana, another street drug, or used a prescription medication just for the feeling, more than prescribed, or that was not prescribed for you?

