

## SBIRT INTERVENTION SCORING RANGES

Risk Level	AUDIT	DAST-10	Recommended Intervention
<b>No/Low</b>	0-6 (Women); 0-7 (Men)	0	Screening and Feedback
<b>At-Risk</b>	7-15 (Women); 8-15 (Men)	1-2	Brief Intervention*
<b>Moderate</b>	16-19	3-5	Brief Treatment*
<b>High</b>	20+	6+	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

