

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

Never, Once or twice, Monthly, Weekly or more

Potential negative outcomes of alcohol and drug use:



Brain



Injury



Legal Issues



Driving



School



Money



Violence



Unintended Pregnancy



Unsafe sex and sexually transmitted infections

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

How much is one drink?

Any Drink Containing About 14 Grams Of Alcohol*

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



12 fl oz beer
Craft beers often contain a higher % alcohol.

5 fl oz table wine

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

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

Adolescent SBIRT

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

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY

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.**

This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 5/2021

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OPTIONS FOR MORE HELP

Referral • www.colorado.gov/ladders