

How many times in the past year have you had X or more drinks in one day?

Men X = 5 · Women X = 4 · Positive = 1 or more times

Tips for Giving Feedback



ALCOHOL



A Standard 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.)



~5% alcohol



~12% alcohol



~40% alcohol

Craft beers often contain a higher % alcohol.

Lower Risk Drink Limits

No more than...

	Per Day	and	Per Week
WOMEN	3		7
MEN	4		14
OVER 65	3		7

LESS IS BETTER

AVOID ALCOHOL IF YOU

- Take medications that interact with alcohol
- Have a health condition made worse by drinking
- Are under 21 years of age
- Plan to drive a vehicle or operate machinery
- Are pregnant or trying to become pregnant

NOT AT ALL

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

1

2

3

4

5

6

7

8

9

10

EXTREMELY

01 RAISE THE SUBJECT

Ask permission: *“Would you mind taking a few minutes to discuss your screening results?”*

02 PROVIDE FEEDBACK

- **Review reported alcohol use and refer to lower risk alcohol guidelines.**
- **Discuss possible health and other consequences of use; link to purpose of visit, if applicable.**
- **Express concern.**
- **Elicit the person’s response:** *“What do you think about this information?”*

03 ENHANCE MOTIVATION

- *“On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?”*
- *“On a scale of 0-10, how confident are you that you will be able to make this change?”*
- *“How does your current level of drinking fit with what matters most to you?”*
- **When readiness is low, ask,** *“What do you enjoy about drinking? What do you not enjoy about drinking?”* Then summarize both sides.

04 NEGOTIATE AND ADVISE

- **Elicit response:** *“What are your thoughts about our conversation?”*
- **Negotiate a goal:** *“What steps are you interested in taking to make a change?”*
- **Assist in developing a plan:** *“What could help you accomplish your goal? What will be challenging?”*
- **Summarize the conversation. Arrange follow-up.**
- **Thank the person for having the conversation.**

OPTIONS FOR MORE HELP

Referral • www.colorado.gov/ladders

This guide can be used for other substance use, including tobacco, marijuana, or illicit drug use. 6/2021

