

For Zone III: Brief Intervention

ZONE I	Audit 0-7 Low risk/Abstain	ZONE II	Audit 8-15 Risky	ZONE III	Audit 16-19 Harmful	ZONE IV	Audit 20+ Dependent
---------------	-------------------------------	----------------	---------------------	-----------------	------------------------	----------------	------------------------

Raise the subject: "If it's okay with you, let's talk about the health and wellness form you filled out today."

Provide feedback: "I am concerned about how your drinking may affect your health and possibly the health problem you came in for today." **State low-risk drinking limits.**

Assess readiness to change: "Are you ready to cut back your use?"

YES Proceed to plan

NO Select: Not ready to change. "What would have to happen for you to consider cutting back?" If patient is unwilling, the Brief Intervention will end here.

Negotiate a plan: "Let's set a drinking goal; what do you think will work best for you?"

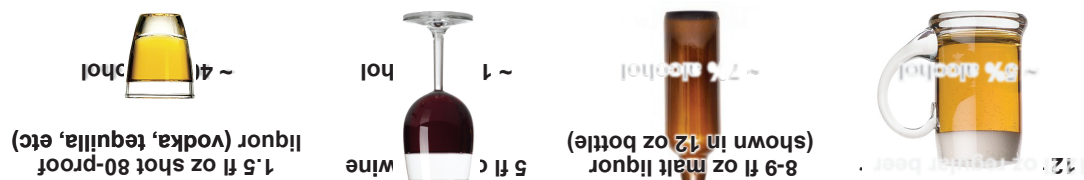
(Try to make it within limits, but keep realistic.)

Enter goal: # drinks per week and per day on drinking agreement.

NO DRINKING if driving, pregnant or possibly dependent.

Low Risk Drinking Limits:

All ages > 65
Men 14 drinks per week / 4 drinks per day
Women 7 drinks per week / 3 drinks per day



What is a standard drink?

