**LOW RISK DRINKING LIMITS**

<table>
<thead>
<tr>
<th>Group</th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Age 65 or older</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Drinking patterns in U.S. adults**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
<th>Highest risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>9%</td>
<td>drink more than both the single day limits and the weekly limits</td>
<td>Inadequate</td>
</tr>
<tr>
<td>19%</td>
<td>drink more than either the single day limits or the weekly limits</td>
<td>Increased risk</td>
</tr>
<tr>
<td>37%</td>
<td>always drink within low risk limits</td>
<td>Low risk</td>
</tr>
<tr>
<td>35%</td>
<td>never drink alcohol</td>
<td></td>
</tr>
</tbody>
</table>

**Equivalent alcohol amounts**

- 12 fl oz of regular beer
- 8-9 fl oz of malt liquor (equivalent to 12 oz of fluid)
- 5 fl oz of table wine
- 1 fl oz of 80-proof spirits

Not Ready

Drinks per week: 1
Drinks per day: 0

Sure

Drinks per week: 1
Drinks per day: 0

Ready

Drinks per week: 1
Drinks per day: 0
SBIRT – Brief Intervention

1. Raise the Subject
   - Ask permission
   - Avoid arguing or confrontation

2. Provide Feedback
   - Review reported substance use amounts and patterns.
   - Provide information about substance use and health
   - Advise to cut down or abstain.
   - Compare the person’s alcohol use to general adult population.
   - Elicit patient’s response

3. Enhance motivation.
   - Assess readiness to change.
   - Discuss pros and cons.
   - Explore ambivalence.

   - Negotiate goal.
   - Provide advice and information.
   - Summarize next steps and thank the patient.

Use OARS
- Open-ended questions
- Affirmations
- Reflections
- Summaries

For Referrals:
SWMBH 1-800-676-0423

DARN-C = change talk
- Desire
- Ability
- Reasons
- Need
- Commitment