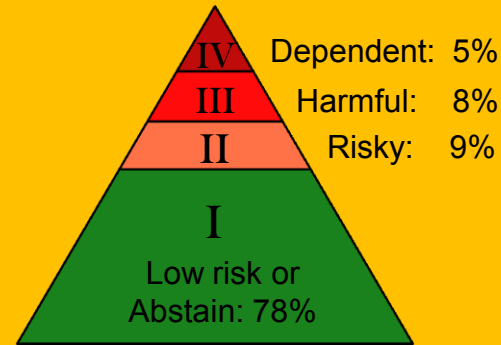


Low-risk drinking limits

	Drinks Per week	Drinks Per day
Men	14	4
Women	7	3
All age >65	7	3

Categories of drinking



I Low risk/Abstain	II Risky	III Harmful	IV Dependent
AUDIT: 0-7 DAST: 0	AUDIT: 8-15 DAST: 1-2	AUDIT: 16-19 DAST: 3-5	AUDIT: 20+ DAST: 6+

Raise the subject

- "If it's okay with you, let's take a minute to talk about the annual screening form you've filled out today."

Provide feedback

- "As your doctor, I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today."

Enhance motivation

- "On a scale of 0-10, how ready are you to cut back your use?"
 - If >0: "Why that number and not a ____ (lower one)?"
 - If 0: "Have you ever done anything while drinking (using drugs) that you later regretted?"

Negotiate plan

- "What steps can you take to cut back your use?"
- "How would your drinking (drug use) have to impact your life in order for you to start thinking about cutting back?"

Oregon alcohol & drug referral helpline:
1-800-923-4357