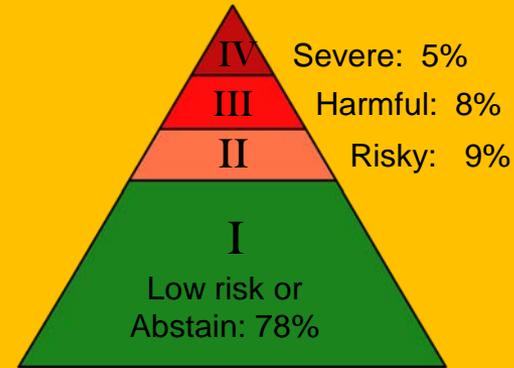


Low-risk drinking limits

	Drinks per week	Drinks per day
Men	14	4
Women	7	3
All ages >65	7	3
Pregnancy	0	0

Categories of patient drinking



Readiness ruler:



Raise the subject

- “Thank you for completing this questionnaire - is it ok if we review your results?”
- “Can you tell me more about your drinking or drug use? What does a typical week look like?”

Provide feedback

- “I recommend drinking below low-risk limits to help prevent new health problems or make existing ones worse.”
- “Many patients who score into this zone have difficulty just cutting back and need to abstain from drinking alcohol.”

Enhance motivation

- “What do you like and what are you concerned about when it comes to your alcohol/drug use?”
- “On a scale of 0-10, how ready are you to cut back/seek specialized treatment? Why not a lower number?”

Negotiate plan

- Summarize conversation. Then: “What steps do you think you can take to reach your goal of cutting back/seeking specialized treatment?”

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