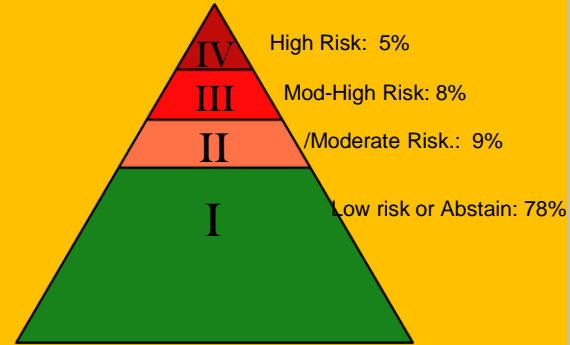


Low-risk drinking limits

	Drinks Per week	Drinks Per day
Men	14	4
Women	7	3
All age >65	7	3
Pregnancy	0	0

Categories of drinking for patients



Zone of use:	II - Moderate Risk	III - Mod-High Risk	IV - High Risk
AUDIT score:	Women: 4-12 Men: 5-14	Women: 13-19 Men: 15-19	Women and Men: 20+
DAST score:	0-2	3-5	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 medical provider, 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?”

Maine Referral Info:
 1-800-499-8900 or 211