

ST. JOHN'S UNIVERSITY

Screening, Brief Intervention and Referral to Treatment

Pre-Screening Questions

Alcohol Use

MEN How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day?

WOMEN How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day?

Drug Use

How many times in the PAST 12 MONTHS have you used an illegal drug or used a prescription medication for nonmedical reasons?

Positive screen = score \geq 1

Low Risk Drinking Limits



MEN 18-65 years:
 \leq 4 drinks per day
 \leq 14 drinks per week



WOMEN 18-65 years:
 \leq 3 drinks per day
 \leq 7 drinks per week
*Women who are pregnant or breastfeeding should not drink.



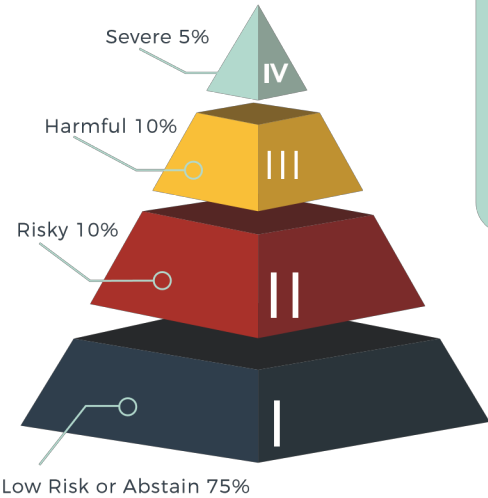
ADULTS 66+ years:
 \leq 3 drinks per day
 \leq 7 drinks per week

(Source: National Institutes of Health)

Funded by The Substance Abuse and Mental Health Services Administration

Risk Level Pyramid

Adapted from World Health Organization



ZONE OF USE	I: Low Risk
AUDIT Score	0-7
DAST Score	0
Explanation of Zone	At low risk for health or social complications
Intervention	Positive Reinforcement; Education

SBIRT Steps

Raise the Subject

Establish rapport;
 Ask permission to have a discussion about the patient's alcohol/drug use;
 Explain your role and set the agenda

Readiness Ruler

Not at All

