

SBIRT SCREENING, BRIEF INTERVENTION, and REFERRAL to TREATMENT at

I N T E R V E N E

1. RAISE THE SUBJECT

Is it OK if we talk about your substance use? Tell me about your...

2. PROVIDE FEEDBACK

Your [alcohol/drug] use is above safe limits and I am concerned about how that affects your health.

3. OFFER ADVICE

I would like you to consider cutting back on your _____ use.

4. ENHANCE MOTIVATION

- Use OARS* techniques to enhance internal motivation
- What are some of the pros and cons of your _____ use?
- On a scale of 1-10, how ready are you to cut down?

5. NEGOTIATE A PLAN

AGS

KEY MOTIVATIONAL INTERVIEWING TECHNIQUES

OARS:

OPEN ENDED QUESTIONS

AFFIRMATIONS

REFLECTIONS

SUMMARIES

REDS:

ROLL WITH RESISTANCE

EXPRESS EMPATHY

DEVELOP DISCREPANCY

SUPPORT SELF-EFFICACY

READINESS RULER

NOT NOW

0

1

2

3

4

5

6

7

8

9

10

NOW

| | |
|----------------------|-----------|
| LOW RISK | Reinforce |
| MODERATE RISK | |
| | |