

# 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

<b>LOW RISK</b>	Reinforce
<b>MODERATE RISK</b>	