

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

KEY MOTIVATIONAL INTERVIEWING TECHNIQUES

OARS:	O PEN ENDED QUESTIONS	A FFIRMATIONS	R EFLECTIONS	S UMMARIES
REDS:	R OLL WITH RESISTANCE	E XPRESS EMPATHY	D EVELOP DISCREPANCY	S UPPORT SELF-EFFICACY

READINESS RULER

NOT NOW

0 1 2 3 4 5 6 7 8 9 10

NOW

LOW RISK	Reinforce
MODERATE RISK	