

# 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

<b>OARS:</b>	<b>O</b> PEN ENDED QUESTIONS	<b>A</b> FFIRMATIONS	<b>R</b> EFLECTIONS	<b>S</b> UMMARIES
<b>REDS:</b>	<b>R</b> OLL WITH RESISTANCE	<b>E</b> XPRESS EMPATHY	<b>D</b> EVELOP DISCREPANCY	<b>S</b> UPPORT 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>	