### Low-risk drinking limits

<table>
<thead>
<tr>
<th></th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>All ages &gt;65</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### One standard drink

- 12 fl oz of regular beer (shown in a 12 oz glass)
- 8-9 fl oz of malt liquor
- 5 fl oz of table wine
- 1.5 fl oz shot of 80-proof spirits

### Readiness for change ruler

<table>
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<tr>
<th>Not at all</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>

### Key Motivational Interviewing Techniques

**OARS:**
- Open ended questions
- Affirmations
- Reflections
- Summaries

**REDS:**
- Roll with Resistance
- Express Empathy
- Develop Discrepancy
- Support Self Efficacy

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**Raise the subject**

"Can you tell me more about your drinking or drug use? Do you smoke? What does a typical week look like?"

**Provide feedback**

"Many patients who score into this zone have difficulty just cutting back and need to abstain from drinking alcohol."

**Enhance motivation**

- "What do you like and what are you concerned about when it comes to your alcohol/drug use?"
- "On a scale of 0-10, how ready are you to cut back/seek specialized treatment? Why not a lower number?"

**Negotiate plan**

Summarize conversation. Then: “What steps do you think you can take to reach your goal of cutting back/seeking specialized treatment?”

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