

# How many times in the past year have you used tobacco, alcohol or marijuana?

Never, Once or twice, Monthly, Weekly or more

## Potential consequences of alcohol and drug use:



Brain



Injury



Legal Issues



Driving



School



Money



Violence



Pregnancy



Sexually Transmitted Infections

Alcohol use is related to the most common causes of injury and death among adolescents.

## How much is one drink?

Any Drink Containing About 14 Grams Of Alcohol\*

\*NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))



12 fl oz beer

5 fl oz table wine

1.5 fl oz liquor  
(vodka, tequila, etc.)

## Risk Levels

- Never/No use = No risk.
- Once or twice in past year = Low risk.
- Monthly use = Moderate risk.
- Weekly or more = High risk.

## What is binge drinking?

	YEARS	DRINKS IN A SITTING
FEMALES	9-17	3
MALES	9-13	3
	14-15	4
	16-17	5

Adolescent SBIRT

HOW IMPORTANT IS IT TO YOU? | HOW READY ARE YOU? | HOW CONFIDENT ARE YOU?

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY



01

## RAISE THE SUBJECT

**Build rapport:** Explore how things are going. **Ask permission:** *“Would it be ok to discuss your answers to the alcohol and drug questions?”*

02

## PROVIDE FEEDBACK

- **Review reported responses. Reinforce positive choices:** *“It’s great that you’ve chosen not to use alcohol or drugs at this stage of your life. What made you make that decision?”*
- **Provide feedback:** *“Alcohol/marijuana use can be especially harmful at this stage of your life when your brain is still developing...”*
- **Recommend abstinence:** *“Because I care about your well-being, the best choice is to completely avoid alcohol and drugs at this time in your life.”*
- **Elicit response:** *“What do you think about this information?”*

03

## ENHANCE MOTIVATION

- **Explore pros and cons:** *“What do you like about drinking/using marijuana?” “What are some of the not so good things about drinking/using marijuana?”* Summarize both sides.
- **Explore readiness to change:** *“On a scale where 0 is not at all ready and 10 is very ready, how ready are you to stop drinking/using marijuana?”*  
**Respond:** *“What made you choose x and not a lower number?”*
- **Reasons to change:** *“What are some of the best reasons you can think of to avoid alcohol/marijuana?”*

04

## NEGOTIATE AND ADVISE

- **Reinforce autonomy:** *“What you choose to do is up to you.”* **Elicit input from adolescent:** *“What next steps would you like to take?”*
- **Negotiate a goal.**
- **Harm reduction:** Contract for Life (if ‘yes’ to car question). **Ask:** *“What steps could you take to reduce harms from alcohol or drug use?”*
- **Assist with developing a plan.** Address co-occurring mental health and other issues.
- **Arrange follow-up: depends on level of risk.**
- **Thank them.**

*This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 9/2018*

OPTIONS FOR MORE HELP  
Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)



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