

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

Never, Once or twice, Monthly, Weekly or more

NOT AT ALL

0  
1  
2  
3  
4  
5  
6  
7  
8  
9  
10

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

EXTREMELY

## Potential negative outcomes of alcohol and drug use:



Brain



Injury



Legal Issues



Driving



School



Money



Violence



Unintended Pregnancy



Unsafe sex and sexually transmitted infections

## 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  
Craft beers often contain a higher % alcohol.

5 fl oz table wine

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

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

## 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

## 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?”

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## 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?”
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## 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?”
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## 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.**

OPTIONS FOR MORE HELP

Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)

*This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 6/2021*



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Original content developed with funding from SAMHSA and Colorado Office of Behavioral Health.