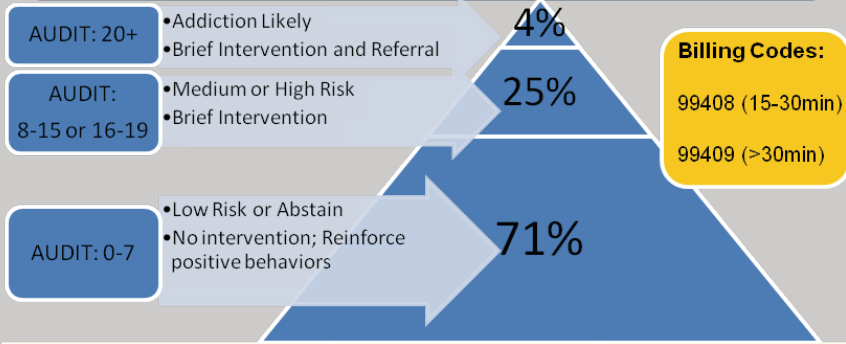


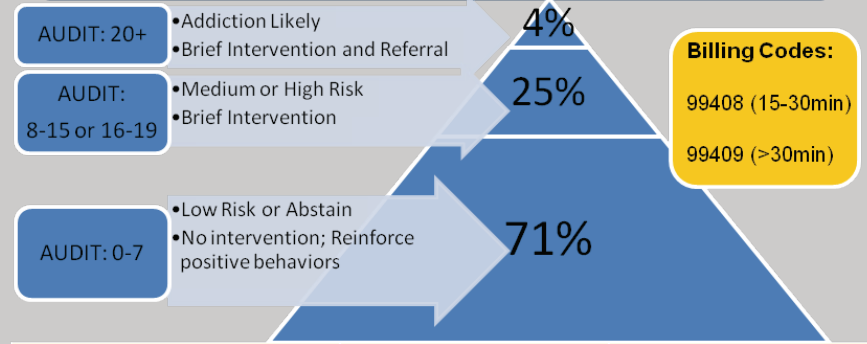
### Screening, Brief Intervention, and Referral to Treatment



Low Risk Drinking Limits	Drinks per Week	Drinks per Day
Men	14	4
Women & 65+ years	7	3

the Opportunity Alliance Public Health Program

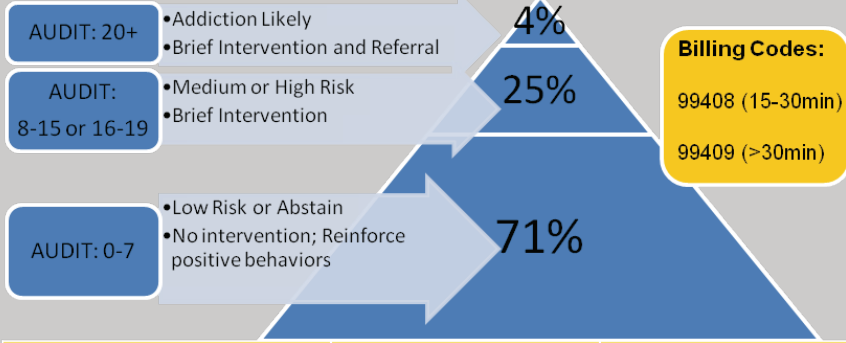
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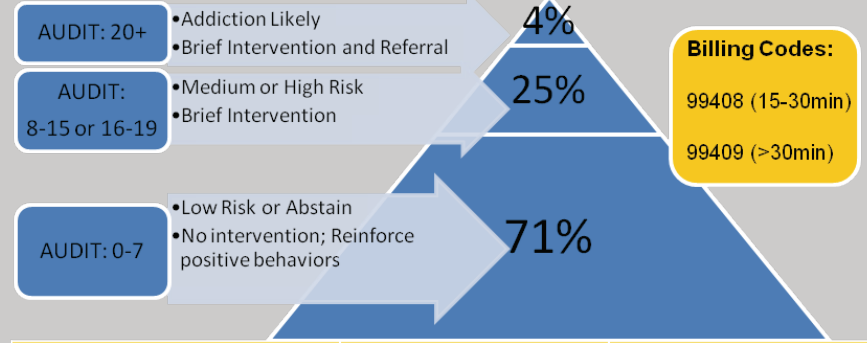
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### Approach to Brief Intervention

#### Feedback

- "It looks like you are drinking (using) [insert amount]..."
- "Drinking (using) above certain levels can cause problems such as [refer to present problems or general illness/injury risk]..."

#### Listen

- "Have you ever been concerned about your drinking (substance abuse)?" "Have your friends or family?"
- "Are you willing to change your habits?"

#### Options

- "What steps can you take to cut back your use?"
- Discuss drink limits and provide tips on cutting down and tracking drinks

#### If AUDIT Score 20+...

- Negotiate a referral to a behavioral health specialist
- Maine Alcohol & Other Drug Abuse Treatment Services: <http://www.maine.gov/dhhs/samhs/help/index.shtml>

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Warm Line 1-866-771-9276  
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