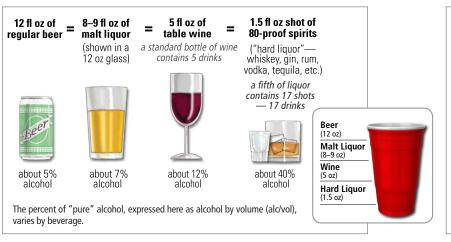
### **Alcohol:** Rethink Your Drink





### Readiness / Confidence / Importance Ruler

0 1 2 3 4 5 6 7 8 9 10

Not ready for change

Ready for change

Raise the subject	<ul> <li>Establish rapport</li> <li>Ask permission to have a discussion about the patient's alcohol/drug use</li> <li>Explain your role to set the agenda</li> </ul>
Provide feedback	<ul> <li>Review the patient's substance use patterns using NIDA and ASSIST if indicated</li> <li>Share score and review guidelines and what their score means</li> <li>Explore possible connections between health problems and substance use</li> </ul>
Enhance motivation	<ul> <li>Assess Readiness to Change — use Readiness/Confidence/Importance Ruler</li> <li>What change(s) are you considering?</li> <li>How important is it that you make this change?</li> <li>How confident are you that you are able to make this change?</li> <li>How ready are you to make this change?</li> </ul>
Negotiate plan	<ul> <li>Provide a summary and ask, "What do you think you will do?"</li> <li>Offer a menu of choices for change, provide recommendation, seek agreement</li> </ul>

Low Risk

## ASSIST-based Assessment

0-10 Alcohol

0-3 All other substances

Moderate Risk

# ASSIST-based Assessment

11–26 Alcohol

4-26 All other substances

High Risk

#### ASSIST-based Assessment

27+ on any substance; or Injected drugs more than 4 times monthly in the last 3 months