

# SBIRT BRIEF INTERVENTION CARD

## WHAT IS A STANDARD DRINK?\*

**12 fl. oz.** of  
regular beer



≈ 5% alcohol

**8–9 fl. oz.** of  
malt liquor  
*(shown in a 12 oz. glass)*



≈ 7% alcohol

**5 fl. oz.** of  
table wine



≈ 12% alcohol

**1.5 fl. oz.** shot of  
distilled spirits

*(gin, rum, tequila,  
vodka, whiskey, etc.)*

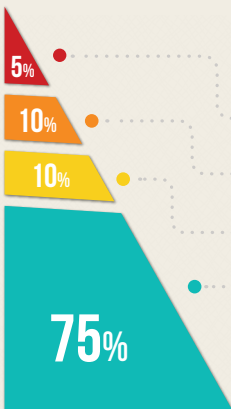


≈ 40% alcohol

\*Adapted from the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

The percent of pure alcohol in beverages varies widely. Read beverage labels to find out how much alcohol is in your drink.

## SUBSTANCE USE RISK ZONES\*



**High-risk substance use** should be further assessed by a health care professional.

**Harmful substance use** is experiencing negative health effects or social consequences from alcohol and other substance use.

**Risky substance use** is exceeding recommended limits for use, which can lead to health or social problems.

**Lower risk substance use** is either not using substances or staying within recommended guidelines. **For alcohol use**, this typically means drinking **no more than three standard drinks per day** and **no more than seven standard drinks per week**.\*

\*Some guidelines recommend different amounts for men and women or for different ages. These lower-risk drinking guidelines are intended for most adults.

**Groups that should not drink generally include** people who are pregnant, people younger than 21, people with health conditions that may worsen with alcohol use, and people taking medications that interact with alcohol.

RISK SCORING	LOWER RISK	RISKY	HARMFUL	HIGH RISK
AUDIT SCORE	0–7	8–15	16–19	20+
DAST SCORE	0	1–2	3–5	6+
CRAFFT	0	1–2	3	4+

\*Approximate percentages represent alcohol drinkers in the U.S. Adapted from the World Health Organization (WHO), 2016.

## TALKING POINTS

**Introduce yourself.** “Thanks for filling out the form. Would you mind taking a few minutes to talk with me about your use of \_\_\_\_\_? Before we start, can you tell me a little bit about a day in your life? Where does your use of \_\_\_\_\_ fit in?”

**Ask about pros and cons.** “Can you help me understand, through your eyes, the good things about using \_\_\_\_\_? What are some of the not-so-good things?” Then, work with the participant to summarize pros and cons.

**Share scores, risks, and facts.** “I have some information about the impacts of using \_\_\_\_\_. Is it okay if I share that with you? What do you think?”

**Use the readiness ruler.** “Why did you choose that number and not a lower one?”

..... **HOW READY ARE YOU TO MAKE A CHANGE?** .....  
**HOW IMPORTANT IS IT? HOW CONFIDENT ARE YOU?**



**Summarize the conversation.** “What are some steps that you are willing to take to make a change? What and who will support you in making this change? What challenges might you face?”

## GET SUPPORT

For confidential, 24/7 support and referrals, call the toll-free

**OASAS HOPEline: 1-877-846-7369**  
or text **HOPENY (467369)**

For more information, visit:  
**[oasas.ny.gov](http://oasas.ny.gov)**

**Negotiate an action plan.** Write down goals and next steps. Thank the participant and set a follow-up. Provide warm hand-offs to additional supports and referrals as needed.



**Office of Addiction  
Services and Supports**

OASAS. Every Step of the Way.