What counts as a drink

Men ages 21-65
No more than:
4 drinks per day
and no more than:
14 drinks per week

Women 21+ • Men 65+
No more than:
3 drinks per day
and no more than:
7 drinks per week

To stay low-risk, keep within BOTH the single-day AND weekly limits

Source: National Institute of Health

Proportion of population

Something to think about: 25% of the population will score an 8 or above on the AUDIT. That means 1 in 4 people will be at risk for or already have an alcohol use disorder
<table>
<thead>
<tr>
<th>Risk Scoring</th>
<th>Low Risk</th>
<th>Risky</th>
<th>Harmful</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIT Score</td>
<td>0 – 7</td>
<td>8 – 15</td>
<td>16 – 19</td>
<td>20+</td>
</tr>
<tr>
<td>DAST Score</td>
<td>0</td>
<td>1 – 2</td>
<td>3 – 5</td>
<td>6+</td>
</tr>
<tr>
<td>CRAFFT</td>
<td>0</td>
<td>1</td>
<td>2 – 4</td>
<td>5+</td>
</tr>
</tbody>
</table>

- **Build Rapport**
  - Introduce yourself and ask permission to discuss alcohol and/or drug use.

- **Pros & Cons**
  - Ask the patient to discuss the pros and cons of using alcohol and/or drugs.

- **Feedback/Discussion**
  - Ask permission to discuss AUDIT/DAST/CRAFFT scores and identify risk.
  - Review NIAAA guidelines and connect alcohol and/or drug use to health problems.
  - Ask for patient feedback about results.

- **Assess Readiness**
  - Use the readiness ruler to assess readiness for change.
  - Reinforce positives and ask about a lower number.

- **Action Plan**
  - Ask patient what they would like to change about their alcohol and/or drug use.
  - Write down steps, provide a copy to patient and offer appropriate resources.
  - Thank patient and negotiate follow-up (if warranted).

To find an available treatment bed go to: findaddictiontreatment.ny.gov or call 1-877-8-HOPENY