## SBIRT SCREENING, BRIEF INTERVENTION, and REFERRAL to TREATMENT at



1	1. RAISE THE SUBJECT Is it OK if we talk about your substance use? Tell me about your							
N	2. PROVIDE FEEDBACK	Your [alcohol/drug] use is above safe limits and I am concerned about how that affects your health.						
Ė	3. OFFER ADVICE	I would like you to consider cutting back on your	_ use.					
R V E	4. ENHANCE MOTIVATION	Use OARS* techniques to enhance internal motivation What are some of the pros and cons of your On a scale of 1-10, how ready are you to cut down?						
N	5. NEGOTIATE A PLAN	What steps can you take to cut down?     Can we schedule a follow up visit to talk about this?						
KEY MOTIVATIONAL INTERVIEWING TECHNIQUES								

OARS: OPEN ENDED QUESTIONS AFFIRMATIONS REFLECTIONS SUMMARIES  REDS: ROLL WITH RESISTANCE EXPRESS EMPATHY DEVELOP DISCREPANCY SUPPORT SELF-EFFICACY	KEY MOTIVATIONAL INTERVIEWING TECHNIQUES								
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	REDS:	ROLL WITH RESISTANCE	EXPRESS EMPATHY	<b>D</b> EVELOP DISCREPANCY	SUPPORT SELF-EFFICACY				

READINESS RULER												
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