



## SBIRT Feedback, Recommendation & Planning Guide

	AUDIT	DAST	CRAFT
<b>ZONE 1: NO RISK</b>	Score 0-7	0	Part A: All "NO" Ask Part B: "Car" Part B: 0
Intervention	Alcohol education to support low-risk use- provide brief advice	Simple advice to continue abstaining from drugs	If no to all including CAR, support abstinence and attention to safety.
Feedback	Your responses suggest that your drinking/drug use falls into the category called "low risk". That means that your drinking/drug use is not causing you any problems with your health or other aspects of your life and is unlikely to cause such problems in the future. What went into your decision to you avoid drugs/drink within the limits?		
Recommendation	The best thing you can do is to continue to stay within the recommended limits and abstain from drugs. If you ever become concerned about your use, there are always people you can talk to.		Continue to avoid alcohol and drugs and riding with anyone who has been using alcohol or drugs. Invite person to seek out help if they ever become concerned.
<b>ZONE 2: AT RISK</b>	Score 8-15	Score 1-2	Score 1-3
Intervention	BI, provide advice focused on reducing drinking to less harmful level and not using drugs.		BI/EBI: Assessment required
Feedback	Your responses suggest that your drinking/drug use falls into the category called "at risk". This means that your current pattern of drinking/drug use is likely to cause health, social, financial, legal problems.		IF CAR is reason for "1" address safe driving and riding. Any other "1":Your responses suggest that your drinking/drug use falls into the risky or problematic category. This means that the way that you're drinking/using drugs could cause health, social, financial, or legal problems.
Recommendation	The healthiest and safest option would be to - [Continue not using / quit using] drugs and - [To continue drinking / cut down to] no more than ... Men: 4 std. drinks in an occasion and 14 in a week/ Women:3 std. drinks in an occasion and 7 in a week - Of course, you could choose to continue as things are now or you could decide to cut down to other amounts.		The healthiest and safest option would be to - To stop using all together. What you do is up to you. Would it be OK if we spent some time talking about what you already know and what I know about teens using alcohol and drugs?

<b>ZONE 3: Hazardous or Harmful</b>	Score 16-19	Score 3-5	
Intervention	BI or EBI with possible referral to treatment	EBI or RT	
Feedback	Your responses suggest that your drinking/drug use falls into the category called “problem use” That means that your current drinking/drug use is beyond what’s recommended, and in the past year you’ve experienced some problems as a result of your use.		
Recommendation	The healthiest and safest option would be to - [Continue not using / quit using] drugs and - [To continue drinking / cut down to] no more than: Men: 4 drinks/occasion and 14/week Women: 3 drinks/occasion and 7/week - Of course, you could choose to continue as things are now or you could decide to cut down to other amounts.		
<b>ZONE 4: Very High Risk, Probable Substance use disorder</b>	Score 20-40	Score 6-10	Score 4 or higher
Intervention	Refer to specialist for diagnostic evaluation and treatment		RT and parental involvement with teen permission If possible
Feedback	Your responses suggest that your drinking/drug use falls into the category called “likely dependence” That means that amount you’re drinking or using is more than what’s recommended, you’re experienced some negative consequences from your drinking/drug use and you might have difficulty quitting or cutting down without some help.		Your responses indicate your that drinking or drug use falls into a dangerous category. The way that you’re using is putting you in danger. I’d like to talk with your parents/caregivers and have a discussion with them AND you to see what to do next.
Recommendation	The best recommendation at this point would be to see an expert to help sort out whether there is a problem, and if so, what your options are for addressing it. Other possible ways forward could be: - Make no changes, - Try self-help groups, such as [AA/CA/NA/SMART Recovery], and see if it seems like they’d be helpful, Try quitting or cutting down on your own, with my help if you like		The best recommendation at this point would be to see a person who specializes in alcohol and drug diagnosis and treatment for young people. I would be glad to work with you to find a person in this area who can help you.

## PLANNING Guide

- Don't get ahead of the client's readiness
  - Don't abandon your empathic, evoking, partnering style
  - Remember client autonomy
  - Ask permission to share information or concerns if needed
- 1) SUMMARIZE the PLAN:  
So what you're planning to do is...
  - 2) Itemize the options that are available and have been discussed. Which ones work for the client?
  - 3) Elicit the client's preferences on the best way to move forward.
  - 4) Summarize the plan and strengthen commitment (what exactly are they ready or willing to do next?)
  - 5) Troubleshoot: Help the client identify barriers and develop strategies to overcome those barriers. (Note: this would be the time to share with permission) any concerns that you might have.)

Summarize and schedule follow up if appropriate.