



Central Rockies (HHS Region 8)
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Utah State Division of Substance Abuse and Mental Health
 801-538-3939
<http://www.dsamh.utah.gov/>
<http://healthsciences.utah.edu/utahaddictioncenter/>

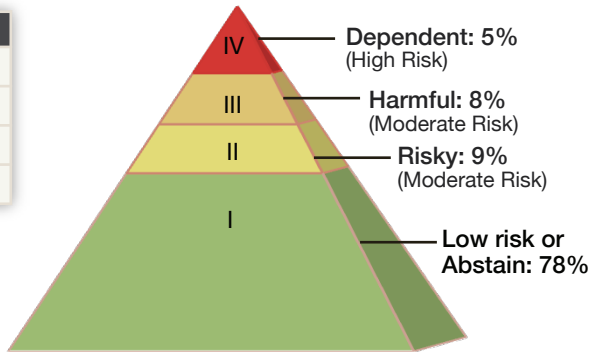


NIAAA GUIDELINES

LOW-RISK DRINKING LIMITS		
	Drinks/week	Drinks/day
Men	14	4
Women	7	3
All age >65	7	3

- No use for pregnant women
- No use for ages 18 – legal drinking age
- No illegal drug use
- No non-medical prescription drug use

CATEGORIES OF USE



NOT AT ALL



VERY

I Low Risk/Abstain	II Risky	III Harmful	IV Dependent
Low Risk ASSIST: 0-3, 0-10 (alcohol)	Moderate Risk ASSIST: 4-26		High Risk ASSIST: 27+

STEPS OF THE BRIEF INTERVENTION

Raise the subject

"If it's okay with you, let's take a minute to talk about the screening form you've filled out today."

Provide feedback

"As your dentist, I can tell you that tobacco use, drinking, or drug use at this level can be harmful to your oral health, physical health or be associated with other problems you are experiencing."

Enhance motivation

- "On a scale of 0-10, how ready are you to cut back?"
- If >0: "Why that number and not a ____ (lower one)?"
- If 0: "Have you ever done anything while drinking (using drugs) that you later regretted?"

Negotiate plan

- "What steps can you take to cut back your use?"
- "How would your tobacco use, drinking, or drug use have to impact your life in order for you to start thinking about cutting back?"

UTAH REFERRALS

801-538-3939