3 Brief Intervention Tasks - FLO

Feedback on screening results

Range: *AUDIT-C scores can range from 0-12. Zero means no problems, and 12 means severe risk or problems.*

Ask: *What do you think your score might be?*

Normal: *People at low risk from use of alcohol score from 0-3.*

Give score: *Your score was_____.*

Elicit reaction: *What do you make of that?*

Look for change talk

Assess Importance: *On a scale from 1-10, how important is it for you to make a change in your drinking? Why not a lower number? What would have to happen for you to give it a higher number? (Summarize.)*

Assess Confidence: *If you decided to make a change, how confident from 1-10 are you that you would be successful? Why not a lower number? What would have to happen for you to give it a higher number? (Summarize.)*

Explore Pros & Cons: *What are some things you like about drinking? What are some less good things? (Summarize both sides in one sentence.)*

Options explored

Discuss Change options: *What do you see as your options? If you decided to.... how would you do it?*

Offer Advice: *Would it be OK if I shared my concerns with you? This may or may not be helpful.*

Close on good terms: *Summarize patient's views.*

Encouraging remarks.

What agreement was reached is repeated.

OARS

Use Motivational Interviewing Style

Open-ended questions

Affirmations

Reflections

Summaries

Open-ended questions….Affirmations…Reflections…Summaries

When you hear Change Talk

Evoke: *Tell me more. What else?*
Affirm: *I admire your honesty. Great idea!*
Reflect: *You're thinking it's time for a change.*

Open-ended questions….Affirmations…Reflections…Summaries

When you teach or express concern

Ask: *What do you know about?*
Tell: *May I tell you a thought I have?*
     Some find it harder to cut down than quit.
Ask: *Does that make sense? What do you think?*

Open-ended questions….Affirmations…Reflections…Summaries

Tips

When in doubt, **REFLECT.**

Find the good news.

Keep "tuning the radio" for change talk.

Argue not!