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.
Use Motivational Interviewing Style

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.

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?

Tips

When in doubt, REFLECT.
Find the good news.
Keep “tuning the radio” for change talk.
Argue not!