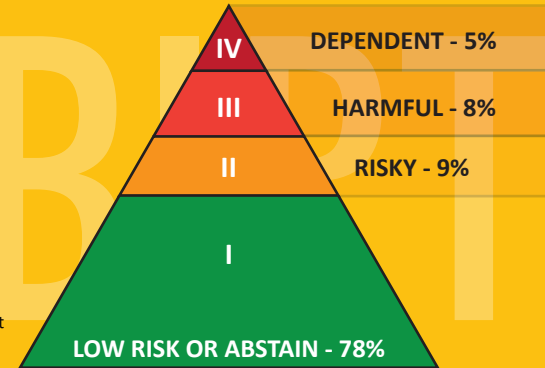


**LOW-RISK DRINKING LIMITS**

	DRINKS PER WEEK	DRINKS PER DAY
<b>MEN</b>	<b>14</b>	<b>4</b>
<b>WOMEN</b>	<b>7</b>	<b>3</b>
<b>ALL OVER AGE 65</b>	<b>7</b>	<b>3</b>

**CATEGORIES OF DRINKING**



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**I - LOW RISK / ABSTAIN**  
AUDIT: 0-7 | DAST: 0

**II - RISKY**  
AUDIT: 8-15 | DAST: 1-2

**III - HARMFUL**  
AUDIT: 16-19 | DAST: 3-5

**IV - DEPENDENT**  
AUDIT: 20+ | DAST: 6+

**RAISE THE SUBJECT**

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

**PROVIDE FEEDBACK**

"As your healthcare provider, I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today."

**ENHANCE MOTIVATION**

"On a scale of 0-10, how ready are you to cut back your use?"  
 • If >0: "Why that number and not \_\_\_\_ (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 drinking (drug use) have to impact your life in order for you to start thinking about cutting back?"

ADCNC - Alcohol & Drug Referral Line  
1-800-688-4232