

DrinkWise™

Healthy Choices for
People Who Drink

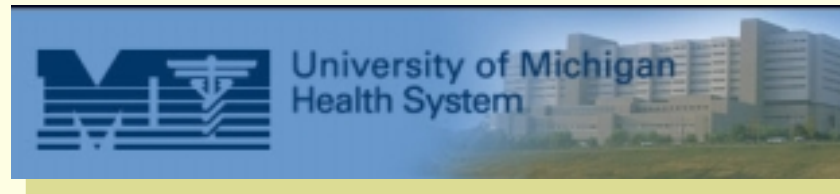
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Drink Wise™

Healthy Choices for
People Who Drink



Alcohol Consumption in the United States

Subpopulations of Drinkers in the U.S.



Non-Drinkers

Sensible Drinkers

Transitional & Problem Drinkers

Severely Dependent or Alcoholic

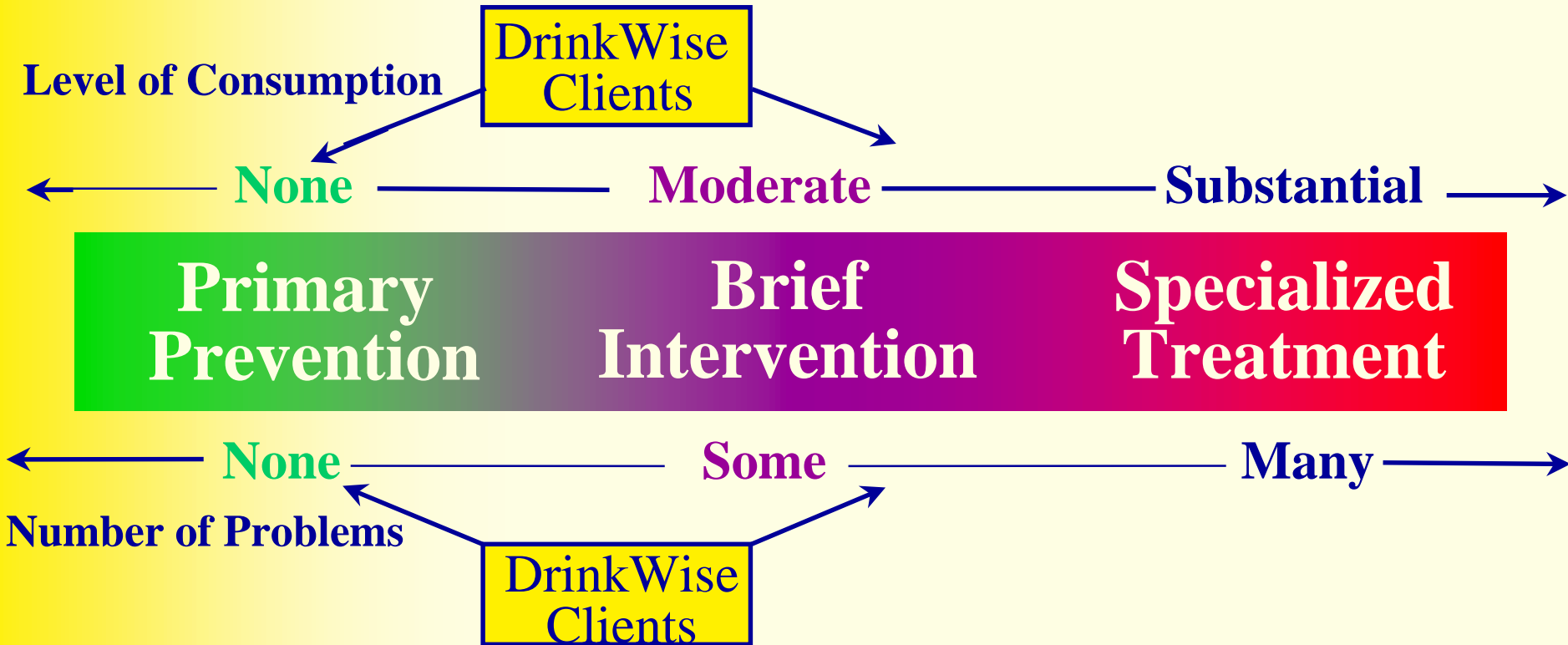
**33% of Adults
(No Problems)**

**60-70%
(Avoid Problems)**

**20% +
(Several Problems)**

**4% +
(Many Problems)**

The Relationship Between Alcohol Consumption, Alcohol Problems and Types of Interventions



Institute of Medicine, Broadening the Base of Treatment of Alcohol Problems, 1990

DrinkWise is:

- For Problem Drinkers
- Educational
- For the Prevention of Problems
- Brief
- Research Based

DrinkWise is not:

- For the Severely Dependent
- Clinical
- Treatment
- Long Term
- Abstinence Oriented

Who is DrinkWise for?

Brief Intervention - DrinkWise (Elevated Risk - Potential Problems)

- **Socially stable**
- **Absence of severe psychosocial problems**
- **Absence of symptoms of severe dependence**
- **High motivation for change**
- **Not willing to attend specialized treatment**

Specialized Treatment (Substantial Risk - Severe Problems - Dependence)

- **Lack of social support**
- **Severe psychosocial problems**
- **Excessive use of other drugs**
- **Symptoms of severe dependence**

Program Goal

To improve health by eliminating all negative consequences from drinking.

Program Description

Initial interview for all clients

Program Description

Interview Questions About Alcohol Use

Patterns:

- Amount
- Frequency

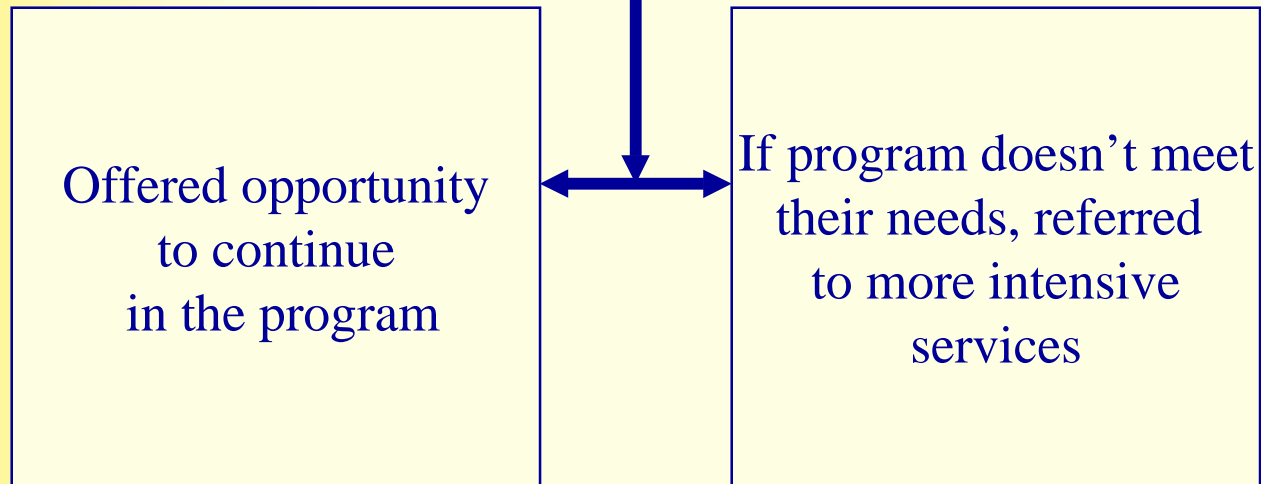
Impact:

- Psychological
- Physical
- Legal
- Social

Family History

Program Description

After initial interview



Program Description

- In-person format (4 sessions)
- Telephone format (4 sessions)
- Group format (5 sessions)

3- and 9-month follow up for all program formats

Program Highlights

- **Drinking Diary**
- **Coping Diary**
- **Consumption and abstinence management techniques**
- **Personal goal setting**

Drinking Diary

- Sense of self-control
- Knowledge of tempting situations
- Record of accomplishment
- Tool for problem solving

Useful Strategies to Record in Coping Diary

- Development of list of strategies that help to avoid drinking or overdrinking:
 - **“Have gym bag in car so I am ready to exercise, instead of going to happy hour.”**
- Self statements that help to cope with temptation:
 - **“How will having this drink help me achieve my goal?”**
- Approaches for refusing drinks: **“I’m trying to cut back a little.”**

How to Cut Back or Quit and Lower Your Risk from Alcohol

- Write down the pros and cons for cutting down or quitting.
- Set a limit--one that's within recommended guidelines--and stick to it.
- Keep a diary of your drinking
- Develop activities that are enjoyable and do not involve alcohol

Alcohol Consequences

Positive

More relaxed
More assertive
Feeling numb
Enjoying the “high”
Sense of belonging
Having a good time
Forgetting worries
Enjoying the taste

Negative

Nausea, hangover
Disrupted sleep
Embarrassing yourself
Spending too much money
Missing work/school
Feeling guilty
Impaired driving
Legal problems

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Strategies for Lowering Risk for Those Who Choose to Drink

- Pacing
- Start with non-alcoholic drink
- Eat first
- Spacing
- Limit window of drinking
- Pause when you feel a buzz
- No games and no shots

Program Outcomes

April 1, 1994 - August 30, 1999

	Program Start	Program Completion	3 Month Follow-up	9 Month Follow-up
<i>Average drinks/week</i>				
Men	22.64 (n = 160)	6.39 (-72%) (n = 160)	8.22 (-64%) (n = 112)	7.59 (-67%) (n = 66)
Women	20.98 (n = 118)	6.86 (-67%) (n = 118)	6.27 (-70%) (n = 84)	8.76 (-58%) (n = 39)

Questions

- Call DrinkWise at 1-800-222-5145
- Web contact:
<http://www.med.umich.edu/drinkwise/>

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Should I drink or not?

- Alcohol use is contraindicated for numerous emotional and physical health issues.
- There is no one safe prescription for alcohol.
- Individuals should talk with their physicians, their pharmacists, and other health care providers to make an informed decision about whether to drink or not, how often and how much.

Should I drink or not?

If so, how much?

**A prescription for safer,
lower risk consumption:**

- **Maximum number of days I will drink in any week: 4**
- **Maximum number of drinks I will have on any day:
2 for women, 3 for men**
- **Maximum number of drinks I will have each week:
8 for women, 10 for men**

One drink equals 1 1/2 oz liquor, 3 oz fortified wine, 5 oz table wine, 12 oz beer, 12 oz wine cooler

Drink Wise Summary

- **Brief Educational Program for Problem Drinkers**
- **Effective and Cost Efficient Approach**
- **Emphasis on Client Choice and Health**