

# 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

**E**voke: *Tell me more. What else?*

**A**ffirm: *I admire your honesty. Great idea!*

**R**eflect: *You're thinking it's time for a change.*

Open-ended questions... Affirmations... Reflections... Summaries

## When you teach or express concern

**A**sk: *What do you know about?*

**T**ell: *May I tell you a thought I have?*

*Some find it harder to cut down than quit.*

**A**sk: *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!