

Name:

[Light green rounded rectangular box for name entry]

Date: ___/___/___

How much is too much?

A typical drinking day

What does a typical drinking day look like?

[Light blue rounded rectangular box for describing a typical drinking day]

Information exchange

Is there anything about your drinking you are concerned or unhappy with?

[Light blue rounded rectangular box for information exchange]

How important is it for you to reduce your drinking behaviour?

On a scale of 0 to 10 what number would you give yourself right now?

0 1 2 3 4 5 6 7 8 9 10

not at all important very important

If you decided to reduce your drinking, how confident are you that you would succeed?

On a scale of 0 to 10 what number would you give yourself right now?

0 1 2 3 4 5 6 7 8 9 10

not at all confident very confident

Can you explain why you have given yourself this number?
 Why did you not give yourself a lower number?
 What could you do to move yourself up the scale?

[Light blue rounded rectangular box for explaining drinking scale response]

Can you explain why you have given yourself this number?
 Why did you not give yourself a lower number?
 What could you do to move yourself up the scale?

[Light blue rounded rectangular box for explaining confidence scale response]

What might be the good things about reducing your drinking?

[Light green rounded rectangular box for good things about reducing drinking]

What might be not so good about reducing your drinking?

[Light green rounded rectangular box for not so good things about reducing drinking]

Name:

Date: ___/___/___

A six – step plan for changing your drinking habits

Identify good reasons for changing: Can you think of 2-3 good reasons?

1.

2.

3.

Prepare for difficult times/ situations: Think of a way of dealing with hard times?

Time 1

Time 2

Time 3

Set yourself a goal to achieve change: Is this achievable?

What?

Where?

When?

Find Someone to support you: Is there a family member/ friend who might help?

Who?

Recognise difficult times or situations: when might be the hardest times?

Time 1

Time 2

Time 3

**Remember, nobody's perfect!
If at first you don't succeed, try again.**

Practitioner Guidance Notes

This tool can be used to structure a 45 minute session with a young person around making changes to their alcohol use.

It uses motivational interviewing techniques such as the scaling questions and the pro's and con's questions.

Workers using this tool will benefit from having attended Alcohol Brief Interventions training. Refer to your SDAP Alcohol Brief Interventions step by step guide for more guidance on how to use this tool.

Remember:

- Affirm the value of them doing this throughout the session
- The more they say about changes they will make, the more likely they will carry them out. You are there to provide structure and encouragement
- If you are concerned about anything you hear, discuss this with your line manager or suggest a referral to another Tier 2 worker or the Tier 3 CAMHS substance misuse team.

This brief intervention package is based on the How Much Is Too Much?

Extended Brief intervention tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.