







Low-Risk Drinking Limits	Men	Women
On a Single Day	No more than 4 drinks on any day 	No more than 3 drinks on any day 
	And	And
Per Week	No more than 14 drinks per week 	No more than 7 drinks per week 

What is a “standard” drink?

12 fl. oz. of regular beer	8 – 9 fl. oz. of malt liquor	5 fl. oz. of table wine	1.5 fl. oz. shot of 80-proof spirits (liquor)
			



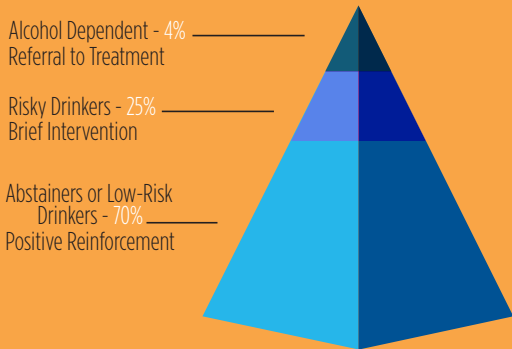
 SCHOOL OF MEDICINE
INDIANA UNIVERSITY


MIDTOWN[™]
Wishard Health Services

FUNDED BY
**Substance Abuse and Mental
Health Services Administration**

www.IUSBIRT.org

SBIRT – Screening, Brief Intervention and Referral to Treatment



1. I offered recommendations to the patient to help with tobacco cessation.
___ Yes ___ No
2. I have reviewed safe drinking levels with the patient.
___ Yes ___ No
3. I provided the patient with educational material.
___ Yes ___ No
4. I referred the patient to the substance abuse counselor.
___ Yes ___ No

Readiness for Change Ruler

