

SAMPLE BRIEF CONVERSATION: SBI PILOT PROJECT

Advisor/Counselor/Staff: Thank you for meeting/talking with me. I know you are here today because _____. One of the things that can be helpful to our conversation, is to look at some things that may have contributed to or affected your (academics, cold/flu, illness, having to meet with me).

For some students, their drinking can affect their academics/study time/health/social time in a way that is not always positive. Would it be okay with you if I asked you a few questions about your alcohol use to help me understand what role, if any, it may have for you?

Student: Fine, I guess so. It's not a big deal. It's not like I drink all the time. Whatever.

Advisor/Counselor/Staff: Okay, so tell me how often do you drink? (how many times a month or a week – weekday versus weekend?)

Advisor/Counselor/Staff: So ____ a month/week (reflecting). When you drink, how many drinks do you have? A drink is defined as one 12-ounce beer, one 4-5 ounce glass of wine, or one 1.5-ounce shot of liquor (show chart). So how many drinks do you (typically) have?

Advisor/Counselor/Staff: So, it sounds like you typically drink ____ drinks during the week and ____ drinks during the weekend. That is about _(number of drinks)_ a week, overall. Does that sound about right?

Student Reaction/Comment

Advisor/Counselor/Staff: Okay. The maximum number of drinks per week for someone your age, as a male/female, is ____ drinks/week.

NIAAA Guidelines for maximum drinking limits

- For healthy men up to age 65
 - No more than **4** drinks in a **day** AND
 - No more than **14** drinks in a **week**
- For healthy women (and healthy men over age 65)
 - No more than **3** drinks in a **day** AND
 - No more than **7** drinks in a **week**

Student Reaction/Comment

MI: It sounds like this information _(is new to you, seems unrealistic to you, is surprising, etc.)_. On a scale of 1 to 10, with 10 being very ready to change and 1 being not ready to make any change, how ready are you to make a change to your drinking?

Student Response

IF RESPONSE IS 1

Advisor/Counselor/Staff: A one. So you are not ready to make any change. What are some of the good things – the things you enjoy – about your drinking?

Student Response

Advisor/Counselor/Staff: You like the _(summarize: hanging out with your friends, relaxing, being able to approach other people, etc.)_. What are some of the not-so-good things about drinking?

Student Response

Advisor/Counselor/Staff: It sounds like you enjoy _summarize/reflect), but dislike the _(summarize/reflect)_. Does that sound right?

Student Response

Advisor/Counselor/Staff: What would things look like that would make you think you need to make a change to your drinking?

Student Response

Advisor/Counselor/Staff: If things started to involve _(summarize/reflect)_ you may consider making a change to your drinking. What are some of the things you might try?

Student Response

Advisor/Counselor/Staff: Great ideas! So to recap, you are currently drinking.... On a scale of 1 to 10, you indicated that you are a 1, not ready to make a change to your drinking. You like _____ about your drinking but dislike _____. If things started to _____, you would consider making a change and may _(summarize ideas for making a change)_. Did I miss anything?

Student Reaction/Comment

Advisor/Counselor/Staff: I really appreciate your willingness to talk with me today. If you have any questions in the future, you can contact me or the campus's Health – Counseling Center. Before you leave I know we also need to look at your classes for next term/ address the incident that brought you here/ finish up instructions for getting over your cold/ etc.

Notes: You may consider the following to help the student remember the ideas he/she brainstormed:

- Have the student write down a couple of the ideas brainstormed
- Provide the student with the Lower Risk Guidelines handout and jot down the student's own ideas on the handout as well
- Provide the student with the handout on a standard drink
- Provide the student with the contact information for the referral (name of campus health or counseling center, location, phone number, hours).

IF RESPONSE IS GREATER THAN 1

Advisor/Counselor/Staff: A _4_. Why not a 2? (Why do you feel like there may be some readiness to change something about your drinking?)

Student Response

Advisor/Counselor/Staff: Okay, (reflecting). What would it take for you to be at a 7? (What would you need or want that would help you feel more ready to change something about your drinking?)

Student Response

Advisor/Counselor/Staff: (Summarize and reflect). So, you are a 4 now. If you were to decide to make a change, what might be some things you would do? (If no response or unsure, ask if you can share some ideas that have been helpful to other students. Share the Lower Risk Guidelines and ask “which of these make sense to you?”)

Student Response

Advisor/Counselor/Staff: Okay, to summarize, you currently drink _____ drinks during the week, on the whole. You know that the recommended maximum for someone your age is _____ per week. You stated that you are at a 4 in terms of being ready to make a change to your drinking. We talked about how lowering your drinking may help you _____ (study better, sleep more, be less likely to get in trouble or sick, etc.). If you were to make a change to lower your drinking, you might consider doing _____, _____, and _____. Does that sound correct?

Student Reaction/Comment

Advisor/Counselor/Staff: Great. Thank you for talking with me today. I would like to give you this resource _____ to help you (remember a standard drinking, ideas for lowering your drinking, etc.). If you have any other questions or would like to talk to someone some more, I would encourage you to contact the campus’s Health-Counseling Center (provide referral information).