

Alcohol Assessment (Audit C)



The number of Units is different servicing of alcohol



In the Last 6 Months.....(Please select the answer that best describes your drinking)

Questions	Scores and Answers					Scores
	0	1	2	3	4	
How often did you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4 or more times a week	
How many UNITS did you have on a typical drinking day? (e.g. 1 pint of regular lager is 2 units)	1-2	3-4	5-6	7-9	10 or more	
How often did you have 6 or more UNITS on one occasion	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
						TOTAL

0-4: NO ACTION REQUIRED. Congratulate lower levels of drinking, encourage to stay at these levels

5-12: COMPETE BRIEF ADVICE INTERVENTION. See below

Contact Insightful Families 020 8493 8525 for advice or to make a referral.

BRIEF ADVICE

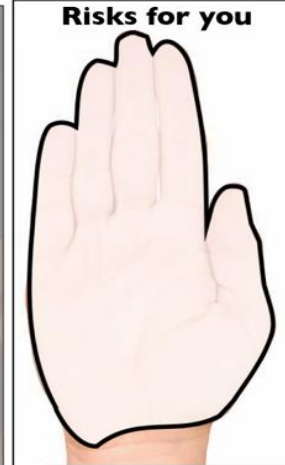
PAReNTS



Describe a typical day in your family

Describe a typical day when you drink

What is the day after you drink typically like?



Making the most of the good things

What small change could you make?

What would be the not so good things that could come from this?

What would be the good things that could come from this?

Set yourself a plan (when & how? Who & what will help)