

Rethinking Drinking Coaching Module (Adults)

Session One – Screening, Thinking about Drinking

Session Goals:

- Utilize interventions to engage client in open discussion about drinking.
- Utilize screening tools to determine if:
 - EAP services are appropriate, or
 - Client needs a referral to substance abuse treatment and/or a more intensive level of care.
- Provide targeted alcohol education, based on screening, to increase client's awareness of the personal impact of current use.
- Pace the session based on assessment of client's motivation level/stage of change.

Interventions:

- Engage client by asking permission to discuss drinking and to share information.
- Provide alcohol education using Pages 1-6 of **Rethinking Drinking** workbook.
- Screen the client . Utilize additional screening tools when appropriate (AUDIT-R or DAST).
- Enhance engagement by eliciting client's thoughts and assessing readiness to change.

Workbook:

Rethinking Drinking: Alcohol and Your Health (National Institute on Alcohol Abuse and Alcoholism NIH publication number 09-3770)

Screening Tools:

- AUDIT
- **Rethinking Drinking** workbook:
 - "What's Your Drinking Pattern?" -Page 3
 - "What are the Symptoms of an Alcohol Use Disorder?" -Page 6

Optional Handouts:

- Progressive Effects of Alcohol/Approximate Blood Alcohol Content (BAC) Chart
- The Jellinek chart of Addiction and Recovery
- Readiness Ruler

Homework:

- Read the **Rethinking Drinking** workbook -Pages 1-6
- Complete drinking tracker cards ("4-Week Tracker" and "Drinking Analyzer") - Page 15
- Complete the Healthy Habits worksheet
- Complete the Personal Goals worksheet

Session Two – Making a Change

Session Goal:

- Enhance client's motivation toward change by eliciting change talk (i.e., have you ever considered cutting back, what would happen if..., etc.)
- Identify client's strengths and reasons for change.
- Begin discussing a change plan.
- Pace the session based on the client's motivation level/stage of change.

Interventions:

- Ask client to share their thoughts regarding:
 - Healthy Habits and Personal Goals homework
 - Pattern of alcohol use since last session
 - Personal impact of alcohol use in client's life
- Expand on educational material related to client's alcohol use patterns.
- Use motivational interviewing to help client contemplate change.
- Provide feedback and support regarding the change plan and new coping strategies.

Optional Handouts:

- So What if I Got Drunk Last Night?
- Alcohol and Sedative Withdrawal
- Tip Sheet – How to Cut Down on Your Drinking

Homework:

- Read/Complete Pages 8-14 of **Rethinking Drinking** workbook.
- Continue the "4-Week Tracker" and "Drinking Analyzer" cards -Page 15.
- Complete the "Tracking my Progress" worksheet.

Session Three – Building on Changes, Planning Ahead

Session Goal:

- Use strength-based approach to encourage/support progress made.
- Help client prepare for long-term change. How they will maintain and build on their changes along with how they will navigate roadblocks.
- Provide referral for ongoing support and/or treatment as needed.
- Close on good terms.

Interventions:

- Review homework asking client to share their thoughts.
- Provide advice regarding Change Plan -Page 14 of **Rethinking Drinking** workbook.
- Explore how drinking changes will affect the client and those around them.
- Develop relapse prevention plan with client.

Optional Handouts:

- Say Something Positive (CBT worksheet)

Homework:

- Follow Change Plan established in Session 2 with any revisions from Session 3.
- Review Change for Good Plan weekly, updating Change Plan as needed.
- Follow up with referral to community resources for ongoing support.