



# SPI Talking Tools

*For Adolescent Service Providers*



**Nevada Opioid  
Center of Excellence**

CASAT | School of Public Health

# Guidelines for Alcohol and Drug Consumption



## ALCOHOL USE

- If you're under 21, the safest and recommended limit is not drinking alcohol at all.
- Any amount of drinking increases your risk for health and other consequences.



## DRUG USE

- For drugs, including marijuana, prescription medications not prescribed to you, and other illicit, the recommended limit is no use at all.
- There is no established safe level of consumption for drugs.

## PROMPTS

- What's your understanding of what healthcare professionals recommend in terms of alcohol and drug consumption for youth?
- What do you make of this?
- What concerns you most?
- How, if at all, does this affect your thinking about your own alcohol / drug use?

# Exploring Risks

## HEALTH

Cancer, liver disease,  
heart problems

## BRAIN

Memory loss,  
impaired judgment

## OVERDOSE OR DEATH

Respiratory failure,  
accidents, violence

## ACCIDENTS

Car crashes, falling,  
tripping, drowning

## MENTAL HEALTH

Depression, anxiety

## INFECTIOUS DISEASE

Hepatitis, HIV, STIs

## SCHOOL/WORK

Late, absent, lower  
quality

## SOCIAL/FAMILIAL

Disagreements,  
poor role modeling

## PERSONAL

Goals, values,  
reputation, well  
being

## PROMPTS

- Alcohol / drug use increase your risk for a variety of negative consequences.
- Which of these have you experienced?
- Which ones concern you the most?

# Ruler Exercise

## IMPORTANCE

Not at all (1)

Extremely (10)



## CONFIDENCE

Not at all (1)

Extremely (10)



## READINESS

Not at all (1)

Extremely (10)



## PROMPTS

- One a scale from 1 to 10 where 1 is not at all and 10 is extremely, how important is that you (confident are you; ready are you) make a change to your drinking / drug use?
- Why didn't you choose a lower score, like a \_\_\_?

# Road Map Exercise



## PROMPTS

- You have some choices to make about your alcohol / drug use going forward?
- Imagine your life down two paths of a road: one in which you change by quitting or cutting back, and one in which you don't change.
- What are some good things that might happen if you change?
- What are some bad things that might happen if you don't change?
- Where does this leave you?

# Change Menu

**Stop or Delay:** Quit using or wait until you're an adult.

**Use Less:** Consume fewer drinks or less drugs. Set limits, count, pace and space.

**Use Less Often:** Decrease frequency (e.g. no use on week days or only once per month).

**Safer People:** Be around fewer people and only those you trust.

**Safer Places:** Stay at home or in another safe place. Avoid places you may have to drive from.

**Don't Drive or Ride:** Never drive after drinking or using drugs or with someone who has.

**Reduce Violence Risk:** Take precautions against violence (which is more likely when using or drinking drugs). Do not drink or use drugs in public places. Put away firearms.

**Reduce Sexual Risk:** Take precautions against unintended pregnancy, sexual assaults, sexually transmitted infections, or unsafe or regretted sexual contact (which are more likely when drinking or using drugs).

**Seek Outside Care:** Talk to a professional to explore your alcohol or drug use.

## PROMPTS

- There are lots of changes that could decrease the risks associated with alcohol and drug use.
- Below are some examples. Which ones stand out to you?
- Which might you be willing to try?

# Change Plan

Reason I want to change: \_\_\_\_\_

\_\_\_\_\_

Specific changes I want to make: \_\_\_\_\_

\_\_\_\_\_

Steps I plan to take: \_\_\_\_\_

\_\_\_\_\_

How will I know if my plan is working: \_\_\_\_\_

\_\_\_\_\_

Ways other people can help me: \_\_\_\_\_

\_\_\_\_\_

Things that could interfere with my plan: \_\_\_\_\_

\_\_\_\_\_

What I will do if my plan isn't working: \_\_\_\_\_

\_\_\_\_\_

## PROMPTS

- Tell me about your plans to change by answering the following questions.