



SPI Talking Tools

For Community Healthcare Workers



**Nevada Opioid
Center of Excellence**

CASAT | School of Public Health

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Guidelines for Alcohol and Drug Consumption

LIMIT ALCOHOL USE TO:

Even within these limits, alcohol increases risk of health, psychological, and social consequences

Don't drink at all if you: Are pregnant (or could become pregnant); Are under 21; Have certain medical conditions or are taking certain medications; Have had an alcohol use disorder or struggle to control your drinking.

Any amount of drinking increases your risk for health and other consequences.

There is no established safe level of consumption for alcohol and other drugs.

PROMPTS

- What's your understanding of Guidelines for Alcohol and Drug Consumption?
- 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
judgement

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 can lead to 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)

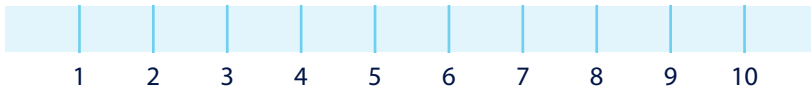
Extremely (10)



READINESS

Not at all (1)

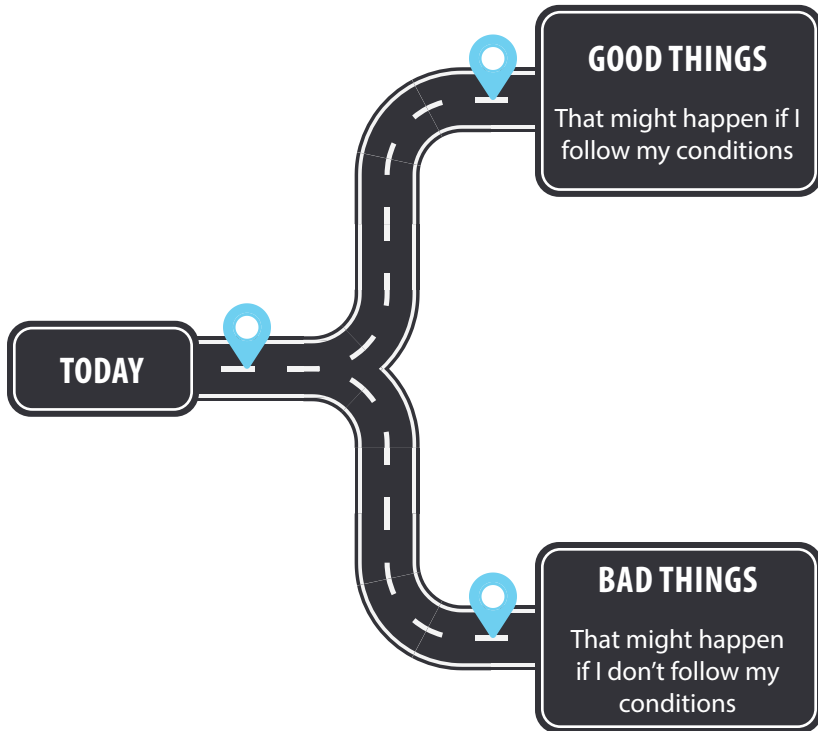
Extremely (10)



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

Use Less: Consume fewer drinks or less drug. 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.

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.)

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

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.