

Brief Effective Treatments

Six elements critical to brief alcohol interventions summarized in the acronym **FRAMES**

Feedback is give to the individual about personal risk or impairment

Responsibility for change is placed on the individual

Advice to change is given by the provider

Menu of alternative self-help or treatment options is offered to the individual

Empathic style is used in the intervention

Self-efficacy or optimistic empowerment is engendered in the individual.

A brief intervention has 5 basic steps that incorporate **FRAMES**

1. Introducing alcohol consumption in the context of the individuals health
2. Screening, Evaluating and Assessing
3. Providing Feedback
4. Talking about change and setting goals
5. Summarizing and reaching closure

Important Treatment Considerations

Treatment should be individualized. The following will give you evidenced-based strategies to incorporate into your treatment plan.

1. Have individual choose a goal-moderation or abstinence.
2. Focus on self-monitoring. Have individual keep track of drink consumption. This helps the individual be aware of quantity and problem days or situations and provides data to help the individual see if the plan is working over time.
3. Set specific drink reductions goals. For instance set a maximum number of standard drinks per week, day, and/or on drinking occasions and the frequency of abstinent days.
4. Have the individual consider not drinking or limited drinking during high-risk situations for excessive consumption.
5. Setting a maximum drinking rate. For example no more than one drink an hour.

6. Eliminating or changing beverage type or strength. Have the individual consider not drinking shots, no multiple-shot mixed drinks, and/or changing drink type to reduced the potency of the beverage.
7. Decreasing sip rate, spacing drinks and alternation alcoholic and nonalcoholic beverages.
8. Eliminating drinking during a normal drinking occasion or delaying when drinking is started.
9. Developing new stress management skills to reduce stress or anxiety; for example relaxation and cognitive disputation.