

Alcohol Identification and Brief Advice toolkit



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Purpose of Identification and Brief Advice (IBA):

The primary goal of IBA is to reduce alcohol consumption by showing the client...

- **What the consequences of their drinking might be**
- **What the client can do about it**
- **What help and support can be accessed.**

Why IBA?

Brief interventions are cost-effective and have been shown that they can support people to reduce the risks associated to their drinking

What is IBA?

IBA is brief advice that can be given to someone after completing an alcohol screening tool. It aims to offer brief advice to higher and increasing risk drinkers to help prevent alcohol-related harms

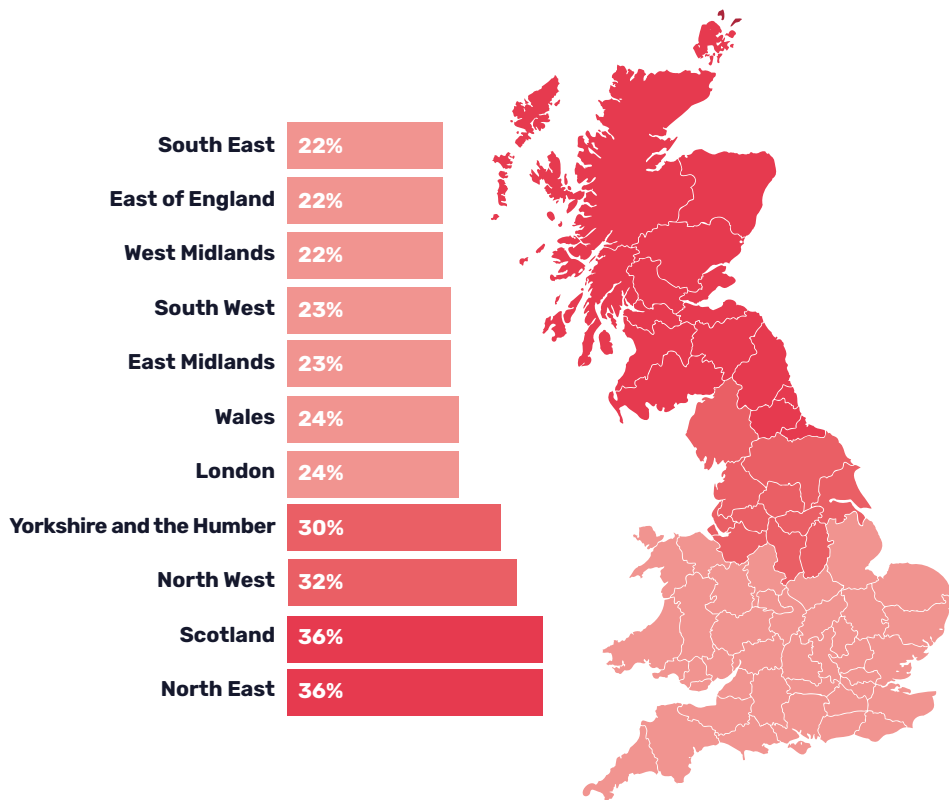
Alcohol in the UK:

- The cost of alcohol misuse is approximately £3.5bn a year in the UK
- In England in 2018, 82 per cent of adults drank alcohol in the past 12 months, with 49 per cent of adults drinking at least once a week
- 24 per cent of adults in England and Scotland regularly drink over the Chief Medical Officer's low-risk guidelines and 27 per cent of drinkers in Great Britain binge drink on their heaviest drinking days (over 8 units for men and over 6 units for women)
- The Institute of Alcohol Studies' review of consumption from March to June 2020 found that between a fifth and a third of people were drinking more alcohol during lockdown

The annual cost of alcohol-related harm



Binge drinking by region



NICE Guidelines

Alcohol misuse is when you drink in a way that's harmful, or when you're dependent on alcohol. To keep health risks from alcohol to a low level, both men and women are advised not to regularly drink more than 14 units a week.

A unit of alcohol is 8g or 10ml of pure alcohol, which is about:

- Half a pint of lower to normal-strength lager/beer/cider (ABV 3.6%)
- A single small shot measure (25ml) of spirits (25ml, ABV 40%)
- A small glass (125ml, ABV 12%) of wine contains about 1.5 units of alcohol.

Risks to Increased Drinking:

- Overuse of alcohol can contribute to the worsening of many existing mental health problems such as depression and anxiety.
- Using alcohol regularly can have a negative impact on people's work and relationships.
- Drinking alcohol is a risk factor contributing to seven types of cancer. The more alcohol you drink, the greater the risk.
- Too much alcohol can cloud our judgement, meaning people may make decisions that they may later regret, like engaging in unsafe sex.

Alcohol Units



3 units
per pint of 5.2% ABV
Beer/Lager/Cider



2.3 units
per pint of 4% ABV
Beer/Lager/Cider



3 units
per pint of 5.2% ABV
Beer/Lager/Cider



1.7 units
per 330ml bottle of
5% ABV
Beer/Lager/Cider



2.8 units
per 500ml can of
5.5% ABV
Beer/Lager/Cider



1.6 units
per small 125ml glass
of 13% ABV
Wine



2.3 units
per regular 175ml glass
of 13% ABV
Wine



3.3 units
per large 250ml glass
of 13% ABV
Wine



1.5 units
per 275ml bottle
of 5.5% ABV
Alcohol



1 units
per 25ml single shot
of 40% ABV
Spirits

ABV – Alcohol By Volume

Alcohol: How drinking affects your body

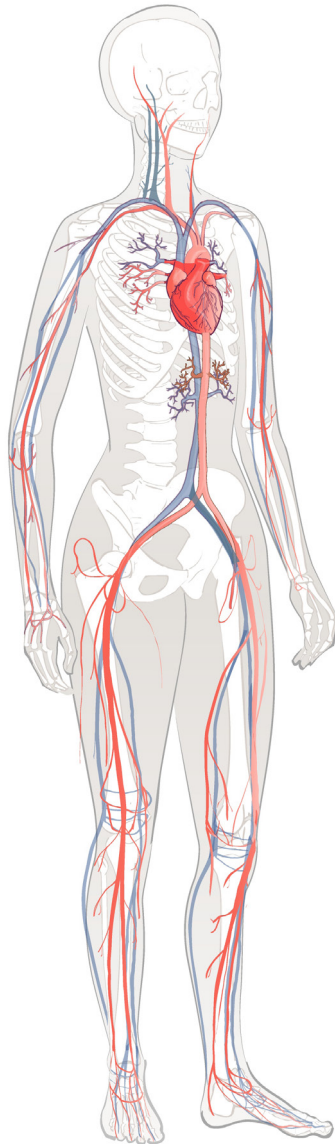
Brain: after about an hour, most will notice that their judgement and concentration has been impaired.

Mental health: the intoxicant can cause mood swings and cause the removal of inhibitions.

Speech: speech may start to become slurred after an hour of drinking.

Liver: as the liver is put to work when you drink, long term effects can be extreme and can include cirrhosis.

Sex: the likelihood of partaking in unsafe sex is increased dramatically.



Eyes: drunk people will often find their eyes are immediately affected by blurred or double vision.

Lungs: when you are drunk, your risk of pneumonia is increased.

Stomach: drinking can cause vomiting, nausea, diarrhoea, heartburn and loss of appetite.

Pancreas: drinking can lead to low blood sugar, which can lead to shaking or dizziness.

Kidneys: as alcohol is a diuretic, it causes water to be lost from the body via the kidneys, aka your urine.

Feedback

Tell the person what they scored. Link their drinking to the situation. Be realistic!

Responsibility

It's the individuals' own responsibility to change.

Advice

Set a daily (and weekly) limit. Have alcohol-free days.

Menu

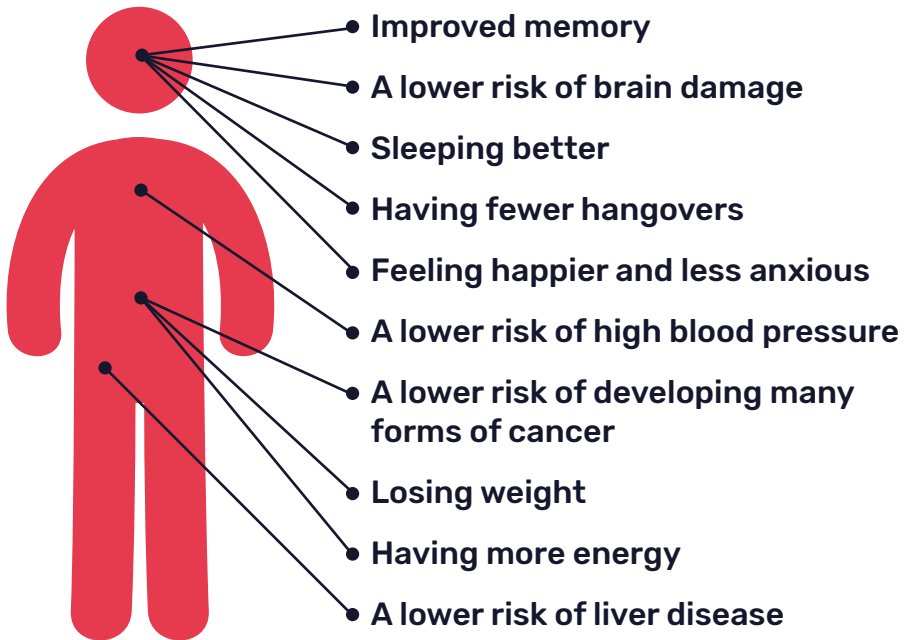
Give them a range of options.

Empathy

Empathic, non-judgemental.

Self Efficacy

Positive message. Boost their self-confidence "You can do it!".



Swap your usual for...

- A smaller drink
- A soft drink
- A lower strength drink

Drink to relax?

Why don't you try...

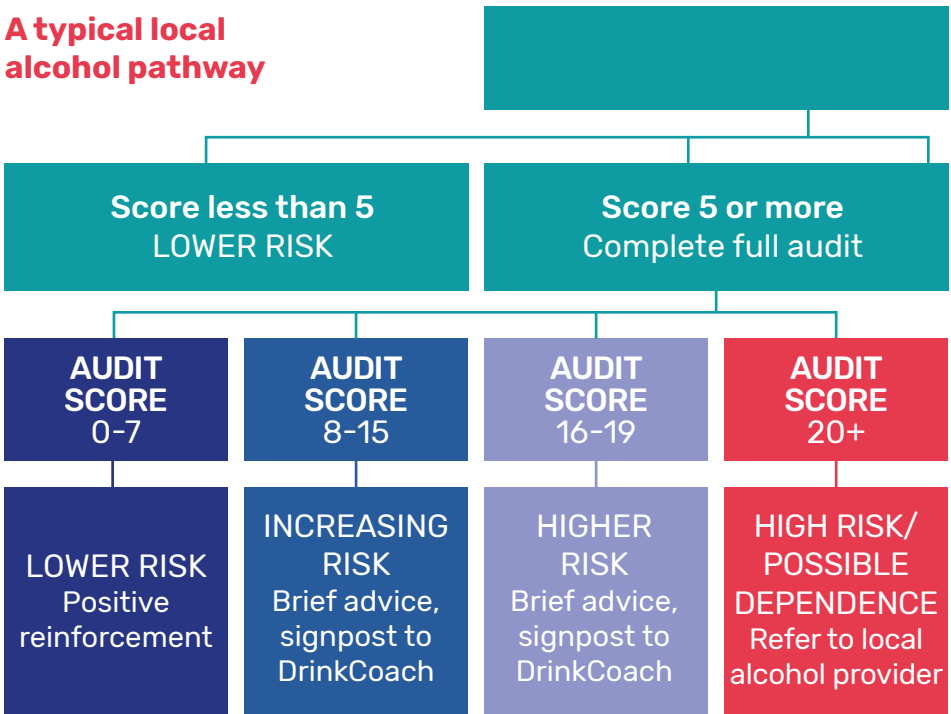
- Exercise
- Music
- Watching a film
- Using money saved for a treat

Having a drink?

Make a plan...

- Make a budget
- Have soft drinks or water in-between alcoholic drinks
- Eat before drinking
- Start drinking later
- Stop drinking earlier
- Take your time over your drinks

A typical local alcohol pathway



When completing an alcohol audit with a client and discussing the support available to them, can you please offer the client a choice of treatment options.

DrinkCoach have been commissioned to work with adults over 18 who reside within the Barnsley District Authority locality. Drink Coaches can work with any client who scores between 8 and 19 on an alcohol audit. Any client who scores over 20 or has a physical dependency on alcohol will need to be referred to Barnsley Recovery Steps.

Barnsley Recovery Steps have been commissioned to work with any adult over 18 within the Barnsley District Authority locality who are wanting to make changes to their alcohol use regardless of their audit score.

Please be mindful that clients who are suitable for DrinkCoach may prefer to be seen face to face, via the telephone or via online formats by a worker at Barnsley Recovery Steps and this support option should be offered to them.

If a client scores between 8 and 19 on an audit and opts for referral to Barnsley Recovery Steps, please contact the service on 01226 779066 to make a referral. Alternatively, the client can contact the service via telephone or walk into the service and complete a face to face screening assessment.

Gaining Permission:

Gaining permission from the beginning allows people to feel at ease. Both parties must have equal status in the consultation and the opportunity to say no.

Try: **“Is it ok to discuss your drinking and how it may be affecting your health?”**

“Would it be ok to discuss your relationship with alcohol?”

Questions	0	1	2	3	4	Your score
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 (female), 8 (male) or more units on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Total Score						

Scoring:

A total of 5+ indicates increasing or higher risk drinking. An overall total score of 5 or above is AUDIT-C positive.

The AUDIT-C Score (0-12)

If time, carry out full AUDIT



Questions	0	1	2	3	4	Your score
How often have you had 6 (female), 8 (male) or more units on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
If the answer is Weekly (3) or Daily (4), and you feel support is needed, please contact Barnsley Recovery Steps by calling 01226 779 066 or visit www.humankindcharity.org.uk/service/barnsley-recovery-steps .						
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Barnsley Council Public Health have partnered with DrinkCoach to commission a new digital platform which will give residents access to free online appointments to help them cut down their drinking.

DrinkCoach allows people to assess how risky their drinking is and receive personalised advice online. The website also directs residents or support workers towards the most appropriate local service, including connecting via video call to a DrinkCoach alcohol specialist.

The DrinkCoach package includes:

Alcohol Test

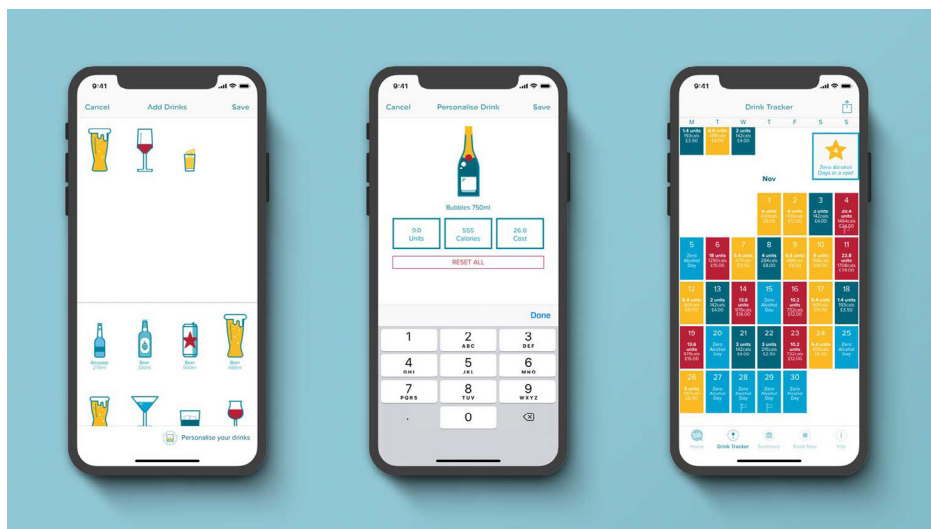
This is a free, quick and confidential way for residents to assess how risky their drinking is, and receive personalised advice and information about local support options in Barnsley. The test only takes two minutes, why not take the [Alcohol Test](#) today?

DrinkCoach App

The DrinkCoach app is free to download and use and is available across iOS and Android platforms, and has a range of features, including a daily tracker for units, calories and cost, goal setting and an event diary to record incidents.

Online Coaching Service

Barnsley residents are eligible for up to six free online coaching sessions with an alcohol specialist. Sessions are available seven days a week with daytime, evening and weekend appointments available to allow residents to select their preferred timeslot, with no waiting lists or travel required, as this service is offered via video call. Taking the [Alcohol Test](#) will indicate if individuals would benefit from cutting down with DrinkCoach.



**For information and support, please contact
Barnsley Recovery Steps on 01226 779066**

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