

Alcohol Reduction and Medication Management

Intervention Workbook

Participant ID# _____

Interviewer: _____

24-Week Drinking Chart

Use the Behavior Monitoring Handout to track weekly drinking on this chart. In the bottom row of the chart, record the number of drinks the participant consumed each week. Then make an X on that week's vertical line that corresponds with the number of drinks consumed in the first Column. Then, draw a line to connect the new X for the current week with the X for the prior week to plot a continuous line showing the number of drinks consumed across the course of the study.

# Drinks	<u>Week of Study</u>																								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
43-44<																									
41-42																									
39-40																									
37-38																									
35-36																									
33-34																									
31-32																									
29-30																									
27-28																									
25-26																									
23-24																									
21-22																									
19-20																									
17-18																									
15-16																									
13-14																									
11-12																									
9-10																									
7-8																									
5-6																									
3-4																									
1-2																									
0																									
Write in # drinks for each Week:																									

Session 1: Introduction to the Intervention

Instructions: Use the table below to record all of the medications the participant is currently taking and any special instructions for taking these medications.

Medication Name	Dose	Instructions
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Instructions: Use the table below to record missed medications.

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____

Instructions: Use the table below to mark the days in which the participant used alcohol. Also note the time of day when the participant started drinking and the time when they stopped. Finally, use the alcohol conversion chart to compute the number of standard drinks that were consumed on each day over the prior week.

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? ____	Used Alcohol? ____	Used Alcohol? ____	Used Alcohol? ____	Used Alcohol? ____	Used Alcohol? ____	Used Alcohol? ____
Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____
Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____		Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.				

Discuss Alcohol Use with Participant:

- _____ You have consumed _____ drinks in the past week (Refer to table above).
- _____ Go over the potential risks of alcohol consumption on the human body.
 - o Explain briefly what the liver does, and how alcohol can affect it (e.g., fat deposits, inflammation, scarring, and destruction of liver). Also, these affects can be exacerbated in the presence of HCV and ART.
 - o Explain that repeated heavy alcohol use can cause brain damage, memory problems, and psychological problems such as depression.
- _____ Review other consequences of drinking (e.g., social, legal, economic).
- _____ Recommend the participant reduce or stop drinking, and reiterate that this is a primary goal of this study and this intervention.
- _____ Does the participant feel that it is important to them to reduce or to stop drinking? And if so, does the participant feel ready to do so?

Session One Checklist

	Completely Covered	Partially Covered	Not Covered
1. Goals for Intervention			
2. Naltrexone Information Sheet			
3. List of Medications			
4. Medication Adherence Table			
5. Alcohol Consumption Table			
6. Discuss alcohol use with participant			
7. Behavior Monitoring Handout (X2)			
8. 24-Week Drinking Chart			
9. Schedule next session			
10. Emphasize need for consistent attendance			

Session 2: Motivation to Change Drinking Behavior

Instructions: Use the table below to record missed medications and alcohol use. Start with the column to the far right (labeled as "Today") and working to the left, mark the days in which the participant missed taking a medication by noting the corresponding number from the medication list completed in Session 1 and the time of day or dose missed. Also mark the days in which the participant used alcohol, note the time of day when the participant started drinking and the time when they stopped, and note what the participant was drinking on each occasion and use the alcohol conversion chart to compute the number of standard drinks that were consumed on each day over the prior week.

Also, plot the participant's alcohol use over the past weeks on the 24-Week Drinking Chart to track drinking over time.

Last Week					Yesterday	Today
Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____	Date: _____ Medications Missed: _____
Last Week					Yesterday	Today
Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____	Date: _____ Used Alcohol? _____ Time drinking started: _____ Time drinking stopped: _____ # drinks _____
# drinks/week _____		<u>Binge drinking:</u> in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. <u>Hazardous drinking:</u> consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.				

Instructions: Have the participant list the pros and cons of using alcohol.

Pros of Drinking Alcohol	Cons of Drinking Alcohol
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.

Instructions: Have the participant rate on a scale of 1 to 10 how ready they feel to stop using alcohol entirely, and record their answer in the space below.

Readiness to Change:	Not at all			Somewhat				Very		
	1	2	3	4	5	6	7	8	9	10
How ready do you feel to stop using alcohol entirely?	1	2	3	4	5	6	7	8	9	10
How ready do you feel to reduce your use of alcohol?	1	2	3	4	5	6	7	8	9	10
How confident are you in your ability stop using alcohol entirely?	1	2	3	4	5	6	7	8	9	10
How confident are you in your ability to reduce your use of alcohol?	1	2	3	4	5	6	7	8	9	10

Instructions: Based on the participant's readiness and confidence to change their alcohol use behavior, help them set and commit to at least one short-term goal around stopping or reducing their alcohol use, and record it in the box below.

Short Term Goal for Stopping or Reducing Alcohol Use

Session Two Checklist

	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Pros and Cons of Drinking			
6. Readiness to Change			
7. Short term goal for reducing alcohol use			
8. Review triggers			
9. Behavior Monitoring Handouts (X2)			
10. Schedule next session			
11. Emphasize need for consistent attendance			

Session 3: Triggers for Drinking Alcohol

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____	Medications Missed: _____
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____	Time drinking started: _____
Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____	Time drinking stopped: _____
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.					

Instructions: Based on the participant's progress, help the participant commit to continue working toward this goal, modify it, or set a new goal around stopping or reducing their alcohol use, and record it in the box below.

Short Term Goal for Stopping or Reducing Alcohol Use

Instructions: Review possible triggers associated with drinking. **This should not be an exhaustive discussion**, but a quick review to build upon in later sessions.

1. Urges and Cravings

Discuss Urges and Cravings with the Participant:

- Do you ever crave alcohol/having a drink?
- When or where do you notice this most? If participant notes an emotional, situational, or social trigger, skip ahead to the appropriate section.

2. Emotional Triggers

Discuss Emotional Triggers with the Participant:

- Do you drink, or want to drink, when you feel negative emotions (like sad, angry, or anxious) or positive emotions (like happy or excited)?
- What kinds of things make you feel this way, and how often do they happen?

3. Situational and Environmental Triggers

Discuss Situational and Environmental Triggers with the Participant:

- Do you drink, or want to drink, in certain situations or places (like being in a bar, when watching TV, or unwinding after a hard day)?
- What kinds of situations, activities, or places make you feel this way? How often does this happen?

4. Social Triggers

Discuss Social Triggers with the Participant:

- Do you drink, or want to drink, at celebrations, parties, or on Holidays?
- How about when you are with friends and family members who drink?
- What events and which people trigger a desire to drink? How often?

Instructions: Review *Breathing Awareness* and *Breathing Retraining Handouts*.

Instructions: Now ask the participant to think of two other things they can do to distract themselves. These should be skills or activities that the participant is already able to do, and can include things like listening to music, calling a friend, watching TV, praying, going for a walk, taking a bath, making tea, etc.

Participant Distraction Strategies
1.
2.

Session Three Checklist

	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Urges and Cravings			
6. Emotional Triggers			
7. Situational and Environmental Triggers			
8. Social Triggers			
9. Diaphragmatic, or Belly, Breathing			
10. Participant Distraction Strategies			
11. Behavior Monitoring Handouts (X2)			
12. Schedule next session			
13. Emphasize need for consistent attendance			

Session 4: Urges and Cravings

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed:
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started:
Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped:
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	<p>Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women.</p> <p>Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.</p>					

Instructions: Use the *Behavior Monitoring Handouts* to review the participant's urges and cravings to drink. If the participant did not complete the *Behavior Monitoring Handouts*, briefly inquire about urges and cravings over the last week using the *Alcohol Consumption Table* in Part A, above.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a time since the last session when he/she had a strong urge or craving to drink, but did not have a drink. If the participant reports drinking whenever they have an urge or craving, then skip to the next section.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss urges and cravings during his/her most recent drinking episode.

Instructions: Ask the participant if he/she practiced diaphragmatic breathing since the last session, and how that went. Take a moment to practice this with the participant now.

Instructions: Now ask the participant if he/she practiced distraction strategies to help manage urges or cravings.

1. Delay before acting

Instructions: Ask the participant to think of two ways they can delay themselves before acting. These should be skills or activities that the participant is already able to do, and can include things like counting to ten, diaphragmatic breathing, reminding themselves that urges will pass, etc.

Participant Delay Strategies
1.
2.

2. Negative Consequences of Drinking

Instructions: Ask the participant to think of two negative consequences of drinking that they can use to resist acting on urges and cravings. These should be consequences that are important to the participant, and can include things like negative health impact, legal consequences, interferes with adherence, etc.

Participant's Negative Consequences of Drinking
1.
2.

3. Positive Consequences of not Drinking

Instructions: Ask the participant to think of two positive consequences of not drinking that they can use to resist acting on urges and cravings. These should be consequences that are important to the participant, and can include things like improved relationships, saving money, no hangovers, better sleep, etc.

Participant's Positive Consequences of not Drinking
1.
2.

Instructions: Based on the participant's progress, help the participant commit to continue working toward their alcohol reduction goal, modify it, or set a new goal.

Short Term Goal for Stopping or Reducing Alcohol Use

Session Four Checklist

	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Noticing Urges and Cravings			
6. Diaphragmatic, or Belly, Breathing			
7. Delay before acting strategies			
8. Negative consequences of drinking			
9. Positive consequences of not drinking			
10. Short term goal review			
11. Behavior Monitoring Handouts (X2)			
12. Schedule next session			
13. Emphasize need for consistent attendance			

Session 5: Managing Emotional Triggers

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed:
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started:
Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped:
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.					

Instructions: Use the *Behavior Monitoring Handouts* to review the participant's urges and cravings to drink. If the participant did not complete the *Behavior Monitoring Handouts*, briefly inquire about urges and cravings over the last week using the *Alcohol Consumption Table* in Part A, above.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a time since the last session when he/she had a strong urge or craving to drink that corresponded with a strong emotion, but they did not have a drink. If the participant reports drinking whenever they have an urge or craving, then skip to the next section.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss emotional triggers during his/her most recent drinking episode.

Instructions: Ask the participant if he/she practiced diaphragmatic breathing since the last session, and how that went. Take a moment to practice this with the participant now.

Instructions: Now ask the participant if he/she practiced Alcohol Reduction strategies to help manage urges or cravings.

1. Improve the moment

Instructions: Ask the participant to think of two ways they can improve the moment they are in. These can be either cognitive or behavioral strategies, and should be skills or activities that the participant is already able to do.

Participant Improve the Moment Strategies
1.
2.

2. Do something relaxing

Instructions: Ask the participant to think of two activities they can use to relax when they experience a strong emotion may trigger drinking. These should be skills or activities that the participant is already able to do, and can include things like counting to ten, diaphragmatic breathing, progressive muscle relaxation, yoga, sleeping, taking a bath, enjoying nature, calming music, etc.

Participant's Relaxation Strategies
1.
2.

Instructions: Based on the participant's readiness and confidence to change their alcohol use behavior, help them set and commit to at least one short-term goal around stopping or reducing their alcohol use, and record it in the box below.

Short Term Goal for Stopping or Reducing Alcohol Use

Session Five Checklist

	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Noticing Urges and Cravings			
6. Diaphragmatic, or Belly, Breathing			
7. Improve the moment strategies			
8. Do something relaxing strategies			
9. Short term goal review			
10. Behavior Monitoring Handouts (X4)			
11. Schedule next session			
12. Emphasize need for consistent attendance			

Session 6: Managing Social Triggers

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed:
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started:
Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped:
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.					

Instructions: Use the *Behavior Monitoring Handouts* to review the participant's urges and cravings to drink. If the participant did not complete the *Behavior Monitoring Handouts*, briefly inquire about urges and cravings over the last week using the *Alcohol Consumption Table* in Part A, above.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a time since the last session when he/she had a strong urge or craving to drink that corresponded with a social situation or a particular person, but did not have a drink. If the participant reports drinking whenever they have an urge or craving, then skip to the next section.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a recent drinking episode that corresponded with a social situation or a particular person.

Instructions: Ask the participant if he/she practiced diaphragmatic breathing since the last session, and how that went. Take a moment to practice this with the participant now.

Instructions: Now ask the participant if he/she practiced Alcohol Reduction strategies to help manage urges or cravings.

1. Drink Refusal

Instructions: Ask the participant to think of two ways they can refuse drinks in social settings if they are offered. These can include things like a simple “no thank you,” “Not today,” stating “I am trying to quit,” to responding to persistent offers with statements like “if you really care about me, you won’t offer me a drink,” to leaving a situation if it is too difficult to remain while others drink.

Participant Drink Refusal Strategies
1.
2.

2. Seek Social Support

Instructions: Ask the participant to think of two ways they can obtain social support for reducing or stopping drinking. These should be skills or activities that the participant is already able to do, and can include talking to a partner or loved one and getting their support, finding a supportive friend they can call when they are having urges or cravings, having a supportive or non-drinking friend they can take with them when they go to places that may trigger cravings to drink, stopping hanging around with people that are bad influences or who encourage them to drink, joining groups like alcoholics anonymous, etc.

Participant’s Social Support Seeking Strategies
1.
2.

3. Seek Spiritual Support

Instructions: Ask the participant to think of two ways they can obtain spiritual support for reducing or stopping drinking. These should be skills or activities that the participant is already able to do, and can include praying, reading religious writing, talking to religious leaders, attending worship services, joining groups like alcoholics anonymous, etc.

Participant’s Spiritual Support Seeking Strategies
1.
2.

Instructions: Based on the participant's readiness and confidence to change their alcohol use behavior, help them set and commit to at least one short-term goal around stopping or reducing their alcohol use, and record it in the box below.

Short Term Goal for Stopping or Reducing Alcohol Use

Session Six Checklist			
	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Noticing Urges and Cravings			
6. Diaphragmatic, or Belly, Breathing			
7. Drink refusal strategies			
8. Social support seeking strategies			
9. Spiritual support seeking strategies			
10. Short term goal review			
11. Behavior Monitoring Handouts (X4)			
12. Schedule next session			
13. Emphasize need for consistent attendance			

Session 7: Managing Situational and Environmental Triggers

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed:	Medications Missed:	Medications Missed:	Medications Missed:	Medications Missed:	Medications Missed:	Medications Missed:
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started:	Time drinking started:	Time drinking started:	Time drinking started:	Time drinking started:	Time drinking started:	Time drinking started:
Time drinking stopped:	Time drinking stopped:	Time drinking stopped:	Time drinking stopped:	Time drinking stopped:	Time drinking stopped:	Time drinking stopped:
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.					

Instructions: Use the *Behavior Monitoring Handouts* to review the participant's urges and cravings to drink. If the participant did not complete the *Behavior Monitoring Handouts*, briefly inquire about urges and cravings over the last week using the *Alcohol Consumption Table* in Part A, above.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a time since the last session when he/she had a strong urge or craving to drink that corresponded with a certain situation or event, or a particular place or environment, but did not have a drink. If the participant reports drinking whenever they have an urge or craving, then skip to the next section.

Instructions: Use the *Behavior Monitoring Handouts* to identify and discuss a recent drinking episode that corresponded with a certain situation or event, or a particular place or environment.

Instructions: Ask the participant if he/she practiced diaphragmatic breathing since the last session, and how that went. Take a moment to practice this with the participant now.

Instructions: Now ask the participant if he/she practiced Alcohol Reduction strategies to help manage urges or cravings.

1. Consuming alternate food or drink

Instructions: Ask the participant to think of two food or drink choices they can substitute for alcohol when in situations where they are triggered to drink. These can include ordering a soda or tea instead of an alcoholic beverage, eating fruit or a sweet in place of sweeter drinks, or eating foods that tend to occupy the mouth such as sunflower seeds, pretzels, or chewing gum, etc.

Participant Alternate Food or Drink Strategies
1.
2.

2. Engaging in alternate behavior

Instructions: Ask the participant to think of two alternate behaviors they can engage in when they are in situations or places where they are triggered to drink. These should be skills or activities that the participant is already able to do, and can include going for a walk, talking to someone who is not drinking, reading, diaphragmatic breathing, leaving the place or situation, etc.

Participant's Alternate Behavior Strategies
1.
2.

3. Avoiding the Situation or Environment

Instructions: Ask the participant to think of two strategies to avoid situations or environments that may trigger drinking, or if the situation is not avoidable, how to plan ahead to manage the situation. These should be skills or activities that the participant is already able to do, and can include not going to a place that triggers drinking, finding a supportive person to go with, finding alternate routes to avoid triggering places (such as bars or package stores), find other places to go or activities to engage in, etc.

It is important to emphasize to the participant that, in general, avoidance is associated with negative outcomes and that it is usually better to address problems directly and planfully rather than avoid them. However, avoiding a situation that is likely to lead to alcohol use can be a good strategy until appropriate coping skills are developed to allow navigation of a triggering situation without drinking.

Participant's Strategies for Avoiding Triggering Situations and Places	
1.	
2.	

Instructions: Based on the participant's progress, help the participant commit to continue working toward this goal, modify it, or set a new goal around stopping or reducing their alcohol use, and record it in the box below.

Short Term Goal for Stopping or Reducing Alcohol Use

Session Seven Checklist			
	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Review Behavior Monitoring Handout			
3. Adherence and Alcohol Consumption Table			
4. 24-Week Drinking Chart			
5. Noticing Urges and Cravings			
6. Diaphragmatic, or Belly, Breathing			
7. Alternate food or drink strategies			
8. Alternate behavior strategies			
9. Avoiding triggering situations/places strategies			
10. Review short term goal			
11. Behavior Monitoring Handouts (X4)			
12. Schedule next session			
13. Emphasize need for consistent attendance			

Session 8: Relapse Prevention

Instructions: Use the table below to record missed medications and alcohol use, and *plot the participant's alcohol use over since the last session on the 24-Week Drinking Chart to track drinking over time.*

Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed: 	Medications Missed:
Last Week					Yesterday	Today
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____	Used Alcohol? _____
Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started: 	Time drinking started:
Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped: 	Time drinking stopped:
# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____	# drinks _____
# drinks/week _____	Binge drinking: in a single sitting, consuming 5 or more drinks for men or 4 or more drinks for women. Hazardous drinking: consuming 14 or more drinks per week or 4 or more drinks per day for men, or 7 or more drinks per week or 3 or more drinks per day for women.					

Instructions: Ask the participant what they have found to be their biggest triggers for alcohol use. Then Review the Alcohol Reduction Skills that have been introduced throughout the course of the intervention, and which Skills the participant has found to be the most helpful in managing urges, cravings, and triggers.

Instructions: Note two to four triggers that the participant feels are particularly salient for bringing on an urge to drink alcohol.

Key Participant Triggers to Drink
1.
2.
3.
4.

Instructions: Note two to four alcohol reduction skills that the participant feels are helpful to them in managing their key triggers to drink, and that they feel some confidence in their ability to perform.

Key Alcohol Reduction Strategies for Managing Urges, Cravings, and Triggers
1.
2.
3.
4.

Instructions: Review the participant's use of these strategies over the course of the study and positively reinforce their successes (offering praise and congratulations).

Instructions: Ask the participant if he/she practiced diaphragmatic breathing since the last session. Take a moment to practice this with the participant now.

Instructions: Now ask the participant if he/she practiced Alcohol Reduction strategies to help manage urges or cravings.

1. Improve the moment

Instructions: Ask the participant to think of two ways they can improve the moment they are in. These can be either cognitive or behavioral strategies, and should be skills or activities that the participant is already able to do. Strategies can include things like focusing on the positives, making comparisons (at least I am not...), talk to someone, leave a bad situation (go for a walk, take a nap), do something pleasurable, remind oneself that emotions and urges pass, smile, dance, etc.

Participant Improve the Moment Strategies
1.
2.

2. Do something relaxing

Instructions: Ask the participant to think of two activities they can use to relax when they experience a strong emotion may trigger drinking. These should be skills or activities that the participant is already able to do, and can include things like counting to ten, diaphragmatic breathing, progressive muscle relaxation, yoga, sleeping, taking a bath, enjoying nature, calming music, etc.

Participant's Relaxation Strategies
1.
2.

Instructions: Based on the participant's progress, help the participant commit to continue working toward this goal, modify it, or set a new goal around stopping or reducing their alcohol use, and record it in the box below. If the participant sets a broad or ambitious long-term goal, record this, and help them think of short term goals that will help them accomplish their long term goal.

Post-Intervention Goal for Stopping or Reducing Alcohol Use

Session Eight Checklist			
	Completely Covered	Partially Covered	Not Covered
1. Review past week			
2. Adherence and Alcohol Consumption Table			
3. 24-Week Drinking Chart			
4. Review salient triggers to drink			
5. Review helpful alcohol reduction strategies			
6. Improve the moment strategies			
7. Relaxation strategies			
8. Post-intervention alcohol reduction goal			