

I love to have a beer, cause Duncan's me mate...



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**Presented by
Jayne Stinton
Ballarat Community Health**

Email: jaynes@bddgp.org.au

**reduce
2two**
reducing risky drinking

A Demonstration Project



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Four demonstration projects have been funded for three years by the Department of Health as part of the “Restoring the Balance” Victoria’s Alcohol Action Plan.

1. Peninsula Health - Community Health
2. South City GP Services in Melbourne’s inner South East
3. Turning Point Alcohol and Drug Centre in the Northern Suburbs
4. Ballarat and District Division of General Practice

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The Reducing Risky Drinking Project



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The project is a collaborative initiative between:

**Ballarat & District Division of General Practice
Ballarat Community Health**

In association with Hepburn Health Service

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Aims



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To develop and trial creative strategies to engage at-risk adult drinkers who have not acknowledged or have not sought treatment before.

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Risk & Harm

Definition

Risk: the probability that an unwanted event will occur

Lifetime Risk: accumulated risk from drinking over a lifetime

Short term harms: actual drinking occasion which may have unwanted effects e.g. increased risk of falls, hangover, vomiting, memory loss, car accidents, unwanted pregnancy

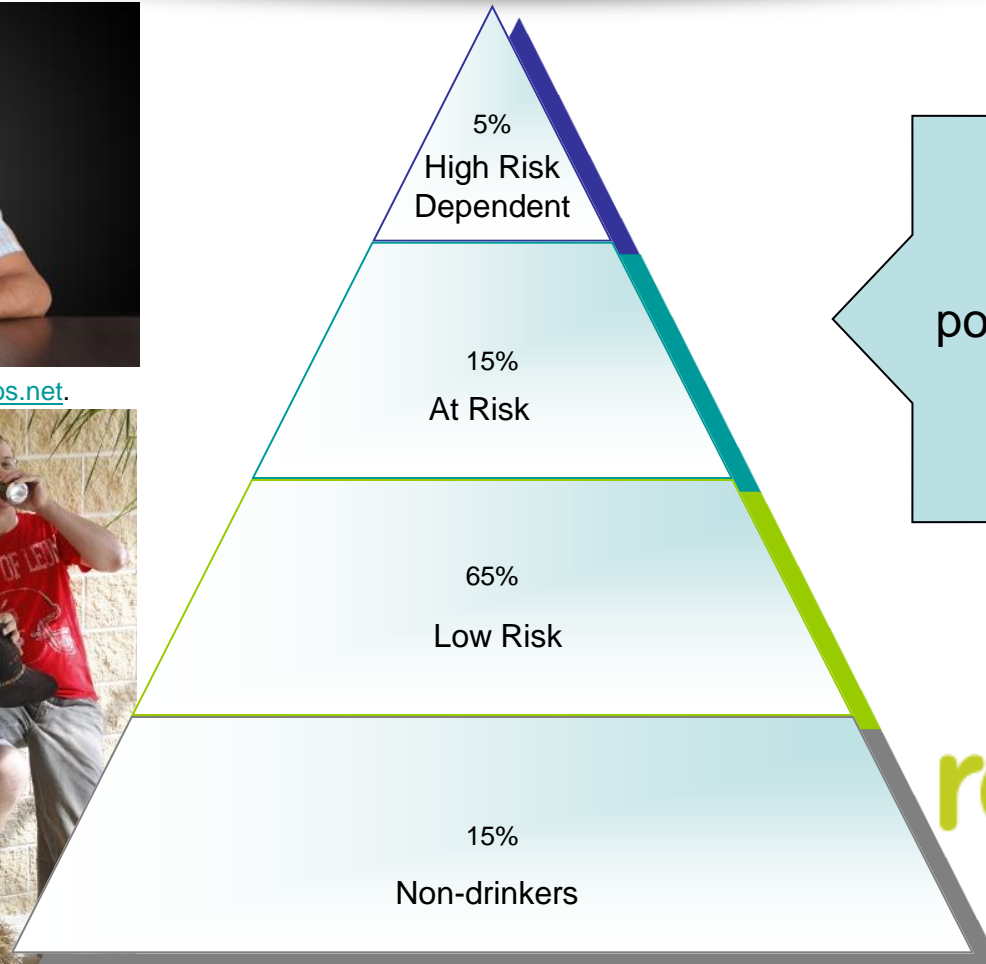
Long term harms: cirrhosis of the liver, memory loss, sexual dysfunction, some cancers etc.



Target Population



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80% of the Australian population does not drink at risky levels

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But



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83% of the population in the 2007 Drug Strategy Household Survey aged over 14 years reported drinking alcohol in the previous 12 months (AIHW 2008). In 29th June Australian population hit 21 million.

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Approach



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Engagement

15% of population - *at risk* users

Screening

Utilising AUDIT tool (Alcohol Use Disorders Identification Test)

Brief Intervention

Primary Care and Community based brief intervention as developed by WHO and utilising principles based on the Drink-less program. (“The Drink-less Program is simple and brief and has been developed to take into account the many time constraints of primary health care.”)

Follow-up

3 and 6 months

Evaluation and Recommendations



Department of Health

Engagement



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The Reduce team has four strategies

1. Community awareness raising
2. Recruit individuals or organisations willing to place Audit Quiz in prominent place and collect in box provided
3. Train people from a wide range of professions to conduct initial brief interventions
4. Direct engagement to participants through team attendance at markets, social groups, worksite visits, attendance at sporting functions and presentations such as this

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Approach – TV & Radio Campaign



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Screening

Utilising an amended Alcohol Use Disorders Identification Test (AUDIT) quiz

The AUDIT Quiz

(Expanded Audit C)

- Participant completes and self scores
- Provides Brief Intervention

OR

- Places in boxes supplied for pickup from reduce2two team



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Brief Intervention



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The World Health (WHO) found that brief interventions reduced daily alcohol consumption and intensity using Brief Intervention.

Two studies showed long-term effects up to nine years post brief intervention.

Reference:

[\[1\]](#) E. Proude; O. Lopatko; N. Lintzeris; P. Haber. The Treatment of Alcohol Problems: A Review of the Evidence. 2009. The University of Sydney. p51.

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Brief Intervention cont...



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Brief Intervention is an opportunity to provide information and advice aimed at reducing risky alcohol use and/or mild alcohol-related problems. It is only necessary for the health professional to deliver the first Brief Intervention, as subsequent sessions will be conducted by the **reduce2two** team.

Brief Intervention:

- is delivered in one to six sessions lasting five minutes to one hour
- may be provided opportunistically or to individuals identified through screening

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Brief Intervention cont...



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FLAGS - Brief Intervention

Feedback

- about the risks of current drinking patterns
- potential health problems

Listen

- active listening/discussion of client's consumption level and how it compares to the general population

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Brief Intervention cont...



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Advice

- persuasive/non-judgemental discussion of benefits of reducing alcohol consumption

Goals

- discuss safe drinking limits
- assist participant set realistic/achievable goals
- instil optimism they can be achieved
- help motivate participants to develop, implement and commit to plans to reduce/stop drinking

Strategies

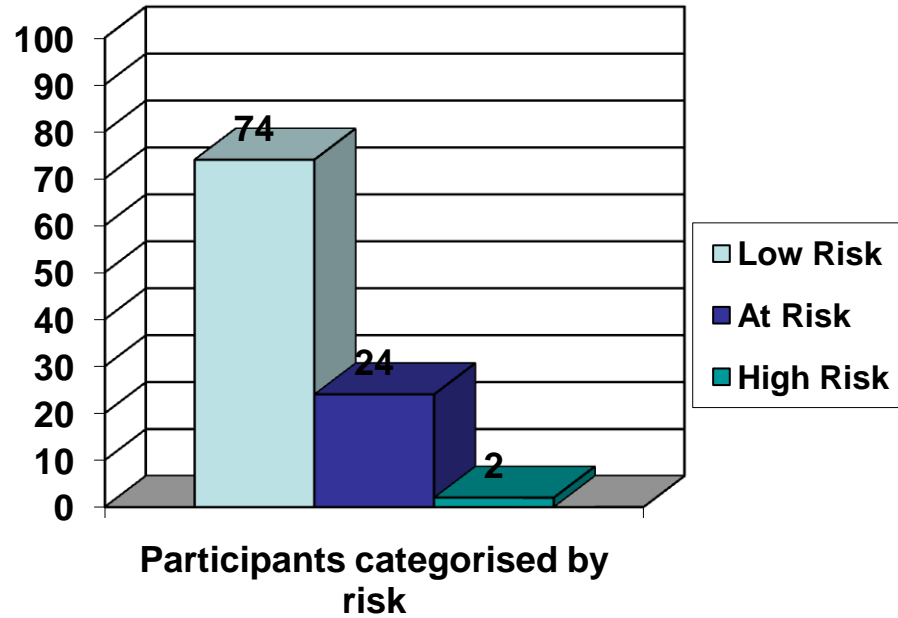
- Discuss strategies to reduce drinking
- Identify high-risk situations and practical ways to deal with these



Results to Date



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n=330 with 247 BI's

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What Can You Do?



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- Be aware of recommended daily alcohol limits
- Ask for reduce2two staff to train your staff
- Provide early advice (preventative)
- Enable patients/clients to complete **reduce2two** screening quiz
 - Check AUDIT score and determine level of alcohol consumption
 - Refer high risk/dependent drinkers to appropriate services
 - Congratulate and encourage people who are non-drinkers and low risk drinkers to remain drinking at current levels
 - For at-risk drinkers, conduct a brief intervention to motivate them to modify their drinking behaviours, utilising above FLAGS and then either

Mail

Attention: reduce2two Team,
PO Box 36W, Ballarat VIC 3350

Fax

03 5320 2613

Deposit

Place quiz into a **reduce2two** box for collection

Online

Visit <http://www.reduce2two.com> for online quiz

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