

AM I DRINKING TOO MUCH?

Patient Name: _____ Date: ____/____/____ Next visit: ____/____/____

Provider Name: _____ Phone Number: _____

1. Have you ever felt you should **CUT** down on your drinking?

YES NO

2. Have people **ANNOYED** you by criticizing your drinking?

YES NO

3. Have you ever felt bad or **GUILTY** about your drinking?

YES NO

4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**EYE** opener)?

YES NO

SCORING

If you answered yes to **2 or more** questions, you should talk with your health-care provider.

Adapted from the CAGE Questionnaire

DISCLAIMER

It is against state law to drink under the age of 21.

WHAT COUNTS AS A DRINK?



Regular beer
5% alcohol
12 fluid ounces



Table wine
12% alcohol
5 fluid ounces



**80-proof
hard liquor**
40% alcohol
1.5 fluid
ounces shot



Malt Liquor
7% alcohol
8-9 fluid
ounces

WHAT CAN I DO TO AVOID AT-RISK DRINKING?

- Never drink when pregnant.
- Do not binge drink (4 or more drinks) in a short period of time (2-3 hours).
- Enlist friends and family as support.
- Know my drinking triggers and how to handle the urges to drink.
- Find healthy ways to deal with stress and cope with problems.

HELPFUL RESOURCES FOR TEXAS CHILDREN'S HEALTH PLAN MEMBERS

- Texas Children's Health Plan Behavioral Health and Substance Abuse Hotline:
Medicaid/STAR: 1-800-731-8529 or CHIP: 1-800-731-8528
- The Right Step (TRS) in Central Houston: 713-528-3709
- Houston Center for Sobriety (Sobering Center): 713-236-7800

ADDITIONAL RESOURCES FOR TEXAS CHILDREN'S HEALTH PLAN MEMBERS AND NON-MEMBERS

- The Council on Recovery: 855-942-4100
- Smart Recovery: 440-951-5357 OR Toll free 866-951-5357
- National SAMHSA Helpline (English and Spanish): 1-800-622-HELP (4357)
- Alcoholics Anonymous Phone: 713-686-6300
- To find other substance abuse treatment services in your area: 1-877-966-3784

Questions? Texas Children's Health Plan Nurse Help Line (available 24/7): 1-800-686-3831

Readability Statistics		?	X
Counts			
Words		238	
Characters		1,293	
Paragraphs		23	
Sentences		7	
Averages			
Sentences per Paragraph		3.5	
Words per Sentence		11.8	
Characters per Word		4.3	
Readability			
Flesch Reading Ease		77.5	
Flesch-Kincaid Grade Level		5.3	
			OK