

## Reminder of the West Sussex DrinkCoach service for risky drinkers



### How to refer patients for free DrinkCoach appointments

DrinkCoach is an online coaching service that is available for free to people (aged 18+) who live or work in West Sussex.

The service is aimed at risky drinkers scoring 5-10 on the AUDIT-C scratch cards or scoring 8-19 on the full AUDIT (Alcohol Use Disorders Identification Test – see Appendix A). Patients can also get their AUDIT score by taking the DrinkCoach [Alcohol Test](#) online.

Eligible patients can receive up to six, 40 minute sessions with their own dedicated alcohol specialist. The intervention utilises the NICE approved Extended Brief Intervention framework and Motivational Interviewing approach.

DrinkCoach is professional, convenient and confidential, operating 7 days a week with daytime, evening and weekend appointments available.

Patients must be aged 18 and over to access appointments. They'll also need access to a Skype connection.



#### Referral is simple:

1. Direct the patient to [www.drinkcoach.org.uk](http://www.drinkcoach.org.uk)
2. The patient selects their appointment from an online booking calendar
3. The patient enters the promo code **WSUSSEX** to remove the full cost of the session.

DrinkCoach online coaching appeals to those with daytime commitments, perceived stigma and/or other barriers that may prevent them from accessing traditional face-to-face alcohol services and is an innovative way to reduce alcohol harm in West Sussex.

This service is not suitable for dependent drinkers (see Appendix B).

For information on other alcohol support available, including details of support for dependent drinkers, visit [www.westsussexwellbeing.org.uk/alcohol](http://www.westsussexwellbeing.org.uk/alcohol)

Thank you for your support.

## Appendix A. Alcohol Use Disorders Identification test (AUDIT)

### 1 unit is typically:

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)

### The following drinks have more than 1 unit:

A pint of regular beer, lager or cider, a pint of strong /premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 250ml glass of wine (12%) or a bottle of wine.

### UNIT GUIDE



AUDIT-C Questions <i>(Validated for screening alcohol use)</i>	Scoring system					Your score
	0	1	2	3	4	
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 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
<b>TOTAL :</b>						<input type="text"/>

A score of **less than 5** indicates *lower risk drinking* (see overleaf)

**Scores of 5+** requires the following 7 questions to be completed:

AUDIT Questions <i>(after completing AUDIT-C questions above)</i>	Scoring system					Your score
	0	1	2	3	4	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
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	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
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	
<b>TOTAL</b>						<input type="text"/>

SCORING: **ADD the 2 scores together to identify necessary action (e.g. Brief Advice)**

**AUDIT C \_\_\_\_\_ + AUDIT \_\_\_\_\_ =**

**“Based on your answers, your drinking places you in the ... risk category.”**

**(for 8+ scores lead to Brief Advice with) “How do you feel about that?”**

AUDIT SCORE	RISK CATEGORY		DESIRED ACTION
0 –7	<b>Lower risk</b>	=	No intervention required
8 –15	<b>Increasing risk</b>	=	Brief Advice and consider DrinkCoach
16-19	<b>Higher risk</b>	=	Brief Advice and DrinkCoach or DAWN
20+	<b>Possible dependence</b>	=	Referral to DAWN (CGL)

## Appendix B – Specialist Alcohol Support (Treatment)

**DAWN**, the West Sussex Drug and Alcohol Wellbeing Network, provides support to people of any age, who are looking to reduce or stop their drinking.

Young people aged 24 and under can contact the Under 25s Drug and Alcohol service via:

Text: 07779339954 (someone will ring you back)

Call: 0300 303 8677

Email: [wsypsms@cgl.org.uk](mailto:wsypsms@cgl.org.uk)

Adults aged 25 and over can contact the service via:

Call: 0300 303 8677

Email: [WestSussex.contact@cgl.org.uk](mailto:WestSussex.contact@cgl.org.uk)