

Resources to Support Your Conversation

Canada's Guidance on Alcohol and Health can help guide your conversations.

<https://skprevention.ca/resource-catalogue/alcohol/canadas-new-guidance-on-alcohol-and-health/>

Canada's Guidance on Alcohol and Health: Final Report provides the key research that supports the Guidance.

https://www.ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf

T-ACE Questionnaire can be used with every patient to assess drinking.

<https://skprevention.ca/resource-catalogue/alcohol/screening-for-alcohol-use/>

What Have You Heard about Pregnancy and Alcohol? provides information for people who are pregnant or trying to get pregnant. <https://skprevention.ca/resource-catalogue/alcohol/what-have-you-heard-about-pregnancy-and-alcohol/>

The Saskatchewan Prevention Institute provides a variety of resources on alcohol and pregnancy. These can be found in the online Resource Catalogue under Alcohol/FASD.

Contact the Saskatchewan Prevention Institute for information about Motivational Interviewing training.

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preventioninstitute
our goal is **healthy** children
skprevention.ca

A large white silhouette of a woman's head and shoulders is positioned on the right side of the page. To her right is a yellow speech bubble. Below the silhouette, a yellow heart is visible. The background of the entire page is a dark purple color with a repeating pattern of lighter purple floral motifs.

Motivational Interviewing

Help prevent alcohol-exposed pregnancies through empowering conversations.

Promote healthy pregnancies. Start the conversation.

Motivational Interviewing (MI) is a brief, evidence-based, non-judgmental approach for talking with a person about change.

Integrating MI into your practice can support you in establishing trusting relationships with your clients, assessing alcohol use without judgment, and facilitating informed decision making. For individuals of childbearing age, this technique can help reduce alcohol-exposed pregnancies and fetal alcohol spectrum disorder by creating a supportive environment for behaviour change.

“MI is about arranging conversations so that people talk themselves into change, based on their own values and interests.”

(Miller, W.R. & Rollnick, S., *Motivational Interviewing: Helping People Change*, 2013, p. 4).

Remember that change occurs when individuals are ready and willing to make the change. Motivational Interviewing recognizes and respects that individuals are the experts in their own lives. Your support in creating an individualized plan for change can support their commitment to change.

Navigating conversations about alcohol use and well-being

Normalize the conversation

“Promoting overall health is an important part of our discussion. I routinely ask my patients about alcohol use to make sure I understand their health needs and well-being.”

Ask permission

“If you’re comfortable, I would like to ask you some questions about your alcohol use. This will help me in understanding and supporting your health goals.”

“Would you be interested in chatting about Canada’s Guidance on Alcohol and Health?”

Ask open-ended questions

“How many drinks do you have in a typical week?”

“People often have different reasons for drinking such as socializing or reducing stress. Can you share what motivates you to drink?”

Encourage reflection

“What are your thoughts about your current alcohol use?”

“What reasons do you have to consider changes in your alcohol use?”

“If you were to make any changes, what specific steps would feel right for you?”

Reinforce independence

“Your decision about your alcohol use is entirely yours to make. My role is to offer guidance and support in helping you minimize potential health risks.”

“Prioritizing your well-being and the well-being of your developing baby is important during your pregnancy. If you are considering changes in your alcohol use during this time, I am here to help you.”

Supporting patients who are exploring potential changes in alcohol use

Facilitate goal setting

“Are there specific behaviours around your alcohol use that you would like to change? For example, do you want to stay within certain limits, reduce the amount of alcohol you drink, or stop alcohol use?”

Explore strategies for success

“What support do you need to reach your goals? This might involve seeking support of your friends, family, or partner and identifying and managing triggers that make you more likely to drink.”

Discuss techniques to track progress

“Some people like to keep track of their process. Have you thought about using a diary, calendar, or a mobile app?”

“Would you like to schedule follow-up appointments to discuss your progress?”

Provide educational resources

“I have some resources that could offer you additional information that may help. Is this something that would interest you?”

“Would you be interested in learning more about the Canada’s Guidance on Alcohol and Health?”

Explore and refer to additional support services

“There are different services available if you need any additional support during your change journey. Would you like to hear more about them?”

Note: Treatment centres in Saskatchewan prioritize pregnant patients.

Supporting patients who are not considering changes in alcohol use

Invite future discussions

“I understand that you are not currently considering changing your alcohol use. I am here to support you if there’s anything you would like to discuss now or perhaps in the future.”

Check in at next appointment

“Last appointment, we talked about alcohol and its effects on pregnancy. Can I ask how things have been going since then?”