

Western Behavioral Health is concerned about the potential risks that alcohol use can pose to our members. Recently, an article for members was published on Community Care's Website that outlined the risks associated with even moderate consumption of alcohol. Health issues such as medication interactions, heart disease and cancer were discussed, as well as the increased potential for interpersonal problems at home and at work. The AUDIT-C screening tool for hazardous drinking was included and members were encouraged to screen themselves and contact their PCP or WBH for more information.

WBH also encourages providers to screen all members for a coexisting alcohol or substance abuse problem. If undetected or untreated, hazardous drinking can contribute treatment noncompliance, poor treatment response and other complications.

The AUDIT-C is a screening tool that can help identify people who are hazardous drinkers or may have other problems with alcohol.

**Q#1: How often did you have a drink containing alcohol in the past year?**

- Never (0 points)
- Monthly or less (1 point)
- Two to four times a month (2 points)
- Two to three times per week (3 points)
- Four or more times a week (4 points)

**Q#2: How many drinks did you have on a typical day when you were drinking in the past year?**

- 1 or 2 (0 points)
- 3 or 4 (1 point)
- 5 or 6 (2 points)
- 7 to 9 (3 points)
- 10 or more (4 points)

**Q#3: How often did you have six or more drinks on one occasion in the past year?**

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

A score of 4 or more is considered positive for men; in women, a score of 3 or more is considered positive. Generally, the higher the score is, the more likely it is that the drinking could be affecting a member's health and safety.

If you need assistance with a member, or would like more information, please contact Western Behavioral Health at 1-888-251-2224.

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