## Checking in on alcohol

## guidance for someone facilitating a debrief

is a 6-question screen. It is designed to encourage participants (age 13+) to reflect and report on their drinking practice and to converse with others about its impact on their well-being and relationships. Recognizing benefits from drinking, the screen invites intentionality in attending to the time-honoured implicit

The non-scored questionnaire aims to obtain a short self-report (including some open-ended responses) that a debriefer could look over and then discuss with a participant. Time constraints for the debrief may well require quick agreement on which parts of the report to prioritize in the conversation.

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You can express appreciation for a sense of self-protection and social responsibility and encourage more investigation where there is some uncertainty or lack of awareness.

6. The sixth question gives the participant occasion to acknowledge and weigh pros and cons in their drinking and to contemplate and envision maximizing the former and minimizing the latter.

You can guide