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

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