



AM I DRINKING TOO MUCH?

DATE _____

PATIENT NAME _____

NEXT VISIT _____

PROVIDER NAME/NUMBER _____

GREEN ZONE

I DRINK RESPONSIBLY.

In the Green Zone, I:

- Have self-control and do not drink to get drunk.
- Do not blackout, forget things, or drink and drive.
- Drinking does not interfere with daily activities, work or school.
- Do not have any legal problems as a result of drinking.

In the Green Zone, I avoid at-risk drinking by:

- Not drinking alone.
- Finding helpful and rewarding ways to spend my time that do not involve alcohol.
- Enlisting friends and family as support.
- Eating some food with alcohol.

What counts as a drink?



Regular beer
5% alcohol
12 fl. oz.



Table wine
12% alcohol
5 fl. oz.



80-proof hard liquor
40% alcohol
1.5 fl. oz. shot



The rough percentage of "pure" alcohol, expressed here as alcohol by volume, varies by beverage.

Sources: Rethinking Drinking: Alcohol and your health. National Institutes of Health. Rethinkingdrinking.niaaa.nih.gov

YELLOW ZONE

MY DRINKING MIGHT BE A PROBLEM.

In the Yellow Zone, I:

- Drink in secret or hide my alcohol.
- Feel guilty after drinking.
- People become annoyed with my drinking.
- Begin to give up or cut back on important activities in order to drink.

- Drinking or hangovers interfere with daily activities.
- Have 1-2 of these withdrawal symptoms: trouble sleeping, shakiness, restlessness, nausea, sweating, racing heart or irritability.
- Find myself in high-risk situations related to drinking (driving, swimming, using machinery, having unsafe sex).

In the yellow zone, I will:

- Know my drinking triggers and how to handle the urges to drink.
- Find healthy ways to deal with stress and cope with problems.
- Find a new peer group.

RED ZONE

I HAVE A DRINKING PROBLEM.

In the Red Zone, I:

- Continue to drink even though I feel depressed, anxious, or have another health problem.
- Look for reasons to drink and spend a lot of time drinking.
- More than once wanted to cut down or stop drinking but could not.

- Relationships have been ended because of my drinking habits.
- Had to drink much more than I once did to get the same effect.
- Have legal problems because of my drinking habits.
- Have 3 or more of the following withdrawal symptoms: trouble sleeping, shakiness, restlessness, nausea, sweating, racing heart, or irritability.

In the red zone, I will:

- Call my doctor immediately.
- Call the Houston Center for Sobriety- Also called the Sobering Center at 713-236-7800.
- Call Alcoholics Anonymous hotline 212-870-3400.
- Ask my doctor for information for a counselor, health professional, or treatment program.

QUESTIONS?

- 24/7 Texas Children's Health Plan Nurse Helpline: **1-800-686-3831**
- 24/7 Texas Children's Health Plan Behavioral Health Helpline: Medicaid/STAR: **1-800-731-8529**; CHIP: **1-800-731-8528**; STAR KIDS: **1-844-818-0125**
- Member Services: Medicaid/STAR: **1-866-959-2555**; CHIP: **1-866-959-6555**; STAR KIDS: **1-800-659-5764**

