

Screening Brief Intervention & Referral to Treatment

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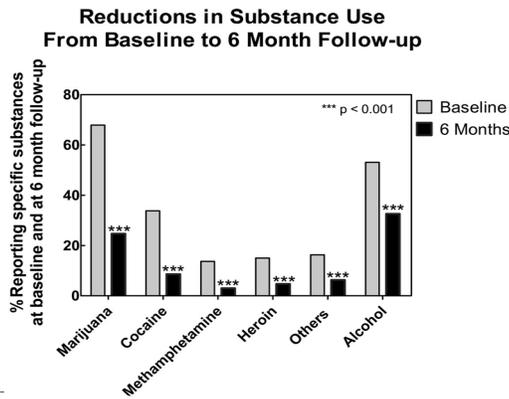
Why screen for alcohol and drug use?

Brief MI with patients can promote significant, lasting reductions in risky use of alcohol and other drugs. Nearly 30% of adult Americans engage in risky, problematic use of alcohol and/or other drugs, yet very few are identified or participate in a conversation that could prevent injury, disease, or more severe use disorders.

Screening, brief interventions, referral to treatment (SBIRT) for illicit drug and alcohol use at multiple

healthcare sites: Comparison at Intake and six months 459,599 screened, 22.7% screened pos for a spectrum of use (risky/problematic, abuse/addiction). Majority recommended for a brief intervention (15.9%), smaller % rec: for brief tx (3.2%) or referral to specialty tx (3.7%).

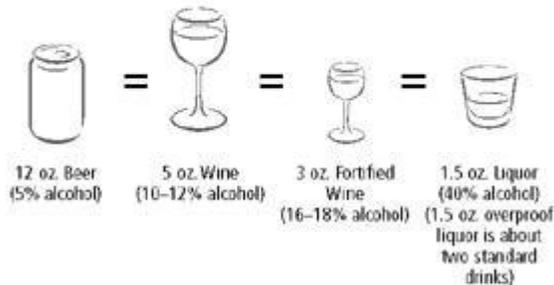
Drug Alcohol Depend. 2009 January 1; 99(1-3): 280-295.



Healthy Drinking Limits (assuming no other health risks)

	Maximum per week	Maximum per occasion
Men	14	4
Women	7	3
Both >65	7	2

One Standard Drink:

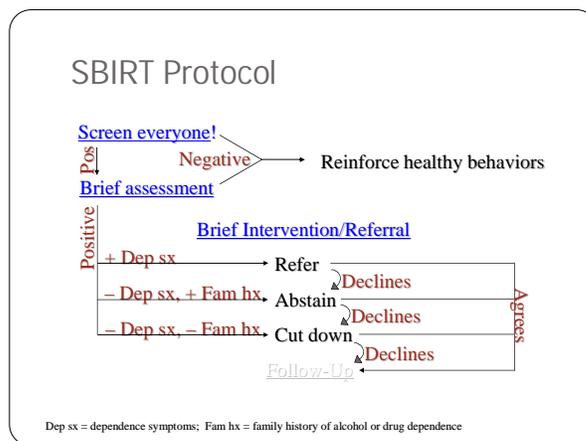


Screening:

- I ask all my patients these questions ...
 - Do you drink? How many drinks do you have in the course of a wk?
 - How many times in the past year have you had ...
 - 5 or > drinks for men
 - 4 or > drinks for women or men over age 65

- Do you use drugs? (MJ, cocaine, amphetamines, heroin, etc)
- Do you use prescription pain meds in un-prescribed ways?
- Family History Screen: Parents or siblings regularly use alcohol or drugs?
- **If positive screen, r/o addictive illness : AUDIT, DAST, CAGE-AID (70-79 sens, 77-85 spec)**

1) Have you ever felt that you ought to CUT DOWN on your drinking or drug use?	2) Have people ANNOYED you by criticizing your drinking or drug use?
3) Have you ever felt bad or GUILTY about your drinking or drug use?	4) Have you ever had a drink or used drugs first thing in the morning to steady your nerves or get rid of a hangover? (EYE OPENER)



Brief Intervention: FLO (for problem use, but not yet addictive use; or addictive use, but not yet prepared to make a change)



Referral to Treatment:

Assess stage of change. If in preparation, ask: 'What would work best for you? 12-step only, intensive outpatient, residential?'

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social worker

12-step preparation