



Substance Use Screening & Brief Interventions Cheat Sheet

1. Screen		
<ul style="list-style-type: none"> a. Review intake for tobacco / alcohol use b. Set the stage – inform participant/applicant why this information is being collected and ensure them this information is confidential and will not impact their participation in the program c. Ask: Have you ever had difficulties in your life because of cigarettes, alcohol, or other drugs, including prescription medications? d. Ask: Do you have any concerns about the use of harmful substances including tobacco, alcohol or drugs, whether for yourself, a partner or a family member? 		
	With NO Substance Use Concern	WITH Substance Use Concerns
2. Educate	Provide general education & handout	Provide tailored education on harmful effect of specific substance(s)
3. Refer	<p>“Passive Referral”:</p> <ul style="list-style-type: none"> • Show participant QR code on education handout and describe LinkU resource • Provide copy of resource list, if requested 	<p>“Semi-Formal Referral”:</p> <ul style="list-style-type: none"> • Provide physical copy of resource list w/ appropriate resource highlighted • Ask if they would like follow up text w/ link to agency’s website
4. Document	<ul style="list-style-type: none"> • “Education Contact” • “I” of TGIF note, as needed 	<ul style="list-style-type: none"> • “Education Contact” • “Referrals” • “I” of TGIF note to include detailed information

General Education bullets

The CPA/CPA should become comfortable talking about general side effects of harmful substances, and can choose between the bullets below when providing general education to low-risk participants:

Using	Can Cause:
Alcohol	<ul style="list-style-type: none"> - Your baby to be born too small, be developmentally delayed, and more likely to be sick - Your children to be neglected, abused and feel less loved - Your health to be harmed in many ways - you could develop cancer or liver disease
Tobacco	<ul style="list-style-type: none"> - You to have a miscarriage or stillbirth when pregnant - Your baby to be born early, too small or more likely to be sick - Your children to have more colds, coughs and ear infections - You and your family to be more likely to develop cancer, heart and lung disease, or stroke
Drugs	<ul style="list-style-type: none"> - You to have a miscarriage when pregnant - Your baby to be born early, too small, shaky, hard to take care of, with birth defects, or too sick to live - Your children to be neglected, abused and feel less loved - Harm to your health in many ways (even with short-term use)