Screening, Brief Intervention and Referral to Treatment for Youth

Holly Hagle, PhD,
Director of the National SBIRT ATTC
The National SBIRT ATTC

The National SBIRT ATTC is funded to advance SBIRT as a timely public health model. As the National SBIRT ATTC, we offer an SBIRT Suite of Services:

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Screening, Brief Intervention and Referral to Treatment (SBIRT) for alcohol and other drug use: An Interprofessional Conference

The Peter M. Winter Institute for Simulation, Education and Research (WISER)

June 9-10, 2015
Self-paced Online course – SBIRT for Adolescence

• Always open and you can earn 3 CEUs
Administering Adolescent-Specific Screening Instruments and Interpreting Results

Brett Harris, DrPH
Tracy McPherson, PhD
SBIRT for Youth Learning Community
March 31, 2015
Adolescent Screening
Recommendations & Guidelines

• Substance Abuse and Mental Health Services Administration (SAMHSA)
• American Academy of Pediatrics (AAP) Committee on Substance Abuse
• National Institute on Alcohol Abuse and Alcoholism (NIAAA)
• U.S. Surgeon General
• World Health Organization (WHO)
• American Medical Association (AMA)
• Society for Adolescent Health and Medicine
• CMS - Medicaid’s comprehensive preventive child health – Early and Periodic Screening, Diagnostic and Treatment (EPSDT) – covers routine, periodic screening as part of well-child visits
Adolescent Screening Practices

• Studies of pediatricians report only 32-45% conduct routine alcohol screening (10-12)

• 50% of NYS school-based health center (SBHC) clinicians do not even conduct informal screening (13)
  – Screening using a standardized tool was reported with the least regularity when compared to all other SBIRT model components
Use of Standardized Tools

- In Massachusetts, only 34% of pediatricians reported using the CRAFFT (10)
  - 54% reported informal screening without the use of a screening tool
  - 8% used the CAGE (detects substance dependence)
  - 5% used a larger health or social assessment
Use of Standardized Tools

• In NYS SBHCs, only 22% reported using the CRAFFT (13)
  – 63% used the GAPS and 35% used the RAAPS or HEADSS
  – 20% conducted informal screening using no screening tool
  – 13% used the CAGE
  – 8% used the AUDIT, DAST, or ASSIST
## Alcohol and Drug Questions

### 10. In the past 12 months, have you driven a car drunk, high, or while texting or ridden in a car with a driver who was?  
<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>

### 11. In the past 3 months, have you drunk more than a few sips of alcohol (beer, wine coolers, liquor, other)?  
<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>

### 12. In the past 3 months, have you smoked marijuana, used other street drugs, steroids, or sniffed inhalants (“huffed” household products)?  
<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>

### 13. In the past 3 months, have you used someone else’s prescription (from a doctor or other health provider) or any nonprescription (from a store) drugs to sleep, stay awake, concentrate, calm down, or get high?  
|   | No | Yes |

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**Now what?**  
**How do you interpret responses to these questions?**
Benefits of Standardized Tools

- Provide an evidence-based algorithm for provision of appropriate services
- Takes the guessing game out of identifying problem substance use
  - Use of standardized screening tools results in higher detection of problem substance use and is a best practice \(^{(10,15)}\)
  - Use of “informal screening” or larger health assessments such as the RAAPS \textit{does not} provide these features
Relying on Clinical Impressions

Leads to failure to identify and address problem use

Identification of problem use by clinical impressions versus diagnostic interview

<table>
<thead>
<tr>
<th></th>
<th>Adolescent Diagnostic Interview</th>
<th>Clinical Impressions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Problem use</td>
<td>100+</td>
<td>18</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>50</td>
<td>10</td>
</tr>
<tr>
<td>Substance dependence</td>
<td>36</td>
<td>0</td>
</tr>
</tbody>
</table>

- Of the 86 adolescents exhibiting abuse or dependence, providers classified…
  - 24.4% with no use, 50% with minimal use, 15.1% with problem use, 10.5% with abuse, and 0% with dependence
Learning to Use Standardized Tools

• Using a standardized tool does not guarantee identification and intervention with risky users
  – It is important to understand how to score them and provide the appropriate intervention based on screening score
  – EXAMPLE: In a sample of youth in which 14% scored + on the CRAFFT, pediatricians only identified 5% with problem use based on clinical impressions (17)
    • Of the 5%, almost 20% were not recommended for intervention
CRAFFT
The CRAFFT is a validated screening tool for use with adolescent patients. Because it screens for both alcohol and other drug problems simultaneously, it is especially handy for providers. CRAFFT consists of:

- Part A: 3 prescreening questions and
- Part B: 6 items
- Scoring Algorithm

A positive CRAFFT means the adolescent should be assessed for alcohol/drug abuse or dependence.
The CRAFFT Screening Questions
Please answer all questions honestly; your answers will be kept confidential.

Part A
During the PAST 12 MONTHS, did you:

1. Drink any alcohol (more than a few sips)? Yes/No
2. Smoke any marijuana or hashish? Yes/No
3. Use anything else to get high? Yes/No
   "anything else" includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff"

Part B

1. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs? Yes/No
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in? Yes/No
3. Do you ever use alcohol or drugs while you are by yourself, or alone? Yes/No
4. Do you ever forget things you did while using alcohol or drugs? Yes/No
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use? Yes/No
6. Have you ever gotten into trouble while you were using alcohol or drugs? Yes/No

If you answered NO to ALL (A1, A2, A3) answer only B1 below, then STOP.
If you answered YES to ANY (A1 to A3), answer B1 to B6 below.

CONFIDENTIALITY NOTICE:
The information on this page may be protected by special federal confidentiality rules (42 CFR Part 2), which prohibit disclosure of this information unless authorized by specific written consent. A general authorization for release of medical information is NOT sufficient.
CRAFFT Part A: 3 Opening Questions

During the Past 12 months, did you:

1. Drink any alcohol (more than a few sips)?

2. Smoke any marijuana or hashish?

3. Use anything else to get high? (“Anything else” includes illegal drugs, over the counter and prescription drugs, and things that you sniff or “huff”.)

If adolescents answer:
• NO to all, ask the CAR question in Part B, then STOP
• YES to ANY, ask all of Part B
CRAFFT Part B: 6 Questions

1. **C** - Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

2. **R** - Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

3. **A** - Do you ever use alcohol or drugs while you are by yourself, or **ALONE**?

4. **F** - Do you ever **FORGET** things you did while using alcohol or drugs?

5. **F** - Do your **FAMILY** or **FRIENDS** ever tell you that you should cut-down on your drinking or drug use?

6. **T** - Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?
Each “Yes” is added to produce the screening score

• Reports no use in Part A = “Low Risk: Abstinence”
  – Provide praise and encouragement for making healthy choices
  – Give guidance to avoid riding in a car with someone who has been drinking or using drugs

• Reports use in Part A; scores 0-1 = “Moderate Risk: CRAFFT-Negative”
  – Provide brief advice to stop using substances
  – Provide education on the health effects of substance use and the effects it might have on their achievements and personalities
CRAFFT Scoring

- CRAFFT score ≥ 2 = “High Risk: CRAFFT-Positive”
  - Assess for risk or presence of addiction and the conviction they have for making behavior changes
  - Discuss history of use, patterns of increasing use, whether they have made quit attempts, and whether they have experienced any negative consequences from their use
  - Consider scheduling a follow up appointment and/or providing a referral to treatment
- Yes to Car question = “Driving Risk”
  - Encourage a commitment to avoid future driving or riding risks
S2BI: Screening to Brief Intervention
S2BI

- Dr. Sharon Levy, Boston Children’s Hospital
- NIDA-supported tool
- Adapted based on the NIDA Quick Screen
- Validated screening tool for interview- and self-administered format including use on electronic devices (e.g., tablets)
- Developed with population of 12-17 year olds
- Brief, < 1 minute to administer
- Free online training available: www.teensubstancescreening.org
S2BI \(^{(19)}\)

- Discriminates among 4 categories of substance use experience
  - no past-year use
  - use without a SUD
  - mild or moderate SUD
  - severe SUD
S2BI (19)

- Triages Risk - Begins with a single question assessing the frequency of *past-year use* in 8 categories of substances, including alcohol, marijuana, cocaine, and prescription drugs.

- Adolescent responds with *Never, Once or twice, Monthly, Weekly, Almost Daily, or Daily*
S2BI – Frequency

In the past year, how many times have you used [X]?

- Tobacco products
- Alcohol
- Marijuana

(STOP if all are “never.” Otherwise, continue with questions.)

- Illegal drugs (such as cocaine or Ecstasy)
- Prescription drugs that were not prescribed for you (such as pain medication or Adderall)
- Over-the-counter medications (such as cough medicine) for nonmedical reasons
- Inhalants (such as nitrous oxide)
- Herbs or synthetic drugs (such as salvia, K2, or bath salts)
# S2BI Interpretation

<table>
<thead>
<tr>
<th>Substance Use Disorder (SUD)</th>
<th>S2BI Score</th>
<th>Brief Intervention Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>None (No past-year use)</td>
<td>No use of any substance</td>
<td>Positive reinforcement and encouragement to delay initiation.</td>
</tr>
<tr>
<td>None (Past-year use without a SUD)</td>
<td>Once or twice use of any substance</td>
<td>Brief advice to encourage cessation.</td>
</tr>
<tr>
<td>Mild-Moderate SUD</td>
<td>Monthly use of any substance</td>
<td>Brief motivational intervention to encourage cessation or reduce use.</td>
</tr>
<tr>
<td>Severe SUD</td>
<td>Weekly or greater use of any substance</td>
<td>Brief motivational intervention to reduce use or risky behaviors AND accept referral to treatment. Adolescents with nicotine, alcohol or opioid addiction may also benefit from medications.</td>
</tr>
</tbody>
</table>
### Brief Assessment Questions

| RAFFT (For any past-year alcohol, marijuana, or other drug use) |
|---|---|
| Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in? |
| Do you ever use alcohol or drugs while you are by yourself, alone? |
| Do you ever forget things you did while using alcohol or drugs? |
| Do your family or friends ever tell you that you should cut down on your drinking or drug use? |
| Have you ever gotten into trouble while you were using alcohol or drugs? |

| Alcohol (If once or more): |
|---|---|
| Have you had X or more drinks on one occasion on 3 or more days? |
| Had an alcoholic “blackout” (periods that you could not remember due to drinking), “passed out,” or had an emergency department visit due to substance use? |
| Had 10 or more drinks on one occasion? |
| Combined any of the following: alcohol, sedatives such as barbiturates (such as phenobarbital or pentobarbital), benzodiazepines (such as Klonopin, Ativan, or Xanax), opiates, or a prescription pain medication? |

| If weekly or monthly: |
|---|---|
| Have you used alcohol 5 or more days per week for 2 or more weeks? |

| Marijuana (If weekly or monthly): |
|---|---|
| Have you used marijuana one or more times per day for 2 or more weeks? |

| Tobacco products (If weekly or monthly): |
|---|---|
| Have you used tobacco one or more times per day for 2 or more weeks? |

| Other substances (If once or more): |
|---|---|
| Have you used [X] in the past 30 days? |
| Prescription medications (not prescribed for you) |
| Over-the-counter medications (not for medical purposes) |
| Inhalants |
| Herbal supplements |
| Synthetic drugs |

Yes/No: [ ]

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Interpretation of Brief Assessment

Table 1. Definition of Substance Use Categories

<table>
<thead>
<tr>
<th>Substance Use Disorder</th>
<th>Full Screen and Brief Assessment Tool</th>
<th>Screen to Brief Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>Any past-year substance use, RAFFT score = 0, other assessment questions negative</td>
<td>Once or twice use of any substance</td>
</tr>
<tr>
<td>Mild-moderate</td>
<td>Any past-year substance use, RAFFT score &gt;1, other assessment questions negative</td>
<td>Monthly use of any substance</td>
</tr>
<tr>
<td>Severe</td>
<td>Any past-year substance use, RAFFT score &gt;1, other assessment questions positive</td>
<td>Weekly or greater use of any substance</td>
</tr>
</tbody>
</table>

Abbreviation: RAFFT, relax, alone, forget, friends or family, trouble.
NIAAA Youth Guide
NIAAA “Alcohol Screening and Brief Intervention for Youth: A Practitioner’s Guide” (20)

• Recommends 2 age-specific screening items for Elementary, Middle, and High School:
  – One question is about friends’ drinking
  – One question about personal drinking frequency

• Download the Guide for more in-depth information:
**STEP 1: ASK THE TWO SCREENING QUESTIONS**

**Friends: Any drinking?**
“Do you have any friends who drank beer, wine, or any drink containing alcohol in the past year?”
ANY drinking by friends heightens concern.

**Patient: Any drinking?**
“How about you—have you ever had more than a few sips of beer, wine, or any drink containing alcohol?”
ANY drinking: **Highest Risk**

**Friends: Any drinking?**
“Do you have any friends who drank beer, wine, or any drink containing alcohol in the past year?”
ANY drinking by friends heightens concern.

**Patient: How many days?**
“How about you—in the past year, how many days have you had more than a few sips of beer, wine, or any drink containing alcohol?”
ANY drinking: **Moderate** or **Highest Risk**
(see chart on page 10)

**Patient: How many days?**
“In the past year, on how many days have you had more than a few sips of beer, wine, or any drink containing alcohol?”
**Lower, Moderate**, or **Highest Risk**
(see chart on page 10)

**Friends: How much?**
“If your friends drink, how many drinks do they usually drink on an occasion?”
Binge drinking by friends heightens concern.
(3 to 5+ drinks; see page 15)

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**NO**

**YES**

Does the patient drink?

**GO TO STEP 2: GUIDE**

**GO TO STEP 2: ASSESS RISK**
STEP 2: GUIDE PATIENT

For patients who **DO NOT** drink ...

- **NO**
  - Do friends drink?
    - **NO** Neither patient nor patient’s friends drink
    - **YES** Patient does not drink, but friends do

- **YES** Screening complete for nondrinkers

- **Rescreen next year** at the latest.
• **Assess Risk** - Start with chart (convert per-week and per-month responses to days)
• **Factor in Friends** – Having friends who drink heightens concern
Adolescent Binge Drinking

Having five or more drinks on at least one occasion in the past 30 days is reported by about:

- Half of 12- to 15-year-olds who drink
- Two-thirds of 16- to 20-year-olds who drink

<table>
<thead>
<tr>
<th>Estimated binge drinking levels for youth</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 9–13</td>
<td>![Image 0x462 to 720x466]</td>
<td>3 drinks</td>
</tr>
<tr>
<td>Ages 14–15</td>
<td>![Image 24x470 to 348x528]</td>
<td>4 drinks</td>
</tr>
<tr>
<td>Ages 16+</td>
<td>![Image 0x38 to 720x42]</td>
<td>5 drinks</td>
</tr>
<tr>
<td>Ages 9–17</td>
<td>![Image 120x280 to 611x396]</td>
<td>3 drinks</td>
</tr>
</tbody>
</table>
GAIN-SS:
Global Appraisal of Individual Needs – Short Screener
GAIN-SS Substance Disorder Screener

- Developed by Chestnut Health Systems

- General population of **adolescents** (12-17), **young adults** (18-25) and **adults** (18+) to quickly and accurately identify people at risk of having a clinical disorder, such as a drug dependency or a mental disorder.

- 5 items

- **Administration:** <1 minute, by self or staff, paper and pen, on a computer, or on the web

- **Website:** [http://www.gaincc.org/gainss](http://www.gaincc.org/gainss)
**SECTION A: GAIN-SS**

<table>
<thead>
<tr>
<th>When was the last time that…</th>
<th>Past month</th>
<th>2 to 12 months ago</th>
<th>1+ years ago</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. You used alcohol or other drugs weekly or more often?</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>b. You spent a lot of time either getting alcohol or other drugs, using alcohol or other drugs, or feeling the effects of alcohol or other drugs?</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>c. You kept using alcohol or other drugs even though it was causing social problems, leading to fights, or getting you into trouble with other people?</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>d. Your use of alcohol or other drugs caused you to give up, reduce or have problems at important activities at work, school, home, or social events?</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>e. You had withdrawal problems from alcohol or other drugs like shaky hands, throwing up, having trouble sitting still or sleeping, or that you used any alcohol or other drugs to stop being sick or avoid withdrawal problems?</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
GAIN-SS Substance Disorder Screener

- **Low (0):** Unlikely to have a diagnosis or need services

- **Moderate (1 or 2):** A possible diagnosis; client likely to benefit from assessment and outpatient intervention

- **High (3-5):** High probability of a diagnosis; client likely to need more formal assessment to confirm diagnosis and intervention, either directly or through referral. More extreme cases may need detoxification or maintenance services.
NIAAA Single-Item Screens for Young Adults
Single-Item Screens

• Single Question Alcohol Screening Test

“How many times in the past year have you had X or more drinks in a day?”

– “X” = 5 men, 4 women
– positive screen = 1 or more
Single-Item Screens

- Single Question Screening Test for Drug Use

"How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?"

- non-medical use = for the experience or feeling it caused, use beyond prescribed, someone else’s prescription
- positive screen = 1 or more
Screening for Co-Morbid Conditions
Patient Health Questionnaire-2 (PHQ-2) (24)

Over the last two weeks, how often have you been bothered by any of the following problems?

(Use ✓ to indicate your answer)

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Little interest or pleasure in doing things

2. Feeling down, depressed or hopeless

Add columns: __ + 1 + 2 + __

TOTAL SCORE: WRITE TOTALSCORE HERE

Score ≥ 3 indicates that adolescent should be evaluated for depression by a professional
Generalized Anxiety Disorder 2-item Scale (GAD-2) (24)

<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th>Not at all sure</th>
<th>Several days</th>
<th>Over half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious, or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

*Add the score for each column + + + +

Total Score (add your column scores) =

- First 2 questions of the GAD-7
- Score ≥ 3 indicates that adolescent should be evaluated for generalized anxiety disorder by a professional
- PHQ-2 and GAD-2 often combined
  - Referred to as the PHQ-4
Confidentiality
Confidentiality

• Medical settings provide confidentiality under HIPAA
  – Concerns: Notifying parents of serious problems, explanation of benefits to bill insurance, referrals to treatment

• Other settings such as schools do not guarantee confidentiality
  – Consider options (SBHCs, SLHCs)
9. The Society for Adolescent Health and Medicine released a position paper “Meeting the Health Care Needs of Adolescents in Managed Care,” which focused on mental health and substance use conditions. http://www.adolescenthealth.org/AM/Template.cfm?Section=Position_Papers&Template=/CM/ContentDisplay.cfm&ContentID=1481
References

QUESTIONS

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