



---

---

---

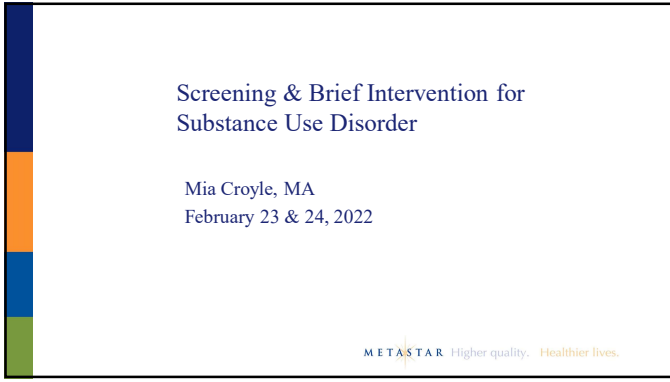
---

---

---

---

---



---

---

---

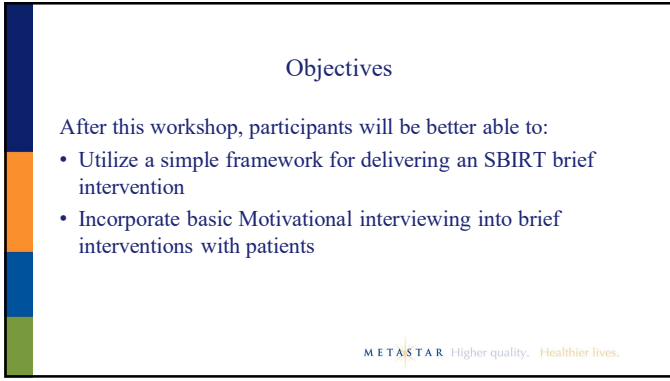
---

---

---

---

---



---

---

---

---

---

---

---

---

## Outline

- Introduction/Background
  - Why screen
  - Impact of pandemic
- Screening Tool
  - Pre-Screen
  - US AUDIT
- Responding to Positive Screen
  - Raising the Subject
  - FLO

META STAR Higher quality. Healthier lives.

---

---

---

---

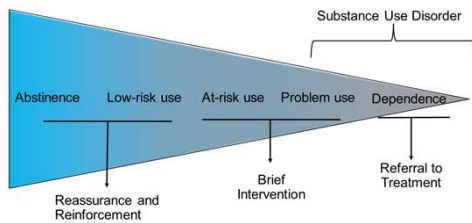
---

---

---

---

## The Substance Use Continuum



META STAR Higher quality. Healthier lives.

---

---

---

---

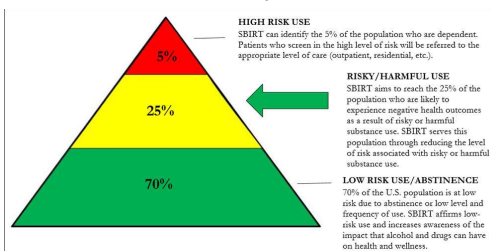
---

---

---

---

## Alcohol Use Pyramid



<https://www.indianasbirt.org/administrators-research>

META STAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Alcohol in the time of COVID

- The pandemic resulted in changes in alcohol use patterns
- Increase in alcohol related emergencies
- Alcohol related liver disease outcomes worsened
- Alcohol use has added additional burden on vulnerable populations

Murthy, P., & Narasimha, V. L. (2021). Effects of the COVID-19 pandemic and lockdown on alcohol use disorders and complications. *Current opinion in psychiatry*, 34(4), 376-385. <https://doi.org/10.1097/YCO.0000000000000720>

METASTAR Higher quality. Healthier lives.

---

---

---

---

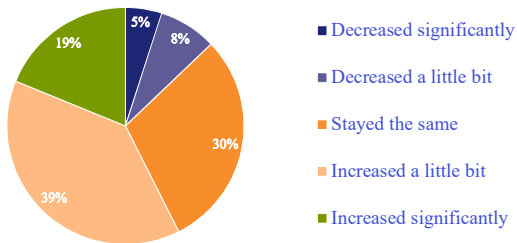
---

---

---

---

## Alcohol Use



<https://www.therecoveryvillage.com/drug-addiction/news/covid-19-substance-use-map/>

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## 'Gray area' drinking: Pandemic has some questioning their alcohol habits



COVID-19 pandemic brings new concerns about excessive drinking



How Bad Is the Pandemic Drinking Problem?

By Jennifer Garner

Published on 10/20/2020

Read more

Share

Print

Download

More

Americans Are Drinking More Alcohol During the Coronavirus Pandemic, New Study Finds

By The Health

Published on 10/20/2020

Read more

Share

Print

Download

More



She Garner Made A Giant Cocktail For Herself Before Noon During Quarantine

By Jennifer Garner

Published on 10/20/2020

Read more

Share

Print

Download

More

Jennifer Garner shares health fears over her alcohol intake during the pandemic

By Jennifer Garner

Published on 10/20/2020

Read more

Share

Print

Download

More

Related

Alcohol

COVID-19

Health

Quarantine

Stress

Wellness

METASTAR Higher quality. Healthier lives.

---

---

---

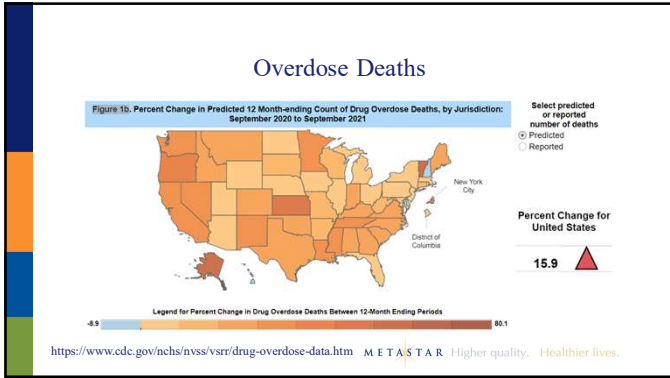
---

---

---

---

---




---

---

---

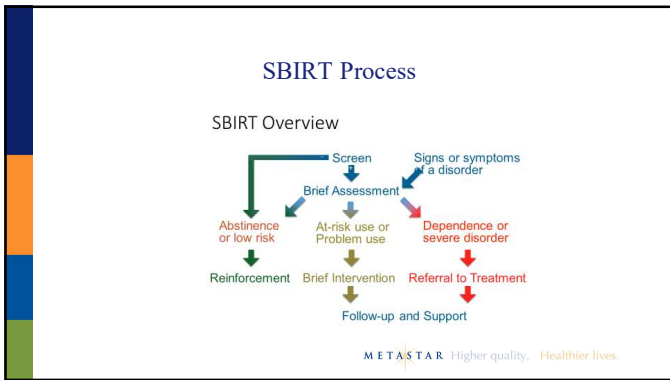
---

---

---

---

---




---

---

---

---

---

---

---

---

## Screening Tools

M E T A S T A R    Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Definition of Screening

A rapid, proactive, systematic procedure applied to an entire patient populations to identify individuals who may have a condition or may be at risk for a condition before obvious manifestations occur.

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Screening Casts a Wide Net



METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Introducing Screen

*"I'd like to ask you a few questions about your drinking/drug use. We ask everyone these questions to make sure we are giving you the best possible care. Some of these questions might not apply to you and if so just let me know."*

METASTAR Higher quality. Healthier lives.

---

---

---

---

---



---

---

---

**Single Alcohol Screening Question**

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

 X = 5       X = 4

Positive response: Greater than none

Smith, Journal of General Internal Medicine, 2009

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Single Drug Screening Question**

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

Positive response: Greater than none

Smith, Journal of General Internal Medicine, 2009

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Brief Assessment Tools**

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Purpose**

- Indicated screening, more in-depth
- Structured process
- Intended to categorize individuals with regard to substance use
- Not diagnostic, but can inform diagnosis
- Can be done via clinical interview or written questionnaire

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Alcohol Use Disorders Identification Test (AUDIT)**

- Validated across many countries and cultures
- US AUDIT
- 10 multiple choice items on alcohol
- Each item has three to five response choices with point values
- Add point values for interpretation

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Drug Abuse Screening Test (DAST)**

- 10 questions on drug use in the past 12 months
- All questions are yes/no
- Each question scores zero points or one point
- Validated mainly on treatment populations, not general healthcare, mental healthcare or social services patients and clients
- Some items may improve with rewording

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Other Brief Screening Tools

- SIP-AD: Short Inventory of Problems - Alcohol and Drugs
- SDS: Severity of Dependence Scale
- ORT: Opioid Risk Tool
- CRAFFT: Adolescents (Car, Relax, Alone, Forget, Friends, Trouble)
- CAGE: Cut down, Annoyed, Guilty, Eye-Opener
  - longer and less accurate than newer screens; should no longer be used

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Brief Intervention

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Purpose of Brief Intervention

### Activate motivation for change to substance use

- Utilize Motivational Interviewing approach to avoid defensive and dismissive response
- Share personalized information and feedback with patient about (potential) impact of their substance use
- Make evidence-based recommendation regarding substance use
- Explore options for change or referral, if appropriate

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---



<p><b>Brief Advice</b></p> <ul style="list-style-type: none"> <li>• Medically-based feedback and advice about health consequences and possible other impacts of substance use</li> <li>• Provider does most of the talking</li> <li>• This is the type of intervention which providers are most accustomed</li> </ul>	<p><b>Brief Intervention</b></p> <ul style="list-style-type: none"> <li>• Focused conversation that combines brief advice with a motivational interviewing approach to enhance patient's motivation to make changes in substance use</li> <li>• Provider aims to get the patient talking</li> <li>• This represents a departure from the style of communication most providers use</li> </ul>
---	---

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Delivering Brief Intervention: FLO**


<ul style="list-style-type: none"> <li>• <b>Feedback</b> <ul style="list-style-type: none"> <li>• Setting the stage</li> <li>• Share feedback &amp; recommendation</li> </ul> </li> <li>• <b>Listen to understand</b> <ul style="list-style-type: none"> <li>• Explore current situation</li> <li>• Evoke change talk</li> </ul> </li> <li>• <b>Options to explore</b> <ul style="list-style-type: none"> <li>• Discuss options for change</li> <li>• Follow up</li> </ul> </li> </ul>	
--	--

Image by Ciker-Free-Vector-Images from Pixabay

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Personalized Feedback**

Consider:

- What does their screening suggest?
- How does their use compare with national or state norms?
- How might drinking/use be impacting chronic health conditions?
- How might drinking/use be impacting the efficacy of their medications?
- How might drinking/use be in opposition to some of the things you know this person values?

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Feedback**

Feedback Sandwich

- Ask permission
  - *Would it be OK if we discussed the results of the questionnaire about alcohol use that you completed?*
- Offer feedback
  - *Based on the way you answered these questions your alcohol use is falling into the category [name]. That generally means...*
- Ask for response
  - *What are your thoughts about this?*

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Listen to Understand**

Open Questions

- *How do alcohol (drugs) fit into your day to day life?*
- *What might be some of the downsides of drinking (using) for you?*
- *If you were to make a change, how might your life be different?*

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

**Listen to Understand**

Open Questions

- *If you were to decide to make a change, how might you go about doing that?*
- *If things continue as they are what might be the worst thing that could happen?*
- *How will you know when it is time to think about making a change?*

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

Reflective Listening

- Goal is to understand
- Goal here is NOT to educate, correct, persuade
- Attempt to grasp the meaning of what the other person is saying, and offer that meaning back to the other person

METASTAR Higher quality. Healthier lives.

---

---

---

---

---


---

---

---

Reflective Listening

- Statement
- Mirrors what was said or meant
- Demonstrates **empathy**
- Shapes direction
- You choose what to reflect



METASTAR Higher quality. Healthier lives.

---

---

---

---


---

---

---

---

Reflective Listening



- Simple
- Paraphrase

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

Reflect This

*"I don't know what I'm going to do.  
Alcohol seems to have been a big issue  
lately, but I really like drinking."*

METASTAR Higher quality. Healthier lives.

---

---

---

---


---

---

---

---

Reflective Listening



- Simple
- Paraphrase
- Unspoken emotion
- Double-sided
- Continuing the paragraph
- Amplification
- Metaphor

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

Reflect This

*"I don't know what I'm going to do.  
Alcohol seems to have been a big issue  
lately, but I really like drinking."*

METASTAR Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Options Explored

Transition with a key question:

- *“I wonder what you’re thinking at this point?”*
- *“Where does all this leave you?”*
- *“What would be most helpful for us to do now?”*

Let the other person take the lead – you are in a supportive role

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Options

- Remind of the low risk drinking guidelines
- Express support and encouragement for any change
- Share resources
- Help them create a change plan:
  - What are they going to add/remove to help them reduce use?
  - Who will support them?
  - How will they hold themselves accountable?

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

## Options

- Encourage social support (peer recovery coach, AA, NA)
- Make a referral to a treatment program
- Prescribe a medication (MAUD, MOUD aka MAT)
- Schedule a follow-up appointment or check-in call

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

Questions?



M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---

Contact Information:

MetaStar, Inc.  
2909 Landmark Place  
Madison, WI 53713

[mcroyle@metastar.com](mailto:mcroyle@metastar.com)

M E T A S T A R Higher quality. Healthier lives.

---

---

---

---

---

---

---

---