

SUBSTANCE USE DISORDERS

FOR MENTAL HEALTH PROVIDERS

5 MINUTES OR LESS

PREVALENCE

ALCOHOL
EQUIVALENTS

INTERVENTIONS

SCREENING

RED FLAGS

REFERRALS

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LIFETIME PREVALENCE OF ALCOHOL OR DRUG USE DISORDER	
GENERAL POPULATION	~17%
SCHIZOPHRENIA	~47%
BIPOLAR DISORDER	~56%
OTHER MOOD AND/OR ANXIETY DISORDER	~30%
* JAMA. 1990;264:2511-2518.	

1. "In the last year, have you ever drunk or used drugs more than you meant to?"
2. "Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?"

TWO ITEM CONJOINT SCREEN (TICS)	
SENSITIVITY 79.3%	SPECIFICITY 77%

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 (**EYE-OPENER**) to steady your nerves, e.g. get rid of a hangover, or get the day started?"

CAGE-AID	
SENSITIVITY 79%	SPECIFICITY 77%

Alcohol equivalence: standard drinks are equivalent in their alcohol content, each containing six-tenths of one ounce of alcohol. They are all the same to a breathalyzer.

STANDARD DRINKS	
BEER	12 OUNCES
WINE	5 OUNCES
LIQUOR	1 1/2 OUNCES

RED FLAGS

RED FLAGS

- Reluctance to provide substance use history, acute worsening of symptoms with rapid recovery, collateral history
- Physical consequences of drug use
- Treatment-resistant symptoms, repeated decompensation, history of substance use
- Chaotic developmental history, psychosocial and interpersonal instability
- + family history of substance abuse/dependence

HISTORY

General: Neglected appearance, weight loss, disheveled, red eyes, dilated or pinpoint pupils
Psych: depression, irritability, anxiety, psychosis, mood lability, suicidality

PHYSICAL EXAM

Alcohol: Approximately 8 hrs detection window for each: +Blood alcohol Level, +Breathalyzer, +Oral Alcohol Swab.
Approximately 80 hrs detection window: +urine EtG
Illicit Drugs: +UDS, +Oral Drug Swab

LABORATORY

ASK

“Have you ever used alcohol or drugs?”

SCREEN

Use the TICS or CAGE-AID.

INTERVENE

Use stage-specific interventions.

STAGE	INTERVENTION
Abstinence	Positive Reinforcement
Non-problematic Use	Risk Reduction Advice (i.e. alcohol and drugs both make depression worse)
Problematic Use	Complete Substance Abuse History/Referral <ol style="list-style-type: none"> 1. Age of onset 2. All substances used past and present 3. Abuse/Dependence criteria 4. Treatment History 5. Abstinence/Sobriety History
Secondary Abstinence	Positive Reinforcement

MINIMIZE BARRIERS

1. Tell the patient to call the number on the back of their insurance card for Mental Health Benefits to find a counselor or program that is covered.

AND

2. Ask the patient whether they would like to try AA/NA, a counselor, a physician or a rehab program, and give them the referral information below.

ALCOHOLICS ANONYMOUS

aa.org

(212) 870-3400

NARCOTICS ANONYMOUS

na.org

(818) 773-9999

SUBSTANCE ABUSE TREATMENT PROGRAMS

findtreatment.samhsa.gov

1-800-662-HELP
(1-800-662-4357)

ADDICTION PSYCHIATRISTS

asam.org

(click on "Find a Physician")

(301) 656-3920

ADDICTION COUNSELORS

nbcc.org/counselorfind

(336) 547-0607