

## Short-Term Health Risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



## Long-Term Health Risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Lost productivity
- Family problems
- Unemployment

### Alcohol dependence



SAMHSA's National Helpline – [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

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For More Information: [www.samhsa.gov/sbirt](http://www.samhsa.gov/sbirt)

### Resources:

[www.samhsa.gov/sbirt/resources](http://www.samhsa.gov/sbirt/resources)

[www.findlocaltreatment.com/](http://www.findlocaltreatment.com/)

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## Screening, Brief Intervention & Referral to Treatment

**SBIRT** is an approach to the delivery of early intervention & treatment to people with substance use disorders and those at risk of developing these disorders.

- ⇒ Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- ⇒ Brief intervention focuses on increasing insight and awareness regarding substance abuse and motivation toward behavioral change.
- ⇒ Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

### A DRINK IS:



### LOW RISK DRINKING LIMITS:

**MEN**

**No more than:**

- = 2 drinks per DAY
- = 14 drinks per WEEK
- = 4 drinks at any one time

**WOMEN**

**No more than:**

- = 1 drink per DAY
- = 7 drinks per WEEK
- = 3 drinks at any one time
- = Do not drink if pregnant

**ALL AGE 65+**

**No more than:**

- = 1 drink per DAY
- = 7 drinks per WEEK
- = 3 drinks at any one time
- = Do not drink if taking medication



Not at all

Extremely

SUBSTANCES	HEALTH RISKS
<b>Cannabinoids</b>	Marijuana; Hashish Impaired mental capacity; Delayed onset of puberty; Bronchitis
<b>Amphetamines</b>	Methcathinone; Methamphetamine; Ephedrine Heart attacks; Stroke
<b>Opiates</b>	Heroin; Poppy, Straw; Acetylated Opium; Methadone; Raw Opi- um Diminished mental capacity; Diminished sex drive; Impo- tence; Sterility
<b>Hallucinogens</b>	LSD; Magic Mush- rooms (Psilocin, Ecstasy, Psilocybin) Irreversible changes in brain structure; Mental disorders, possible complete break from reality; Depression possibility leading to suicide; Damage to internal organs
<b>Smoking Blends</b>	Mental disorders; Personality changes
<b>Sedatives</b>	Barbiturates Brain damages
<b>Inhalants</b>	Paint; Dissolvent; Gas- oline; Glue; Hairspray; Insect Repellent Arrhythmia and chest pain; Acute intoxication, possibly fatal; Liver damage; Delayed mental and psychological development
<b>Cocaine</b>	Arrhythmia; Paranoia; Death due to myocardial infarction, or respiratory failure

**I Low Risk**  
AUDIT: 0-6 (women), 0-7 (men)  
DAST: 0

**II At-Risk**  
AUDIT: 7-15 (women), 8-15 (men)  
DAST: 1-2

**III Harmful**  
AUDIT: 16-24  
DAST: 3-5

**IV Dependent**  
AUDIT: 25+  
DAST: 6-10

### Raise the Subject

- Ask permission to have a discussion about the patient's alcohol/  
drug use
- Build rapport
- Review Standard Drink and use screening tools

### Provide Feedback

- Review AUDIT/DAST results and discuss effects on health
- Express concern with patterns using MI techniques
- Show national substance use norms and show screening scores

### Enhance Motivation

- Evoke response (*What do you make of this information?*)
- Use Readiness Ruler to ask about importance/interest in making  
change

### Negotiate and Advise

- Help patient/client generate a menu of options
- Summarize a goal/plan (*This is what I have head you say...*)
- Thank the patient/client and express optimism that they will meet  
success