

Substance Abuse Prevention and Intervention Programs for Adolescents



Guidance • Support • Prevention • Protection

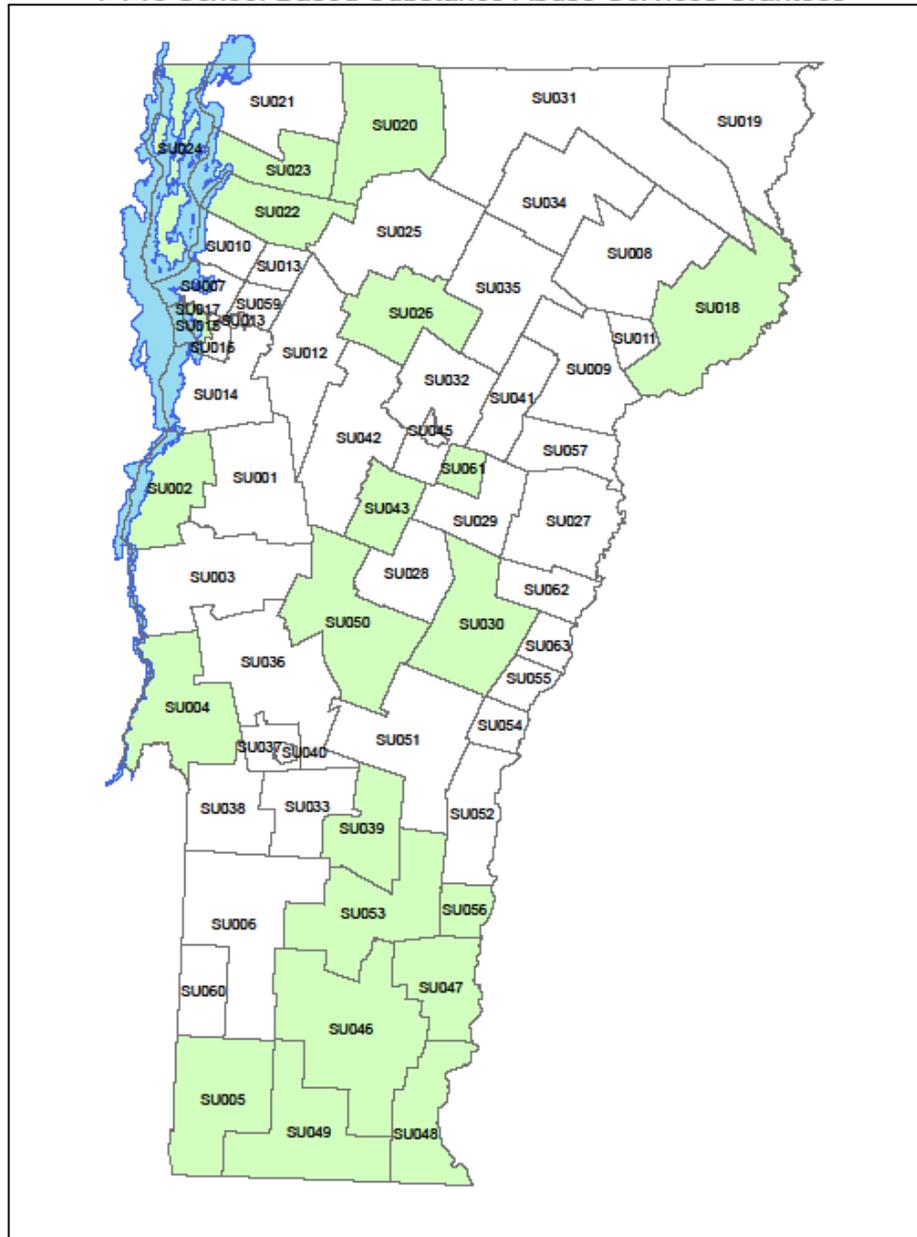
Alcohol and Drug Abuse Programs

December 20, 2013

School-Based Substance Abuse Services (SBSAS) Grants

- Awarded to 21 Supervisory Unions, totaling approximately 60 schools k-12
- Provide substance abuse prevention and early intervention services in Vermont schools, leading to reductions in students' alcohol and other drug use.

FY13 School-Based Substance Abuse Services Grantees



Healthy Vermonter 2020 objectives

This grant is one component of several ADAP strategies aimed at:

- Reducing past month use of alcohol, marijuana or any illicit drugs during the past 30 days among adolescents (12-17)
- Reducing binge drinking among adolescents (12-17)

The Vermont Youth Treatment Enhancement Grant

Target Age Groups 12-17 and 18-24 year olds

The Grant Activities:

1. Implementation of 2 Evidence Based Treatment Practices by Two Lead Providers
2. Expanded Use of the Evidence Based Practices to Other Providers Across the State
3. Implement Policy and Other Systems Changes to Sustain the Expanded Use of the Treatment Practices Beyond the Completion of the Grant

The Grant Goals

At the Client Level

1. Increase rates of abstinence
2. Increase enrollment in education/training/employment
3. Decrease Juvenile Justice involvement

At the Systems Level

1. Create a plan for the widened use of Evidence Based Treatment Practices
2. Improve state policies and procedures related to substance abuse treatment delivery

Partnership for Success (PFS) grant

Goals

- Reduce underage and binge drinking among persons aged 12 to 20
- Reduce prescription drug misuse and abuse among persons aged 12 to 25
- Increase state, regional and community capacity to prevent underage drinking and prescription drug misuse by implementing a targeted regional approach

Combined Community Grants

The aim of this program is to reduce health care costs through healthy community design.

Goals

- Reduce underage drinking
- Reduce high-risk drinking by Vermonters under age 25

Funded strategies

- Media and social marketing campaigns targeted at parents and youth
- Local policy changes to reduce access to alcohol
- Joint efforts with local law enforcement
- Community education
- Family education and support

SBIRT: Screening, Brief Intervention, Referral to Treatment

An intervention based on “motivational interviewing” strategies

- **Screening**: Universal screening for quickly assessing use and severity of alcohol, illicit drugs, and prescription drug use , misuse and abuse
- **Brief Intervention**: Brief motivational and awareness-raising intervention given to risky or problematic substance users
- **Referral to Treatment**: Referrals to specialty care for patients with substance use disorders

Treatment can consist of brief treatment or specialty AOD (alcohol and other drugs) treatment.

VTSBIRT Main Goals

- Ensure substance misuse screening and brief interventions for adults aged 18 and older are easily accessible for all Vermonters
- Provide initial funding for training, staffing, resources and technical assistance to implement consistent & effective screening, brief intervention & brief treatment in 11 primary health and or medical care locations throughout the state of Vermont.
- Ensure capacity to sustain SBIRT through changes to existing billing codes & health information technologies

SBIRT Evidence Based Protocols

- Prescreening (NIDA, AUDITC, PHQ-2)
- Secondary Screening (DAST, AUDITC, PHQ-2)
- Brief Interventions
 - Brief Negotiated Interview (MI based – 4 phases)
 - Brief Treatment (Integrated MET & CBT)
- Assertive Referral to Specialty Treatment
 - Appointment set up = “warm hand off”
 - Follow-up

The CRAFFT Screen

- Consists of 6 questions to screen for high risk alcohol and other drug use disorders
- For use with children under 21
- Meant to assess whether a longer conversation is warranted

- C-** Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
- R-** Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
- A-** Do you ever use alcohol or drugs while you are by yourself, or **ALONE**?
- F-** Do you ever **FORGET** things you did while using alcohol or drugs?
- F-** Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?
- T-** Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

To administer the screen, first, ask three opening questions:

During the PAST 12 MONTHS, did you:

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

(Do not count sips of alcohol taken during family or religious events.)

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 youth answers “No” to these opening questions, ask the CAR question only then stop

If youth answers “Yes” to any one or more of these opening questions, ask all 6 CRAFFT questions

“No” response to all CRAFFT questions

- Praise youth for making smart decisions and encourage him/her to continue to make these decisions
- Tell the youth that you are always available to talk

One “Yes” response to the CRAFFT questions

- Strongly encourage non-use
- Offer the youth the opportunity to return to speak with you

- A total of two or more “Yes” responses is a positive screen and indicates a need for additional assessment
- Refer for assessment
 - Strongly encourage non-use
 - Encourage youth to return to speak with you in the near future
 - Follow up that assessment was completed

- Two versions of the screen is available to print at <http://www.ceasar-boston.org/CRAFFT/index.php>
- The self administered CRAFFT screen is completed by the youth
- The provider CRAFFT screen is completed verbally by you asking the questions
- Do not keep screen or place identifying markers on screen

Referral Services

Substance Abuse Treatment Providers By
County:

http://healthvermont.gov/adap/treatment/treatment_county.aspx