



SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

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# **Health Diversion Programme**

- Option to attend for a health intervention
- SAOR Screening and Brief Intervention
- Establish a SAOR service in each CHO
  - Funding for 9 SAOR practitioners
  - Standard operating procedure
  - Standard job description
  - Outcome framework for monitoring and evaluation
  - Software package for recording
  - NDTRS



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# **Health Diversion Programme**

## **9 SAOR practitioners**

- Deliver the SAOR screening and brief intervention
- Establish and coordinate local referral pathways for the SAOR service
- Make onward referrals as necessary
- Report



# What is brief intervention?

A short, structured and helpful conversation about alcohol and drugs

Healthcare or nonhealthcare settings

By healthcare or nonhealthcare professionals

# 5 – 25 minutes

- Identifying the issue
- Motivating for change

- Universities
- Community projects
- Probation

- Community workers
- Public health nurses
- Midwives
- Youth workers
- Probation officers
- Gardaí

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#### $\mathsf{HSE} \mid \textbf{SAOR}$

#### A brief intervention is that which EMCDDA (2017)



Is delivered with the aim of **preventing** substance use, delaying initiation of substance use, reducing risk of harmful use



Does not necessarily target people who are dependent but can be used when the nature and extent of dug use is still unclear



May include MI or other therapeutic approaches



Is an **early intervention** which may lead to referral to treatment



Does not provide a long-term treatment programme



# Is screening and brief intervention effective?

- Madras, B.K., Compton, W.M., Avula, D., Stegbauer, T., Stein, J.B. and Clark, H.W., 2009. Screening, brief interventions, referral to treatment (SBIRT) for illicit drug and alcohol use at multiple healthcare sites: comparison at intake and 6 months later
- WHO Assist project (Humeniuk et al 2008) International randomised controlled trial evaluating the effectiveness of BI for illicit drugs
- Treatment and care for people with drug use disorders in contact with the criminal justice system (WHO, UNODC, 2019)
- The International Standards for the Treatment of Drug Use
  Disorders (WHO, UNODC, 2020)



# SAMPR

# Screening and Brief Intervention For Problem Alcohol and Substance Use

#### Guide for Practice © O'Shea, Goff & Armstrong 2009 /2017



# SAOR provides the <u>structure</u> to have the conversation with someone

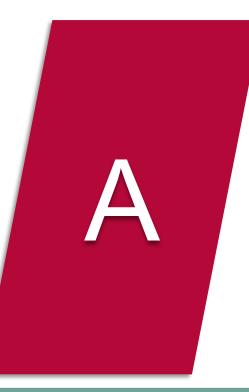


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#### SUPPORT

- Connecting with the person
- Having an open friendly style
- Having an empathic non-judgemental approach
- Supporting self-efficacy
- Informing the person of services available

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#### **ASK AND ASSESS**

- Asking about alcohol/substance use
- Eliciting the person's concerns
- Establishing the person's expectations
- Screening and assessment
- Observing for withdrawal symptoms
- Exploring the context
- Gauging importance and confidence

#### **OFFER ASSISTANCE**

- Advising and giving feedback
- Assigning responsibility for change
- Allowing for a menu of options
- Agreeing goals







#### REFER

- Discussing treatment options with the person
- Making a referral to appropriate services if required
- Ensuring appropriate follow-up care/support
- Closing the consultation



## When to refer to a specialist service

# Dependence

# Withdrawal

# Complications

Request

Evidence of dependence Screening questions (DUDIT)

#### Evidence of withdrawal

Physically or mentally unwell

#### **Evidence of complications**

Physiological, eg injuries Psychosocial, eg legal problems Mental health, eg self-harm

#### **Request!**

The person themselves requests a referral!

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## SAOR

#### **Supports**

- Builds up trust
- Helps person to open up & talk

#### Asks & Assesses

- Gets a description of the nature and extent of substance use
- Gauges readiness to change

#### **Offers Assistance**

- Gives information on menu of choices
- Agrees next step

#### Refers

• Links them with the right supports



# Next steps: Monitoring and evaluation

- NDTRS field on Health Diversion
- The SAOR outcome framework: measures and outcomes (Shorter, G.W., Corrigan, N., Keenan, E., Percy, A. (2022))
  - Recent drug use
  - Average consumption
  - Impact of drug use
  - Knowledge of impact of drug use
  - Quality of life



# Thank you!

