

My Alcohol and Drug ASSIST-Lite Feedback Pamphlet

How to Administer Brief Intervention and Referral to Treatment

Toolbox Session Template



Government of **Western Australia**
Department of Health

My Alcohol and Drug ASSIST-Lite

Feedback Pamphlet

This pamphlet links to the eASSIST-Lite which will take 3-5 minutes to complete and will help you to identify any risk of alcohol or drug-related harm.

The pamphlet includes information on potential risks and harms of your current alcohol and / or drug use. It will provide ideas to help you stay safe, reduce your risk and where to go for help.

Scan to complete
eASSIST-Lite screening tool



This resource is to be used with ASSIST-Lite
(University of Adelaide, 2019)

ASSIST-Lite Feedback



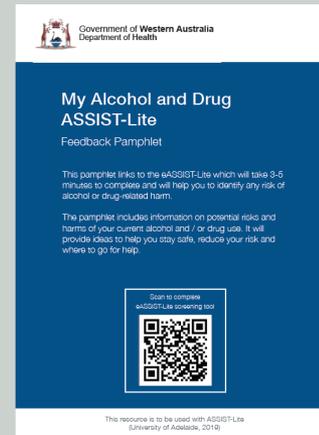
The ASSIST-Lite Feedback Pamphlet includes:
potential risk scores from ASSIST-Lite screening
ideas to reduce harm
where to go for help

The feedback pamphlet guides motivational interviewing
FRAMES Model and
Stages of change

ASSIST-Lite Clinical Form

ASSIST-Lite Feedback Pamphlet

+/or



ASSIST-Lite Feedback Pamphlet

Brief Intervention

- For individuals at **low** risk: Reinforce and encourages low risk use
- For individuals at **moderate** risk: considers reduction or stopping use and reinforces harm reduction measures to prevent serious complications
- For individuals at **high** risk: is not a stand-alone intervention but should be used to encourage acceptance of a referral to specialised AOD services for detailed assessment

ASSIST-Lite Scoring System

Risk level of alcohol-related harm:

- Low risk: Score of 0-1
- Moderate risk: Score of 2
- High risk: Score of 3+

Risk level of drug related harm:

- Low risk: Score of 0
- Moderate risk: Score of 1-2
- High risk: Score of 3+

Low risk of harm | **Moderate risk of harm** | **High risk of harm**

You are at low risk of health and other problems from your current pattern of use.

You are at risk of health and other problems from your current pattern of use.

You are at high risk of experiencing problems (health, social, financial, legal, relationship) as a result of your current pattern of use and are likely to be dependent.

Benefits of reducing use...

- Improves health / Reduces health risks
- Reduces the risk of a range of physical and mental health problems, including the risk of overdose.
- Clearer thinking – helping with better decision-making, improved sleep, improved mood and overall wellbeing.
- Improves personal relationships, lifestyle and work.
- Improved self-esteem and confidence to find new opportunities for improved social and mental wellbeing.
- May improve family life, and relationships with partner, children and extended family/relatives.
- May help save money, improve work performance and satisfaction.

Caution

Seek medical advice from your GP before making any changes to your pattern of use because of the risk of complications from withdrawal.

The safest choice is not to drink or take drugs; if you are pregnant, planning a pregnancy, or breastfeeding.

For more information on breastfeeding and alcohol use: www.breastfeeding.asn.au or download the free Feed Safe App via the App Store or Google play: <http://www.feedsafe.net/>



What stage of change are you at?

NOT WORRIED
Choosing to keep drinking or using drugs

WORRIED
Uncomfortable with drinking or drug use

THINKING
About change

Gene back to old patterns, but LEARNING

STICKING TO IT
Staying changed

DONING
Taking action to change

On a scale from 1-10...

How worried are you about your use now?
1 2 3 4 5 6 7 8 9 10
Not at all worried Very worried

How important is it for you to make changes to your use now?
1 2 3 4 5 6 7 8 9 10
Not important Very important

What one thing you would do to reduce your risk?

How to stay safe

- Try to set limits on how much alcohol you will drink or how much of a drug you will take.
- Drink alcohol or use drugs around people you trust and in a safe place.
- If you haven't used for a while or are unsure about purity try a small amount first.
- Access: find WA needle and syringe programs and other health services
- Care: search information on how to take care of your health
- Empowerment: be informed about reducing harms to yourself and others

ACE (Access, Care and Empowerment) is a mobile app for people who inject drugs to help. Download the free ACE app via the App Store or Google play: www.health.wa.gov.au/ace



Drinking alcohol or using drugs

What are the things you like about using?

What are the less positive things about using?

How to lower risk and harms

- If you drink alcohol or use drugs on a regular or daily basis, seek medical advice before cutting back or stopping.
- Cravings are common and uncomfortable but will pass. If you experience cravings, here are some things you can try:
 - Delay – making the decision to drink alcohol or take drugs.
 - Distact – yourself by doing something else, like talking to a friend, going for a walk or listening to music.
 - Deep breathing – or other relaxation techniques to help you stay calm.
- Make a plan, including reasons for cutting back and people who can support you.
- Get connected with professional support – see "How to get help".
- Carry resources to prevent opioid overdose

People go through different stages when they are making changes. No matter what stage you are at, there are always things you can do to reduce harm to yourself, your family and your community.

To lower my risk I will

My plan:

And if I get wobbly with my goals, I will...
e.g. call a support person

An ASSIST-Lite Brief Intervention



FRAMES

Feedback: is given to the individual using their risk scores

"I'd like to share with you the results of the ASSIST-Lite screening tool. These are the scores for each substance that we talked about. Your score (number) for alcohol puts you in the moderate risk group for that substance use. You scored low risk for all other substances."

Responsibility: Your there to assist them determine what they would like to do "empower"

"How concerned are you by that score for (substance)"

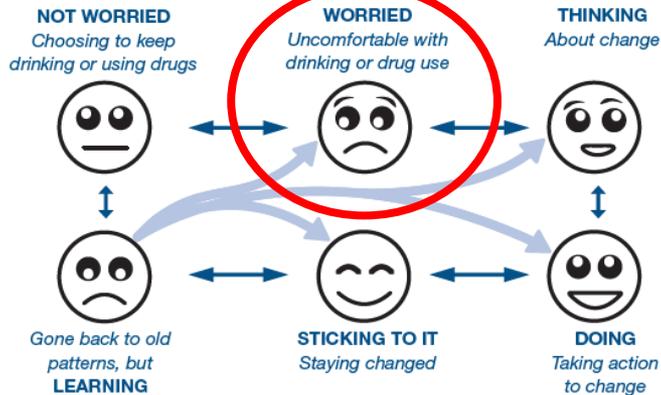
"Are you surprised by that score?"

"What concerns you the most?"

ASSIST-Lite Scoring System		
Risk level of alcohol-related harm:		
Low risk Score of 0-1	Moderate risk Score of 2	High risk Score of 3+
Risk level of drug related harm:		
Low risk Score of 0	Moderate risk Score of 1-2	High risk Score of 3+
Low risk of harm	Moderate risk of harm	High risk of harm
<p>You are at low risk of health and other problems from your current pattern of use.</p> <p>If continuing to use alcohol and/or drugs you can reduce your risk by:</p> <ul style="list-style-type: none">• Making transport plans so you don't drive after using.• Avoiding mixing different substances (including alcohol).• Using clean injecting equipment.	<p>You are at risk of health and other problems from your current pattern of use.</p> <p>Potential harms include:</p> <ul style="list-style-type: none">• Mood swings, anxiety and depression• Difficulty concentrating• Injury to self or others• Aggression and violence	<p>You are at high risk of experiencing problems (health, social, financial, legal, relationships) as a result of your current pattern of use and are likely to be dependent.</p> <p>Potential harms include:</p> <ul style="list-style-type: none">• Physical and mental health problems• Dependence and accidental overdose• Money and/or legal problems• Relationship problems• All medium risk harms
Benefits of reducing use...		Caution
<p>Improves health / Reduces health risks:</p> <ul style="list-style-type: none">• Reduces the risk of a range of physical and mental health problems, including the risk of overdose.• Clearer thinking - helping with better decision-making, improved sleep, improved mood and overall wellbeing.	<p>Improves personal relationships, lifestyle and work:</p> <ul style="list-style-type: none">• Improved self-esteem and confidence to find new opportunities for improved social and mental wellbeing.• May improve family life, and relationships with partner, children and extended family/relatives• May help save money, improve work performance and satisfaction.	<p>Seek medical advice from your GP before making any changes to your pattern of use because of the risk of complications from withdrawal.</p> <p>The safest choice is not to drink or take drugs if you are pregnant, planning a pregnancy, or breastfeeding.</p> <p>For more information on breastfeeding and alcohol see: www.breastfeeding.asn.au or download the free Feed Safe App via the App Store or Google play: http://www.feedsafe.net/</p> 

Create Discrepancy & Reduce Ambivalence

What stage of change are you at?



On a scale from 1-10...



Drinking alcohol or using drugs

What are the things you like about using?

Helps me to relax and forget my problems
Helps me to socialise

What are the less positive things about using?

Cost
Damages relationship with my wife
Trouble at work – increased sick days

Responsibility

People are motivated to change when they see a difference between their current situation and the way they would like to be

Together with the patient, use the ASSIST-Lite Feedback tool

Which stage of change do you identify with now?

Decision Balance: What do you like about using? What are the less good things?

Scaling: How worried are you about your use now? How important is change now?

Advise:

“The best way to reduce your risk of (alcohol/substance) related harm is to cut back or change the way you use, that will help you move from the moderate risk category to the low risk category.”

Menu of self help / referral options.

“This pamphlet provides self help information and where you can get help from community services. I can go through ways to lower your risk with you and/or refer you on to a specialist service if you feel this would be of benefit to you at this stage?”

Empathy: take an active interest in “seeing the world through their eyes”

Self-efficacy: encourage confidence that they can make changes which will be of benefit.

How to lower risk and harms

- If you drink alcohol or use drugs on a regular or daily basis, seek medical advice before cutting back or stopping.
- Cravings are common and uncomfortable but will pass. If you experience cravings, here are some things you can try:
 - **Delay** – making the decision to drink alcohol or take drugs.
 - **Distract** – yourself by doing something else, like talking to a friend, going for a walk or listening to music.
 - **Deep breathing** – or other relaxation techniques to help you stay calm.
- Make a plan, including reasons for cutting back and people who can support you.
- Get connected with professional support – see “How to get help”.
- Carry naloxone to prevent opioid overdose

How to get help

24-hour confidential telephone counselling, information and referral service:



Alcohol & Drug Support Line
For anyone concerned about their own or another person's alcohol or other drug use

Phone: **9442 5000**
Toll Free: **1800 198 024**



Parent & Family Drug Support Line
For anyone concerned about a loved one's alcohol or other drug use

Phone: **9442 5050**
Toll Free: **1800 653 203**

Contact your local Doctor/GP or Aboriginal Community Controlled Health Service or Community Alcohol and Drug Service (CADS)

Local Contact

Download the free ASSIST-Lite Checkup via the App store or Google Play to monitor use and reassess three monthly.



The Green Book is an online directory of alcohol and other drug services in WA.



People go through different stages when they are making changes. No matter what stage you are at, there are always things you can do to reduce harm to yourself, your family and your community.

To lower my risk I will

My plan:

- Eat an meal before drinking**
- Have one alcohol-free day each week**

And if I get wobbly with my goals, I will...
e.g. call a support person

- Call Auntie Debbie who knows where I am at with my goals**

What one thing you would do to reduce your risk?

- Switch to mid strength alcohol**

How to stay safe

- Try to set limits on how much alcohol you will drink or how much of a drug you will take.
- Drink alcohol or use drugs around people you trust and in a safe place.
- If you haven't used for a while or are unsure about purity try a small amount first.
- Access: find WA needle and syringe programs and other health services
- Care: search information on how to take care of your health
- Empowerment: be informed about reducing harms to yourself and others

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More Information..

- For more information on Screening, Brief Intervention and Referral see:
- **ASSIST-Lite Clinical Form Toolbox Education Session**
- Alcohol and Other Drugs Early Intervention Practice and Pathways Document
- [ASSIST Portal](#) for a range of ASSIST screening and information tools including brief intervention, instruction manuals and e-learning.

References

Egerton-Warburton D, Gosbell A, Wadsworth A, Richardson D, Fatovich DM. A point-prevalence survey of alcohol-related presentations to Australasian emergency departments [Letter]. *ANZJPH* [Internet] 2018 [cited 2021 Jan 25]; 42(2): 218. Available from: <https://onlinelibrary.wiley.com/> doi: 10.1111/1753-6405.12770.

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Australian Institute of Health and Welfare. Alcohol, tobacco & other drugs in Australia [Internet]. Canberra: Australian Institute of Health and Welfare, 2020 [cited 2021 Jan 18]. Available from: <https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia> doi: 10.25816/c9x6

