

Screening and brief intervention worksheet

Screen all patients over age 12

- Administer through a portal, on paper, or on a tablet
- Ask parents to allow their children to fill out the screen confidentially

Use a validated screening tool, such as the S2BI*

In the past year, how many times have you used:

1. Nicotine/Tobacco (including cigarettes, electronic cigarettes, or vapes)?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more
2. Alcohol?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more
3. Marijuana (such as smoking, vaping or edibles)?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more
4. Prescription drugs that were not prescribed for you (such as pain medication or Adderall)?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more
5. Illegal drugs (such as cocaine, Ecstasy or Molly)?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more
6. Inhalants (such as nitrous oxide)?
 - Never
 - Once or twice
 - Monthly
 - Weekly or more

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	<p>7. Herbs or synthetic drugs (such as salvia, "K2", or bath salts)?</p> <ul style="list-style-type: none"> • Never • Once or twice • Monthly • Weekly or more
Give brief advice to EVERY patient	<ul style="list-style-type: none"> • Discourage all substance use on the basis of health <i>"The best choice for health and development is NOT to use any substances"</i>
No Substance use	<ul style="list-style-type: none"> • Double check the response to prescription medication use. In a recent study, 8% of primary care patients endorsed prescription medication use, though many were "false positives" from teens who had used non-prescription medications like acetaminophen and misunderstood the question. <p>A smaller number of teens reported prescription medication use without a prescription, either instrumentally (to treat pain, to study better, to calm down) or "for fun".</p> <p>Regardless, use the opportunity to talk to teens about counterfeit pills laced with fentanyl and the dangers of prescription medication misuse.</p> <ul style="list-style-type: none"> • If appropriate, give positive reinforcement <i>"Choosing not to use substances is a really smart decision"</i>
Once or twice for one or more of alcohol, nicotine or marijuana	<ul style="list-style-type: none"> • Recommend cessation <i>I recommend that you don't use substances at all. People can get into trouble, get hurt or have something bad happen to them even if they only use a few times. You have so much going for you, I would hate to see anything get in your way.</i>
Monthly use of any substance	<ul style="list-style-type: none"> • Recommend cessation <ul style="list-style-type: none"> • <i>"As your healthcare provider I recommend that you quit."</i> • Consider medications for nicotine, cannabis or alcohol withdrawal and cravings (see separate guidance) • Give personalized feedback and education. <ul style="list-style-type: none"> • <i>"Marijuana can hurt your academic performance and make it harder to reach your goals"</i> • <i>"Alcohol can make feelings of depression worse."</i>

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	<ul style="list-style-type: none"> • "Nicotine can make it hard to concentrate and interfere with ADHD medications" • Suggest an appointment with a behavioral health counselor. Call ASAP-MCPAP through your regional MCPAP number to request an intake. <ul style="list-style-type: none"> • "I would recommend that you speak with a counselor to talk about stress and about vaping. Can I help you set that up?" • If the patient does not agree to see a counselor, ask for a follow up. <ul style="list-style-type: none"> • "If you are not interested in speaking to a counselor right now I would like to follow up with you in three months to see how you are doing. Let's make a follow up appointment."
<p>Weekly or more use</p>	<ul style="list-style-type: none"> • Follow guidance for monthly use. • Offer an appointment through ASAP-MCAP. Call ASAP-MCPAP through your regional MCPAP number to request an intake. • Suggest an "abstinence challenge." <ul style="list-style-type: none"> • "I recommend that you quit for a little while to see how that feels. Would you be willing to try quitting for 3 months?" • If not willing to quit, ask about cutting down. • Offer drug testing to help self-monitor (see separate guidance)

*The S2BI is a screening tool designed to detect SUBSTANCE USE DISORDERS. Questions are based on the substance being used (alcohol, nicotine, THC). The question about vaping is designed to identify adolescents who are vaping who may have lung injury due to the chemicals that are in the vaping liquid.

Disclaimer: The Screening and Brief Intervention Tip Sheet is offered for information purposes only and is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. The Screening and Brief Intervention Tip Sheet is not intended to provide medical advice or clinical services to patients, to verify or approve medical information or credentials, or to make any medical referrals. The Screening and Brief Intervention Tip Sheet does not provide professional or medical advice or recommend any particular medical device or service, including recommendations or endorsements through the Screening and Brief Intervention Tip Sheet. Users who choose to use information or recommendations made available by the Screening and Brief Intervention Tip Sheet do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.