SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

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Overview...

01  Background and policy context
02  Brief intervention
03  Evidence
04  SAOR: Key elements
05  Opportunities
06  Training
Background and policy context
Background to the National Screening and Brief Intervention (SBI) Project

- Mapped alcohol related interventions in all acute hospitals nationally;
- Consulted with HSE staff nationally;
- Collated an evidence base for the implementation of SBI across the HSE;
- Conducted a SBI feasibility study in the ED

<table>
<thead>
<tr>
<th></th>
<th>Waterford R.H</th>
<th>Letterkenny G.H</th>
<th>Naas G.H</th>
<th>Cork U.H</th>
<th>Total = 944</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No further intervention</strong></td>
<td>46% (n=177)</td>
<td>60% (n=202)</td>
<td>41% (n=70)</td>
<td>19% (n=11)</td>
<td>49% (n=460)</td>
</tr>
<tr>
<td><strong>Brief advice</strong></td>
<td>41% (n=157)</td>
<td>30% (n=101)</td>
<td>33% (n=56)</td>
<td>56% (n=31)</td>
<td>36% (n=345)</td>
</tr>
<tr>
<td><strong>Referral to specialist services</strong></td>
<td>11% (n=41)</td>
<td>3.5% (n=12)</td>
<td>12.5% (n=21)</td>
<td>16% (n=9)</td>
<td>9% (n=83)</td>
</tr>
<tr>
<td><strong>Declined to take part</strong></td>
<td>2% (N=6)</td>
<td>6.5% (n=22)</td>
<td>13.5% (n=23)</td>
<td>9% (n=5)</td>
<td>6% (n=56)</td>
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SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

James O'Shea, Paul Goff and Ruth Armstrong

2nd Edition 2017
Brief Intervention
What is brief intervention?

A short, structured and helpful conversation about alcohol and/or drugs

Non-healthcare settings

5 – 25 mins
What is brief intervention?

- Face-to-face
- Online chat
- Telephone helpline
- Self-help online
- Combination
A brief intervention is that which

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

• May include MI or other therapeutic approaches

• Does not provide a long-term treatment programme

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

• Is an early intervention which may lead to referral to treatment
SAOR

Provides the structure to have a face-to-face conversation
Evidence
Is Screening and Brief Intervention effective?

- Over 30 years of research examining impact of SBI in primary care and (more recently) other settings

- 24 systematic reviews covering at least 56 high quality studies in Primary Care alone (O’Donnell et al 2014)
• BI for drug use is effective in a variety of medical settings (Madras et al 2009)
• Effectiveness of a single clinician delivered BI to reduce alcohol and drug use
• Opiate-dependent methadone maintained people
• Reduction in substance use within a methadone maintained opiate-dependent cohort
• Effect sustained at 3-month follow up (Assist project)
Hazardous Drinking

Harmful Drinking

Moderately Alcohol Dependent

Severely Dependent Drinking

None

1.34mil

176,999

Public Health programmes - Primary Prevention

Simple Brief Interventions in Generalist Settings

Extended Brief Intervention in Generalist Care

Intensive Specialist Treatment

Primary Prevention

Simple Brief Interventions in Generalist Settings

Extended Brief Intervention in Generalist Care

Intensive Specialist Treatment
SAOR: key elements
SAOR

Support

Ask & Assess

Offer Assistance

Refer
<table>
<thead>
<tr>
<th><strong>Supports</strong></th>
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<tr>
<td>• Builds up trust</td>
<td></td>
</tr>
<tr>
<td>• Helps person to open up &amp; talk</td>
<td></td>
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<tr>
<td><strong>Asks &amp; Assesses</strong></td>
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<tr>
<td>• Gets a description of the drinking</td>
<td></td>
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<tr>
<td>• Gauges readiness to change</td>
<td></td>
</tr>
<tr>
<td><strong>Offers Assistance</strong></td>
<td></td>
</tr>
<tr>
<td>• Gives information on menu of choices</td>
<td></td>
</tr>
<tr>
<td>• Agrees next step</td>
<td></td>
</tr>
<tr>
<td><strong>Refers</strong></td>
<td></td>
</tr>
<tr>
<td>• Gets help for person</td>
<td></td>
</tr>
<tr>
<td>• Links them with the right supports</td>
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Opportunities
What do we know?

Harm caused by binge use/excessive use on an occasion

Drug and alcohol use in nightlife settings viewed as ‘the norm’

Wider range of substances, unknown

EMCDDA (2017) Health and social responses to drug problems
Good practice

- Coordinated multicomponent interventions
- Drug-checking services
- Harm reduction materials (in conjunction with other interventions)
- Training – high turnover staff

EMCDDA (2017) Health and social responses to drug problems
Where can we use SAOR BI?

- During drug-testing process
- Police interactions
- A&E
- General healthcare settings
Training
SAOR training:

1-day
In house/mixed group
12 – 18 participants
National locations
SAOR II

Train the Trainer
Eg. Probation Tusla
Upon completing the 1 day course participants should be able to...

Apply the theory from the SAOR online module to their practice

Identify opportunities to conduct a brief intervention

Demonstrate appropriate brief intervention skills using the SAOR model

Identify appropriate alcohol and other drugs care pathways
Numbers trained in SAOR

2014: 508
2015: 540
2016: 1149
2017: 1239
2018: 1469
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