



Addressing Alcohol/Other Drug Use in CCS

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Presentation Outline

1. Why should we care?
2. Continuum of severity
3. Alcohol/other drug screening
4. Brief Intervention matters
5. Possible next steps



Why should we care about CCS consumer alcohol/other drug (AOD) use?



People who are alcohol/other drug-
involved present along a continuum of
severity

Continuum of Severity: Symptoms

Low Risk Use

Risky Use

Problem Use

Dependent Use

**What are the
guidelines for low
risk alcohol use?**



Low Risk Alcohol Use Guidelines

	Number drinks per OCCASION	Number drinks per WEEK
Males	≤ 4	≤ 14
Females	≤ 3	≤ 7

(Source: NIAA)



12 oz. beer



5 oz. wine



1.5 oz. liquor

Continuum of Severity

Low Risk Use	Risky Use	Problem Use	Dependent Use
low risk alcohol guidelines	binge drinking; any illicit drug use	some clinical symptoms	many clinical symptoms
	use pattern	use pattern	use is central
	emerging consequences	recurrent consequences	severe consequences
	tolerance developing	tolerance established	withdrawal is possible

Continuum of Severity: Estimated Prevalence

Low Risk Use	Risky Use	Problem Use	Dependent Use
	<p data-bbox="479 435 853 599">Teens 10% - 30%</p> <p data-bbox="479 702 853 866">Adults 22% - 25%</p>	<p data-bbox="1168 464 1638 596">7% - 10% Alcohol Use Disorder</p> <p data-bbox="1197 721 1609 859">2% - 3% Drug Use Disorder</p>	

Sources: DHS (2012, 2014); Winters (2001)

Source: DHS (2014)



AOD Screening

- Tested
- Standardized
- Public domain
- Quick and easy to administer, score, and interpret



Patient Name _____ Date _____

AUDIT; In the past 12 months...	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10 or more	
In a typical week during the past month, how many standard drinks did you have? # of drinks →						
3. How often do you have 4 or more drinks on one occasion? <i>Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0</i>	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
Total score =						
DAST-10; In the past 12 months...					Yes	No
1. Have you used drugs other than those required for medical reasons?						
2. Do you use more than one drug at a time?						
3. Are you always able to stop using drugs when you want to?						
4. Have you ever had blackouts or flashbacks as a result of drug use?						
5. Do you ever feel bad or guilty about your drug use?						
6. Do people in your life ever complain about your involvement with drugs?						
7. Have you neglected your family because of your use of drugs?						
8. Have you engaged in illegal activities in order to obtain drugs?						
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?						
10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding)?						
Total score =						

AUDIT

Alcohol Use Disorder Identification Test

DAST-10

Drug Abuse Screening Test (10-items)



Easy to Score and Interpret

Continuum of Severity

	Low Risk Use	Risky Use	Problem Use	Likely Dependent
AUDIT score	0-8	9-15	16-19	20-40
DAST score	0	1-2	3-5	6-10



Brief Intervention Matters

- Designed to address risky or problem use by non-specialists
- Comprises a specific structure, skill-set, strategy, and process
- Well-established with a broad base of evidence

NREPP is a searchable online registry of more than [340 substance abuse and mental health interventions](#). NREPP was developed to help the public learn more about evidence-based interventions that are available for implementation.

NREPP does not endorse or approve interventions. Learn more [about NREPP](#) and current [minimum requirements](#) for inclusion in the registry.

Basic Search

Advanced Search

View All Interventions

Find an Intervention

Find interventions reviewed by NREPP.

<http://www.nrepp.samhsa.gov/>



Meta analysis of adult alcohol treatment outcome

Source: Miller & Wilbourne (2002)

#1 Brief Intervention



46 treatment methods were rank ordered



#43 Confrontational counseling
#46 Education

Table 3 Summary scores for treatment modalities with three or more studies.

Treatment modality	All studies, regardless of population severity						Clinical populations only			
	Rank order	CES	% +	N	Mean MQS	% MQS ≥ 14	% Clinical	Rank order	CES	% +
Brief intervention	1	280	68	31	12.68	48	48	1	136	73
Motivational enhancement	2	173	71	17	13.12	53	53	11	37	56
GABA agonist	3	116	100	5	11.60	20	100	3	116	100
Opiate antagonist	4	100	83	6	11.33	0	100	4	100	83
Social skills training	5	85	68	25	10.50	16	84	2	125	63
Community reinforcement	6	80	100	4	13.00	50	80	5	68	100
Behavior contracting	7	64	80	5	10.40	0	100	6	64	80
Behavioral marital therapy	8	60	62	8	12.88	50	100	7.5	60	63
Case management	9	33	67	6	10.20	0	100	7.5	60	67
Self-monitoring	10	25	50	6	12.00	50	83	18	-3	40
Cognitive therapy	11	21	40	10	10.00	10	88	9	41	50
Client-centered counseling	12.5	20	57	7	10.57	0	86	13	28	67
Disulfiram	12.5	20	50	24	10.75	17	100	10	38	50
aversion therapy, apneic	14.5	18	67	3	9.67	0	100	15.5	18	67
Covert sensitization	14.5	18	38	8	10.88	0	100	15.5	18	38
Acupuncture	16.5	14	67	3	9.67	0	100	17	14	67
Aversion therapy, nausea	16.5	14	40	5	10.40	20	100	14	20	40
Self-help	18	11	40	5	12.00	30	60	12	33	67
Self-control training	19	9	49	35	12.80	51	63	20	-8	45
Minnesota model	20.5	-3	33	3	11.33	33	33	25	-22	0
Exercise	20.5	-3	33	3	11.00	0	33	21	-11	0
Stress management	22	-4	33	3	10.33	0	66	25	-22	0
Family therapy	23	-5	33	3	9.30	15	100	19	-5	33
Aversion therapy, electric	24.5	-13	40	20	10.55	67	100	22.5	-13	40
Twelve-Step facilitation	24.5	-13	33	3	15.67	0	100	22.5	-13	33
Antidepressant, SSRI	26	-16	53	15	8.60	0	53	25	-22	50
Lithium	27	-32	43	7	11.43	29	100	28	-32	43
Marital therapy other	28	-33	38	8	12.25	25	100	29	-33	38
Functional analysis	29	-36	0	3	12.00	33	66	27	-24	0
Hypnosis	30	-41	0	4	10.25	0	100	30	-41	0
Psychedelic medication	31	-44	25	8	10.12	0	100	31	-44	25
Calcium carbimide	32	-52	0	3	10.00	0	100	33	-52	0
Serotonin antagonist	33	-68	0	3	11.33	0	66	32	-46	0
Anti-anxiety medication	34	-80	29	14	8.36	0	100	35.5	-80	29
Relapse prevention	35	-87	30	20	11.85	30	85	34	-62	29
Metronidazole	36	-101	11	9	10.56	0	100	37.5	-82	11
Antidepressant, non-SSRI	37	-104	0	6	8.67	0	100	41	-104	0
Milieu therapy	38	-107	17	12	10.58	25	100	42	-107	17
Alcoholic anonymous	39.5	-108	14	7	10.71	29	86	35.5	-80	14
Video self-confrontation	39.5	-108	0	8	10.50	13	88	39	-84	0
Standard treatment	41	-130	13	15	9.20	7	87	43	-111	10
Relaxation training	42	-144	17	18	10.56	17	66	40	-98	17
Confrontational counseling	43	-190	0	11	10.73	27	73	37.5	-129	0
Psychotherapy	44	-225	11	18	10.94	22	88	45	-185	13
General alcoholism counseling	45	-239	10	20	11.15	20	85	46	-211	6
Educational lectures, films, groups	46	-343	27	23	8.74	13	38	44	-161	0

Review of evidence-based treatments

Source: Miller et al. (2005)

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W.R. Miller et al. / Journal of Substance Abuse Treatment 29 (2005) 267–276

Table 1
Convergence of 10 summaries of EBTs

Treatment modality	1	2	3	4	5	6	7	8	9	10	Σ
Cognitive-behavioral treatment		+			++	+	++	++	+		9
Community reinforcement approach				++	+	+	+	++	++		9
Motivational interviewing	+	+			+	+	+	+	++	+	9
Relapse prevention	+	+		+	+	+	+	+		++	9
Social skills training				++		+	++	++	++		9
Behavioral marital therapy					++	+		++	++		7
Brief intervention						+	+		++	++	6
Behavioral self-management						+	+		++		4
Community reinforcement approach plus vouchers	+	++				+					4
Behavior contracting								+	++		3
Bibliotherapy (self-change manual)						+			++		3
Methadone + psychosocial treatment		++		+							3
Twelve-step facilitation					+	+		+			3
Aversion therapy								+	+		2
Covert sensitization							+		+		2
Individualized drug counseling	+				+						2
Matrix model	+			+							2
Stress management training				+				+			2
Supportive-expressive psychotherapy	+				+						2
Behavior therapy for adolescents	+										1
Client-centered counseling									+		1
Cue exposure					+						1
Day treatment with abstinence, contingencies, and vouchers	+										1
Group therapy					+						1
Intensive case management					+						1
Multidimensional family therapy for adolescents	+										1
Multisystemic therapy (MST)	+										1
Therapeutic community			+								1
Voucher-based reinforcement therapy in methadone maintenance treatment	+										1

The reviews summarized in this table are as follows: (1) NIDA (1999); (2) Carroll (1998); (3) Mattick and Hall (1993); (4) Rawson (1996); (5) McCrady and Ziedonis (2001); (6) Berglund et al. (2003); (7) Mattick and Jarvis (1992); (8) Finney and Moos (2002); (9) Miller and Wilbourne (2002); and (10) McCrady (2000).

(+) indicates that the review identifies the treatment as evidence based; (++) the review differentiates strong evidence base for the treatment; Σ, total number of (+) ratings for the treatment across the 10 reviews.

BI



Consider possible next steps

- Replace outdated AOD questionnaire with a tested, standardized screening instrument
- Increase your readiness for AOD Brief Interventions
- Increase your ability to deliver this service (e.g., MI-TIP in 2017)



References and Resources

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