

Potential Consequences of Alcohol & Drug Use



Learning, Memory, Critical Thinking



Brain Functioning



Car Accidents



Injury



Money Issues



Legal Issues



Pregnancy



Sexually Transmitted Infections

STI

Marijuana is linked to memory & relationship problems, poorer mental & physical health, lower salaries & less career success.

How much is one drink?



What is Binge Drinking?

	Years	Drinks in a sitting
Females	9-17	3
Males	9-13	3
	14-15	4
	16-17	5



1 IN 6

People who start using the marijuana before the age of 18 can become addicted.

Multiple studies have found that teens are at a higher risk for being in a car accident after using marijuana.



SBIRT: Screening, Brief Intervention, and Referral to Treatment

1. Build Rapport/Raise the Subject

- Introduce yourself
- I am meeting with you to discuss substance abuse screener. This screener is a screener we give to all teens who come into the CHECK Clinic
- Ask them about themselves (i.e. what does a day in your life look like? what are their hobbies or future goals?)
- Ask them how substances fits in with that

2. Pros and Cons of Substance Use

- Pros - "what are the good things about _____?"
- Cons - "what are the 'not so good' things about _____?"

3. Provide Feedback/Make Connections

- Ask permission to share information with them
- Ask thoughts on information shared

4. Readiness Ruler

- Show ruler and inquire about readiness to change
"On a scale of 0-10, how ready are you to cut back/seek treatment? Why not a lower number?" (0 = not ready to change, 10 = ready to change)
- "As a healthcare professional I recommend no substance use, but I understand if you are not able/willing to stop all together. Would you be willing to cut back on your usage?"

5. Negotiate a Plan

- Determine goal(s) and discuss next steps
- Summarize session
- Thank patient for their time and schedule a follow up
"This is what I have heard you say (reflect on reasons for change). You have agreed to (state actual amounts of reduction of drinking/drug use or plan to seek treatment). Would it be alright if we checked in on this goal during our next appointment together?"