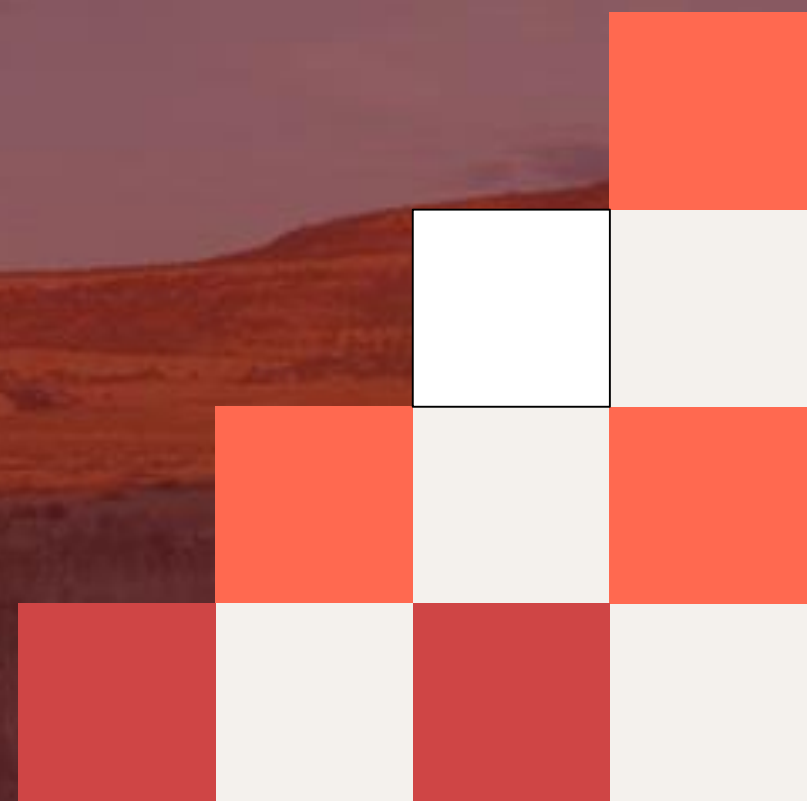


Substance Use Screening for AI/AN Adolescents

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Introduction



No amount of substance use is safe for adolescents.

Substance misuse is an issue that impacts many people. It is not a weakness or a mark of bad character.

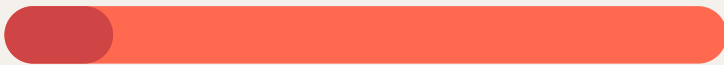


Why is it important to identify & treat adolescent substance use?

- Substance use is common among adolescents
- Substance use is associated with other risky behaviors
- Use tends to increase over time and is associated with harm in adulthood
- Pediatric care providers tend to underestimate the prevalence

National Statistics

- Alcohol, marijuana, and tobacco are the most commonly used substances among adolescents

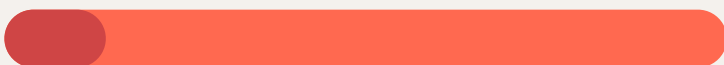
 15%

of HS students have ever used illicit or injection drugs

(i.e. cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy)

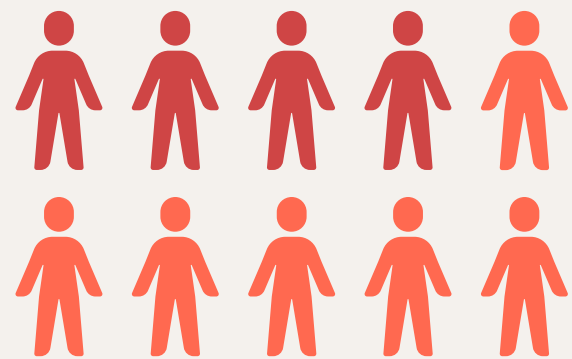
 66%

of students have tried alcohol by 12th grade

 14%

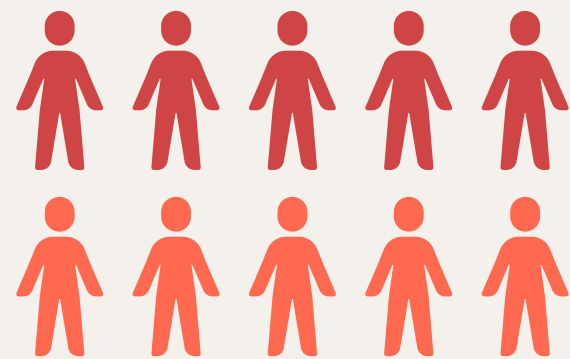
of students reported misusing prescription opioids

AI/AN-Specific Statistics



4 out of 10

**Students at schools on
or near reservations have
used alcohol**



4+ out of 10

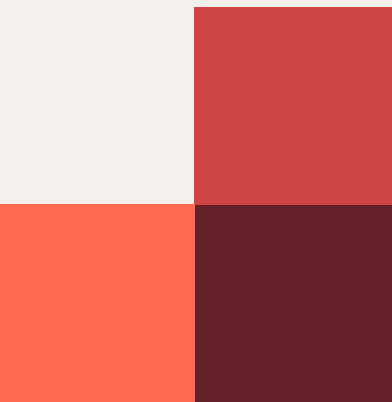
**Students at schools on
or near reservations have
used marijuana**

- AI/AN adolescents have higher rates in use of cigarettes (16.8 vs 10.2), marijuana (13.8 vs 6.9), and non-medical uses of prescription drugs (6.1 vs 3.3) compared to National average
- Past month alcohol use and alcohol use disorder is increasing in ages 12-17
- Opioid misuse and prescription pain reliever misuse has increased slightly from 2018 in ages 12-17
- Polysubstance use is common

Signs of Adolescent Substance Use



- Trouble sleeping/oversleeping
- Changes in overall energy levels
- Difficulty in daily functioning
- Loss of interest in hobbies and friends
- Changes in appetite and weight
- Extreme mood changes
- Becoming withdrawn
- Resisting authority
- Becoming disruptive or aggressive at home or in the classroom



Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Screening

- Identifies substance use along a continuum
- Uses validated questions from a screening tool
- Recommended at annual physical exams

Brief Intervention

- Short dialogue
- Aimed at preventing, reducing, or stopping use - tailored to individual
- Very influential

Referral to Treatment

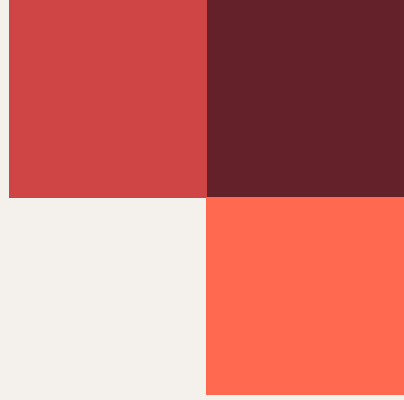
- High-risk or presents with health-related problems
- Range from motivational interviewing, counseling, outpatient or residential treatment

Screening Tools

Key takeaway:

- Brief
- Relevant for Adolescents
- Culturally Appropriate

- **S2BI**
 - Frequency screen
 - Screens for tobacco, alcohol, marijuana, and other illicit drugs
 - Discriminates between no use, no substance use disorder (SUD), moderate SUD, and severe SUD based on DSM-5 criteria
- **NIAAA Youth Alcohol Screen**
- **CRAFFT**
- **BSTAD**
- **GAINNS**
 - Global Appraisal of Individual Needs
 - Assesses for both substance use disorders and mental health disorders
- **AUDIT**



Teen health screen

We ask all our teen patients about alcohol and mood because these factors can affect your health. Please ask your doctor if you have any questions. Your answers on this form will remain confidential.

Patient name: _____

Date of birth: _____

S2BI:

In the PAST YEAR, how many times have you used:	Never	Once or twice	Monthly	Weekly
Tobacco:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marijuana:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

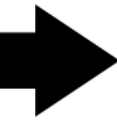
If you answered “Never” to all questions above, you can skip to **CRAFFT question #1** and then turn the page. Otherwise, please continue answering all questions below.

Prescription drugs that were not prescribed for you: (such as pain medication or Adderall)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illegal drugs: (such as cocaine or ecstasy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inhalants: (such as nitrous oxide)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Herbs or synthetic drugs: (such as salvia, “K2”, or bath salts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “Never” or “Once or twice” to all questions above, you can answer only **CRAFFT question #1** below and then turn the page. Otherwise, please continue answering all questions below.

CRAFFT questions

	No	Yes
1. Have you ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever forget things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

Please turn page 

Interpreting the S2BI*

Highest frequency of non-tobacco substance use	Risk category	Recommended action
Never	Abstinence	Positive reinforcement
Once or twice	No substance use disorder (SUD)	Brief advice
Monthly	Possible mild or moderate SUD	Brief intervention, employing principles of motivational interviewing
Weekly	Possible moderate or severe SUD	Referral for further assessment and possible specialized treatment, conveyed through a brief intervention

Interpreting the CRAFFT questions

Any “Yes” responses should be explored with the patient to reveal the extent of substance use-related problems and inform the brief intervention.

Interpreting the PHQ-9 Modified for Teens

Answers to questions #1-9 each receive 0-3 points (point values found at the bottom of each answer column). Points are added for a total score.

Score**	Depression severity	Proposed action
0 - 4	None - minimal	None.
5 - 9	Mild	Watchful waiting, repeat depression screening at follow-up.
10 - 14	Moderate	Create treatment plan, consider counseling and/or pharmacotherapy or another follow-up visit.
15 - 19	Moderately severe	Active treatment with pharmacotherapy and/or psychotherapy.
20 - 27	Severe	Immediate initiation of pharmacotherapy and if severe impairment or poor response to therapy, expedited referral to mental health specialist.
“Yes” answer on any suicide question		Immediate follow up

*Levy SJ, Williams JF, AAP COMMITTEE ON SUBSTANCE USE AND PREVENTION. Substance Use Screening, Brief Intervention, and Referral to Treatment. Pediatrics. 2016;138(1).

**Richardson L, McCauley E, Grossman DC, McCarty CA, Richards J, Russo JE, Rockhill C, Katon W. Evaluation of the Patient Health Questionnaire-9 Item for Detecting Major Depression Among Adolescents. Pediatrics. 2010;126(6).

Conducting SBIRT in Your Clinic, Community, School, or Tribe

Prepare, Plan, Execute, & Evaluate

- **Educate and train staff**
- **Determine how to best conduct screening**
- **Create list of local substance use treatment resources**
- **Ensure confidentiality**
- **Build trust**
- **Provide positive encouragement and clear messages**
- **Follow up**
- **Stay current & learn from others**

Traditional Wellness and Healing



Participating in traditions

- Speaking with elders
- Engaging with community
- Connecting spiritually & mentally

Building new relationships

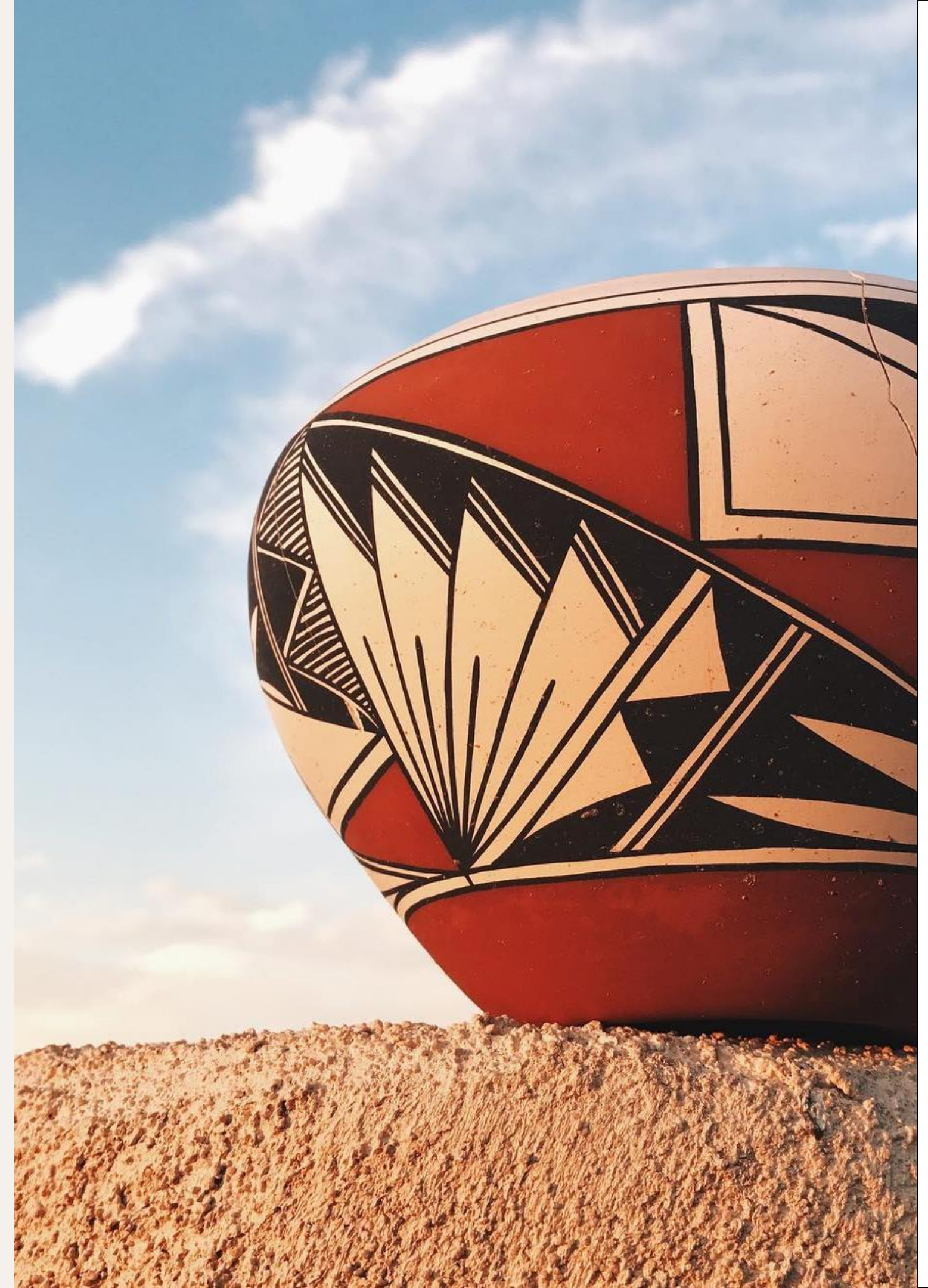
- Sober networks
- Counselor, therapists, community health workers

Practicing gratitude

- Appreciate the sacredness of things
- Journaling
- Mindfulness meditation

Additional Resources

- Smokefree TXT for AI/AN
- NIDA for Teens
- Tips for Teens (SAMHSA)
- "I Strengthen My Nation" campaign - wernative.org
- ok2talk.org – National Alliance on Mental Illness (NAMI)



Questions?

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