

SUBSTANCES AND CHOICES SCALE

The Substances and Choices Scale - SACS A youth alcohol and drug use questionnaire

What's this?

The following questionnaire is called the SACS. It is designed to help you and your health worker identify any difficulties with your alcohol and/or drug use. The questionnaire is a guide only and is to be interpreted together with other information gained from clinical interviews and other contact (such as discussions with family members).

The SACS asks about your substance use and difficulties related to substance use.

If you stay in treatment you may be asked if you want to repeat the questionnaire at regular intervals in the future. Young people often find this helpful in reflecting on if things are getting better or worse for them.

Do I have to?

You do not have to complete the questionnaires if you don't want to. If you say no, your health worker may ask you at a later date if you would like to consider completing it again.

The questionnaires are private and will be kept in your confidential client file. If this information is to be shared with other professionals, it will be discussed with you first. Sharing of health information without consent only ever occurs in circumstances when serious safety issues are present.

How do I complete the questionnaires?

The questionnaire is straightforward to follow. Just start at the top and try to answer every question as best you can.

It is best if you complete it by yourself, without help if possible. As it is often hard to be totally honest about alcohol and drug use with others around we usually ask that parents (or other caregivers) don't help you fill them out.

You can, however, ask your health worker for help if you have trouble understanding how to do it or any of the words.

You will need a private space to complete the questionnaires and pen to tick the boxes.

The SACS is only to be used by health professionals working with young people who are engaged in a treatment agency.