

SACS ABC flowchart

Remind the young person about confidentiality - stress their health information is private unless there is serious risk.

ASK:

- Introduce the SACS and the screening process
- Discuss confidentiality
- Ask for permission to proceed
- Complete the SACS
 - Young person self-completes or
 - Do it together
- Score the SACS
- Discuss their responses

BRIEF ADVICE:

- Discuss safety
- Inform about harm reduction strategies
- Provide youth pocket card resource
- Link information provided to young person's actual AOD use
- Arrange follow up meeting
- Provide A&D helpline number (0800-787-797)

COUNSELLING:

- Inform about counselling treatment
- Discuss referral process
- Make referral and attach copy of SACS

SACS SCORING

NO USE/ LOW RISK

For young people who DO NOT drink alcohol or use substances

Reinforce healthy choices

If friends drink:

- Explore young person's views about this
- Ask about his or her plans to stay alcohol/drug free
- Rescreen at next visit

If friends don't drink/use substances:

- Praise the choice of non-drinking/non-using friends
- Elicit and affirm reasons for staying alcohol/substance free
- Rescreen next year

Screening complete for young people who do not drink/use substances

MODERATE RISK (score 2-3)

- Provide BRIEF ADVICE
- Consider referral to COUNSELLING
- Follow up

HIGH RISK (score 4 or greater)

- Provide BRIEF ADVICE
- Recommend referral to COUNSELLING
- Follow up

Brief intervention practice tips

Emphasise and explain confidentiality

"It is important to let you know that the information that you share with me today is confidential. The only time I would share this information is if I had your permission or I was concerned about your or someone else's safety"

Base Brief Advice on the SACS answers that are relevant to the young person

*"You've said you're smoking cannabis most days... What do you know about the effects of cannabis on the brain?"
"So you sometimes use substances alone. Tell me about that"*

Check quantity of substance used on each occasion and whether use is typical over the last month

"What kind of alcohol do you drink? How strong is that? Do you know the alcohol percentage? In a usual session, how much would you have?"

Collaborate, discuss and explain referral with young person

"After our discussion today are you happy for me to send through a referral to the local youth AOD service? Treatment is mostly just talking... you'll have a counsellor who will talk to you in private and see if they can work with you to make things easier or safer for you. They will do their best to make things simple... for example they might see you at your school."

Harm reduction tips

| Strategy | Key harm reduction tips when talking to young people |
|---|--|
| Reduce levels of use and abstaining | <ul style="list-style-type: none"> • Reduce the amount you drink/use by buying or taking less with you • Drink or use less often • Drink beer instead of spirits |
| Change to a safer mode of use | <ul style="list-style-type: none"> • Try a small amount first, wait for effects before having any more • Have one non-alcoholic drink in between drinks • Try one standard drink an hour • Smoke joints instead of bongos |
| Know about decreasing health risks | <ul style="list-style-type: none"> • Always know what you are taking • Use clean needles to protect against HIV and Hepatitis • Safe sex • Avoid drinking/using on an empty stomach and remember hydration |
| Plan ahead | <ul style="list-style-type: none"> • Have a plan to look after yourself and others • Designate a sober driver • If drinking, leave car keys at home • Plan money for taxis for getting home |
| Be aware of potential mental health problems | <ul style="list-style-type: none"> • Using drugs can cause a comedown effect • If feeling low or anxious, drinking/using drugs can intensify this feeling and make you feel worse • Discuss how to get help if concerns about mental health |
| Watch out for overdose | <ul style="list-style-type: none"> • Don't mix different substances • Use one substance at a time • If a friend is unconscious, put them in recovery position and call an ambulance |
| Don't risk your personal reputation | <ul style="list-style-type: none"> • Think seriously about your personal reputation • Will any of your behaviour while intoxicated end up online permanently? |