

# Primary Care Substance Use Disorder (SUD) Screening and Referral Resource Tool\*



## Adults



Brief screen (waiting room)



AUDIT and/or DAST (exam room)

<b>AUDIT Score</b> Women, gender minorities, and all age 65 and older	0–3	4–12	13–19	20+
<b>AUDIT Score</b> Men younger than 65	0–4	5–14	15–19	20+
<b>DAST Score</b> All adults	0 (or infrequent use of cannabis only)	1–2	3–5	6+
	↓	↓	↓	↓
<b>Zone:</b>	<b>Low Risk</b>	<b>Risky</b>	<b>Harmful</b>	<b>Severe</b>
<b>Action:</b>	Brief education	Brief intervention	Brief intervention and SUD referral	

## Youth



No brief screen—go directly to CRAFFT



CRAFFT (exam room)

<b>CRAFFT Score</b> Ages 11–17	"No" to questions 1–4	"Yes" to Car question	0	1	2 or more
	↓	↓	↓	↓	↓
<b>Zone:</b>	<b>No Risk</b>	<b>Riding Risk</b>	<b>Low Risk</b>	<b>Medium Risk</b>	<b>Harmful</b>
<b>Action:</b>	Positive reinforcement	Discuss alternatives to riding with impaired drivers	Brief education	Brief intervention	Brief intervention and SUD referral

We have Care Managers, Member Support, and Behavioral Health staff who can connect PacificSource members to SUD services and address social drivers of health. Call **458-240-8018**, TTY: 711. We accept all relay calls.

\*This workflow is intended to provide recommended actions. It does not replace clinical judgment, which could differ from these recommendations.

# Steps of the brief intervention

## Raise the subject

- “Thanks for filling out this form. Is it okay if we briefly talk about your substance use?”
- “My role is to help you assess the risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.”
- “What can you tell me about your substance use?”

## Share information

- Explain any association between the patient’s use and their health complaint, then ask, “Do you think your use has anything to do with your (anxiety, insomnia, etc.)?”
- Share information about the risks of using alcohol, drugs, and misusing prescription drugs. Ask the patient: “What do you think of this information?”

## Enhance motivation

- Ask patient about perceived pros and cons of their use, then summarize what you heard.
- “Where do you want to go from here in terms of your use? What’s your goal or vision?”
- Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler:



## Identify plan

- If patient is ready, ask: “What steps do you think you can take to reach your goal?”
- Affirm the patient’s readiness/confidence to meet their goal and affirm their plan.
- “Can we schedule an appointment to check in and see how your plan is going?”

## Thinking about change

- What changes are you considering?
- How important is it that you make this change?
- How confident are you that you can make this change?
- How ready are you to make this change?



## Resources

### Oregon Substance Use Disorders Services Directory

[Oregon.gov/OHA/HSD/AMH/docs/provider-directory.pdf](https://Oregon.gov/OHA/HSD/AMH/docs/provider-directory.pdf)

Listings provided by county – updated annually.

### SAMHSA National Helpline

**800-662-4357**

Online Treatment Locator: [FindTreatment.gov](https://FindTreatment.gov)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

### SBIRT Oregon

[SBIRTOregon.org](https://SBIRTOregon.org)

Screening forms, clinic tools, and training materials for SBIRT process.

### Recovery Network of Oregon

[RecoveryNetworkOfOregon.org](https://RecoveryNetworkOfOregon.org)

Searchable database of SUD services, peer services, support groups, and other resources. Live chat feature. Available in English and Spanish.

### Treatment Access Line

[TreatmentAccessLine.org](https://TreatmentAccessLine.org)

Searchable database of SUD and mental health providers.