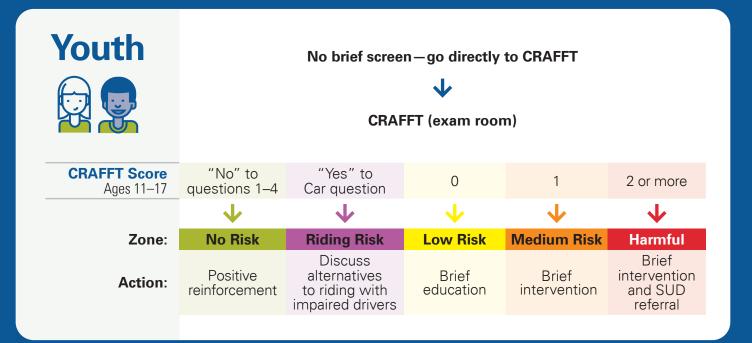
Primary Care Substance Use Disorder (SUD) Screening and Referral Resource Tool*



Adults	Brief screen (waiting room) AUDIT and/or DAST (exam room)							
AUDIT Score Women, gender minorities, and all age 65 and older	0–3	4–12	13–19	20+				
AUDIT Score Men younger than 65	0–4	5–14	15–19	20+				
DAST Score All adults	0 (or infrequent use of cannabis only)	1–2	3–5	6+				
	↓	4	V	V				
Zone:	Low Risk	Risky	Harmful	Severe				
Action:	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?"
- 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?"

Enhance motivation

• Gauge patient's readiness/confidence to reach their goal. If using Readiness Ruler:

Not at all										Very
0	1	2	3	4	5	6	7	8	9	10

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

2023 Oregon Substance Use Disorders Services Directory

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

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

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

Recovery Network of Oregon

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

Searchable database of SUD and mental health providers.