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SAOR Model of Brief Intervention

“How does alcohol feature in your work?”

Drinkers Risk Pyramid

“What is a Brief Intervention?”

Brief Intervention (BI)

- A short, structured & helpful conversation about alcohol
- Any intervention that involves a minimum of professional time to help change behaviour...requiring anything from 5 minutes up to 2hrs to administer
- No more than a few sessions and can be conducted by non-specialist workers
- Investigate a potential problem and motivate an individual to begin to make a change

Key Elements of SAOR Model

SAOR = Irish word for “free”

SAOR is an acronym to remember key elements
- S = Support
- A = Ask & Assess
- O = Offer Assistance
- R = Refer
Based upon evidence & emerging from practice

SAOR incorporates key aspects of models BI proposed by:

- World Health Organisation (2001)
- Scottish Intercollegiate Guidelines Network (SIGN 2003)
- U.S. Department of Health and Human Services (NIAAA 2005)
- Irish College of General Practitioners (ICGP 2006)

Stage 1 – SUPPORT

- Connect with the person
- Ensure an open and friendly style of communication
- Express empathy
- Support self efficacy

Stage 2 – ASK & ASSESS

- Ask about drinking/drug use
- Encourage them to talk about their alcohol/drug use
- Explore concerns that he/she has about it
- When client is expressing concern he/she is engaged in the early stages of Change Talk
- Change Talk is predictive of actual change

Stage 3 – OFFER ASSISTANCE

- Advise and give feedback
- Assign responsibility to the person
- Allow for a menu of options
- Inform the person about the services available
- Agree goals

Stage 3 – OFFER ASSISTANCE (cont.)

Advice, when asked for, should be...

Clear: A description of how helper sees problem
Non-judgemental: Non-argumentative
Accurate: Truthful and “as it is” but never deliberately hurtful
Personalised: Include specific examples of where drinking has impacted on the person/family etc

Stage 4 – REFER

- Discusses support and treatment options with the person
- Make referral to appropriate services if required and using SMART (Specific, Measurable, Appropriate, Realistic, Timebound)
- Ensures that somebody checks in at a later date to see how he/she is doing
### AUDIT & AUDIT - C

<table>
<thead>
<tr>
<th>AUDIT</th>
<th>C</th>
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</table>

### Continuing on as Before | Making a Change

<p>| What are some of the | What are some of the | What are some of the | What are some of the |</p>
<table>
<thead>
<tr>
<th>GOOD things</th>
<th>NOT so good things</th>
<th>NOT so good things</th>
<th>good things</th>
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</thead>
<tbody>
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</table>

### Summarising

- Summarising helps to ensure that there is clear communication between the speaker and listener.
- Summarising can provide a stepping stone towards change.

Summaries can be used
- Throughout a conversation
- At transition points after speaking about a topic
- After has recounted a personal experience
- When the encounter is nearing an end

### Markers of a productive BI

- Sessions are like conversations and flow without major defensiveness or resistance
- Client does most of the work
- Client accepts the possibility of change
- Client accepts responsibility for change
- Upward slope of commitment language within or between sessions

### What the SAOR model does!

<table>
<thead>
<tr>
<th>Supports</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>--Builds up trust</td>
</tr>
<tr>
<td></td>
<td>--Helps to open up &amp; talk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Asks &amp; Assesses</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>--Gets a description of the drinking</td>
</tr>
<tr>
<td></td>
<td>--Gauges readiness to change</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Offers Assistance</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>--Gives information on menu of choices</td>
</tr>
<tr>
<td></td>
<td>--Agrees next step</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Refers</th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>--Gets help for person</td>
</tr>
<tr>
<td></td>
<td>--Links them with the right supports</td>
</tr>
</tbody>
</table>

### Theoretical Underpinnings

- Person Centred Approach
  - Treats the client as a unique individual
  - Respects clients needs & preferences
  - Emphasises client/worker relationship

- Carl Rogers core condition of empathy is central to the SAOR model.
Understanding Alcohol

Did you know: 1 standard drink contains 10g of pure alcohol.

- Beer
- Wine
- Spirits

...and some drinks are more than one standard drink.

Weekly Consumption Levels

- Low Risk
  - Men < 17 Standard Drinks (with two alcohol free days)
  - Women < 11 Standard Drinks (with two alcohol free days)

- Increased Risk
  - Men = 18 – 40 Standard Drinks
  - Women = 12 – 28 Standard Drinks

- High Risk
  - Men = 41 or more Standard Drinks
  - Women = 23 or more Standard Drinks

Criteria for Referral (1)

Any person who is concerned about their drinking can be referred to their GP or a specialist service.

Referred to specialist addiction services is necessary where there is evidence of:

- Alcohol dependence syndrome or alcohol withdrawal syndrome

Physiological complications including:

- Liver disease
- Repeated alcohol/drug related accident or injury
- Repeated wounds or infection related to use

Psychosocial complications of use including:

- Family problems
- Repeated legal consequences of use e.g. drink driving
- Alcohol/drug related violence
- Self neglect

(Continued over)
Alcohol Quiz

How much do you know about this country’s favourite drug?

1) How much pure alcohol does the average Irish adult drink in a year?

2) How much does alcohol related-illness cost the healthcare system in Ireland annually?

3) Alcohol related loss of productivity costs are estimated for the economy at?

4) How much does alcohol-related crime cost the country?

5) Alcohol is responsible for how many deaths per month in Ireland?

6) How many suicides in Ireland involve alcohol?

7) Alcohol increases the risk of how many medical conditions?

8) Is it more dangerous for women to drink than men?

9) Does drinking in the teenage years increase the risk of developing problems with alcohol?

10) How does drinking affect your memory?

11) How many hospital beds are occupied every night in Irish acute hospitals?
   a) 500
   b) 1000
   c) 2000
<table>
<thead>
<tr>
<th>Name:</th>
<th>Issue:</th>
<th>Date:</th>
<th>Making a Change</th>
<th>What are some of the GOOD things</th>
<th>What are some of the NOT so good things</th>
</tr>
</thead>
<tbody>
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</table>
# AUDIT-C

<table>
<thead>
<tr>
<th>Questions</th>
<th>Scoring system</th>
<th>Your score</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Monthly or less</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2-4 times per month</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>2-3 times per week</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>4+ times per week</td>
<td>4</td>
</tr>
<tr>
<td>How many standard drinks do you drink on a typical day when drinking?</td>
<td>1-2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>4-5</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>6-7</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>8+</td>
<td>5</td>
</tr>
<tr>
<td><strong>Female:</strong> How often have you had 5 or more standard drinks on a single occasion in the last year?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Less than monthly</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Monthly</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Weekly</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Daily or almost daily</td>
<td>4</td>
</tr>
<tr>
<td><strong>Male:</strong> How often have you had 7 or more standard drinks on a single occasion in the last year?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Less than monthly</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Monthly</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Weekly</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Daily or almost daily</td>
<td>4</td>
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</table>

**Scoring**

<table>
<thead>
<tr>
<th>Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>1-2</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>3-5</td>
<td>Brief Intervention/possible referral</td>
</tr>
<tr>
<td>6-12</td>
<td>Referral (See criteria for referral)</td>
</tr>
</tbody>
</table>

**Did you know:** 1 standard drink contains 10g of pure alcohol

1 SD = Half Pint Lager or Pub Measure Spirit or Small Glass Wine

...and some drinks are more than one standard drink

**Please tick appropriate Intervention:**

- [ ] No further action required.
- [ ] Brief advice given.
- [ ] Referral to specialist service.
- [ ] Other, Please State.
### AUDIT

<table>
<thead>
<tr>
<th>Scoring system</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your score</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How often do you have a drink containing alcohol?**
- Never
- Monthly or less
- 2 - 4 times per month
- 2 - 3 times per week
- 4+ times per week

**How many units of alcohol do you drink on a typical day when you are drinking?**
- 1 - 2
- 3 - 4
- 5 - 6
- 7 - 9
- 10+

**How often have you had 5 or more standard drinks if female, or 7 or more if male, on a single occasion in the last year?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**How often during the last year have you found that you were not able to stop drinking once you had started?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**How often during the last year have you failed to do what was normally expected from you because of your drinking?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**How often during the last year have you had a feeling of guilt or remorse after drinking?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**How often during the last year have you been unable to remember what happened the night before because you had been drinking?**
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

**Have you or somebody else been injured as a result of your drinking?**
- No
- Yes, but not in the last year
- Yes, during the last year

**Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?**
- No
- Yes, but not in the last year
- Yes, during the last year

**Total**

### Scoring:
- 0 – 7 Lower risk
- 8 – 15 Increasing risk
- 16 – 19 higher risk
- 20+ possible dependence

---

**Did you know: 1 standard drink contains 10g of pure alcohol**

...and some drinks are more than one standard drink

---

![Image of alcohol units and measures](image-url)
<table>
<thead>
<tr>
<th>DUDIT</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you use drugs other than alcohol?</td>
<td>Never</td>
<td>1-2</td>
<td>3-4</td>
<td>5-6</td>
<td>7 or more</td>
<td></td>
</tr>
<tr>
<td>2. Do you use more than one type of drug on the same occasion?</td>
<td>Never</td>
<td>Once a month or less often</td>
<td>2-4 times a month A week</td>
<td>2-3 times a week</td>
<td>4 times a week or more often</td>
<td></td>
</tr>
<tr>
<td>3. How many times do you take drugs on a typical day when you use drugs?</td>
<td>0</td>
<td>1-2</td>
<td>3-4</td>
<td>5-6</td>
<td>7 or more</td>
<td></td>
</tr>
<tr>
<td>4. How often are you influenced heavily by drugs?</td>
<td>Never</td>
<td>Less than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>5. Over the past year, have you felt that your longing for drugs was so strong that you could not resist it?</td>
<td>Never</td>
<td>Less than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>6. Has it happened, over the past year that you have not been able to stop taking drugs once you started?</td>
<td>Never</td>
<td>Less often than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>7. How often over the past year have you taken drugs &amp; then neglected to do something you should have done?</td>
<td>Never</td>
<td>Less often than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>8. How often over the past year have you needed to take drugs the morning after heavy drug use the day before?</td>
<td>Never</td>
<td>Less often than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>9. How often over the past year have you had guilt feelings or a bad conscience because you used drugs?</td>
<td>Never</td>
<td>Less often than once a month</td>
<td>Every month</td>
<td>Daily or almost daily</td>
<td>Daily or almost daily</td>
<td></td>
</tr>
<tr>
<td>10. Have you or anyone else been hurt (mentally or physically) because you used drugs?</td>
<td>No</td>
<td>Yes, but not over the last year</td>
<td>Yes, over the last year 2</td>
<td>Yes, over the last year 4</td>
<td>Yes, over the last year 4</td>
<td></td>
</tr>
<tr>
<td>11. Has a relative or a friend, a doctor or a nurse, or anyone else, been worried about your drug use or said to you that you should stop using drugs?</td>
<td>No</td>
<td>Yes, but not over the last year</td>
<td>Yes, over the last year 2</td>
<td>Yes, over the last year 4</td>
<td>Yes, over the last year 4</td>
<td></td>
</tr>
</tbody>
</table>

Quick scoring guide for the DUDIT
For items 1-9 the responses are coded 0, 1, 2, 3 or 4.
Items 10 and 11 are coded 0, 2 or 4.
Sum up all the points for the 11 items.
The maximum score is 44.

A person with 16 points or more probably has drug-related problems, i.e., risky or harmful drug habits that might be diagnosed as substance abuse/harmful use or mild dependence.
A person with 25 points or more is probably significantly dependent on drugs.
A person with 35 points or more is probably heavily dependent on drugs.
Options to change current drinking patterns

- Cut down the amount consumed in drinking sessions
- Make a decision how much you want to drink and make plans to stick to that.
- Drink a large glass of water between alcohol-based drinks
- Eat less salty foods and snacks to reduce thirst
- Excuse yourself from groups of heavy drinkers
- Plan and do a fun non-drinking activity at the time that you would normally go drinking
- Drink lower alcohol products
- Stop drinking alcohol
- Avoid drinking spirit based drinks
- Tell people you are not drinking because you are taking anti-biotic medication
- Spend time with people who drink less
- Start drinking later than others
- Pretend you are drinking alcohol by making a soft-drink look like an alcohol based drink
- Avoid house drinking before going out to pub/clubs
- Arrange to get a lift home earlier than friends
- Take a break from drinking for 90 days
- Arrange to get meet friends later
- Go home after pub to avoid late night drinking
- Eat a full meal before going drinking
- Have some alcohol free days every week
- Break a drinking session by eating a full meal
- Avoid rounds systems
- Dilute your alcohol based drinks
- Limit the amount of money you have access to when drinking
- Tell people you aren’t drinking because you are driving
- Choose ‘mocktails’ instead of cocktails
- Avoid keeping alcohol in your house
- Change your weekly plans so that other things compete with your usual drinking times
- Speak with a professional if you cannot control your drinking
- Connecting with the person
- Having an open friendly style
- Having an empathic non-judgemental approach
- Supporting self-efficacy
- Informing the person of service available

### Ask and Assess

- Asking about alcohol/substance Use;
- Eliciting the persons concerns
- Establishing the person’s expectations
- Screening and assessment
- Assessing for withdrawal symptoms
- Exploring the context
- Gauging importance and confidence

### Offer Assistance

- Advising and giving feedback
- Assigning responsibility for change
- Allowing for a menu of options
- Agreeing goals

### Refer

- Discussing treatment options with the person
- Making a referral to appropriate services if required
- Ensuring appropriate follow up care
- Closing the consultation
**Character Outline 1**

**Simple SAOR Scenario**

Jim is a 23 year old college student, referred to Primary Care service (to remove stitches) as a result of a fall/accident where he received stitches to his head.

He is binge drinking on Friday and Saturday nights, drinking 5-6 pints (10-12 standard drinks) plus shots (+ standard drinks).

He is concerned about what happened to him and has no difficulty discussing his drinking. He doesn’t like being out of control after drinking and is also worried about what people will think of him when he gets so drunk.

He is motivated to make some change around his drinking because he doesn’t want to be seen as an eejit. He is willing to just drink beer and cut out shots/spirits. He has made previous changes in his behaviour around diet, exercise and fitness before and is confident he can make this change. Jim is willing to plan his weekend and just have a few pints with his friends. He agrees to avoid shots/spirits and review with the worker how his plan went the following week.

**Character Outline 2**

**Increased to high risk Scenario**

Jim is a 29 year old professional who walked into a generic service looking for information on alcohol.

He is experiencing stomach problems and is attending his GP for a suspected Ulcer. He drinks 3-4 nights over the weekend with the lads he plays gold with. He connects this to his stomach problems and feels bad physically after stopping drinking - sweats, jittery, sleeplessness and is too embarrassed to discuss this with his GP.

He is willing to discuss what is going on with the worker. His level of drinking is placing him at high risk of health, psychological or social problems and he is experiencing withdrawals.

Jim might need a medically supervised detox and a referral for a comprehensive assessment of the impact alcohol is having on his life with a specialised treatment service.