

**Review Date:** 8/26/13

**Name/Title:** Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide and Pocket Guide

**Author:** National Institute on Alcohol Abuse and Alcoholism (NIAAA)

**Media Type:** (Book, CD, Flyer, Poster, Website, etc) booklet and pamphlet insert

**Publisher/Supplier:** National Institute on Alcohol Abuse and Alcoholism (NIAAA)

**Publication Date:** December 2011

**Re-order Source:** <http://www.niaaa.nih.gov/youthguide>

**Language:** English

**Usefulness Rating:**

1. Excellent XX
2. Good
3. Fair
4. Poor
5. Rated by: (CSSRC staff member) Alice
6. Comments:
  - a. This guide is an adolescent-specific version of *Helping Patients Who Drink Too Much: A Clinician's Guide*. The American Academy of Pediatrics assisted with creating the content. It contains statistics about prevalence of drinking among youth and a brief summary of the dangers youth who drink can encounter: heightened risk for suicide, unintentional injury/accident, alcohol dependence, long-lasting functional and structural changes in the brain.
  - b. Specific examples of how to include two brief evidence-based questions into almost any professional visit with an adolescent are included. Precisely worded questions based on the youth's age are provided. Flow charts display how to respond to the youth's answers by supporting their positive choices and behaviors, and using brief motivational interviewing to help change negative behaviors.
  - c. It is emphasized that screening for alcohol use can help determine whether screening for additional risky behaviors is advisable because of the correlation between alcohol use and other risky behaviors in adolescents.
  - d. There is a section discussing motivational interviewing, including research justification for its effectiveness and how to apply the system.
  - e. Suggestions are included for how to balance maintaining patient confidentiality with breaking it due to concerns of immediate danger.



- f. Codes for billing insurance companies for time spent conducting alcohol screening and interventions exist and can be found in the American Academy of Pediatrics *Coding for Pediatrics*. This information may be of use to schools that use Medicare funds.

**Category:** (Prevention, Preparedness, Response, Recovery, Promotional Item) Prevention, Response

**Topic:** (Bullying, Substance Abuse, Threat Assessment, etc) Substance Abuse

**Audience:** (Administrators, Counselors/Psychologists/Social Workers, Emergency Responders, Health Professionals/Nurses, Law Enforcement/SROs/Security, Parents, Teachers, Other School Personnel) Counselors, Psychologists, Social Workers, Health Professionals, Nurses

**Intended Age Group:** (pre-K, elementary, middle, high, higher education) all

**Cost:** 0

**Additional Comments:**

- There is an accompanying free online training that offers continuing education credits for physicians and nurses hosted by Medscape at <http://www.niaaa.nih.gov/publications/clinical-guides-and-manuals/niaaa-clinicians-guide-online-training>
- School nurses, counselors, social workers, and psychologists are in a great position to be able to implement this screening and brief intervention with youth. Because these professionals spend time alone with adolescents away from their parents, they are able to ask the questions and elicit responses from the students. The complete screening and intervention can be completed in 15 minutes, leaving time for addressing other concerns during an appointment. School professionals have the opportunity for follow-up visits with students to check on their progress with dangerous drinking behaviors.

