CHECK & CONNECT
A resource guide for perinatal substance use disorder
## Screening Tools

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## Brief Intervention Information

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## Resources

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CAGE

C: Have you ever felt you need to Cut down on your drinking?
A: Have people Annoyed you by criticizing your drinking?
G: Have you ever felt bad or Guilty about your drinking?
E: Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Interpretation: Item responses are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

Reference:
https://pubs.niaaa.nih.gov/publications/inscage.htm;
T-ACE

T: Tolerance: How many drinks does it take to make you feel high?
A: Have people Annoyed you by criticizing your drinking?
C: Have you ever felt you ought to Cut down on your drinking?
E Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

Interpretation: Item responses are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

Reference:
https://pubs.niaaa.nih.gov/publications/inscage.htm;
ALCOHOL

TWEAK

T: Tolerance: How many drinks can you hold?
W: Have close friends or relatives Worried or complained about your drinking in the past year?
A: Amnesia: Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?
K (C): Do you sometimes feel the need to Cut down on your drinking?

Interpretation: A positive response to question T on Tolerance or question W on Worry yields 2 points each; an affirmative reply to question E, A, or K scores 1 point each. A total score of 2 or more points indicates a positive outcome for pregnancy risk drinking.

ANY SUBSTANCE

4Ps

Parents: Did any of your Parents have a problem with alcohol or other drug use?
Partner: Does your Partner have a problem with alcohol or drug use?
Past: In the past, have you had difficulties in your life because of alcohol or other drugs, including prescription medications?
Present: In the past month have you drunk any alcohol or used other drugs?

Interpretation: Any “yes” should trigger further questions.

Reference: Ewing H. A practical guide to intervention in health and social services with pregnant and postpartum addicts and alcoholics: theoretical framework, brief screening tool, key interview questions, and strategies for referral to recovery resources. Martinez (CA): The Born Free Project, Contra Costa County Department of Health Services; 1990.
ANY SUBSTANCE

NIDA Quick Screen

Ask patient about past year drug use
(website: https://www.drugabuse.gov/nmassist/)
Determine risk level
Conduct a Brief Intervention:
    Advise, Assess, Assist, and Arrange

Interpretation: Any “yes” should trigger further questions.

Reference: Ewing H. A practical guide to intervention in health and social services with pregnant and postpartum addicts and alcoholics: theoretical framework, brief screening tool, key interview questions, and strategies for referral to recovery resources. Martinez (CA): The Born Free Project, Contra Costa County Department of Health Services; 1990.
CRAFFT
Substance Abuse Screen for Adolescents and Young Adults

**C**: Have you ever ridden in a **Car** driven by someone (including yourself) who was high or had been using alcohol or drugs?

**R**: Do you ever use alcohol or drugs to **Relax**, feel better about yourself, or fit in?

**A**: Do you ever use alcohol or drugs while you are by yourself or ** Alone?**

**F**: Do you ever **Forget** things you did while using alcohol or drugs?

**F**: Do your **Family** or **Friends** ever tell you that you should cut down on your drinking or drug use?

**T**: Have you ever gotten in ** Trouble** while you were using alcohol or drugs?

Interpretation: Two or more positive items indicate the need for further assessment.

COMPONENTS OF BRIEF INTERVENTION (BI)

Raise Subject
- "Thank you for answering my questions - is it ok with you if we talk about your answers?"
- "Can you tell me more about your past/current drinking or drug use? What does a typical week look like?"

Provide Feedback
- "Sometimes patients who give similar answers are continuing to use drugs or alcohol during their pregnancy."
- "I recommend all my pregnant patients not to use any alcohol or drugs, because of risk to you and to your baby."

Enhance Motivation
- "What do you like and what are you concerned about when it comes to your substance abuse?"
- "On a scale of 0-10, how ready are you to avoid drinking/using altogether? Why that number and not a ____ (lower number)"

Negotiate Plan
- Summarize conversation. Then "What steps do you think you can take to reach your goal of having a healthy pregnancy and baby?"
- "Can we schedule a date to check in about this next time?"
Introducing the issues in the context of the client’s health.

- "I'm from the substance abuse disorder unit. Your doctor asked me to stop by to tell you about what we do on that unit. Would you be willing to talk to me briefly about it? Whatever we talk about will remain confidential."

- "This must be tough for you. Would it be OK with you if we take a few minutes to talk about your drinking?"

Screening, evaluating, and assessing.

- "In reviewing the information you've given me, using a scale of 'not ready,' 'unsure,' and 'ready,' how prepared do you feel you are to stop using?"

Providing feedback.

- "Have you had any problems with your health, family or personal life, or work in the last 3 months? Were you under the influence in the 6 hours before your accident took place?"
BASIC BRIEF
INTERVENTION STEPS

Talking about change and setting goals.

- "It looks as if you have been using often and have been binge drinking on weekends. You've said that your accident took place after you'd had some alcohol, and you said you've been under a lot of stress with your family and at work. You also indicated that you don't really think alcohol is making things worse, but you're willing to think about that. Is that an accurate assessment of how you see it?"

Summarizing and reaching closure.

- "Even though you're not ready to stop using at this time, I'm glad you agreed to write down the pros and cons of not using a substance. How about if we meet tomorrow for a follow-up?"
**RESOURCES**

**Philadelphia Centers of Excellence**

**PENN MEDICINE MOTHERS MATTER PROGRAM**  
3400 SPRUCE STREET,  
1 WEST GATES  
PHILADELPHIA, PA 19104  
Interdisciplinary Care  
Coordinator: Ommu Bah,  
267-593-2969  
ommu.bah@uphs.upenn.edu  
Clinical Director:  
Carrie Malanga, PMHNP  
267-593-2969  
carrie.malanga@uphs.upenn.edu

**TEMPLE OPIOID PROGRAM**  
3401 N BROAD ST  
PHILADELPHIA, PA 19140  
Program Manager:  
Tamara Tatevosian,  
267-800-9474  
tamara.tatevosian@tuhs.temple.edu  
COE Director: Laura Hart, MD  
215-370-2218  
Laura.hart@tuhs.temple.edu

**THOMAS JEFFERSON UNIVERSITY FAMILY CENTER PROGRAM**  
1233 LOCUST ST, SUITE 201  
PHILADELPHIA, PA 19107  
Patient Navigator Team:  
215-955-3792  
Kelliann O’Hare: 267-303-6549  
Adina Weissman: 267-588-9017  
Ashleigh Hoagland: 215-600-8343  
Care Coordination Manager:  
Alice Fischer,  
215-687-6489
RESOURCES

Crisis Response/ Assessment Centers

NET ACCESS POINT- 24/7 AOD ASSESSMENT CENTER
499 N. 5th Street, Suite B
Philadelphia, PA 19123
215-408-4987
*Able to indue Suboxone, including pregnant patients

TEMPLE EPISCOPAL CRISIS RESPONSE CENTER
100 W. Lehigh Avenue
Philadelphia, PA 19125
215-707-2577

Crisis Nursery

BARING HOUSE
3401 Baring Street
Philadelphia, PA 19104
215-386-0251
# RESOURCES

## Provider and Contact Info - Residential Services

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<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td><strong>FAMILY HOUSE NORRISTOWN</strong></td>
<td>901 Dekalb St, Norristown, PA 19401</td>
<td>610-278-0700 (P) 610-292-0188 (F)</td>
</tr>
<tr>
<td><strong>GAUDENZIA VANTAGE HOUSE</strong></td>
<td>208 E King St, Lancaster, PA 17602</td>
<td>717-291-1020 (P) 717 293 9064 (F)</td>
</tr>
<tr>
<td><strong>FAMILY HOUSE NOW</strong></td>
<td>1020 N 48th St, Philadelphia, PA 19131</td>
<td>215- 878-8616 (P) 215-878-8603 (F)</td>
</tr>
<tr>
<td><strong>GAUDENZIA WINNER</strong></td>
<td>1832-1834 W Tioga St, Philadelphia, PA 19140</td>
<td>215-228-7595 (P) 215-965-7779 (F)</td>
</tr>
<tr>
<td><strong>GAUDENZIA NEW IMAGE</strong></td>
<td>1300 Tulpehocken St, Philadelphia, PA 19138</td>
<td>215-924-6322 (P) 215-924-5531 / 215-924-0742 (F)</td>
</tr>
<tr>
<td><strong>INTERIM HOUSE WEST</strong></td>
<td>4108 Parkside Ave, Philadelphia, PA 19104</td>
<td>215-871-0300 (P) 215-477-0244 (F)</td>
</tr>
<tr>
<td><strong>GAUDENZIA-FOUNTAIN SPRINGS</strong></td>
<td>95 Broad St, Ashland, PA 17921</td>
<td>570-875-4700 (P) 570-875-4260 (F)</td>
</tr>
<tr>
<td><strong>INTERIM HOUSE, INC.</strong></td>
<td>333 West Upsal Street, Philadelphia, PA 19119</td>
<td>215-849-4606 (P)</td>
</tr>
<tr>
<td><strong>GAUDENZIA - KINDRED HOUSE</strong></td>
<td>1030 S Concord Rd, West Chester, PA 19382</td>
<td>610-399-6571 (P) 610-399-0950 (F)</td>
</tr>
<tr>
<td><strong>LIBERTAE, INC</strong></td>
<td>5245 Bensalem Blvd, Bensalem, PA 19020</td>
<td>215-639-8681 (P) 215-639-4277 (F)</td>
</tr>
<tr>
<td><strong>MY SISTERS PLACE</strong></td>
<td>1239 Spring Garden St, Philadelphia, PA 19123</td>
<td>215-955-3792 (Patient Navigators) 215-763-1020 (P) 215-763-4640 (F)</td>
</tr>
</tbody>
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## RESOURCES

**Provider & Contact Info - Community Based Services for Pregnant or Parenting Women**

<table>
<thead>
<tr>
<th>ADDICTION MEDICINE AND HEALTH ADVOCATES, INC.</th>
<th>DREXEL MEDICINE CARING TOGETHER CLINIC</th>
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<tbody>
<tr>
<td>928 MARKET ST</td>
<td>4700 WISSAHICKON AVE</td>
</tr>
<tr>
<td>PHILADELPHIA, PA 19107</td>
<td>PHILADELPHIA, PA 19144,</td>
</tr>
<tr>
<td>215- 923-4202 (P)</td>
<td>215- 967-2130 (P)</td>
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<tr>
<th>CHANCES- PUBLIC HEALTH MANAGEMENT CORPORATION (PHMC)</th>
<th>NORTHEAST TREATMENT CENTERS (NET)</th>
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<tbody>
<tr>
<td>1200 CALLOWHILL ST, SUITE 102</td>
<td>2205 BRIDGE ST</td>
</tr>
<tr>
<td>PHILADELPHIA, PA 19123</td>
<td>PHILADELPHIA, PA 19137</td>
</tr>
<tr>
<td>215-825-8220 (P)</td>
<td>215-288-5490 (P)</td>
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<thead>
<tr>
<th>THE CONSORTIUM</th>
<th>NORTHEAST TREATMENT CENTERS (NET)</th>
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<tbody>
<tr>
<td>451 S. UNIVERSITY AVE</td>
<td>7520 STATE ROAD</td>
</tr>
<tr>
<td>PHILADELPHIA, PA 19104</td>
<td>PHILADELPHIA, PA 19136</td>
</tr>
<tr>
<td>215-596-8000 (P)</td>
<td>215-831-6024 (P)</td>
</tr>
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</table>
For more information, contact Aasta Mehta at aasta.mehta@phila.gov

11/2019