

# CHECK & CONNECT

A resource guide for perinatal  
substance use disorder



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# ALCOHOL



## CAGE

**C:** Have you ever felt you need to **C**ut down on your drinking?

**A:** Have people **A**nnoyed you by criticizing your drinking?

**G:** Have you ever felt bad or **G**uilty about your drinking?

**E:** **E**ye 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>;

Retrieved March 19, 2018.

# ALCOHOL



## T-ACE

**T: Tolerance:** How many drinks does it take to make you feel high?

**A:** Have people **A**nnoyed you by criticizing your drinking?

**C:** Have you ever felt you ought to **C**ut down on your drinking?

**E** **E**ye 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>;

Retrieved March 19, 2018.

# ALCOHOL



## TWEAK

**T:** Tolerance: How many drinks can you hold?

**W:** Have close friends or relatives **W**orried or complained about your drinking in the past year?

**A:** **A**mnnesia: 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 **C**ut 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.

Reference: <https://pubs.niaaa.nih.gov/publications/arh25-3/204-209.htm>; Retrieved March 19, 2018.

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# 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.

# ANY SUBSTANCE



## CRAFFT

Substance Abuse Screen for Adolescents and Young Adults

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

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

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

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

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

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

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

Reference: Center for Adolescent Substance Abuse Research, Children's Hospital Boston. The CRAFFT screening interview. Boston (MA): CeSAR; 2009. Available at:

[http://www.ceasar.org/CRAFFT/pdf/CRAFFT\\_English.pdf](http://www.ceasar.org/CRAFFT/pdf/CRAFFT_English.pdf).

Retrieved March 19, 2018.



## **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?"

## **BASIC BRIEF INTERVENTION STEPS**



### **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?"

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### **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?"

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### **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?"

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### **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 induct 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

FAMILY HOUSE NORRISTOWN  
901 Dekalb St  
Norristown, PA 19401  
610-278-0700 (P)  
610-292-0188 (F)

GAUDENZIA VANTAGE HOUSE  
208 E King St  
Lancaster, PA 17602  
717-291-1020 (P)  
717 293 9064 (F)

FAMILY HOUSE NOW  
1020 N 48th St  
Philadelphia, PA 19131  
215- 878-8616 (P)  
215-878-8603 (F)

GAUDENZIA WINNER  
1832-1834 W Tioga St  
Philadelphia, PA 19140  
215-228-7595 (P)  
215-965-7779 (F)

GAUDENZIA NEW IMAGE  
1300 Tulpehocken St  
Philadelphia, PA 19138  
215-924-6322 (P)  
215-924-5531/ 215-924-0742 (F)

INTERIM HOUSE WEST  
4108 Parkside Ave  
Philadelphia, PA 19104  
215-871-0300 (P)  
215-477-0244 (F)

GAUDENZIA-  
FOUNTAIN SPRINGS  
95 Broad St  
Ashland, PA 17921  
570-875-4700 (P)  
570-875-4260 (F)

INTERIM HOUSE, INC.  
333 West Upsal Street  
Philadelphia, PA 19119  
215-849-4606 (P)

GAUDENZIA - KINDRED HOUSE  
1030 S Concord Rd  
West Chester, PA 19382  
610-399-6571 (P)  
610-399-0950 (F)

LIBERTAE, INC  
5245 Bensalem Blvd  
Bensalem, PA 19020  
215-639-8681 (P)  
215-639-4277 (F)

MY SISTERS PLACE  
1239 Spring Garden St  
Philadelphia, PA 19123  
215-955-3792 (Patient Navigators)  
215-763-1020 (P)  
215-763-4640 (F)

## RESOURCES



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

ADDICTION MEDICINE AND  
HEALTH ADVOCATES, INC.  
928 MARKET ST  
PHILADELPHIA, PA 19107  
215- 923-4202 (P)

DREXEL MEDICINE CARING  
TOGETHER CLINIC  
4700 WISSAHICKON AVE  
PHILADELPHIA, PA 19144,  
215- 967-2130 (P)

CHANCES- PUBLIC HEALTH  
MANAGEMENT CORPORATION  
(PHMC)  
1200 CALLOWHILL ST,  
SUITE 102  
PHILADELPHIA, PA 19123  
215-825-8220 (P)

NORTHEAST TREATMENT  
CENTERS (NET)  
2205 BRIDGE ST  
PHILADELPHIA, PA 19137  
215-288-5490 (P)

THE CONSORTIUM  
451 S. UNIVERSITY AVE  
PHILADELPHIA, PA 19104  
215-596-8000 (P)

NORTHEAST TREATMENT  
CENTERS (NET)  
7520 STATE ROAD  
PHILADELPHIA, PA 19136  
215-831-6024 (P)



**HEALTH FEDERATION**  
OF PHILADELPHIA

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For more information, contact Aasta Mehta at  
[aasta.mehta@phila.gov](mailto:aasta.mehta@phila.gov)