

Working Together For Improved Outcomes



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Karralika
Programs
Capacity
Building Project

- Karralika Programs partnered with the Murrumbidgee Primary Health Network to deliver the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) tool and accompanying brief interventions training to workers in community mental health services.



ASSIST

- Internationally validated (WHO) and reliable screening tool that can be used by community service providers who have contact with individuals who may use alcohol, tobacco and other drugs.
- 8 question non-intrusive screener with brief interventions that are based on motivational interviewing techniques.



Lifetime use
 Last 3 months
 Urges/cravings
 Harms
 Concerns
 Tried to stop

Question 1 (please mark the response for each category of substance)

In your life, which of the following substances have you <u>ever used</u> ? (<i>NON-MEDICAL USE ONLY</i>)	No	Yes
a. Tobacco products (cigarettes, chewing tobacco, cigars, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
b. Alcoholic beverages (beer, wine, spirits, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
c. Cannabis (marijuana, pot, grass, hash, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
d. Cocaine (coke, crack, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
e. Amphetamine type stimulants (speed, meth, ecstasy, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
f. Inhalants (nitrous, glue, petrol, paint thinner, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
g. Sedatives or Sleeping Pills (Diazepam, Alprazolam, Flunitrazepam, Midazolam etc.)	<input type="checkbox"/>	<input type="checkbox"/>
h. Hallucinogens (LSD, acid, mushrooms, trips, Ketamine, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
i. Opioids (heroin, morphine, methadone, Buprenorphine, codeine, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
j. Other - specify:	<input type="checkbox"/>	<input type="checkbox"/>

Probe if all answers are negative:
 “Not even when you were in school?”

If "No" to all items, stop interview.

*If "Yes" to any of these items, ask
 Question 2 for each substance ever used.*



What the scores mean

What do your scores mean?

- Low:** You are at low risk of health and other problems from your current pattern of use.
- Moderate:** You are at risk of health and other problems from your current pattern of substance use.
- High:** You are at high risk of experiencing severe problems (health, social, financial, legal, relationship) as a result of your current pattern of use and are likely to be dependent

Are you concerned about your substance use?



Feedback of Factual Information

g. sedatives	Your risk of experiencing these harms is: Low <input type="checkbox"/> Moderate <input type="checkbox"/> High <input type="checkbox"/> (tick one)
	Regular use of sedatives is associated with:
	Drowsiness, dizziness and confusion
	Difficulty concentrating and remembering things
	Nausea, headaches, unsteady gait
	Sleeping problems
	Anxiety and depression
	Tolerance and dependence after a short period of use.
	Severe withdrawal symptoms
	Overdose and death if used with alcohol, opioids or other depressant drugs.

h. hallucinogens	Your risk of experiencing these harms is:..... Low <input type="checkbox"/> Moderate <input type="checkbox"/> High <input type="checkbox"/> (tick one)
	Regular use of hallucinogens is associated with:
	Hallucinations (pleasant or unpleasant) – visual, auditory, tactile, olfactory
	Difficulty sleeping
	Nausea and vomiting
	Increased heart rate and blood pressure
	Mood swings
	Anxiety, panic, excessive suspicion (paranoia)
	Flash-backs
	Increase the effects of mental illnesses such as schizophrenia

i. opioids	Your risk of experiencing these harms is: Low <input type="checkbox"/> Moderate <input type="checkbox"/> High <input type="checkbox"/> (tick one)
	Regular use of opioids is associated with:
	Itching, nausea and vomiting
	Drowsiness, constipation, tooth decay
	Difficulty concentrating and remembering things
	Emotional problems and social problems
	Reduced sexual desire and sexual performance
	Relationship difficulties
	Financial and work problems, violations of law
	Tolerance and dependence, withdrawal symptoms
	Overdose and death from respiratory failure

Risks of Injecting Card

WHO-ASSIST V 3.0 Risks of Injecting Card – Information

Using substances by injection increases the risk of harm from substance use.

This harm can come from:

- **The substance**
 - If you inject any drug you are more likely to become dependent.
 - If you inject amphetamines or cocaine you are more likely to experience psychosis.
 - If you inject heroin or other sedatives you are more likely to overdose.
- **The injecting behaviour**
 - If you inject you may damage your skin and veins and get infections.
 - You may cause scars, bruises, swelling, abscesses and ulcers.
 - Your veins might collapse.
 - If you inject into the neck you can cause a stroke.
- **Sharing of injecting equipment**
 - If you share injecting equipment (needles & syringes, spoons, filters, etc.) you are more likely to spread blood borne virus infections like Hepatitis B, Hepatitis C and HIV.

❖ It is safer not to inject

❖ If you do inject:

- ✓ always use clean equipment (e.g., needles & syringes, spoons, filters, etc.)
- ✓ always use a new needle and syringe
- ✓ don't share equipment with other people
- ✓ clean the preparation area
- ✓ clean your hands
- ✓ clean the injecting site
- ✓ use a different injecting site each time
- ✓ inject slowly
- ✓ put your used needle and syringe in a hard container and dispose of it safely

❖ If you use stimulant drugs like amphetamines or cocaine the following tips will help you reduce your risk of psychosis.

- ✓ avoid injecting and smoking
- ✓ avoid using on a daily basis

❖ If you use depressant drugs like heroin the following tips will help you reduce your risk of overdose.

- ✓ avoid using other drugs, especially sedatives or alcohol, on the same day
- ✓ use a small amount and always have a trial "taste" of a new batch
- ✓ have someone with you when you are using
- ✓ avoid injecting in places where no-one can get to you if you do overdose
- ✓ know the telephone numbers of the ambulance service

Training

- Trained 55 community health and community mental health practitioners in three services the use of ASSIST and Brief Interventions.
- Training locations included Young, Wagga Wagga and Deniliquin.

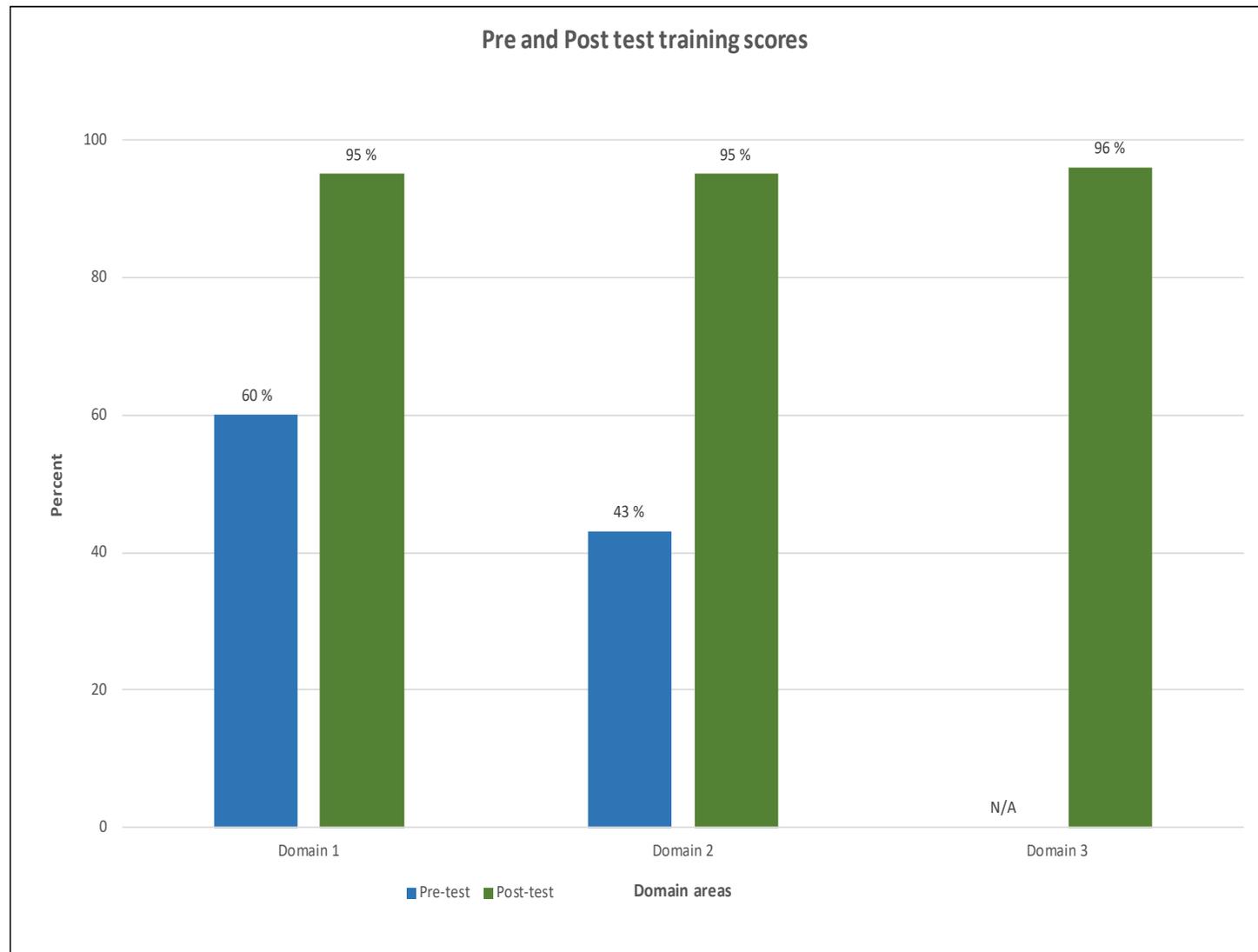


Training Objectives

- Neurological and physiological effects of alcohol, tobacco and drugs and associated harms.
- How to best administer the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)
- Therapeutic principles of alcohol and other drug interventions – stages of change, motivational interviewing, and behaviour change.
- Application of effective brief interventions and referral options for specialist treatment.

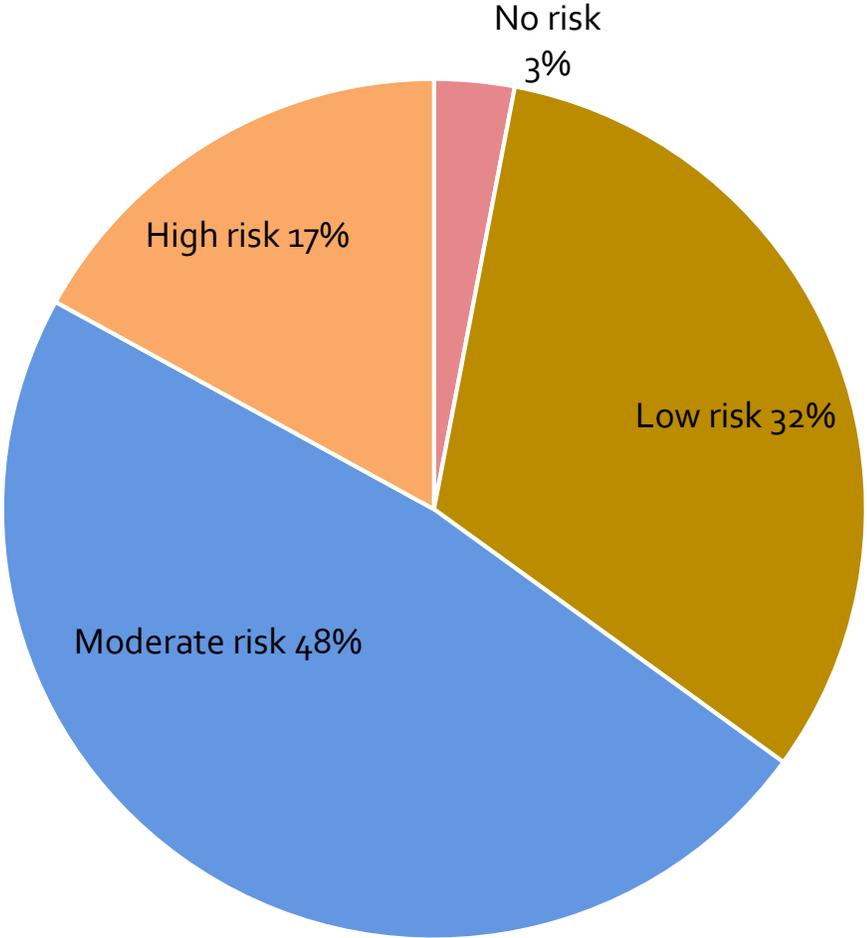


Training outcomes



Implementation Results

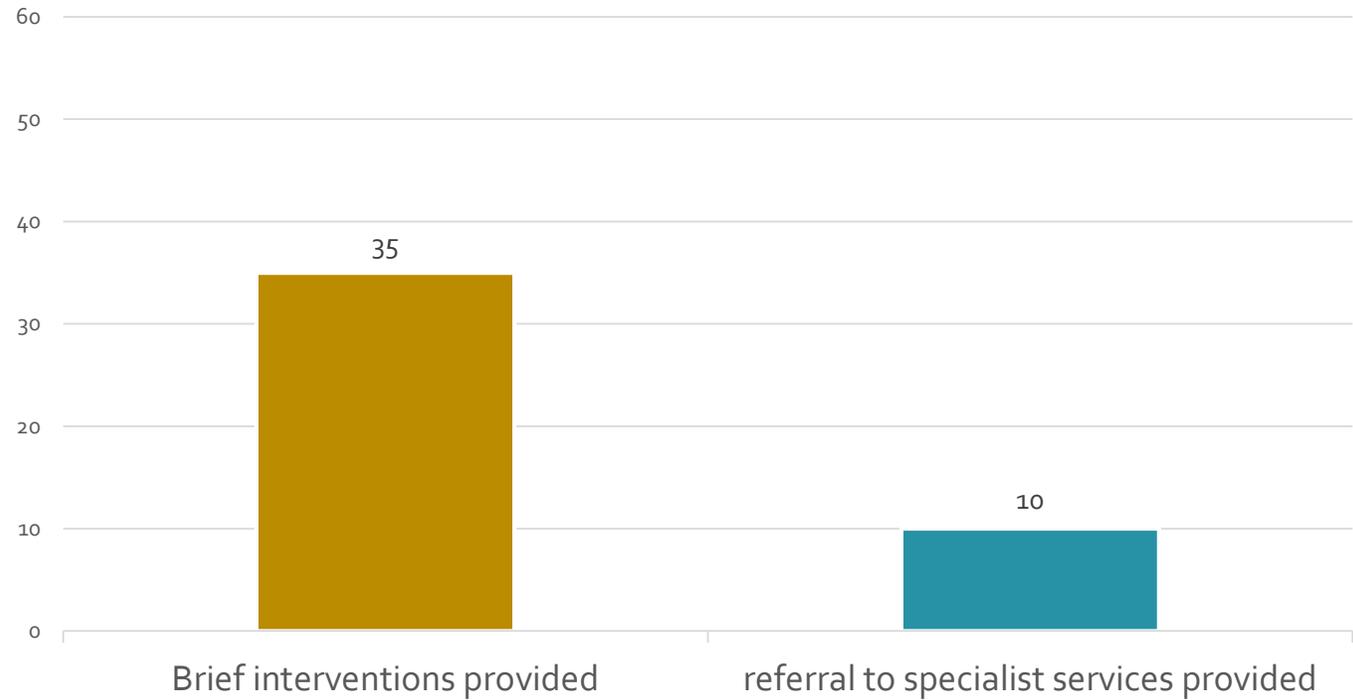
ASSIST Risk Scores



n=63

Referral Pathways

Number of interventions following ASSIST screen



n=45

Staff feedback

- Staff reported an increase in confidence implementing the tool with clients, within a very short time-frame.
- Staff also reported that the tool generated further discussion surrounding potential benefits from attending other programs.



Staff Feedback

- *"The ASSIST tool enabled conversations about AOD use to be initiated with confidence, rather than reluctance by our team in a way that was respectful to families and responsive to community needs".*

-Staff member involved in project



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Outcomes

- *"Practitioners involved in case management found the tool very useful and would like to continue using it. With support from their manager they have shifted from initial reluctance, to incorporating something new into their practice, to enthusiasm for the process".*

-Team leader involved in project



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Project Outcomes

- After positive reports from the initial project, the Murrumbidgee PHN have expanded the project with Karralika Programs staff to work with other community mental health services, Aboriginal health services, emergency services and community health providers in the same region for 2018/19.

Where to next?

- 26 staff trained in Wagga Wagga and Griffith so far this year.
- Training scheduled in July in Deniliquin.
- Training for new staff of the 2017 project has been included in the extended project and interest in becoming a trainer has also been expressed.



Thank
You

- Any Questions?



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