

## Appendix

### A: Screenshots of Sample Assessment Items

Have you ever used any of the following tobacco products regularly? (Read each response and check all that apply.)

- 1) Cigarettes
- 2) Cigars
- 3) Smokeless tobacco, like dip, snuff, or chew
- 4) Pipe
- 5) None of the above

Back

Next

Type as many NUMBER(s) of your response(s) as apply, and press ENTER.

**You will be asked a few questions about your alcohol use. A drink of alcohol is considered one 12-ounce can or bottle of beer, one glass of wine, one cocktail / mixed drink, or one shot of liquor.**

How often do you have a drink containing alcohol? Read each response option and select the best option.

- 1) Never
- 2) Less than monthly
- 3) Monthly
- 4) Weekly
- 5) 2 - 3 times a week
- 6) 4 - 6 times a week
- 7) Daily

[Back](#)

Type the NUMBER of your response and press ENTER.

In the past 12 months, have you used recreational drugs?

- 1) Yes
- 2) No

[Back](#)

Type the NUMBER of your response and press ENTER.

## **Appendix**

### **B: Patient Feedback Report**

# Your health and your behavior

Patient: **PRACTICE, PRACTICE**  
 DOB: **04/03/1981 (32 yo)**  
 Date: **04/03/2013**  
 Location: **Ed Darssa2 Short**

## You answered some questions about your health and health behaviors, like smoking, drinking alcohol, and using drugs.

This summary is a personal breakdown of your health risk. Also, it provides some useful information on how you can get help, if you want it. A shorter report has been printed for your healthcare team. We encourage you to talk with your healthcare providers about any concerns you have. They can help you learn more about how your health behaviors may be affecting your health.

## You stated that you currently or recently have used drugs, alcohol, and tobacco.

Some people do not think their use is a problem, while others do. Where do you fall? Is your use working for you or against you? Many people find that quitting improves their lives. They are healthier. They have more energy, more money, and better relationships. What are the most important goals in your life? Would changing your behaviors help you to get those things most important to you?

### YOUR RESULTS:

You've answered some questions about your health, behaviors, and substance use. Here are your personalized results:

**DRUGS: Moderate to High Risk**

*See page 2 for your results.*

**ALCOHOL: Moderate to High Risk**

*See page 3 for your results.*

**TOBACCO: Moderate to High Risk**

*See page 4 for your results.*

## Where can I get help if I want it?

Some people can change their drug and tobacco use by themselves. Others find it is easier if they get help. The good news is that help is available for those who want it. Below is a list of treatment providers and organizations that can help you. It might be a good idea to call and learn more about the kinds of treatments you can get.

### Drug/Alcohol Treatment Providers:

- Spectrum Health Systems Inc**  
 (508) 854-3320x1661  
 585 Lincoln Street,  
 Worcester, MA (outpatient)
- AdCare Hospital**  
 (508) 453-3056  
 95 Lincoln Street,  
 Worcester, MA (outpatient)
- Spectrum Health Systems Inc**  
 (508) 854-3320x1661  
 105 Merrick Street,  
 Worcester, MA (outpatient)

### Tobacco Treatment Providers:

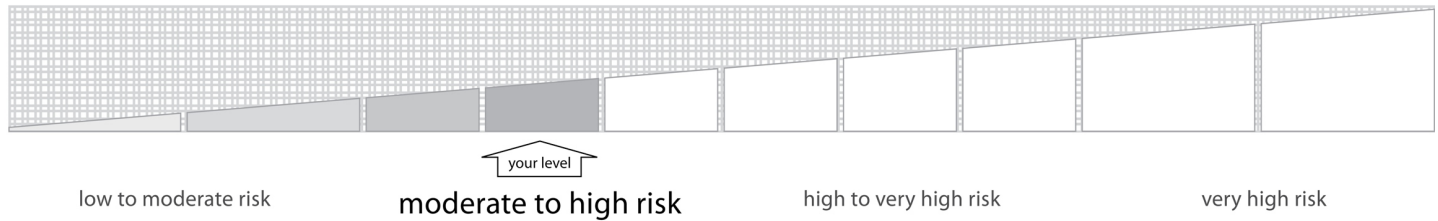
- UMass Tobacco Dependence Specialty Clinic**  
 (508) 856-2551  
 261 Plantation Street,  
 Worcester, MA (outpatient)
- Free quitline:**  
 1-800-QUITNOW  
 (1-800-784-8669)

### Other Resources:

- Alcoholics Anonymous**  
 1-212-870-3400  
<http://www.aa.org>
- Narcotics Anonymous**  
 1-818-773-9999  
<http://www.na.org>
- Substance Abuse and Mental Health Services Administration**  
 1-800-662-4357  
<http://dasis3.samhsa.gov>

# Your drug use in more detail

You answered some questions about drug use and about problems that drug use can sometimes cause. The scale below shows your drug abuse risk level:



Based on your answers, you are at moderate to high risk for developing serious drug-related problems.

This level of risk has been determined by several large research studies. Your scores were compared to people who had serious drug problems or who later developed them. You scored the same as people who used drugs and reported already having some negative effects of use. It is common for people who score in this range to have increased negative effects if they don't quit or cut back.

It is up to you to decide what to do about your drug use. Nobody can make this decision for you. If you want more information, you should consider talking with your doctor and reading the rest of this summary.

***The best way to reduce your risk of having more problems related to drug use is to cut down or stop your use. If you want to reduce your chance to zero, you will have to quit using altogether. Unfortunately, there is no known "safe" level of drug use.***

## Is My Use Harmful? Marijuana:

Many people who use drugs wonder about whether their use is harming them in some way. Some wonder if it is harming people they love. It is important to remember three facts when you are thinking about whether your drug use is hurting you or someone you love:

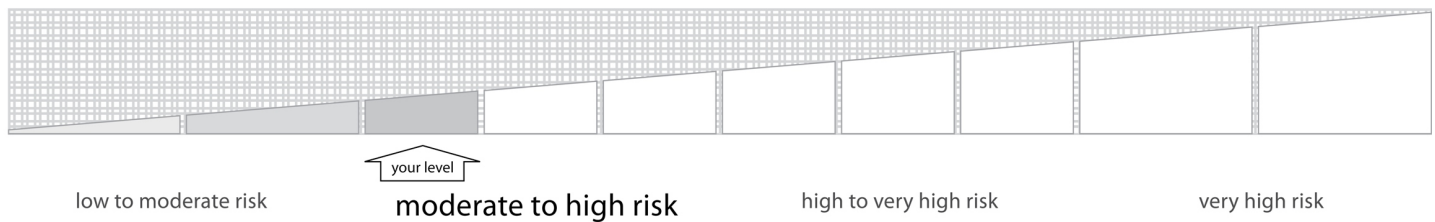
1. Regular use of most drugs has both short-term and long-term negative effects
2. The harmful effects may not always be noticeable at first, but they can still be there
3. Some drugs can have lasting effects even when used only every once in a while

Regular use of marijuana can increase your risk for:

- Problems with attention and motivation
- Anxiety, paranoia, panic, depression
- Decreased memory and problem solving ability
- High blood pressure
- Asthma, bronchitis
- Psychosis, especially in those with a personal or family history of psychiatric problems
- Heart disease and chronic obstructive airways disease
- Cancers

# Your alcohol use in more detail

You answered some questions about how much you drink and about problems that are sometimes related to drinking. The scale below shows your alcohol abuse risk level:



## Based on your answers, you are at moderate to high risk for developing alcohol-related problems.

This level of risk has been determined by several large research studies. Your scores were compared to people who had drinking problems or who later developed them. You scored the same as people who drink more than the recommended amount or who already have some negative effects of use. It is common for people who score in this range to have increased negative effects if they don't quit or cut back on their drinking.

The best way to avoid problems related to alcohol use is to watch how much and how often you drink. In addition, the speed that you drink is important. An average person who drinks more than 1 drink an hour is likely to have a blood alcohol level above the "drunk driving" cut-off in most states. Even if you do not think you are drunk, you could still be arrested for drunk driving if stopped.

***Based on years of research, the National Institute for Alcohol Abuse and Alcoholism has found that women who drink more than 7 drinks a week, or who have more than 3 drinks on a given occasion, are at risk for developing drinking problems.***

If you are pregnant, you should seriously consider not drinking at all. There is no known "safe level" of drinking for pregnant women.

## Is My Drinking Harmful?

Many people who drink alcohol wonder about whether their use is harming them in some way. It is important to remember the same three facts described above under drug use:

1. Regular use of alcohol above recommended amounts can have both short-term and long-term negative effects
2. The harmful effects may not always be noticeable at first, but they can still be there
3. Some effects can be lasting, even if you only drink to excess every once in a while. For example, even occasional drinking and driving can put you at risk for a crash

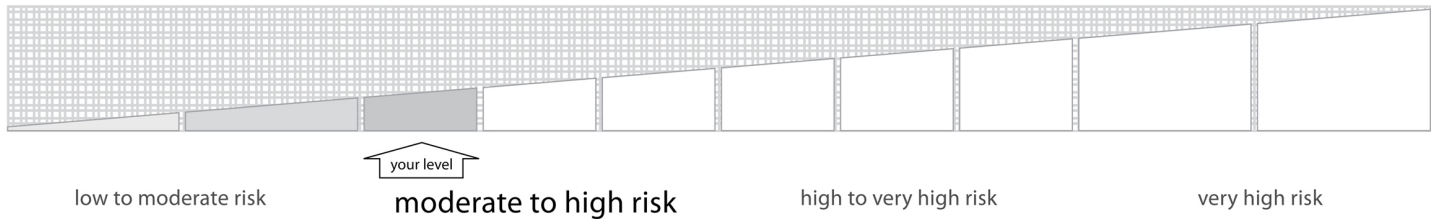
## Alcohol:

Heavy drinking can increase your risk for many illnesses and other problems, including:

- Certain cancers, like stomach cancer
- Stomach and other gastrointestinal problems
- Liver disease
- Immune system problems (makes you more likely to get sick)
- Problems with memory and concentration
- Increased risks for accidents and falls
- Depression
- Troubled relationships
- Birth defects (in pregnant women)

# Your tobacco use in more detail

You answered some questions about how much tobacco you use. Your score was compared to data collected on thousands of people throughout the world. The scale below shows where you fall in terms of your risk for being addicted to nicotine:



## Based on your responses, you are probably moderately addicted to nicotine.

Although being even moderately addicted to nicotine is a problem, in a way, this can be viewed as good news. Although quitting is almost always a hard thing to do, you may be more successful at quitting than if you were more strongly addicted. People who are not strongly addicted generally find that they do not have as many symptoms if they try to quit, like jitteriness, irritability, and difficulty concentrating. Even people who are not strongly addicted often say that quitting help them to feel more in control of their lives. Even though you are not strongly addicted to nicotine, you may benefit from new treatments that can help people to quit smoking when you are ready.

***Every cigarette you smoke removes 15 minutes from your life. Based on your age, if you quit today, you would likely add 10 years to your life!***

## Is My Use Harmful?

Many people who smoke wonder about whether their use is harming them in some way. It is important to remember the same three facts described above under drug and alcohol use:

1. Regular tobacco use can have both short-term and long-term negative effects
2. The harmful effects may not always be noticeable at first, but they can still be there
3. Some effects can be lasting, even if you do not smoke everyday

## Tobacco:

Smoking can increase your risk for many illnesses and other problems, including:

- Premature aging, wrinkling of the skin
- Respiratory infections and asthma
- High blood pressure, diabetes
- Respiratory infections, allergies, and asthma in children of smokers
- Miscarriage, premature labor and low birth weight babies for pregnant women
- Kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Heart disease, stroke, vascular disease
- Cancers



# To change or not to change?

## People use drugs, alcohol, and tobacco for different reasons.

Most people start out using these substances because they make them feel good. They enjoy the “high.” Some people use because their friends or family use and it seems normal. Others use because they feel it helps them to cope with stress or pain or emotions like anger and sadness. Sometimes using becomes a habit and it kind of takes a life of its own.

Some people who use more than one substance have different interest in changing each substance. The decision to change your substance use is one of the most important health choices you have. The benefits of quitting usually start immediately and continue for years after you have stopped.

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## Your answers suggest that you are interested in changing your drug and tobacco use.

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This is terrific! The decision to change your use of these substances must be a difficult one. But you seem to recognize that the rewards of doing so are great, perhaps even life-saving!

You CAN take the next step and begin changing your substance use immediately. It is important to keep your motivation strong! On the next page of this report, there is an exercise to help you keep motivated by reviewing your personal reasons for change. There are also other exercises that can help you make a plan for change. Finally, some people find they need help changing. The first page of this report lists resources that you can look into to help you to change.

## Good News

As with alcohol, stopping drug and tobacco use can improve your health and can reduce your risk of developing problems in the future. It is never too late to benefit from quitting, even if you currently have a serious illness or have been using drugs and tobacco for years!

On pages 6-8 of this report, there are exercises to help you think through these issues.

***“I used drugs, alcohol, and tobacco for most of my life. One day I took a hard look at myself and thought about how much better my life could be if I stopped. I was kind of scared but I decided to take action. It had to be my choice, you know, for my own reasons. It was still hard. I tried a bunch of times before I stayed clean. I didn’t know where to start at first. I finally decided to stop drugs and alcohol first because they were wrecking my life most. Then later I stopped smoking. My best advice is this: think about it like riding a bike. At first, it’s hard. It feels strange, you might fall down. But if you keep trying, you get better and better at it, until it feels natural.”***

***Sheila, 31***

# The Scales - which way are you tipping?

You mentioned that you are interested in changing your drug use. For most people, such a change can be difficult. Strong internal motivation is very important. This exercise is designed to help increase your motivation. It will help you to identify what your own personal motivations are.



1. In the left column below, list the good things about using drugs (what you like about it).
2. In the right column, list the good things about cutting back or quitting.
3. Circle the 3 most important from each column.
4. Are the good things about changing more important to you than the benefits of using? What course of action is most in line with your most important values?



**Good things about using drugs**

**Good things about quitting drugs**

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\*\*\*You can repeat this exercise for tobacco as well\*\*\*

# Breaking the chains.

One thing that makes changing difficult is that using drugs gets “chained” to certain people, places, things, emotions, and situations. These become triggers to use and can lead to intense cravings, making you more likely to lapse. To help identify and cope with these triggers, complete the steps below.



1. List all of the people, places, things, emotions, and situations that trigger you to use drugs.
2. In the left column below, write the 3 that are most difficult for you to resist.
3. In the right column, write your plan to avoid or manage these triggers besides using.



## 1. People, places, things, emotions and situations that trigger you to use drugs

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## 2. Most difficult to resist

## 3. Plan to avoid or manage triggers

1.	➔	1.
2.	➔	2.
3.	➔	3.

\*\*\*You can repeat this exercise for tobacco as well\*\*\*

# Stairway to Change - where are you?

You said that you are interested in quitting your drug use. This is a very important decision. Most people are more successful if they create a plan. If you find you are having trouble achieving your goals, you should consider getting into treatment. The good news is that there are many very effective therapies to change your drug use. See Page 1 for a list of providers near you.

1. Start from the bottom. Check off each step that you can agree to do.
2. Post this sheet in a place you will see it often, like a refrigerator.
3. Now do them! Review the stairway to change and exercises below every day.



10	<input type="checkbox"/>	Maintain abstinence and stay off drugs forever!
9	<input type="checkbox"/>	Quit using drugs! My quit date will be: _____.
8	<input type="checkbox"/>	"Take a break." - I will go _____ days without using drugs at all.
7	<input type="checkbox"/>	Cut back on the number of days per week I use drugs. I will only use on _____.
6	<input type="checkbox"/>	Cut back on how much drugs I use. I will only use _____ a day.
5	<input type="checkbox"/>	Begin treatment or a self-help program.
4	<input type="checkbox"/>	Find out more about treatment options and other sources of help (see Page 1).
3	<input type="checkbox"/>	Come up with a plan to better handle my "triggers" (see Breaking the Chains exercise).
2	<input type="checkbox"/>	Talk with someone I trust about how my use affects me and the people I love.
1	<input type="checkbox"/>	Seriously review my reasons for changing my drug use (see Scales exercise).

\*\*\*You can repeat this exercise for tobacco as well\*\*\*

## **Appendix**

### **C: Healthcare Provider Report**

**ED HEALTHCARE PROVIDER REPORT  
SUBSTANCE ABUSE SCREENER-SEVERE**

\*\*PLEASE GIVE THE PATIENT FEEDBACK  
REPORT TO THE PATIENT\*\*

NAME: **PRACTICE, PRACTICE**  
ADDRESS:  
BIRTHDATE/AGE: **04/03/1981 (32 y/o)** SEX: **F**  
MEDICAL RECORD NUMBER:  
DATE: **04/03/2013**  
LOCATION: **Ed Darssa2 Short**

**SCREENING RESULTS**

**REFERENCE VALUES**

**DRUGS:** **Abused medications past 12 months**  
*Referrals printed (see "Referral Summary")*

- Never injected. Uses: marijuana
- At **Moderate Risk** for abuse/dependence. DAST=4
- Wants to cut back

*The DAST and AUDIT screen for risk of a diagnosable substance use disorder. Risk levels and recommended actions described below.*

*DAST (Drugs)  
1-2 = Low (brief counseling)  
3-5 = Moderate (brief counseling, refer to outpt)  
6-8 = High (brief counseling, consider intense outpt)  
9-10 = Very high (brief counseling, consider inpt)*

**ALCOHOL:** **Drinks ABOVE the risky use level**  
*Referrals printed (see "Referral Summary")*

- At **Moderate Risk** for abuse/dependence. AUDIT=9
- Not ready to quit or cut back

*AUDIT (Alcohol)  
8-15 = Moderate (provide simple advice)  
16-19 = High (brief counseling, monitor use)  
20-40 = Very high (brief counseling, refer to specialist, monitor use)*

**TOBACCO:** **Uses cigarettes**  
*Referrals PRINTED (see "Referral Summary")*

- 0.5 pack/day, 21 years. (10.5 pack-years)
- Wants to quit but NOT within the next 6 months

**REFERRAL SUMMARY**

**REFERRALS PRINTED:**

**REFERRALS PRINTED:**

**Drug/Alcohol Treatment:**

1. **Spectrum Health Systems Inc**  
(508) 854-3320x1661  
Worcester, MA
2. **AdCare Hospital**  
(508) 453-3056  
Worcester, MA
3. **Spectrum Health Systems Inc**  
(508) 854-3320x1661  
Worcester, MA

**Tobacco Treatment:**

1. **UMass Tobacco Dependence  
Specialty Clinic**  
(508) 856-2551  
Worcester, MA
2. **Free quitline:**  
1-800-QUITNOW  
(1-800-784-8669)

