



BRIEF INTERVENTION

SAOR II

Guide for Practice

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Overview of SAOR model

- **S**upport
- **A**sk and **A**ssess
- **O**ffer **A**ssistance
- **R**efer



SAOR II – Guide for Practice

Support

- Connecting with the person
- Having an open friendly style
- Having an empathic non-judgemental approach
- Supporting self-efficacy
- Informing the person of services available



SAOR II – Guide for Practice

Ask and Assess

- Asking about alcohol/substance use
- Eliciting the person's concerns
- Establishing the person's expectations
- Screening and assessment
- Observing for withdrawal symptoms
- Exploring the context
- Gauging importance and confidence



SAOR II – Guide for Practice

Offer Assistance

- Advising and giving feedback
- Assigning responsibility for change
- Allowing for a menu of options
- Agreeing goals



SAOR II – Guide for Practice

Refer

- Discussing treatment options with the person
- Making a referral to appropriate services if required
- Ensuring appropriate follow-up care/support
- Closing the consultation



- When to refer to a specialist service?
- Evidence of alcohol dependence (screening tool!)
- Evidence of complications
 - Physiological
 - Psychosocial
 - Mental health
 - Other
- If the person requests a referral!



Questions...

- How do you make a referral to a specialist service?



Local directory if available is best

The National Directory of Drug and Alcohol Services

www.drugs.ie/services

Ask About Alcohol website

www.askaboutalcohol.ie

- HSE drugs and alcohol helpline 1800 459 459

SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

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Overview...

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Background and policy context

Background to the National Screening and Brief Intervention (SBI) Project

- Mapped alcohol related interventions in all acute hospitals nationally;
- Consulted with HSE staff nationally;
- Collated an evidence base for the implementation of SBI across the HSE;
- Conducted a SBI feasibility study in the ED

(Armstrong,R and Barry, J “Towards a framework for implementing evidence based alcohol interventions” IMJ, 2014, Vol .107 No.2)

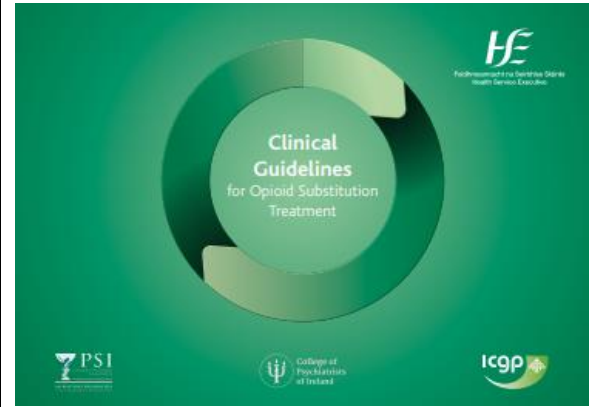
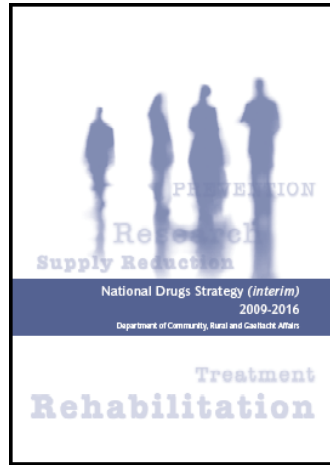
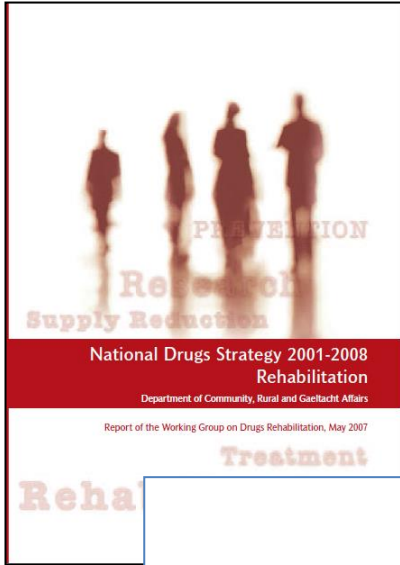
	Waterford R.H Total number screened = 381	Letterkenny G.H Total number screened =337	Naas G.H Total number screened = 170	Cork U.H Total number screened = 56*	Total = 944
No further intervention	46% (n=177)	60% (n=202)	41% (n=70)	19% (n=11)	49% (n=460)
Brief advice	41% (n=157)	30% (n=101)	33% (n=56)	56% (n=31)	36% (n=345)
Referral to specialist services	11% (n=41)	3.5% (n=12)	12.5% (n=21)	16% (n=9)	9% (n=83)
Declined to take part	2% (N=6)	6.5% (n=22)	13.5% (n=23)	9% (n=5)	6% (n=56)



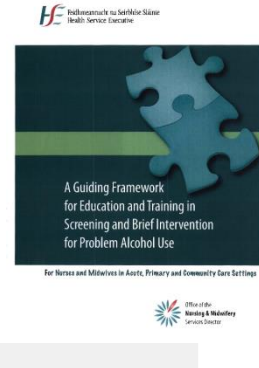
SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

James O'Shea, Paul Goff and Ruth Armstrong





Reducing Harm,
Supporting Recovery
A health-led response to drug
and alcohol use in Ireland 2017-2025



Brief Intervention

What is brief intervention ?

A short, structured and helpful conversation about alcohol and/or drugs

Non-healthcare settings
5 – 25 mins

What is brief intervention

?

Face-to-face

Online chat

Telephone helpline

Self-help online

Combination

A brief intervention is that which

- Is delivered with the aim of preventing substance use, delaying initiation of substance use, reducing risk of harmful use
- May include MI or other therapeutic approaches
- Does not provide a long-term treatment programme
- Does not necessarily target people who are dependent but can be used when the nature and extent of drug use is still unclear
- Is an early intervention which may lead to referral to treatment

SAOR

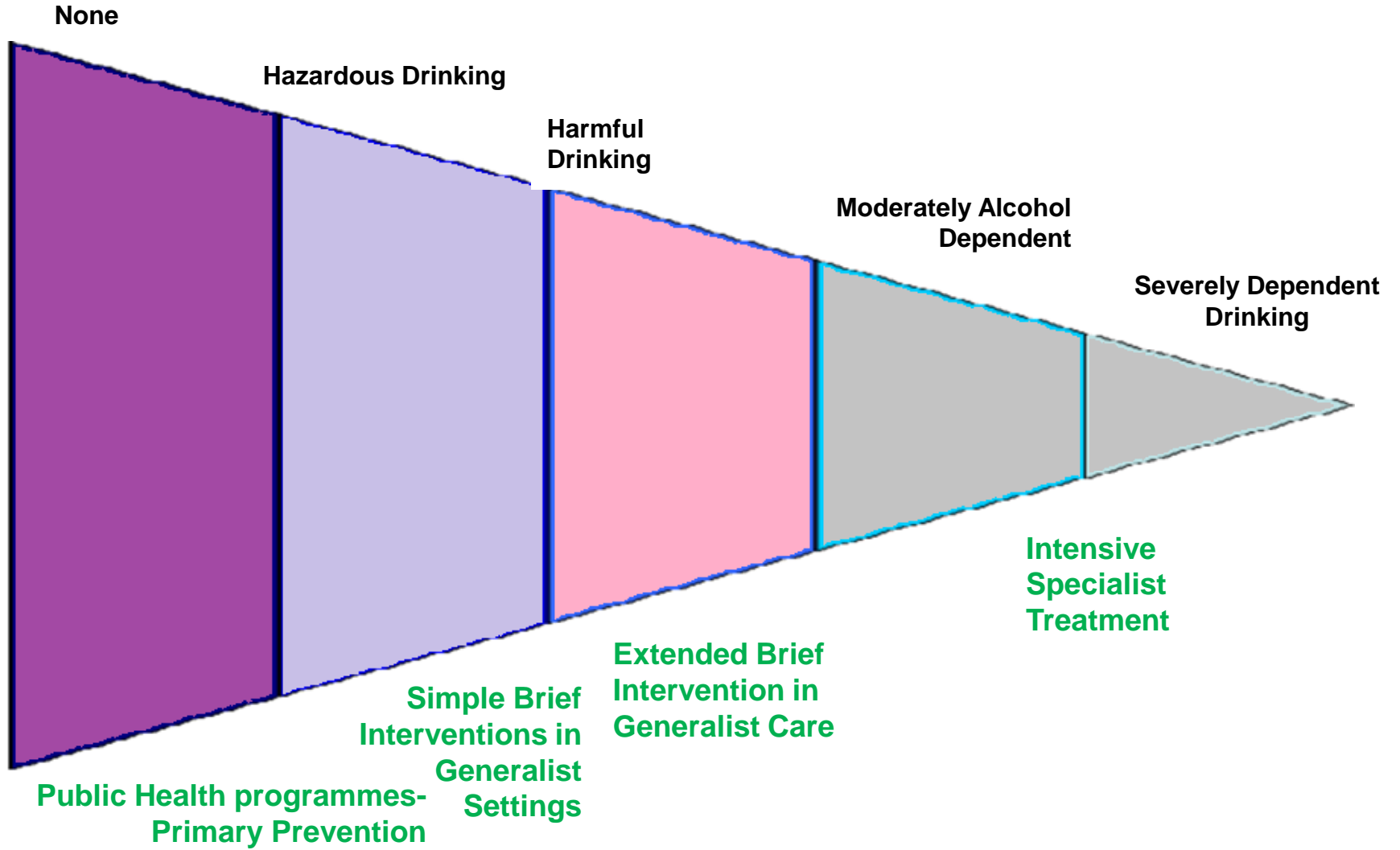
Provides the structure to have a face-to-face conversation

Evidence

Is Screening and Brief Intervention effective?

- Over 30 years of research examining impact of SBI in primary care and (more recently) other settings
- 24 systematic reviews covering at least 56 high quality studies in Primary Care alone (O'Donnell et al 2014)

- BI for drug use is effective in a variety of medical settings (Madras et al 2009)
- Effectiveness of a single clinician delivered BI to reduce alcohol and drug use
- Opiate-dependent methadone maintained people
- Reduction in substance use within a methadone maintained opiate-dependent cohort
- Effect sustained at 3-month follow up (Assist project)



SAOR: key elements

SAOR



SAOR

Supports

- Builds up trust
- Helps person to open up & talk

Asks & Assesses

- Gets a description of the drinking
- Gauges readiness to change

Offers Assistance

- Gives information on menu of choices
- Agrees next step

Refers

- Gets help for person
- Links them with the right supports

Opportunities

What do we know?

Harm caused by binge use/excessive use on an occasion

Drug and alcohol use in nightlife settings viewed as 'the norm'

Wider range of substances, unknown

Good practice

Coordinated
multicomponent
interventions

Drug-checking
services

Training – high
turnover staff

Harm reduction
materials (in
conjunction with
other
interventions)

Where can we use SAOR BI?

During drug-
testing process

Police
interactions

A&E

General healthcare
settings

Training

SAOR training:



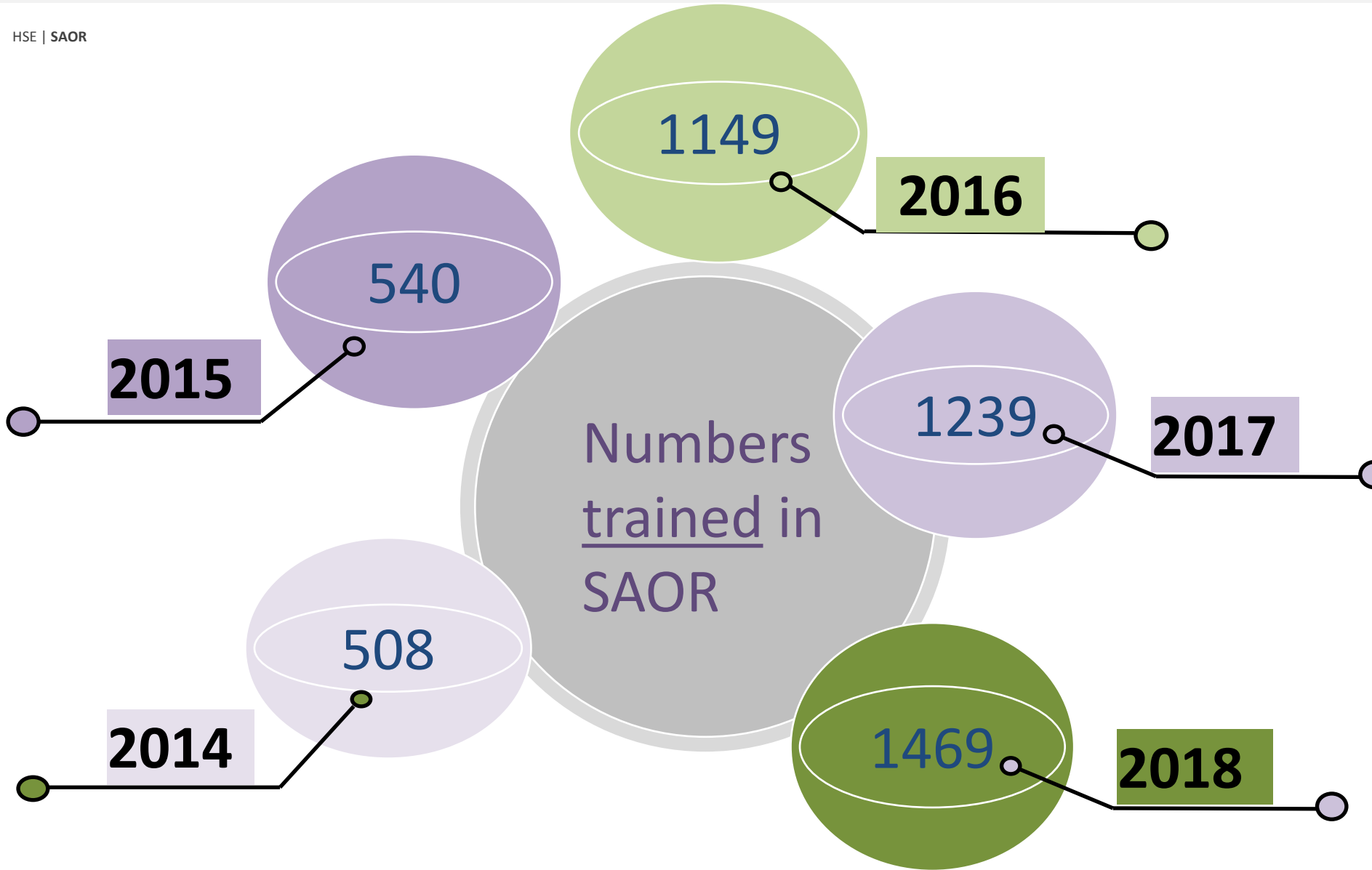
Upon completing the 1 day course participants should be able to...

Apply the theory from the SAOR online module to their practice

Identify opportunities to conduct a brief intervention

Demonstrate appropriate brief intervention skills using the SAOR model

Identify appropriate alcohol and other drugs care pathways





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<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/>



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