Guide for Screening & Intervention of Alcohol Use by Older Adults

1: Engagement
Engagement is an essential component of help and open communication.

2: Permission
Ask for permission to discuss use:
"Can we talk about your use of alcohol?"
"May I ask you some questions about your use of alcohol?"

3: Ask Questions
"Do you sometimes drink alcohol?"
1. No further action if non-drinker
2. Provide education if the participant drinks more than 1 drink a day
3. Administer the S-MAST-G if they report sometimes drinking more than 3 drinks a day

4: Administer Screening
Discuss results and risk level:
"So what would you like to do knowing these results?"
If they would like to change, "Can we make a plan for you?"

5: Make a Plan
Create a plan with participant:
Provide resources, such as substance assessment, recovery coach, etc.

6: Follow-Up
Check-in with the participant and return to engagement:
Is the plan being followed?
Does the plan need to be revised?

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Additional Tools

Motivational Interviewing: Stages of Change
- Pre-contemplation - no intention of changing behavior
- Contemplation - aware a problem exists, not commitment to action
- Preparation - intent upon taking action
- Action - active modification of behavior
- Maintenance - sustained change, new behavior replaces old
- Relapse - fall back into old patterns of behavior

Motivational Interviewing: OARS
- Ask **open-ended** questions
- Affirm any positive change in action, decision or thinking
- Reflect back what you hear the person saying
- Summarize what the person is saying and is willing to do

Screening Steps
- **Raise the subject and ask permission** to talk about the topic
- Do the **screening test and provide feedback**, record score and risk level. Discuss the screening results.
- **Negotiate a plan**, summarizing what the participant has said and what they are willing to do. Create a plan with next steps.

Risk Stratification with S-MAST-G
- Score 0-1: no or low risk
- Score 2: some risk
- Score 3-6: moderate to high risk
- Score 7 or more: severe risk

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