Nicola Corrigan
Dr. Eoin Coughlan
26th September 2019
Overview of SAOR model

• Support
• Ask and Assess
• Offer Assistance
• Refer
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
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

Nicola Corrigan
HSE National Social Inclusion Office
Ireland
Overview...

01 Background and policy context
02 Brief intervention
03 Evidence
04 SAOR: Key elements
05 Opportunities
06 Training

Overview...
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

<table>
<thead>
<tr>
<th></th>
<th>Waterford R.H Total number screened = 381</th>
<th>Letterkenny G.H Total number screened = 337</th>
<th>Naas G.H Total number screened = 170</th>
<th>Cork U.H Total number screened = 56*</th>
<th>Total = 944</th>
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</thead>
<tbody>
<tr>
<td>No further intervention</td>
<td>46% (n=177)</td>
<td>60% (n=202)</td>
<td>41% (n=70)</td>
<td>19% (n=11)</td>
<td>49% (n=460)</td>
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<tr>
<td>Brief advice</td>
<td>41% (n=157)</td>
<td>30% (n=101)</td>
<td>33% (n=56)</td>
<td>56% (n=31)</td>
<td>36% (n=345)</td>
</tr>
<tr>
<td>Referral to specialist services</td>
<td>11% (n=41)</td>
<td>3.5% (n=12)</td>
<td>12.5% (n=21)</td>
<td>16% (n=9)</td>
<td>9% (n=83)</td>
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<tr>
<td>Declined to take part</td>
<td>2% (N=6)</td>
<td>6.5% (n=22)</td>
<td>13.5% (n=23)</td>
<td>9% (n=5)</td>
<td>6% (n=56)</td>
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SAOR Screening and Brief Intervention for Problem Alcohol and Substance Use

James O'Shea, Paul Goff and Ruth Armstrong

2nd Edition 2017
National Drugs Rehabilitation Framework Document

July 2010

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

Irish National Strategy to Reduce Suicide 2015-2020
What is brief intervention?

Non-healthcare settings

5 – 25 mins

A short, structured and helpful conversation about alcohol and/or drugs
What is brief intervention?

- Self-help online
- Online chat
- Face-to-face
- Telephone helpline
- 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

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)
Hazardous Drinking

Harmful Drinking

Moderately Alcohol Dependent

Severely Dependent Drinking

None

Public Health programmes - Primary Prevention

Simple Brief Interventions in Generalist Settings

Extended Brief Intervention in Generalist Care

Intensive Specialist Treatment
SAOR: key elements
### SAOR

<table>
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<tr>
<th>Supports</th>
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<tr>
<td>• Builds up trust</td>
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<td>• Helps person to open up &amp; talk</td>
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<tr>
<th>Asks &amp; Assesses</th>
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<tr>
<td>• Gets a description of the drinking</td>
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<td>• Gauges readiness to change</td>
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<th>Offers Assistance</th>
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<tbody>
<tr>
<td>• Gives information on menu of choices</td>
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<tr>
<td>• Agrees next step</td>
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<tr>
<th>Refers</th>
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<tr>
<td>• Gets help for person</td>
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<td>• Links them with the right supports</td>
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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

EMCDDA (2017) Health and social responses to drug problems
Good practice

Coordinated multicomponent interventions

Drug-checking services

Training – high turnover staff

Harm reduction materials (in conjunction with other interventions)

EMCDDA (2017) Health and social responses to drug problems
Where can we use SAOR BI?

- During drug-testing process
- Police interactions
- A&E
- General healthcare settings
SAOR training:

- eLearning
- 1-day skills workshop
- In house/mixed group
- 12-18
- National locations

Train the Trainer

Eg. Probation Tusla
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
Numbers trained in SAOR

- 540 in 2015
- 508 in 2014
- 1149 in 2016
- 1239 in 2017
- 1469 in 2018
https://www.hse.ie/eng/about/who/primarycare/socialinclusion/
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