

# 5P's Substance Use Disorder Screening Tool


## Suggested Script:

Ensure questions are asked when a pregnant person is alone or in a private space and able to adequately respond:

“During pregnancy, health can be affected by mental health, alcohol, tobacco, other drug use and violence. Physical health can also be affected when substance use and mental health concerns are present in people who are close to you. Knowing about these behaviors helps us provide you and your baby the best possible care. Would it be okay to ask you a few questions? You don’t have to answer any questions if you feel uncomfortable.”

<b>Parents</b> Did any of your <b>Parents</b> have a problem with alcohol or other drug use including prescription medications?			Yes	No
<b>Peers</b> Do any of your friends ( <b>Peers</b> ) have a problem with alcohol or other drug use including prescription medications?			Yes	No
<b>Partner/someone close to you</b> Does your <b>Partner</b> or someone close to you have a problem with alcohol or other drug use including prescription medications?		Yes		No
<b>Past</b> Before you were <b>Pregnant</b> did you have difficulties in your life due to alcohol or other drugs including prescription medications?	Yes			No
<b>Present</b> In the past month, have you had alcohol or used other drugs including prescription medications?	Yes			No
<b>Suggested verbal responses</b>	<p>↓</p> <p>“Thank you for sharing. I have some resources that I can offer you. Would you like to hear more about them now?”</p>	<p>↓</p> <p>“Thank you for sharing. Sometimes when others close to you have a problem with substance use, it can make it hard for a person not to join in as well. Has this been a concern for you?”</p>	<p>↓</p> <p>“Thank you for sharing. Sometimes when parents or friends have a current or past problem with substance use, it can put you at risk for substance use as well. Has this been a concern for you?”</p>	
<b>Action if "Yes"</b>	<b>Provide Referral</b> , Brief Intervention	<u>Assess Risk</u> , <u>Use Motivational Interviewing</u> , <u>Review Resources</u>	Discuss Increased Risk for Substance <u>Use</u> .	

# Brief Negotiated Interview (BNI)

<b>Build Rapport &amp; Bring it Up</b>	One health issue we discuss in home visiting with all pregnant people is alcohol and drug use. Having an honest conversation about these behaviors helps ensure you and your family have all the information and resources you need to thrive. You don't have to answer any questions if you feel uncomfortable. Would it be okay to talk for a minute about whether alcohol/drugs are a part of your life?
<b>Pros &amp; Cons</b>	People use alcohol and drugs for a lot of reasons <ul style="list-style-type: none"><li>• Help me understand what you like about using (X)?</li><li>• What do you like less about using (x)?</li><li>• Is there anything you don't like about using (X)?</li></ul> So, on one hand (PROS), and the other hand (CONS).
<b>Information &amp; Feedback</b>	I have some information on the risks of drinking and drug use during pregnancy. Would it be OK if I shared them with you? (Refer to appropriate handouts as needed)  There is no known amount of alcohol that is safe to drink during pregnancy or when trying to get pregnant. Drinking anything containing alcohol during pregnancy can cause Fetal Alcohol Spectrum Disorders which include physical problems, intellectual and behavioral disabilities.  Use of drugs during pregnancy can also increase the risk for other pregnancy complications and health problems for your baby, and behavioral and developmental problems in childhood. Use of drugs and alcohol while breastfeeding can also have negative effects on your baby  Do you have any thoughts you'd like to share on that?
<b>Readiness Ruler</b>	On a scale of 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any kind of changes in your (x) use?   You marked _____. That's great. That means you are _____% ready to make a change. Why did you choose that number and not a lower one like a 1 or 2?
<b>Action Plan</b>	What are some steps you could take to reduce the things you don't like about using [X]? What ideas do you have to keep you and your baby healthy and safe?  Those are great ideas! Is it okay for me to write down your plan, your own prescription for change, to keep it with you as a reminder?  What should I write down on here?
<b>Seal the Deal</b>	I have some additional resources that people sometimes find helpful. Would you like to hear about them? <ul style="list-style-type: none"><li>• Provide a referral</li><li>• Offer a warm handoff if possible.</li><li>• Offer handouts or brochures as appropriate.</li></ul> Thank you for talking with me today.