

UNCOPE Screening Tool


Suggested Script:

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

“Parenting can be difficult at times. Our ability to parent can be affected by mental health, alcohol, tobacco, other substance 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 child(ren) with 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.”

U- Have you continued to use alcohol or drugs longer than you intended?	Yes	No
N- Have you ever neglected some of your usual responsibilities because of alcohol or drug use?	Yes	No
C- Have you ever wanted to cut down or stop using alcohol or drugs but couldn't?	Yes	No
O- Has your family, a friend or anyone else ever told you they objected to your alcohol or drug use?	Yes	No
P- Have you ever found yourself preoccupied with wanting to use alcohol or drugs?	Yes	No
E- Have you ever used alcohol or drugs to relieve emotional discomfort , such as sadness, anger, or boredom?	Yes	No
Action if there are two or more positive responses:	Provide Referral, Brief Intervention	
Suggested verbal responses	“Thank you for sharing. I have some resources that I can offer you. Would you like to hear more about them now?”	

Brief Negotiated Interview (BNI)

Build Rapport & Bring it Up	<p>One health issue we discuss in home visiting with all families 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?</p>
Pros & Cons	<p>People use alcohol and drugs for a lot of reasons</p> <ul style="list-style-type: none"> • Help me understand what you like about using (X)? • What do you like less about using (x)? • Is there anything you don't like about using (X)? <p>So, on one hand (PROS), and the other hand (CONS).</p>
Information & Feedback	<p>I have some information on the risks of drinking and drug use during pregnancy and also how using these substances can affect our parenting. Would it be OK if I shared them with you? (Refer to appropriate handouts as needed)</p> <p>Use of substances while parenting can sometimes decrease a parent's ability to:</p> <ul style="list-style-type: none"> • Form a strong bond with their child • Provide for a child's basic needs • Practice positive parenting • Provide daily structure and routine • Get their children to school on time • Maintain employment • Balance household expenses <p>Do you have any thoughts you'd like to share on that?</p>
Readiness Ruler	<p>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?</p>  <p>1 2 3 4 5 6 7 8 9 10</p> <p>You marked _____. That's great. That means you are ____% ready o make a change.</p> <p>Why did you chose that number and not a lower one like a 1 or 2?</p>
Action Plan	<p>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 child/ren healthy and safe?</p> <p>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?</p> <p>What should I write down on here?</p>
Seal the Deal	<p>I have some additional resources that people sometimes find helpful. Would you like to hear about them?</p> <ul style="list-style-type: none"> • Provide a referral • Offer a warm handoff if possible. • Offer handouts or brochures as appropriate. <p>Thank you for talking with me today.</p>