

Difficulties and Functioning Screen

Date _____

- Initial screen (intake)
 6-month follow-up
 12-month follow-up
 Other _____

Substances and Choices Scale

Mark one box on each row that best reflects how things have been going for you over the last month.

	Not True	Somewhat True	Certainly True
1. I've used alcohol and/ or other drugs when I was alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I've thought I might be addicted to alcohol and/or other drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Most of my free time has been spent finding, using or recovering from using alcohol or other drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I've wanted to cut down on the amount of alcohol and/or other drugs that I've been using.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My alcohol and/or other drug use has stopped me from getting important things done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My alcohol and/or other drug use has led to arguments with the people I live with (family, roommates, caregivers, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I've had unsafe sex or an unwanted sexual experience when using alcohol and/or other drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My performance or attendance at school (or at work) has been affected by my alcohol and/or other drug use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I've done things that could have gotten me into serious trouble (stealing, vandalism, violence, etc.) when using alcohol and/or other drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I've driven a car while under the influence of alcohol and/or other drugs (or have been driven by someone under the influence).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SACS difficulties score

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Health and Social Functioning

Rate each of the following on a scale of 1 (poor) to 7 (good)

1. My psychological health is (sense of wellbeing; emotions and feelings; levels of anxiety or depression)	1	2	3	4	5	6	7
2. My physical health is (extent of physical symptoms or illness)	1	2	3	4	5	6	7
3. My quality of life is (ability to enjoy life, get along with family and friends, etc.)	1	2	3	4	5	6	7

The AME Difficulties and Functioning Screen is only a guide and a tool to support brief intervention. It does not yield a diagnosis.

Note: Remember that a brief intervention will often be a useful starting point for longer-term or more intense interventions. It may also be the only type of intervention possible for a precontemplative young person.

The Substance and Choices Scale has been validated. As such, it provides a reliable indication of a young person's current substance use issues compared to community norms. The questionnaire is summed to yield a SACS difficulties score out of 20.

- Not true = 0
- Somewhat true = 1
- Certainly true = 2

Try to score the Substance and Choices Scale with the young person, and use the results to prompt discussion with them. Remember to refer back to the actual items on the questionnaire as these indicate specific areas of concern (such as unsafe sex) and are much more meaningful than simply talking about a total number out of 20.

The SACS difficulties score provides some guidance in terms of your interaction with the young person.

- A score less than 2 suggests minimal current problems related to substance use. Use **AME to support positive behaviour**.
- A score of 2-3 suggests some difficulties related to substance use and the need for further assessment. **Use AME to provide brief intervention and gain greater insight into the young person's needs.**
- A score of 4-5 suggests problems that are clinically significant. **Use AME to provide brief intervention to facilitate change or increase motivation. Also consider a referral to a community-based substance use counsellor if the young person is open to the idea.**
- A score of 6 or more suggests serious problems that likely require a specialist substance use service. **Refer the young person to a community-based substance use counsellor, but also use AME to provide brief intervention to facilitate change or increase motivation.**

The Health and Social Functioning questionnaire is intended to indicate broad areas of concern and is useful in helping the young person assess their life more holistically. Try to use their responses to prompt discussion with them. The questionnaire has not been validated and as such the results are not to be scored.