

# Resources and Toolkit

Alcohol Use: Screening, Determining Risk, and Evidence-Based Treatment

## Guidelines

- [Canada's Guidance on Alcohol and Health](#)
- [The Canadian Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder \(condensed version also available\)](#)
- [The BC Guideline for High-Risk Drinking and Alcohol Use Disorder \(condensed version also available\)](#)
- [Provincial Guideline for the Clinical Management of High-Risk Drinking and AUD](#)

## Tools

### Screening

- [Single Alcohol Screening Question \(SASQ\)](#)
- [Alcohol Use Disorders Identification Test \(AUDIT\)](#)
- [AUDIT-Consumption \(AUDIT-C\)](#)
- [DSM-5-TR criteria for AUD](#)
- [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\) Alcohol Screening for Youth](#)
- [Car, Relax, Alone, Forget, Friends, Trouble \(CRAFT\) Screening for Youth](#)

### Motivational Interviewing

- [Point of Care Resources\\*](#)
- [FRAMES approach](#)
- [5A's Model](#)

### Withdrawal Management

- [Prediction of Alcohol Withdrawal Severity Scale \(PAWSS\)](#)
- [Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised \(CIWA-Ar\)](#)
- [Short Alcohol Withdrawal Scale \(SAWS\)](#)

### Pharmacotherapy

- [Helpwithdrinking.ca: Medication Selection Tool](#)
- [National Guideline: Comparison Table of First and Second-line Agents for AUD](#)

## Clinical Pathways & Articles

- [National Guideline: Screening, Diagnosis, and Treatment Pathway](#)
- [BC Guideline: Quick Guide to Outpatient Treatment of Alcohol Use Disorder Pathway](#)
- [National Guideline: Withdrawal Management Pathway for AUD](#)
- [Child & Youth Substance Use Pathway](#)
- [This Changed My Practice: New guidance on alcohol and health from the Canadian Centre on Substance Use and Addiction](#)
- [SBIRT Model from the Institute of Medicine](#)
- [Primary Care Approaches to Addressing the Impacts of Trauma and Adverse Childhood Experiences \(ACEs\)](#)
- [Sherbourne's Guidelines for gender-affirming primary care with trans and non-binary patients](#)

## Treatment Options

### Point-of-Care Assistance

- [BCCSU 24/7 Addiction Medicine Clinician Support Line](#)
- [RACE app or RACE line](#)

### Referral Options

- [AUD Treatment Options\\*](#)
- [Harm Reduction Services\\*](#)
- [Addiction Medicine Physicians\\*](#)
- [Rapid Access Addictions Clinics and Health Authority Addiction Services\\*](#)
- [Withdrawal Options\\*](#)
- [Counselling treatment services for AUD\\*](#)
- [Intensive case management \(VCH, FH, IH, Island Health, NH\)](#)

#### Age-Specific Options

- [Child and Youth Options](#)
- [Foundry Virtual Clinic BC\\*](#)
- [Older Adult Mental Health & Addiction Services\\*](#)

#### Indigenous-Specific Options

- [Indigenous Specific Health Authority & Community Services\\*](#)
- [Indigenous-specific counselling services\\*](#)
- [FNHA Virtual Substance Use & Psychiatry Service](#)

#### Pregnancy & Alcohol Options

- [Pregnancy and Alcohol Treatment Options\\*](#)
- [BC Women's Families in Recovery \(FIR\) Program](#)
- [Maxxine Wright Community Health Centre](#)

### Support Options

- [Self-Management and Recovery Training© \(SMART© Recovery\)](#)
- [Life Ring Canada](#)
- [Alcoholics Anonymous \(A.A.\): BC Area Meetings](#)
- [Support for Recovery\\*](#)
- [Support for Families & Friends\\*](#)
- [Housing Support\\*](#)
- [Social Support](#)
- [Financial assistance\\*](#)
- [Assertive community outreach teams\\*](#)

#### Indigenous-Specific

- [Programs](#)
- [Wellbriety](#)
- [Mental health supports](#)
- [Counselling providers](#)
- [Help Lines: Kuu-Us Crisis Line Society, Hope for Wellness Help Line](#)
- [Friendship Centre Emotional Support Chat](#)
- [Urban Native Youth Association \(UNYA\)](#)
- [Indian Residential School Survivors Society \(IRSSS\)](#)
- [Vancouver Native Health Society](#)

## **Treatment Options (continued)**

### **Support Options**

#### **Indigenous-Specific (continued)**

- [Coverage from First Nations Health Benefits](#)

### **Language Services**

- [Interpretation services](#)
- [BC's Provincial Language Service](#)
- [Alcohol & Drug Information Referral Service - Multilingual Telephone Assistance](#)

## **Resources for People Seeking Care**

- [HelpWithDrinking.ca](#)
- [Canada's Guidance on Alcohol and Health Public Website](#)
- [Patient Information\\*](#)
- [A ReThink of the Way We Drink \(Video\)](#)
- [Resource for Trans Individuals: Skipping Stone](#)

### **How to Contact an Elder/Ceremonies and Traditional Medicines**

- [Lu'ma](#)
- [Indian Residential School Survivors Society](#)
- [Your local Indigenous clinic](#)

### **In Other Languages**

- [Arsa: The Punjabi Alcohol Resource](#)
- [Information in Other Languages on Alcohol, Low-risk Drinking, and Addiction from CAMH](#)

### **Clinic Posters & Brochures**

- [CGAH's Public Summary: Drinking Less is Better Poster](#)
- [CGAH's Pamphlet](#)
- [HelpWithDrinking.ca Clinic Posters](#)

## **Courses & Training**

- [HelpWithDrinking.ca](#)
- [Canadian Alcohol Use Disorder Society \(CAUDS\) Education & Events](#)
- [UBC CPD's Managing Alcohol Use Disorder in BC webinar](#)

### **Motivational Interviewing**

- [Centre for Collaboration, Motivation & Innovation \(CCMI\)](#)
- [Motivational Interviewing Network of Trainers \(MINT\)](#)

### **Brief Intervention**

- [Additional Resources on Brief Intervention](#)
- [NHS: The Alcohol Identification and Brief Advice elearning project \(Alcohol IBA\)](#)

## Courses & Training (continued)

### Indigenous Cultural Safety

- [San'yas Indigenous Cultural Safety Training Program](#)
- [Nawh whu'nus'en - We see in two worlds: Trauma sensitive practices for collectively healing in relationship Level 1](#)

#### Courses from health authorities

- VCH: [ICS Hummingbird](#)
- FH: [C̓h̓i:ya:yəstəl' \(Working Together\)](#)
- Island Health: [Seven Generations](#)
- NH: [Cultural Safety Video Series](#)
- IH: [Cultural Safety Resources](#)

### Anti-Racism

- [Province of British Columbia's Learning To Be Anti-Racist: An Introductory Course](#)
- [UBC's Anti-Racism Awareness](#)

### Care for 2SLGBTQI+ Individuals

- [SAMHSA: A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, & Transgender \(LGBT\) Individuals](#)
- [Trans Care BC's Primary Care Toolkit](#)

### Pregnancy & Alcohol

- [Centre of Excellence for Women's Health](#)
- [BC Centre on Substance Use's helpwithdrinking.ca](#)
- [Women and Alcohol](#) from Prenatal Services BC Health Hub

### FASD

- [UBC CPD: Fetal alcohol spectrum disorder course](#)
- [10 fundamental components of FASD prevention from a women's health determinants perspective](#)

