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 (CRAFFT) 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
- This Changed My Practice: Navigating controversies and complexity in concurrent alcohol use, and mood and anxiety disorders management
- 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

British Columbia Ministry of Health
The University of British Columbia
Continuing Professional Development
Faculty of Medicine

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

British Columbia Ministry of Health
The University of British Columbia Continuing Professional Development Faculty of Medicine

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)

British Columbia Ministry of Health
The University of British Columbia
Continuing Professional Development
Faculty of Medicine

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: Cɬhi:ya:y̓əstəl' (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

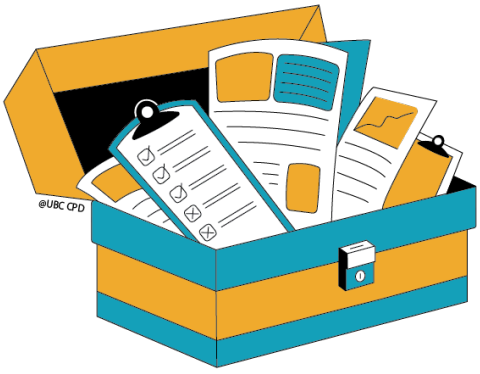
- SAMHSA: A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, & Transgender (LGBT) Individuals
- Trans Care BC's Primary Care Toolkit

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



BRITISH COLUMBIA Ministry of Health
THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Professional Development
Faculty of Medicine