Substance Use- Algorithm & Addressing Barriers

In the past 3 months, have you had 4 or more drinks in one day?

In the past 3 months, have you used an illegal drug or a prescription medication for nonmedical reasons?

Yes

About how often did this happen? If > 1 time: [If 1 time: suggest help if use increases]
Reflect: It seems you may have a problem with drugs/alcohol
Empathize: Lots of people are in this situation. It can be hard on you, and your family

What problems has your drinking or drug use caused for you or your family?
eg, sleep, eating, friends, work, child(ren), partner/spouse

Are you getting help for this?

Yes

Who or what is helping you?
eg, talking to your partner, with other family, someone who works for a religious group, a mental health professional or counselor, a drug/alcohol treatment program, a support group (e.g., AA or Alanon)

No

Would you like help, or more help?

Yes

What kind of help are you willing to consider?
eg, Cutting back on alcohol or drugs
Not driving under the influence of drugs or alcohol
Not drinking or using drugs around my child (ren)
Getting more information about treatment options
Joining a support group (for example, AA or Alanon)
Talking with other family
Talking with a mental health counselor
A substance/alcohol treatment program

Support parent’s choice
Facilitate help, f/u
SEEK Parent Handout

No, getting enough

No, other reason

What’s makes it hard to get help?
Suggest barriers, address what parent endorses

What would make it easier to get help?

What do you think may be the benefits of getting help?
Encourage getting help

What do you think you can do about helping you feel better?
Support parent’s choice
Facilitate help – SEEK Handout
Follow up at next visit

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Substance Use – Addressing Possible Barriers

Barrier: I don’t think counseling works

Response:

- Have you had a bad experience with counseling? I understand that must be discouraging
- Do you think this could be different if you had someone really good?
- Would you like me to recommend a program or professionals I think you’ll find helpful?

Barrier: It will get better with time

Response:

- I hear you that you feel that “time will heal”
- While some things get better with time, how long would you want to wait before getting help?
- You, and [child’s name] could feel a lot better
- How would you feel about trying this program or counseling?
- If not now, please let me know when you feel ready

Barrier: I don’t feel that bad

Response:

- I’m glad you don’t feel that bad
- Still, I’m worried about you, and how this might affect (your child)
- Would you consider trying counseling, and see how you feel? You may be pleasantly surprised

Barrier: I don’t think it’s affecting my child(ren)

Response:

- I hear you that you don’t think it’s hurting your kids
- Do you sometimes think that kids may pick up on more that we realize?
- How do you think it would show if it was affecting______?
- It’s hard to be a good parent when you’re not in good shape

Barrier: I don’t know where to get help

Response:

- Yes, it’s often hard to know where to go
- If you’re interested, I can recommend a program/professionals that helped parents like you
- We have someone here who can help. Would you like me to connect you with her/him?
- Here’s a handout with useful info on websites and good places for help
Barrier: I’d feel embarrassed

Response:

- I hear you. Lots of people feel embarrassed about alcohol or drug problems
- But, there are lots of reasons so many people face these problems
- Lots of parents need help, and many are getting help. You're not alone! This is not your fault
- Would you like me to help you get help?

Barrier: I don’t have the time

Response:

- I hear you that there’s not the time to deal with this
- Still, do you think this may be important – for you, your family, your kids?
- It’s hard to be a good parent if you’re not in good shape
- Would you like us to try find a program or someone that can work with your schedule?

Barrier: Costs too much

Response:

- I understand that the cost makes this hard
- Do you know that insurance for counseling has gotten better?
- Would you like me to check to see what you’re eligible for?
- Also, some programs/professionals accept what you’re able to pay. Some offer free care
- This is so important. Would you like me to try find something you can afford?

Barrier: No transportation

Response:

- I see that transportation is a problem
- Would you like me to see if there’s something close to home or a bus route?

Barrier: I don’t have childcare

Response:

- Yes, childcare can be tough to find
- Some clinics do provide childcare
- Would you like us to try find one that does?