

# eSACS brief interventions in secondary schools

Electronic screening works!

# We need to prepare young people to live great lives


**Every** young person will decide whether or not to use substances

**Many** will try substances

**Some** will have short-term harms

**A few** will develop long-term problems.

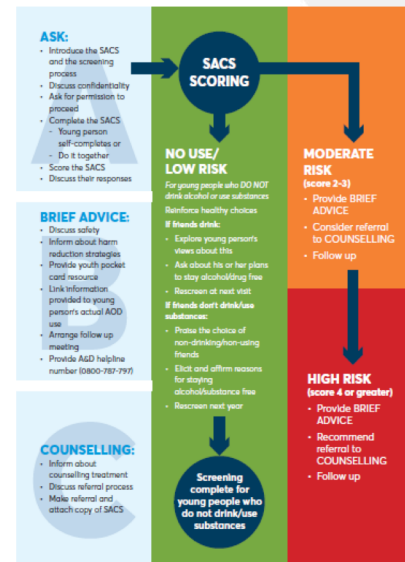
**Screening & brief interventions are an efficient way to minimise substance-related harm for young people**



# The SACS ABC approach

Based on RANZCGP ABC approach

A simple and effective memory aid to screen youth for problematic AOD use and provide brief personally-relevant AOD interventions



# SUBSTANCES AND CHOICES SCALE

Name.....

Date of birth..... No.....

The SACS is only to be used by health professionals working with young people who are engaged in a treatment agency.

The questions in part A) and B) are about your use of alcohol and drugs over the last month. This does not include tobacco or prescribed medicine. Please answer every question as best you can, even if you are not certain. Tick only one box on each row.

## A) How often did you use each of the following in the last month?

	Didn't use	Once a week or less	More than once a week	Most days or more
1. Alcoholic drinks (e.g. beer, wine, spirits, premixes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Cannabis (e.g. weed, marijuana)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ecstasy and other party pills (e.g. 'E', Methadone, BZP)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Hallucinogens (e.g. LSD, acid, mushrooms, ketamine)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Inhalants (e.g. glue, petrol, solvents, paint, nitrous)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Amphetamines (e.g. speed, 'P', ice, whiz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Sedatives (e.g. sleeping pills, benzos, downers, valium)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Synthetic cannabinoids (smokable 'herbal highs')	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Opiates (e.g. heroin, morphine, methadone, codeine)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Cocaine (e.g. coke, crack, blow)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Other drug. Write name here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Other drug. Write name here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## B) Mark one box (on each row), on the basis of how things have been for you over the last month.

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

**YOUR SACS DIFFICULTIES MOUNTAIN RANGE**  
Connect the boxes with a straight line and turn the page up this way to see your SACS Difficulties Mountain Range like here. Is your progress smooth or rocky?

SACS difficulties scale

## C) Finally, how often have you used tobacco (e.g. cigarettes, cigars) in the last month?

	Never	Once a week or less	More than once a week	Most days or more
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Date completed.....

Clinician .....

Notes.....



## Opt for fun, strength and well-being

This is the place to find pamphlets, treatment aids, videos, web-links and other resources that support the treatment of addiction problems in young people. Find out what's new in youth CEP and addiction treatment.



## SACS:ABC VIDEO GUIDE

We're thrilled to release our latest AOD resource to aid practitioners with the SACS ABC Brief Intervention.

[Read more...](#)



## ALCOHOL AND OTHER DRUGS YOUTH INFOCARDS

Colourful and easy to digest, these non-judgmental reference cards give teens the real deal on the effects of drugs and alcohol.

# e-SACS on PMS



Test school 



[Home](#) [Search](#) [Event history](#) [Add Student](#) [Providers](#) [Reports](#) [Appointments](#) [Merge](#)

**Crustacean** Chris

ID #: 232323  
Male 21 yrs 12-Dec-96  
Consent for meds   
Class: 6A

Rheumatoid  
Severe allergy to seafood -  
carries epipen. Alert sent to  
all teachers. Family  
advised as to correct use of  
epipen.  
Medications:  
mmmmmmmmmm  
Allergies: seafood

Caregivers:  
**llorebL tysLo**  
Mother  
Home ph.:  
Work ph:  
Cell:  
**bolwyb**  
mum  
Home ph.:

 [Event details](#)  [Assessment](#)  [Risk resiliency](#)  [Print](#)  [SACS](#)

## SACS - substances and choices scale

### A) How often did you use each of the following in the last month?

- Alcoholic drinks (beer, spirits, wine, premixes, RTD's)  Didn't use  Once a week or less  More than once a week  Most days
- Cannabis (weed, marijuana, pot, buds)  Didn't use  Once a week or less  More than once a week  Most days
- Other drugs  Didn't use  Once a week or less  More than once a week  Most days
- Ecstasy and other party pills ('E', MDMA, BZP)
- Hallucinogens (mushrooms, LSD, acid, 'K'/ketamine)
- Inhalants (aerosols, solvents, glue, petrol, NOS)
- Amphetamines ('P'/'crack', speed, ritalin/'rits')
- Sedatives (sleeping pills, downers, GHB/'G', benzos)
- Synthetic drugs (Syns, synthetic cannabis, NBome, bath salts)
- Opiates (codeine, tramadol, morphine, methadone, heroin)
- Cocaine (coke, blow)
- Other not listed (cough meds/robitussin, 'lean' drink)

**B) Mark one box (on each row) on the basis of how things have been for you in the last month**

1. I took alcohol or drugs when I was alone  Not true  Somewhat true  Certainly true
2. I've thought I might be hooked or addicted to alcohol or drugs  Not true  Somewhat true  Certainly true
3. Most of my free time has been spent getting hold of, taking, or recovering from alcohol or drugs.  Not true  Somewhat true  Certainly true
4. I've wanted to cut down on the amount of alcohol and drugs that I am using.  Not true  Somewhat true  Certainly true
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10. I've driven a car while under the influence of alcohol or drugs (or have been driven by someone under the influence).  Not true  Somewhat true  Certainly true

Analyse

SACS Part B Score: 10/20

**High risk**

Level of AOD problems is significant and require further assessment and treatment.

- Gather more information. Consider HEEADDSSS assessment
- Provide brief advice and pocket card resource
- Recommend referral to AOD services

Referral to AOD service discussed & recommended

Young person consents to referral

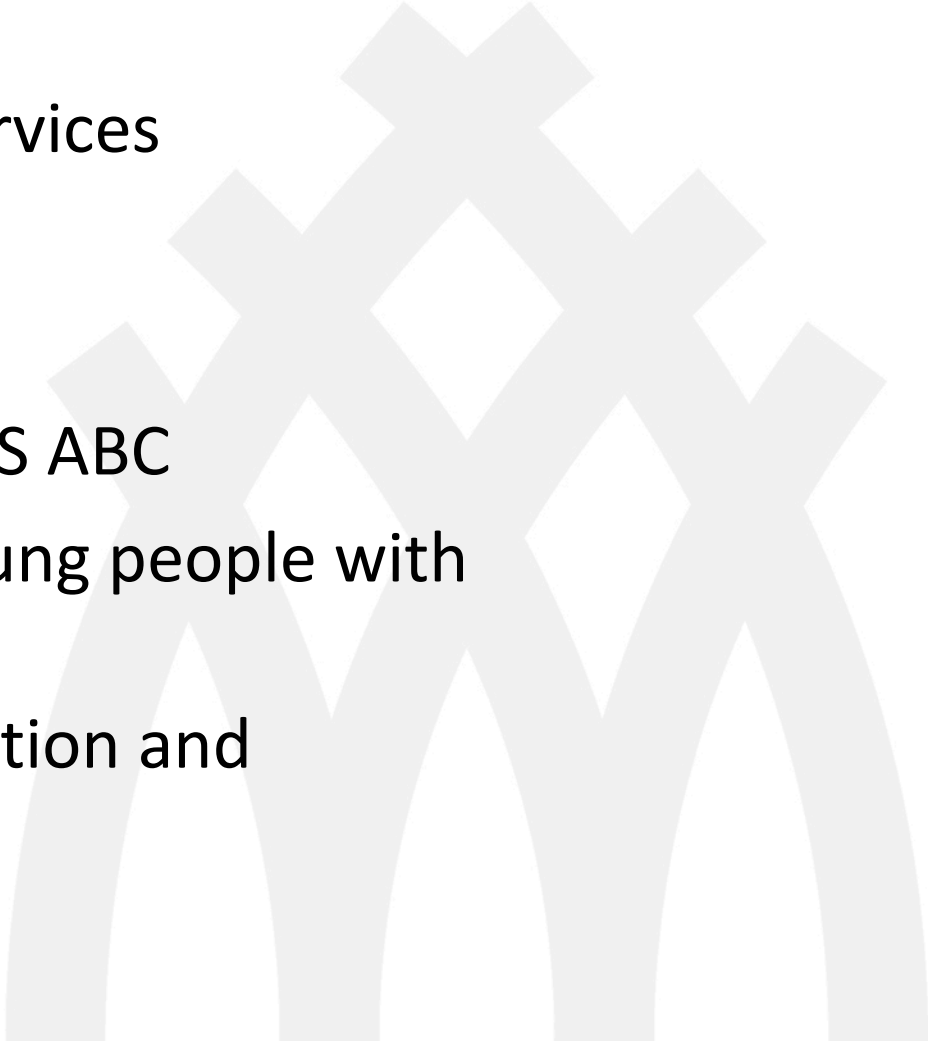
Notes:

Save

Print

- For youth AOD services in your area click here

# SACS ABC & E-SACS Pilot Aims

- ✓ Trial e-SACS tool in school based health services
  - ✓ Train nurses in the SACS ABC
  - ✓ Evaluate associated resources
  - ✓ Investigate acceptability of eSACS and SACS ABC
  - ✓ Improve short/long term outcomes for young people with AOD problems
  - ✓ Evaluate pilot outcomes for further promotion and development
- 

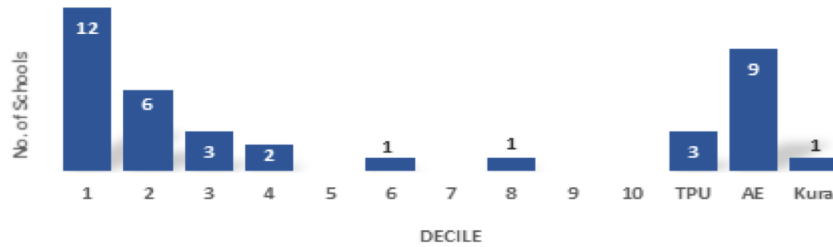


# STUDENT DEMOGRAPHICS

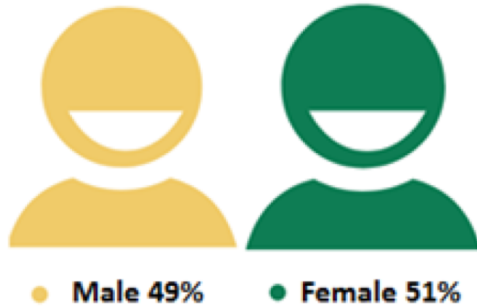
**TOTAL NO. OF STUDENTS=2,846**

COUNTIES MANUKAU=30 SCHOOLS=2,403 STUDENTS; CANTERBURY=8 SCHOOLS=443 STUDENTS  
MEAN AGE: 14 YEARS

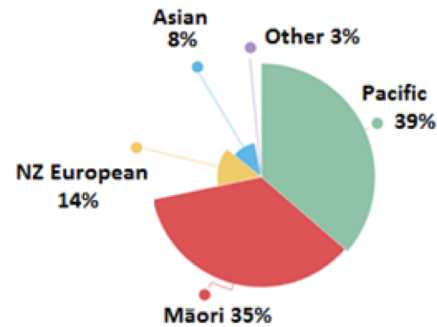
## SCHOOL DECILE RATING



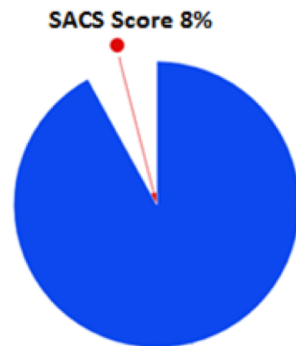
## GENDER



## ETHNICITY



**STUDENTS WITH SACS SCORES=226**



**2,846** students

**Counties Manukau**

30 schools

2,403 students

**Canterbury**

8 schools

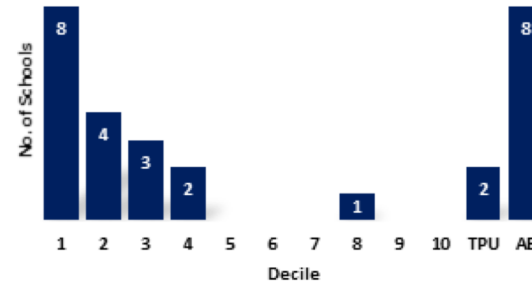
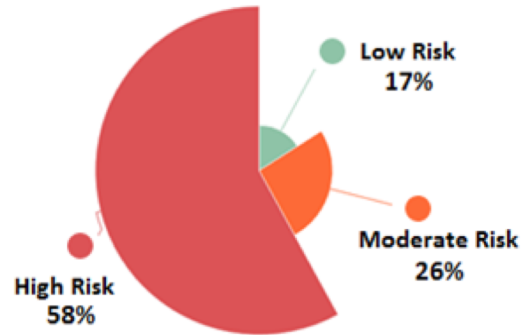
443 students

# STUDENTS WITH SACS SCORE=226

COUNTIES MANUKAU=136; CANTERBURY=90  
MEAN AGE: 14 YEARS

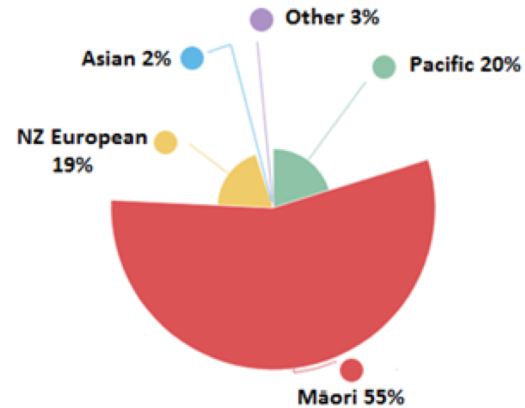
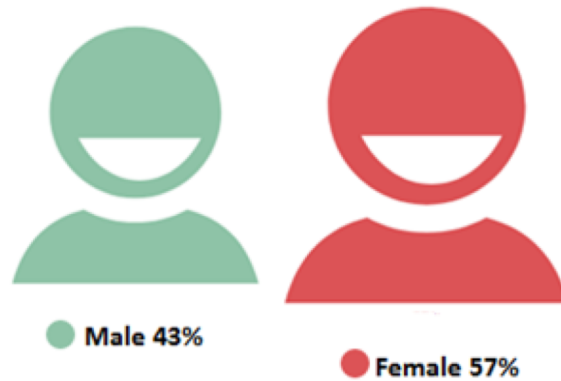
## RISK CATEGORY

## DECILE RATING



## GENDER

## ETHNICITY



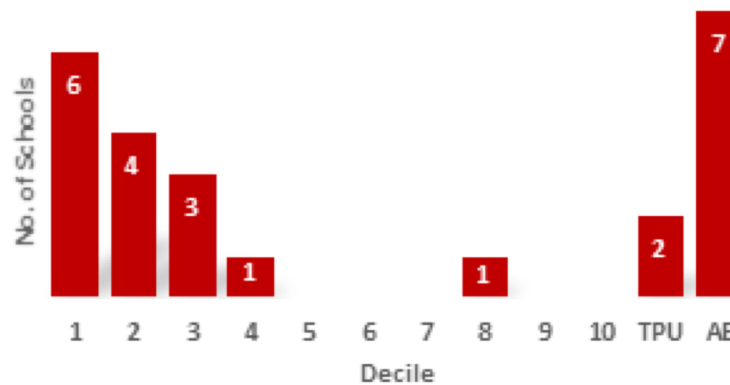
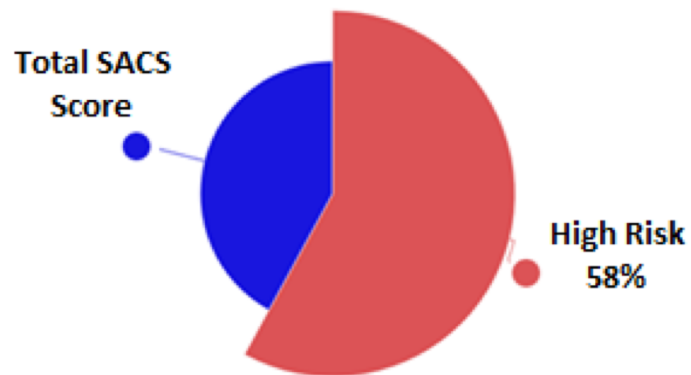
## 49% REFERRED TO:

AOD Services, Mental Health, Stand Up AOD Programme,  
Guidance Counsellor, Child Protection,  
School Social Worker,  
Primary Health, School Nurse, Sexual Health

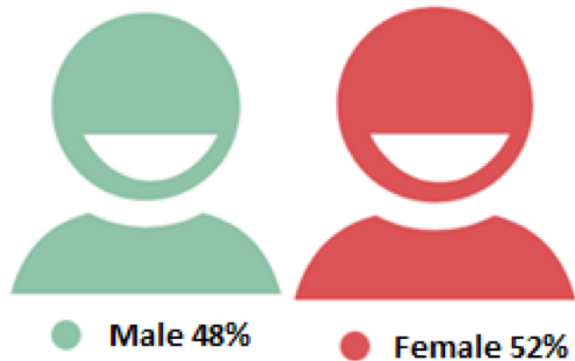
# SACS SCORE 4-16: HIGH RISK=130

COUNTIES MANUKAU=72; CANTERBURY=58

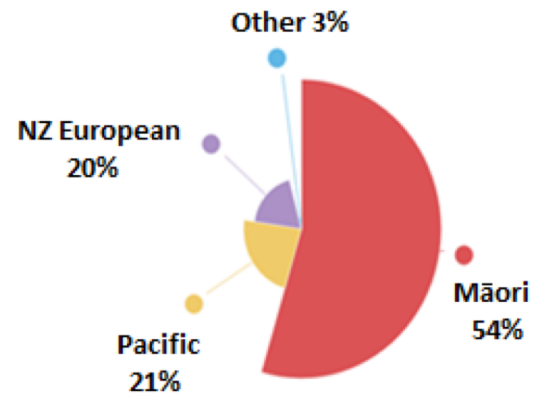
MEAN AGE: 14 YEARS



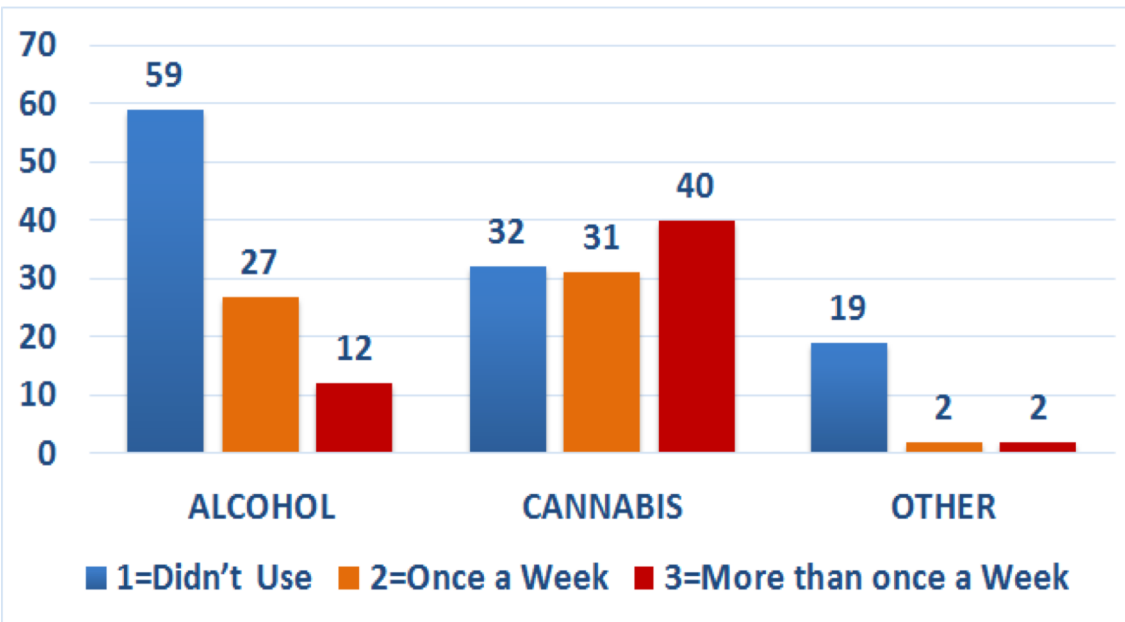
## GENDER



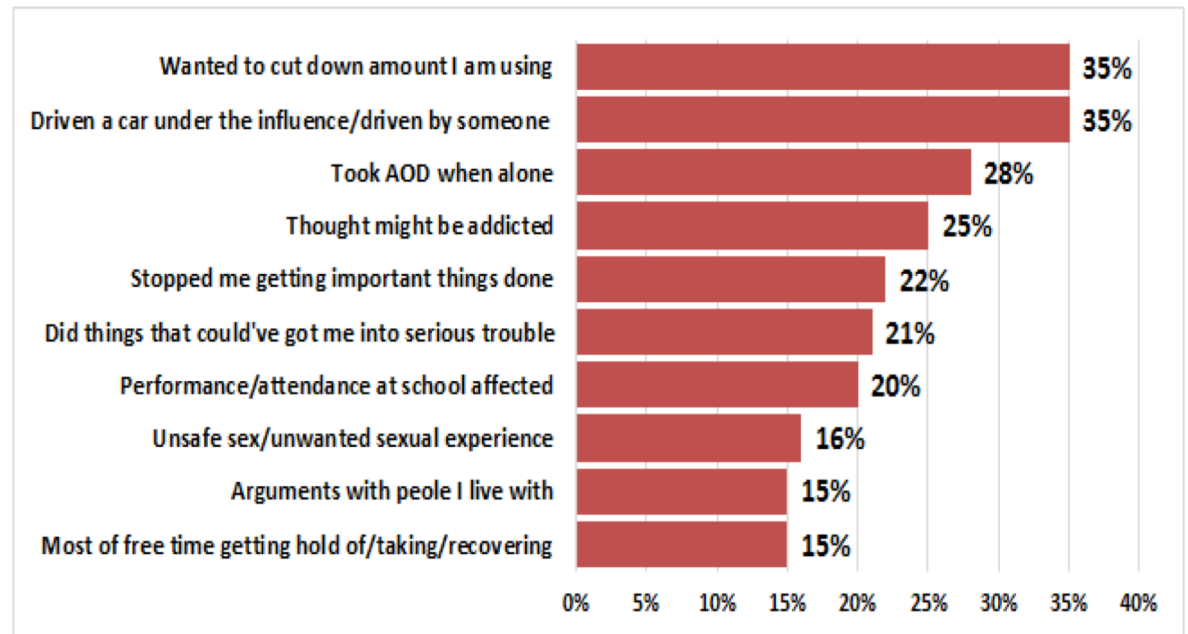
## ETHNICITY



## SUBSTANCES USED IN THE PAST MONTH



## RISKY BEHAVIOURS



**65% REFERRED TO:**

AOD Services; Stand Up AOD Programme;  
 Child Protection; Mental Health; Guidance Counsellor;  
 School Social Worker; Primary Health; Sexual Health

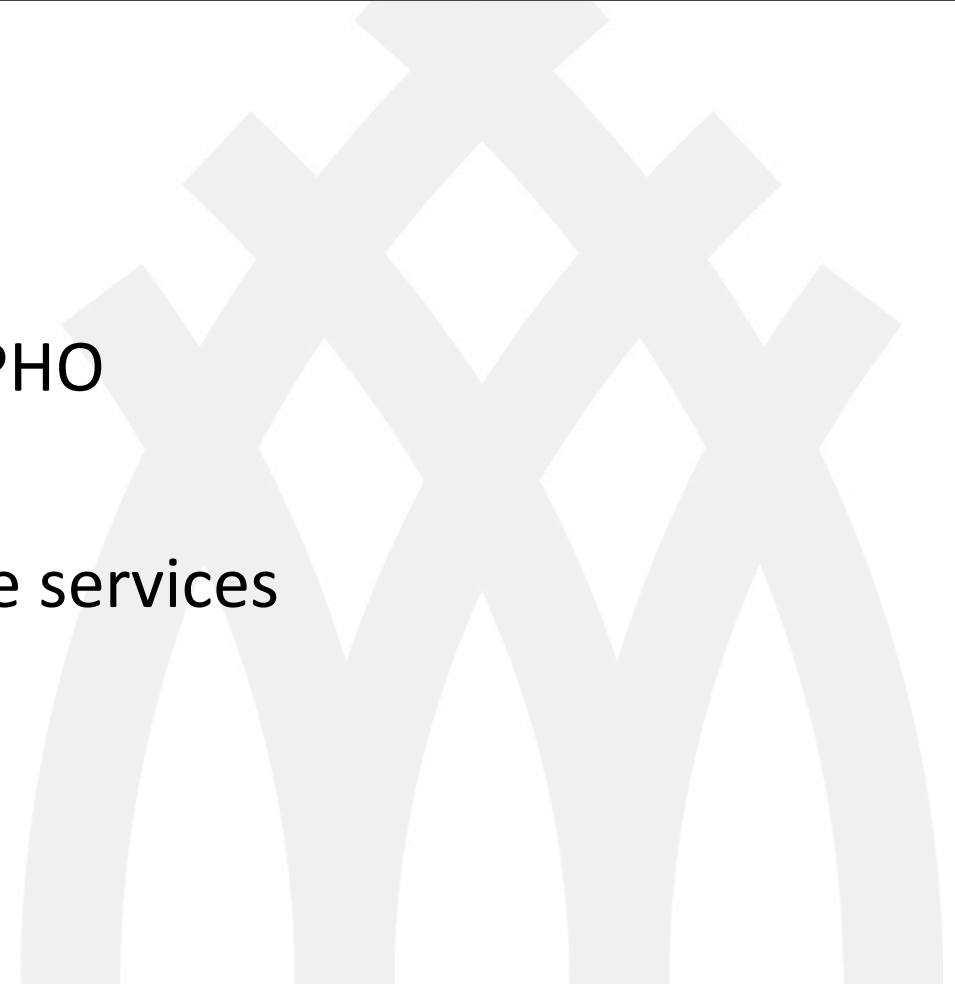
# Conclusions:

- Nurses/students reported high acceptability
- 8% of students were offered ABC approach
- 4% of students were referred
- Implementation of E-SACS in schools was successful
- Over 6000 YP screened end of 2018



# Next steps...

- Schools continue to use the e-SACS
- Review data
- Implementation of e-SACS in Canterbury PHO
- Dept. of Corrections implementation
- Further promotion within the primary care services



# Acknowledgements

Students in Counties Manukau & Canterbury

School Nurses

Jennifer O'Loughlin

Julliet Bir



Improving mental health and wellbeing for infants, children and young people through service improvement, workforce development and advocacy.



THE UNIVERSITY OF AUCKLAND  
FACULTY OF MEDICAL AND  
HEALTH SCIENCES

