



Department of
**Mental Health &
Substance Abuse Services**



8/15/2016

Substance Use Best Practice Tool Guide

INTRODUCTION

Division of Clinical Leadership in Collaboration with the
Division of Substance Abuse Services

Disclosures

*No
pharmaceutical
funding was used
in the
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and/or
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Persons with a hearing or speech disability should dial 711 for access to Telecommunications Relay Services (TRS). This will allow them to use text telephone (TTY) or another device to call persons with or without such disabilities. ***In the event of an emergency***, TTY users should call 911 directly.

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Table of Contents

Module	Page
INTRODUCTION	2
Disclosures	3
Acknowledgments	4
Table of Contents	6
Letter from Commissioner Varney	9
DEFINING SUBSTANCE USE DISORDERS	10
ADDICTION	40
PREVENTION/EARLY INTERVENTION	52
EVIDENCE-BASED TREATMENTS	75
Medication-Assisted Treatments	77
Psychosocial Treatments	109
TREATMENT RESOURCES	125
CO-OCCURRING DISORDERS	148
SPECIAL POPULATIONS	175
Women in General/Of Childbearing Potential/Pregnant	176
Fetuses and Neonates	217
Fetal Alcohol Syndrome Disorder	219
Neonatal Abstinence Syndrome	241

Table of Contents *(continued)*

Module	Page
Young People	270
Adolescents	272
Young Adults	295
Veterans	306
SPECIAL ISSUES	316
Criminal Justice	317
Drug Poisoning Deaths	334
Recovery Support Services	352
SCREENING TOOLS	369
Screening for Drug Use in General Medical Settings: Resource Guide (link only).....	374
Substance Use Risk Profile - Pregnancy	375
CAGE	376
CAGE-AID	376
CRAFFT	379
AUDIT	382
DAST-10	384
T-ACE	386
UNCOPE	387
UNCOPE Plus	389
CLINICAL OPIATE WITHDRAWAL SCALE (link only)	390
MICHIGAN ALCOHOL SCREENING TEST (MAST)	391
FAST ALCOHOL SCREENING TEST (FAST).....	393
Institute for Health & Recovery 5 P's Behavioral Risk Screening Tool	394

Table of Contents *(continued)*

Module	Page
MDCalc (links to 4 online tools with scoring/interpretation: AUDIT-C, CAGE, CIWA-Ar, COWS)	395
Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES), Version 8	396
AC-OK Screen for Co-Occurring Disorders	404
PTSD Checklist (PCL)	406
Columbia-Suicide Severity Rating Scale (C-SSRS)	408
Addiction Severity Index (ASI), 5 th edition	410
Opioid Risk Tool (ORT)	426
Drinking Agreement (Sample)	427
References	428
APPENDICES	433
Appendix A: Caffeine Use	434
Appendix B: e-Cigarettes	442
Appendix C: Child Welfare	451
Appendix D: Sexual Minority Populations	457



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BILL HASLAM
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E. DOUGLAS VARNEY
COMMISSIONER

August 2016

Dear Reader:

The Tennessee Department of Mental Health and Substance Abuse Services' (TDMHSAS) Division of Clinical Leadership, in collaboration with the Division of Substance Abuse Services, takes great pleasure in presenting its first *Substance Use Best Practice Tool Guide*. The document is replete with information and resources, and emphasizes evidence-based practices in the field. Aligned with initiatives of the Substance Abuse and Mental Health Services Administration (SAMHSA), the tool guide is designed to:

- Increase awareness and understanding of substance use;
- Promote the use of best practices for individuals with substance use disorders, including co-occurring disorders;
- Encourage innovative and improved practice in the field;
- Enhance capacity that will result in stronger communities; and
- Develop expertise around substance use issues for an array of audiences.

Substance use issues constitute a significant challenge for our state and our nation. As such, substance use continues to be an equal opportunity destroyer, affecting individuals from all income levels, geographic areas, racial groups and ethnicities, ages, and genders¹. Substance use does not discriminate. It intersects with, and contributes to, many of the challenges that we face as a state and a nation, including poverty, mental illness, school failure, criminal activity, and a number of health problems². This best practice tool guide aims to promote knowledge, wholeness, and recovery.

Sincerely,

A handwritten signature in black ink, appearing to read "E. Douglas Varney", with a long, sweeping horizontal line extending to the right.

E. Douglas Varney
Commissioner

¹National Institute on Drug Abuse (NIDA). (n.d.). Faces of addiction. Retrieved on November 14, 2014, from <http://archives.drugabuse.gov/about/welcome/aboutdrugabuse/faces/>.

²Zobeck, T. (2014, March 7). How much do Americans really spend on drugs each year? Retrieved on March 14, 2014 from <http://www.whitehouse.gov/blog/2014/03/07/how-much-do-americans-really-spend-drugs-each-year>.