

### The ASSIST Brief Intervention 9 simple Steps

1. **FEEDBACK - use card**
2. **ADVICE**
3. **RESPONSIBILITY**
4. **CONCERN about score**
5. **GOOD THINGS ABOUT USING**
6. **LESS GOOD THINGS ABOUT USING**
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9. **TAKE-HOME INFORMATION AND BOOKLET**

### 9 STEP Program model of practice – the ASSIST Brief Intervention

The following is an example of the model of practice around giving an ASSIST brief intervention for someone who scores in the moderate risk range for amphetamine-type stimulants. It includes the use of the ASSIST Feedback Report card to provide feedback. You can use this example for other substances also. The ASSIST feedback report card lists the health and other effects associated with the use of specific substances.

#### 1. FEEDBACK

Would you like to see the results of the questionnaire you just did?

These are your scores for each substance that we talked about. You scored a 21 for tobacco which puts you in the moderate risk group for that substance, a 6 for cannabis which also is in the moderate risk group and 14 for amphetamine type stimulants like speed, ecstasy and meth which is also in the moderate risk group. You were in the low risk group for all other substances.

A score in the moderate risk group means that you are at risk of health and other problems from your current pattern of substance use. You may not be experiencing any problems now, but a score in the moderate risk range means that you are also at risk of developing health and other problems in the future. (Open Feed Back Card)

Because your risk of experiencing harms from amphetamines type stimulants is moderate, the kinds of things that are associated with your current pattern of use are; (go through list) difficulty sleeping, loss of appetite, dehydration, jaw clenching, headaches, muscle pain, things like anxiety, depression, panic, paranoia. Some people get aggressive and violent when they use amphetamines, and some people may even

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experience psychosis. Unfortunately amphetamines and ecstasy has been found to also cause damage to brain cells, liver damage, rarely brain haemorrhage – which is a stroke and sudden death can occur.

### **2. ADVICE**

The best way you can reduce the likelihood of these things happening to you is to either cut down or stop using amphetamines.

### **3. RESPONSIBILITY**

What you do with this information is up to you. I'm just letting you know the kinds of things associated with your current pattern of use. (Turn back to front of booklet and point to amphetamine score)

### **4. CONCERN**

Does your score for amphetamines concern you?

### **5. GOOD THINGS ABOUT USING**

What are the good things about using amphetamines for you?

### **6. LESS GOOD THINGS ABOUT USING**

What are the less good things about using amphetamines for you personally?  
(May need to prompt with concepts such as effects on health and relationships, work and study, any legal problems or problems with the police, any financial problems because of spending money on substances).

### **7. SUMMARISE**

So the good things about using amphetamines for you is that it makes you feel up and active and you can party all night with your friends and have a really good time, but on the down side you get depressed in the come down and you've noticed that you're feeling more moody and irritable than you have in the past, and that it has caused a few problems with your boyfriend, particularly because of your irritability and mood swings.

### **8. CONCERN**

Do the less good things about using amphetamines concern you?

### **9. TAKE-HOME INFORMATION AND BOOKLET**

You can take this score sheet home with you and I'll also give you this information sheet on amphetamines. I'll also give this booklet ("Self-help strategies for cutting down or stopping substance use: A guide") which people often find useful to help them decide whether or not they want to cut down on using substances. If you do decide that you want to cut down or stop using, then it provides some strategies that you might find helpful.