

C3.5 – ALCOHOL AND SUBSTANCE ABUSE PREVENTION

Policy

As part of the intake process, clients will be assessed about alcohol and substance use.

Procedure

All clients who give a history of substance use should be counseled about the impact that substance may have on their ability to use some methods of contraception effectively. Based on the CSPs judgment, they may be given a referral phone number or an appointment for the local substance abuse treatment facility.

All clients who give a history of substance use should be advised about the potential negative health impacts of various substances on a developing pregnancy and their health. If the client is planning a pregnancy in the future, counseling should be offered about the need to discontinue substance use before pregnancy begins. A motivational interview-based brief intervention is recommended when discussing client goals for their substance use and alcohol consumption.

Clients requesting help with a substance abuse problem should be referred immediately to a local substance abuse treatment facility: <http://idph.iowa.gov/substance-abuse>

When the client seems to be impaired at the time of the Title X visit, the CSP should:

1. Tell the client of concern about their ability to give informed consent for a method and about their ability to understand and remember instructions for use of the method.
2. Arrange for the client to return to the clinic as soon as possible at a time when they are more likely to be sober (perhaps first appointment in the AM).
3. Provide a non-prescription method to last until the next appointment.
4. Arrange alternate means of transportation if the client drove to the clinic.
5. Contact the police if the client insists on driving while impaired.
6. Screening tools for CSPs to incorporate into their practice can be found at: <https://www.sbirtoregon.org/screening-forms/>

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html
Additional Resources	United States Department of Health and Human Services. Substance Abuse and Mental Health Services Administration. <i>White Paper on Screening, Brief Intervention and Referral to Treatment</i>

(SBIRT) in Behavioral Healthcare
[Internet] Substance Abuse and Mental
Health Services Administration; Rockville,
MD: 2011. [cited 2013 Feb 17]. Available
from:
[http://www.samhsa.gov/prevention/sbirt/
SBIRTwhitepaper.pdf](http://www.samhsa.gov/prevention/sbirt/SBIRTwhitepaper.pdf). [Google Scholar]