
Overview

This unit is about working with individuals to help them recognise risky or harmful drinking behaviour and provide support and guidance to help them cut down drinking. It addresses identifying who may be appropriate to receive brief interventions that help people reduce the harm or risk to their health caused by excessive drinking.

There are two elements

- 1 Identify alcohol users who may benefit from brief interventions
- 2 Provide brief interventions to alcohol users

Target Group

This unit is relevant for all workers in the Justice sector and, in particular, the substance misuse workforce.

SFJCJGE7

Carry out brief interventions with alcohol users

Performance criteria

Identify alcohol users who may benefit from brief interventions

You must be able to:

- P1 create an environment suitable for frank, confidential discussion
- P2 respond to individuals who express concern about their drinking levels
- P3 initiate discussions about risky drinking behaviour
- P4 explain why you have an interest in the individual's drinking
- P5 identify, using recognised screening tools or techniques, individuals who may have problematic drinking behaviour
- P6 collect and record information about an individual's problematic drinking behaviour
- P7 decide whether providing a brief intervention is the most appropriate response to their drinking behaviour
- P8 keep an accurate record of the actions you have taken
- P9 identify individuals with established alcohol dependence or serious alcohol related problems who need referral for specialist help
- P10 arrange for a follow-up appointment to check on progress if the individual is willing to attend specialist services

Provide brief interventions to alcohol users

You must be able to:

- P11 use recognised evidence-based techniques to provide brief Interventions to alcohol users
- P12 check the individual's understanding of the impact of their drinking behaviour and whether they want to change this behaviour
- P13 provide information and feedback about the risks associated with current alcohol intake
- P14 make links between information about risks and the individual's own drinking behaviour
- P15 give advice about how to achieve a less harmful level of drinking
- P16 provide a menu of alternative strategies for changing drinking behaviour, including specialist help for those with established alcohol dependence and/or serious alcohol related problems
- P17 support the individual to set drinking goals
- P18 support the individual to identify and overcome barriers to changing their drinking behaviour
- P19 provide relevant supplementary information leaflets or resources and signpost local specialist services if the individual wishes to seek further help
- P20 keep an accurate record of your intervention and the information and advice you gave

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Knowledge and understanding

You need to know and understand:

Alcohol

- K1 the physical, psychological, social, legal and emotional effects of alcohol
- K2 the risks alcohol can present to an individual's health
- K3 what constitutes normal, hazardous and harmful drinking as defined by the World Health Organisation
- K4 the changes which can be made to drinking behaviour to improve health

Local knowledge

You need to know and understand:

- K5 the availability and characteristics of alcohol agencies and support groups in the local community
- K6 the eligibility criteria and protocols for accessing services in your locality

Organisational context

You need to know and understand:

- K7 the extent and limit of your own role and responsibilities
- K8 the relevant national, local, professional, and organisational requirements relating to equal opportunities, discrimination, health and safety, security, confidentiality, and data protection
- K9 the availability and characteristics of alcohol agencies and support groups in the local community

Providing interventions

You need to know and understand:

- K10 the principles of active listening, and how to apply them
- K11 how to present and explore options with different individuals
- K12 how to present information and advice fully, accurately, concisely and in ways appropriate to people's needs
- K13 the provision of culturally appropriate interventions
- K14 the cycle of change model
- K15 the principles of dependence
- K16 how to identify and assess risks
- K17 the importance of brief interventions to enable individuals who do not need specialised treatment to change their drinking behaviour
- K18 the role of brief interventions to engage individuals in treatment
- K19 how to help individuals make and review decisions and establish priorities

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Additional Information

Scope/range related to performance criteria

Recognised screening tools include

1. AUDIT screening tool and abbreviated version of AUDIT
2. other recognised screening tools

Recognised evidence-based techniques include

3. motivational interviewing
4. brief cognitive-behavioural therapy other recognised evidence-based techniques

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