



Prevention Education Treatment Recovery Assistance

Next Steps: For Those at Risk

If you are helping someone to take the CAGE-AID Questionnaire or you have taken it yourself, and the score is a 1 or above, there are some easy next steps to take.

Remember 1 “yes” is reason for concern, 2 or more “yes” answers are considered significant and indicate some action should be taken.

If you are assisting someone else:

1. Ask **CLARIFYING QUESTIONS**

- When did you last use alcohol or drugs?
- How much did you have?
- How often do you have alcohol or drugs?

2. Provide **PERSONALIZED FEEDBACK** and share your concerns by using “I” statements:

- I am concerned about you.
- I would like to talk more about this.
- I think it’s a good idea to talk more about this.
- “I am not here to judge you; I just want to help.”

3. Ask questions to determine the level of **READINESS FOR CHANGE**. Examples are:

- Do you think your alcohol or drug use is a problem?
- What do you like about your drinking or drug use?
- Have you ever tried to quit? If so, what was it like, what helped/what did not help?
- If you quit or cut down, how might your life be different?
- What would be the hardest part of making this change?

4. Discuss options for next steps and **MAKE A PLAN**. Use empathy and show confidence that you believe that the individual can make the change. Plans may include:

- Reaching out to the family doctor.
- Making an appointment with a counselor.
- Attending a peer support meeting such as “NA” (Narcotics Anonymous).
- Talking to the EAP (Employee Assistance Program) at the workplace.
- Connecting with AskPETRA to learn what options are available *.

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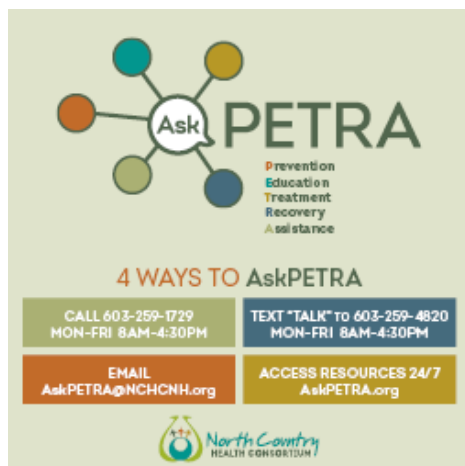
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If you have taken the questionnaire yourself and are at risk:

1. Find a person you can trust and share your results.
2. Share any concerns and questions the results may have created for you.
3. Talk through the following questions:
 - Do you think your alcohol or drug use is a problem?
 - What do you like about your drinking or drug use?
 - Have you ever tried to quit? If so, what was it like, what helped/what did not help?
 - If you quit or cut down, how might your life be different?
 - What would be the hardest part of making this change?
4. Make a plan and share it with your trusted person, include checking in with them to talk about how you are doing or ask them to help you make decisions about seeking help. Plans can include:
 - Reaching out to the family doctor.
 - Making an appointment with a counselor.
 - Attending a peer support meeting such as "NA" (Narcotics Anonymous).
 - Talking to the EAP (Employee Assistance Program) at the workplace.
 - Connecting with AskPETRA to learn what options are available *.



**AskPETRA is a free service that provides local resources, training and one-on-one help to connect adults, families, and providers with the support they need to understand, prevent, and treat Substance Use Disorder (SUD) in Northern NH.*