

FIRST BREATH SUBSTANCE USE SCREENING TOOLS

First Breath is committed to helping people make positive changes to their tobacco, alcohol, and other substance use during pregnancy and beyond. Our focus is on prevention, education and early intervention. While First Breath is not a treatment program, it can be used as an additional support to people in treatment or recovery for substance use disorder.

Screening tools can help you understand your relationship with alcohol and other substance use. First Breath provides free, non-judgmental support to help you reach your goals.

Screening Tool Description	Who is it for?	Find it here
BAM (Brief Addiction Monitor) Measures overall health, and alcohol and drug use	Adults including pregnant people	BAM
CAGE (Cut down, Annoyed, Guilty, Eye-opener) Measures potential alcohol use problems	Adults including pregnant people	CAGE
CAGE-AID (Cut down, Annoyed, Guilty, Eye-opener) Measures potential alcohol and drug use problems	Adults including pregnant people	CAGE-AID
NIDA Quick Screen (National Institute on Drug Abuse Quick Screen) Measures frequency of tobacco, alcohol, prescription medication, and illicit drug use	Adults including pregnant people	NIDA
T-ACE (Tolerance, Annoyed, Cut down, Eye-opener) Measures potential alcohol use problems	Pregnant people	T-ACE
WHO-ASSIST (World Health Organization - Alcohol, Smoking, and Substance Involvement Screening Test) Measures alcohol, tobacco, and other drug use across the lifetime and in the past 3 months	Adults including pregnant people	WHO-ASSIST
4Ps+ (Past, Present, Pregnancy, Peers/Parents) Measures alcohol and drug use	Pregnant people	4Ps+

Visit joinfirstbreath.org

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