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.

<table>
<thead>
<tr>
<th>Screening Tool Description</th>
<th>Who is it for?</th>
<th>Find it here</th>
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| **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  
Call 608-888-2768  
Text FIRSTBREATH to 29669