

# FIRST BREATH

## ASK - SCREENING TOOLS

Our focus is on prevention, education, and early intervention and not treatment. Trained health professionals use the Ask-Advise-Refer model to address perinatal substance use. They refer patients to First Breath where they receive comprehensive education, early intervention, and referral services from trained First Breath Health Educators.

**Pregnant and postpartum people:** Screening tools can help you understand if your substance use could be unsafe. First Breath provides free, non-judgmental support to help you reach your goals. Call, text, or sign up at [joinfirstbreath.org](http://joinfirstbreath.org).

**Healthcare professionals:** First Breath recommends the use of validated screening tools as part of the Ask-Advise-Refer model. Learn more about our approach and tools to support you at [providefirstbreath.org](http://providefirstbreath.org).

### FIRST BREATH MODEL Ask-Advise-Refer Model



### ASK

Validated screening tools assess for tobacco, alcohol, prescription medication, and illicit drug use

#### BAM

##### **B**rief **A**ddiction **M**onitor

- What: screening tool that measures an individual's health, alcohol, and drug use
- Who should use it: adults including pregnant people
- Number of questions: 17
- Find it [HERE](#)

#### CAGE

Feeling the need to **C**utdown, becoming **A**nnoyed at criticism, feeling **G**uilty, needing a drink right thing in the morning to get going, **E**ye-opener

- What: screening tool that measures for alcohol problems
- Who should use it: adults including pregnant people
- Number of questions: 4
- Find it [HERE](#)

#### CAGE - AID

Feeling the need to **C**utdown, becoming **A**nnoyed at criticism, feeling **G**uilty, needing a drink right thing in the morning to get going, **E**ye-opener

- What: screening tool that measures for drug and alcohol use problems
- Who should use it: adults including pregnant people
- Number of questions: 4
- Find it [HERE](#)

#### NIDA QUICK SCREEN

##### **N**ational **I**nstitute on **D**rug **A**buse **Q**uick **S**creen

- What: screening tool that measures frequency of tobacco, alcohol, prescription medication, and illicit drug use
- Who should use it: adults including pregnant people
- Number of questions: 4
- Find it [HERE](#)

#### T-ACE

##### **T**olerance, **A**nnoyed, **C**ut down, **E**ye-opener

- What: screening tool that tests for unsafe alcohol behavior
- Who should use it: pregnant people
- Number of questions: 4
- Find it [HERE](#)

#### WHO - ASIST

##### **W**orld **H**ealth **O**rganization - **A**lcohol, **S**moking, and **S**ubstance **I**nvolvement **S**creening **T**est

- What: screening tool that measures an individuals alcohol, tobacco, and other drug use across their lifetime and in the past 3 months
- Who should use it: adults including pregnant people
- Number of questions: 8
- Find it [HERE](#)

#### 4Ps+

##### **P**regnancy, **P**artner, **P**ast, and **P**arents/**P**eers

- What: screening tool that tests for risk of alcohol, and/or drug use
- Who should use it: pregnant people
- Number of questions: 4
- Find it [HERE](#)

Pregnant and postpartum people:  
[joinfirstbreath.org](http://joinfirstbreath.org) or call 608-888-2768

Healthcare providers: [providefirstbreath.org](http://providefirstbreath.org)