

Alaska Screening Tool
For Dual-Diagnosis and Traumatic Brain Injury

Please circle your answer to the following questions based on your activities over the past 12 months.

1. Have you gotten into trouble at home, at school or in the community, because of your drinking, using drugs or inhalants? **Yes No**
2. Have you missed school or work because of using alcohol, drugs or inhalants? **Yes No**
3. In the past year have you ever had 6 or more drinks at any one time? **Yes No**
4. Have you done harmful or risky things when you were high? **Yes No**
5. Do you think you might have a problem with your drinking, drug or inhalant use? **Yes No**

6. When using alcohol, drugs or inhalants have you done things without thinking, and wished you had not done them later? **Yes No**
7. Do you miss family activities, after school activities, community events, traditional ceremonies, potlatches, or feasts because of using alcohol, drugs or inhalants? **Yes No**
8. Does anyone close to you worry or complain about your using alcohol, drugs or inhalants? **Yes No**
9. Have you lost a friend or hurt a loved one because of your using alcohol, drugs or inhalants? **Yes No**
10. Do you use alcohol, drugs or inhalants to make you feel normal? **Yes No**
11. Does it make you mad if someone tells you that you drink or use drugs or inhalants too much? **Yes No**
12. Do you feel guilty about your alcohol, drug or inhalant use? **Yes No**
13. Do you or other people worry about the amount of money or time you spend at Bingo, pull-tabs or other gambling activities? **Yes No**
14. Did your mother ever consume alcohol? **Yes No**
15. If yes, did she continue to drink during her pregnancy with you? **Yes No**

SECTION II --Please circle your answer to these questions based on the past 12 months.

1. Do you often have difficulty sitting still and paying attention at school, work or social settings? **Yes No**
2. Do disturbing thoughts that you can't get rid of come into your mind? **Yes No**
3. Do you ever hear voices or see things that other people tell you they don't see or hear? **Yes No**
4. Do you spend time thinking about hurting or killing yourself or anyone else? **Yes No**
5. Have you tried to hurt yourself or commit suicide? **Yes No**
6. Do you think people are out to get you and you have to watch your step? **Yes No**
7. Do you often find yourself in situations where your heart pounds and you feel anxious and want to get away? **Yes No**
8. Do you sometimes have so much energy that your thoughts come quickly, you jump from one activity to another, you feel like you don't need sleep and like you can do anything? **Yes No**
9. Have you destroyed property or set a fire that caused damage? **Yes No**
10. Do you feel trapped, lonely, confused, lost or hopeless about your future? **Yes No**
11. Do you feel dissatisfied with your life and relationships? **Yes No**
12. Do you have nightmares, flashbacks or unpleasant thoughts because of a terrible event like rape, domestic violence, incest/unwanted touching, warfare, a bad accident, fights, being or seeing someone shot or stabbed, knowing or seeing someone who has committed suicide, fire, or natural disasters like earthquake or flood? **Yes No**
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13. Do you have difficulty sleeping or eating? **Yes No**
14. Have you physically harmed or threatened to harm an animal or person on purpose? **Yes No**
15. Have you lost interest or pleasure in school, work, friends, activities or other things that you once cared about? **Yes No**
16. Do you feel angry and think about doing things that you know are wrong? **Yes No**

Scoring Information for the Alaska Screening Tools

SECTION I—Substance Abuse Screen Scoring Instructions

If a consumer responds negatively to all questions, and the interviewer has not learned anything during the interview that is contradictory, the client is not considered as a potential dual-diagnosis consumer.

If a consumer responds positively (Yes) to any of the top five questions (1-5), the client should be asked for clarifying information about the question and if the positive response is validated, this will trigger a referral for a full substance abuse/dependence assessment.

If a consumer responds positively to any two of the questions 6-13, the client should be asked for clarifying information and if the responses are validated, this will trigger a referral for a full substance abuse/dependence assessment. If the person responds positively to both questions 14 and 15, they should be referred for an FASD assessment.

Screeners are urged to err on the side of referring for an assessment when they are not sure of the likelihood of a positive screen, rather than to miss someone who needs treatment.

SECTION II—Mental Health Screen Scoring Instructions

If a consumer responds negatively to all questions, and the interviewer has not learned anything during the interview that is contradictory, the client is not considered as a potential dual-diagnosis consumer.

If a consumer responds positively (Yes) to any of the top twelve questions (1-12), the client should be asked for clarifying information about the question and if the positive response is validated, this will trigger a referral for a full mental health assessment.

If a consumer responds positively to any two of the remaining questions (13-20), the client should be asked for clarifying information and if the responses are validated, this will trigger a referral for a full mental health assessment.

Screeners are urged to err on the side of referring for an assessment when they are not sure of the likelihood of a positive screen, rather than to miss someone who needs treatment.

SECTION III—Traumatic Brain Injury Screen Scoring Instructions

If a consumer answers “Yes” to question 1 and/or 2 and has responded that they still have symptoms, the consumer needs to be:

- referred by a substance abuse treatment facility to a mental health facility, for assessment,
- assessed for traumatic brain injury and properly diagnosed, or,
- referred to a neurologist for assessment for traumatic brain injury.

On their quarterly reports, mental health agencies will report on the number of individuals diagnosed with traumatic brain injury.