

## ASSIST on Ice



*This resource is by the DASSA-WHO Collaborating Centre for Research in the Treatment of Drug and Alcohol Problems.*

*This resource provides instructions on how to administer the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) on Ice intervention tool.*



**Summary:** The *ASSIST on Ice* instructional video and manual, provides information on how to administer the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) with people who use **methamphetamines**, including crystal methamphetamine ('ice'). It is recommended for all community and health care workers who work with people at risk of methamphetamine use.

The video presents two scenarios where the health care provider administers the ASSIST as part of a routine presentation. Linked with a targeted brief intervention, it demonstrates how the investment of five to ten minutes can help people make better decisions about their methamphetamine use. The manual provides an overview of methamphetamine, how screening and brief intervention fits within a stepped care model and information on how to use the principles of **motivational** interviewing to provide an effective brief intervention.

The ASSIST was developed for the World Health Organization (WHO), by an international group of addiction specialists, as a tool that is easy to use to identify substance use and related problems. The ASSIST is an eight-item questionnaire and takes about five to ten minutes to administer. The ASSIST helps identify current or potential problems resulting from substance use and motivate those at risk to change their substance use behaviour.

**Developers:** The *ASSIST on Ice* resource was developed by the DASSA-WHO Collaborating Centre for Research in the Treatment of Drug and Alcohol Problems, University of Adelaide.

**Costs:** Free

**Year:** 2017

**Evidence base:** This resource has undergone expert review. Refer to the [ASSIST Portal](#) for more information about this resource.

[Access the ASSIST on ICE eManual](#)

For a hard copy of *ASSIST on Ice* contact [Jennifer.harland@adelaide.edu.au](mailto:Jennifer.harland@adelaide.edu.au) and for more information please visit the [ASSIST portal](#).