

Brief Intervention (BI)

Brief intervention (BI) is a structured, client-centered, non-judgmental therapy by a trained interventionist using 1-4 counselling sessions of shorter duration (typically 5-30 minutes). Based on a harm reduction practice, BI aims to reduce a person's substance consumption to safe level or complete abstinence.

Indications for Brief Intervention

- Those who has problematic drug use (Moderate risk/high risk of ASSIST scoring)
- Those who has problematic sexualized drug use

Definition for Stages of Brief Intervention

- D1 stage: Number of patients with problematic drug use/problematic sexualized drug use, who have not set planned goals yet.
- D2 stage: Number of patients under BI who have set planned goal/s.
- D3 stage: Number of patients receiving brief intervention (BI) who have achieved their planned goals but either (a) continue to have high ASSIST scores, or (b) have maintained low ASSIST scores for a duration of less than 3 months. (D3)
- D4 stage: Number of patients receiving brief intervention (BI) who have achieved their planned goals and meet either:
 - sustained low ASSIST scores or no problematic chem sex for more than 3 months; or
 - complete cessation of drug use.

Referral to Treatment

တစ်ချို့သော High risk ဖြစ်သူများကို Brief intervention အပြင် referral to treatment လုပ်ပေးရန်လိုပါသည်။

- Referral to psychiatrist.

- Referral for Opioid substitute therapy (OST); Methadone, buprenorphine and etc.
- Referral to at MAM clinics
- for management for withdrawal symptoms
- for management for mental health symptoms