

CAGE AID Questionnaire

When thinking about substance use, include illegal substance use, the non-medical use of prescription medications, and the use of legal substances like marijuana.

QUESTIONS	YES	NO
C Have you ever felt that you ought to cut down on your drinking or substance use?		
A Have people annoyed you by criticizing your drinking or substance use?		
G Have you ever felt bad or guilty about your drinking or substance use?		
E Have you ever had a drink or used substances first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?		

One or more “yes” responses indicates possible substance use and further evaluation need.

Person-Centered Care Approach

PERSON CENTERED SKILL	TRY THIS
Ask Open-Ended Questions	What are some of the pros and cons of your current substance use?
	What don't you like about the effects of drinking or substance use?
Practice Reflective Listening	You've been struggling to get a good night's rest so you're taking a pain reliever to help you sleep.
	What I hear you saying is that you want to be sure you are able to stop using alcohol before you become pregnant. Is that correct?
Encourage Change Talk	Tell me about a time before this problem emerged—how were things different?
	If you had a magic wand that would make everything exactly as you want it, what would that look like?
Affirm	You are clearly interested in taking care of yourself.
	I know you didn't come here today to talk about your substance use, so I think it is great that you are willing to talk to me about it.
Summarize Statements	It sounds like you are concerned about your substance use but are not sure if you'd like to address this yet. Do I have that right?
	If you are concerned about your substance use, I am here to help connect you to supportive resources.