



Resource List: Alcohol and Drug Misuse among Refugees February 16, 2021

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Need: When serving refugee clients who misuse alcohol or drugs, providers may have trouble finding effective tools, resources, and treatment models. The Association for State Refugee Health Coordinators is seeking culturally and linguistically appropriate screening tools and treatment models for refugee clients who misuse substances. [Multiple academic studies](#) have also identified a need for further research on effective substance use services for refugees.

Multilingual Resources for Clients

- **Ethnic Minorities of Burma Advocacy and Resource Center (EMBARC)**, [Abusing Alcohol and Drugs](#), 2020: This animated video explains how to identify substance abuse, potential reasons for abusing substances, and possible consequences of this behavior. It is available in English, French, Karen, Karenni, Kirundi, Kunama, Lingala, Mizo Chen, Spanish, and Swahili.
- **EMBARC**, [Substance Abuse Disorder](#), 2020: This animated video explains what to do if you or someone you know needs help with substance abuse problems. It is available in Burmese, English, French, Karen, Karenni, Kirundi, Kunama, Lingala, Mizo Chen, Spanish, and Swahili.
- **Centre of Knowledge on Healthy Child Development**, [Substance Use Disorders in Children and Adolescents](#), 2017: This Canadian fact sheet defines substance abuse, its common causes, and effective treatments. It is available in [Arabic](#), [English](#), [French](#), [Hindi](#), [Inuinnaqtun](#), [Inuktitut](#), [Italian](#), [Portuguese](#), [Punjabi](#), [Simplified Chinese](#), and [Traditional Chinese](#).
- **Health Information Translations**, [Substance Abuse or Dependence](#), 2012: This factsheet contains information on substance dependence, signs of substance abuse, and a list of hotlines. It is available in [Arabic](#), [Bosnian](#), [English](#), [French](#), [Hindi](#), [Korean](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), and [Vietnamese](#).

Resources & Trainings for Service Providers

- **University of Minnesota**, [Drug and Alcohol Use in Refugee Communities](#), 2013: This webinar explores how varied immigrant and refugee communities understand substance use and trauma. The role of the helper (service provider) is also explored, with implications for adjusting our practice to better align with familiar cultural practices of different groups. Specific reference is made to the Karen community.
- **University of Minnesota**, [Immigrant and Refugee Families, 2nd Edition, Chapter 7. Substance Abuse](#): This online chapter includes eight sections that can be navigated via the menu at left: Substance Abuse Prevalence, Risk Factors, Family Influences on Substance Abuse, Theoretical Frameworks, Policy on Legal Consequences of Substance Use, Substance Abuse Prevention and Intervention, Conclusion, and References.
- **National Partnership for Community Training (NPCT)**, [Substance Abuse and the Torture Survivor Experience](#), 2014: This webinar describes the varying degrees of trauma that refugees and torture survivors have experienced and the subsequent substance usage in response to emotional turmoil.

Multilingual Screening Tools for Drug and Alcohol Misuse

- **Substance Abuse and Mental Health Services Administration (SAMSHA), [Treatment Improvement Protocol \(TIP\) Series, No. 59. Improving Cultural Competence](#), 2014:** This book addresses cultural competence across behavioral health settings with specific chapters on race, ethnic, and cultural considerations. There are two sections specific to substance abuse:
 - [Chapter 6: Drug Cultures and the Culture of Recovery](#): This chapter considers how cultural perceptions/practices can contribute to use of substances and hinder recovery efforts. It defines drug cultures, explains how to identify them, and shares specific exercises for use with clients.
 - [Appendix D: Screening and Assessment Instruments](#): This appendix lists 10 instruments for substance use disorders, including their efficacy and available translations.
- **John B. Saunders, MD, [Alcohol Use Disorders Identification Test \(AUDIT\)](#), 1992:** This WHO-approved assessment of 10 questions is the most frequently used alcohol screening instrument in the world. It can be administered orally or as a written self-assessment and it has been translated into [50 languages](#).
- **World Health Organization (WHO), [AUDIT Guidelines for Use in Primary Care Manual](#), 2001:** The AUDIT manual contains exercises for intervention, scoring guidance, and the history of the AUDIT questionnaire. This manual is available in [English](#), [Hindi](#), [Japanese](#), [Spanish](#), and [Thai](#). There are several sections that include practical guidance:
 - Administration Guidelines (pg.14): This section includes considerations for administering the AUDIT, a script for introducing the test to clients, and advantages to administering the AUDIT as an interview or written questionnaire.
 - How to Help Patients (pg.21): Based on AUDIT scores, this section identifies four levels of risk and the suggested intervention for each. The WHO has also created a [Brief Intervention Manual](#) that provides more detail on each of these evidence-based approaches. The manual is available in [English](#), [Japanese](#), and [Spanish](#).
 - Appendix C, Translation and Adaptation to Specific Languages, Cultures, and Standards (pg.32): This section describes sociocultural considerations when administering AUDIT, such as standard drink sizes and drinking customs of different countries.
- **WHO, [The Alcohol, Smoking and Substance Involvement Screening Test \(ASSIST\) and Feedback Card](#), 2004:** This test is designed to be conducted as an interview and includes questions on usage of the primary substance categories with follow-up questions based on patient responses. Additionally, it includes a response card, a feedback report card, and an informational card for patients. It is available in [Arabic](#), [Chinese](#), [English](#), [Farsi](#), [French](#), [German](#), [Hindi](#), [Portuguese](#), and [Spanish](#).
- **Chestnut Health Systems and Wisconsin Department of Health Services, [Global Appraisal of Individual Needs - Short Screener](#), 2017:** This assessment consists of 16 evidence-based questions that identify needs for further assessment for substance abuse, mental health, and anger management in adolescents and adults. It can be used in school settings or community service organizations. In addition to the assessment, the document includes guidance for use in different settings and consent forms.

Translations of Mainstream Recovery Resources

- **Alcoholics Anonymous (AA), [The Big Book 4th Edition](#), 2001:** This book is the fundamental text of the AA program. It has been translated into 71 languages (as of 2019), most of which are available for purchase in the AA book store. Language(s) can be selected on the left side of [this page](#).
- **Narcotics Anonymous (NA), [Recovery Literature](#):** This webpage is a library of literature on the NA program written by members. Users can select from 56 languages to locate translated literature.

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