Durham Region Health Department

FAX about...

For Health Care Professionals

Screening, Brief Interventions, and Referrals for Alcohol Use

Alcohol remains the highest used substance in Canada, with 78% of the population reporting consumption in the past year (2025 Canadian Substance Use Survey). Alcohol-related harms place significant burden on the health care system through chronic diseases, cancer, and hospitalizations.

Recommended actions for clinicians

- Use Canada's Guidance on Alcohol and Health (2003) and an updated screening tool to screen for health risks attributed to alcohol:
    - Regularly inquire about alcohol in a non-judgemental way
    - Initial screen and education about the risks associated with alcohol use
    - If above the CGHA threshold (>2 standard drinks per week or occasion), provide a secondary screen to those drinking above the CGHA threshold
    - Consider a diagnosis of Alcohol Use Disorder and plan for interventions and support

Community Resources

- Rapid Access Addictions Medicine (RAAM) Clinic
    - In person and virtual options in Oshawa
    - 905-721-4747 ext. 37226 (Fax: 905-723-8139)
- Pinewood Centre
    - 905-721-4747 ext. 31229 (Fax: 905-723-1006)
    - Ocean eReferral
- Ontario Shores
    - 1-877-767-9642
    - Ocean eReferral
    - Ontario Shores also offers a Primary Care Consult Service for HCPs looking to consult with a psychiatrist via phone (book here - https://booknow.appointment-plus.com/yjjbvrng/)
- For additional resources, community referrals or to order free printed materials for your office, visit durham.ca/HCP.

November 6, 2026