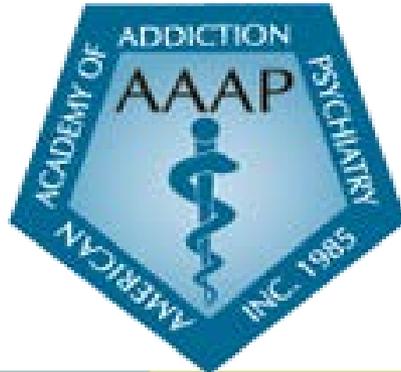


SCREENING BRIEF INTERVENTION REFERRAL
TO TREATMENT
SBIRT

IMPLEMENTING SBIRT IN THE MEDICAL & BEHAVIORAL HEALTH FIELD

SBIRT ENDORSED BY:



WHAT IS SBIRT?

- Screening
- Brief Intervention
- Referral to Treatment

SBIRT is a comprehensive, integrated, public health approach to identify those who may have a substance abuse disorder or may be at-risk for developing a substance abuse disorder



THE AFFORDABLE HEALTH CARE ACT

- Signed into law in 2010
- Screenings, early intervention, treatment & recovery support will be provided and treated as any other medical illness
- Will increase awareness that substance dependence is a chronic & treatable disease
- Intended to close the “treatment gap” and ensure those who need treatment have access to it

...AHCA CONTINUED

- Of the 32 million currently uninsured who will receive insurance, about 5 million meet medical diagnostic criteria for a substance abuse disorder
- The AHCA will help pay for substance abuse treatment. This may DOUBLE the number of people who will receive treatment
- The AHCA will provide improved coverage for Screening, Brief Intervention, Referral & Treatment

.....AHCA CONTINUED

People up to age 26, a population with a significant incidence of S/A disorders, will be able to stay insured under parents plan

- The AHCA establishes a National Prevention Council, led by the Surgeon General, with substance abuse disorders as national priority

GOALS OF SBIRT

Goal #1: Identify early those who are at-risk of developing S/A disorders

Goal #2: Increase access to care for those identified individuals

Goal #3: Promote a continuum of care by incorporating prevention, intervention, & treatment into behavioral health practices

Goal #4: Identify S/A needs and direct to appropriate treatment for the need

SBIRT OUTCOMES: IMPACT ON INDIVIDUALS & COMMUNITIES

- Brings attention to those who use alcohol or drugs and have yet to display a problem
- SBIRT identifies **EARLY RISK FACTORS** long before a problem may develop
- The SBIRT approach focuses on Prevention by using early intervention strategies to motivate behavior change.

SBIRT OUTCOMES: IMPACT ON INDIVIDUALS & COMMUNITIES

- **Costs of Alcohol Problems = at least 223.5 billion dollars annually**
 - **Misuse of Alcohol is involved in approx. 50% of ER visits**
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IMPACT ON INDIVIDUALS & COMMUNITIES

At the 6 month follow up, those who received SBIRT services reported:

- 41% reduction in alcohol use
- 68% reduction in illicit drug use
- Reduced negative social consequences were reported through fewer arrests, more stable housing, improved employment status, fewer emotional problems & improved overall health
- Summarized from Cohort 1-4 GPRA data

Screening

- Identifies a person's substance use patterns and history
- Is composed of a short series of questions that are scored to evaluate level of risk. *Clients self-administer the screening questions
- Is designed to be incorporated into normal practice
- Screening **does not** diagnose, instead gathers information to refer for an assessment, if indicated

BRIEF INTERVENTION DEFINED

A BI is a behavioral change strategy that is short in length and duration that is aimed at helping a person reduce or stop a problematic behavior

- A service provider performs the Brief Intervention
- A BI occurs following the discussion of the screening score by the service provider
- Skills to conduct a BI include good patient rapport, Motivational Interviewing (MI) skills (non-judgmental) and Cognitive Behavioral Therapy (CBT) skills (promoting a thinking change)

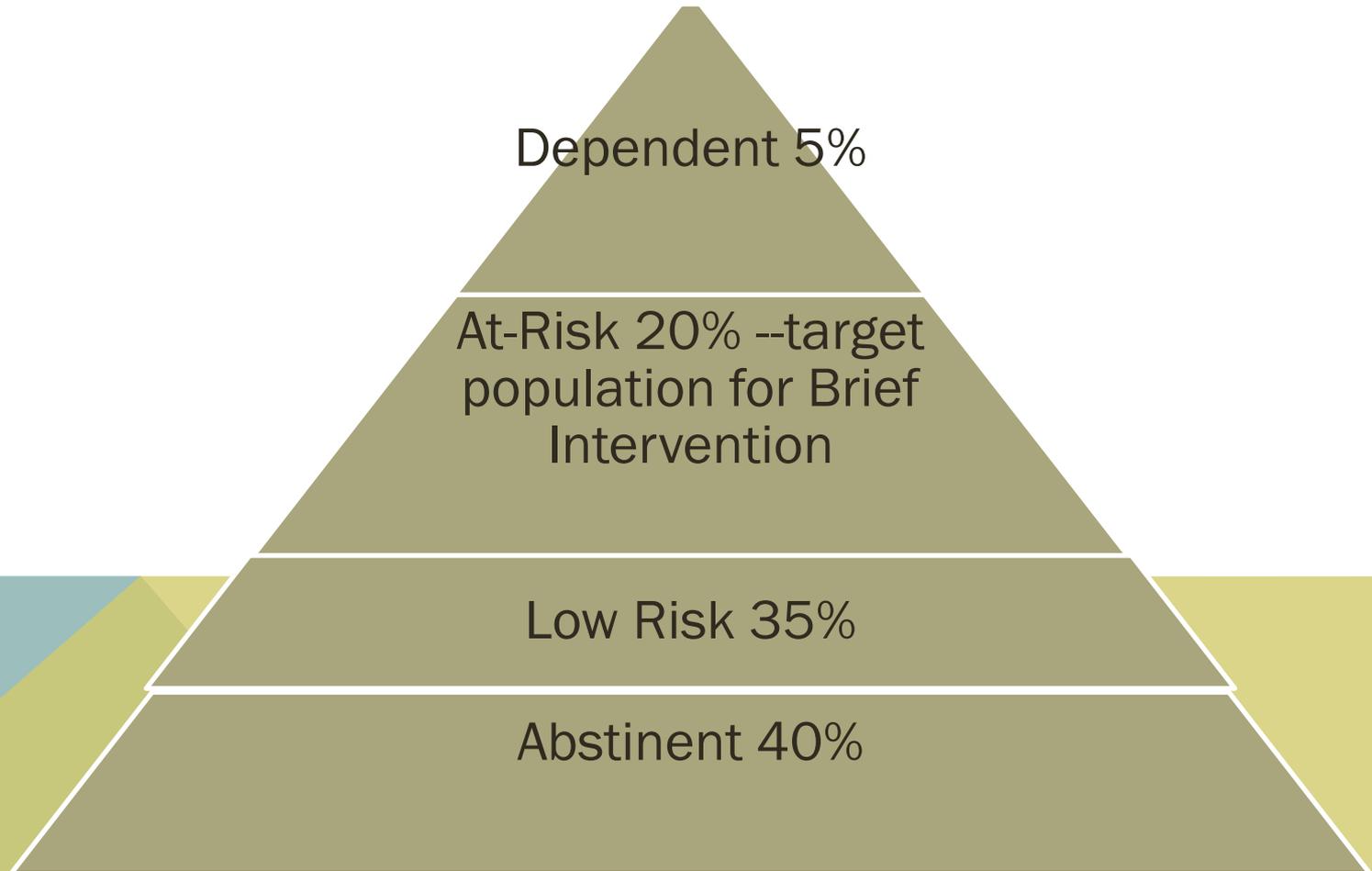
REFERRAL TO TREATMENT IS A REFERRAL FOR ASSESSMENT TO DETERMINE IF TREATMENT IS NEEDED

- **It is the goal of SBIRT to refer for an ASSESSMENT to determine the appropriate level of care**
 - **Each community will have different referral resources available**
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SBIRT CATEGORIZES LEVEL OF RISK TO RECOMMENDED INTERVENTION

- NO RISK/ABSTINENCE TO MILD/LOW RISK = **PREVENTION** REINFORCE POSITIVE BEHAVIORS
- MODERATE RISK = **BRIEF INTERVENTION**(TARGET POPULATION)
- *SUBSTANTIAL/ HAZARDOUS/HIGH RISK* = ***SPECIALIZED TREATMENT***

**ACCORDING TO THE SAMHSA, IT IS ESTIMATED THAT
OF THE SCREENED POPULATION, 5% WOULD SCREEN
DEPENDENT, 20% SCREEN AT-RISK, 35% SCREEN
LOW RISK, 40% SCREEN ABSTINENT**



FOR MORE INFORMATION ON HOW TO IMPLEMENT SBIRT:

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