SBIRT

1.5 HR - SKILL BUILDING TRAINING

ELUTERIO, BLANCO, PHD, LCDC, MAC
STEPHEN O. VEGA, LPC, LCDC, MAC
PRESENTATION OBJECTIVES

• Attendees will understand the Clinical effectives of the SBIRT process.

• Attendees will review the guiding principles of Motivational Interviewing.

• Attendees will receive feedback on the use of MI basics via experiential exercises facilitated by presenters.
WHY IS SBIRT IMPORTANT?

• Unhealthy and unsafe alcohol and drug use are major preventable public health problems resulting in more than 100,000 deaths each year.

• The costs to society are more than $600 billion annually.

• Effects of unhealthy and unsafe alcohol and drug use have far-reaching implications for the individual, family, workplace, community, and the health care system.
SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT

• 3 Basic’s
  • Screen (Evidence Based Tool) TTBH uses CAGE plus At Risk Drinking
    • SAMSHA Preferred (AUDIT, DAST)
  • Brief Intervention (Motivational Interviewing)
  • Referral to treatment
    • Adequate Referral (TDI Criteria/ASAM Criteria)
RETHINKING SUBSTANCE USE PROBLEMS FROM A PUBLIC HEALTH PERSPECTIVE

Dependent Users

At risk and binge drinkers
STRONG RESEARCH AND SUBSTANTIAL EXPERIENTIAL EVIDENCE SUPPORTS THE MODEL

- There is substantial evidence for the effectiveness of brief interventions for harmful drinking. There is a growing body of literature showing the effectiveness of SBIRT for risky drug use.

SBIRT IS A HIGHLY FLEXIBLE INTERVENTION

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SCREENING AND ASSESSMENT INSTRUMENTS

- The Michigan Alcoholism Screening Test (MAST)
- The Drug Abuse Screening Test (DAST-20)
- The Cage Questionnaire
- Tolerance, Worried, Eye-Opener, Amnesia, K/Cut-down (TWEAK)
- The Alcohol Use Disorders Identification Test (Audit)
- The Substance Abuse Subtle Screening Inventory (SASSI-4 & SASSI-A2)
- The Addiction Severity Index (ASI)
EVIDENCE BEHIND THE NUMBERS

• Studies demonstrate that the 5+/4+ limits accurately reflect the amount of alcohol consumed at which psychomotor and cognitive impairment is notably increased in both men and women.

• Epidemiologic risk curve analyses reveal significant and rapid increases in the risks of—
  • Unintentional injuries
  • Deaths resulting from external causes
  • Being a target of aggression or taking part in an aggression-related event
  • Alcohol use disorders
  • Unfavorable medical, work-related, legal, and social consequences related to drinking

• As the frequency of exceeding NIAAA’S guidelines increases, the likelihood of developing these problems increases.
BRIEF INTERVENTIONS – MOTIVATIONAL INTERVIEWING (SKILL BUILDING)

• OARS
  • Open Ended Questions
  • Affirmations
  • Reflections
  • Summaries

• Change Talk

• DARN
  • Desire
  • Ability
  • Reason
  • Need

• CAT
  • Commitment
  • Activation
  • Taking Steps
O.A.R.S. EXERCISE

• Sit in a circle of 6-8
• 1 person talks about something they feel 2 ways about (A change, political party/person, ethical/social issue, a decision)
• One person responds once using only O, A, R, or S
  • Offer no opinion/advice, make no attempt to influence or fix, seek solely to understand; don’t take a side
• The original speaker gives a natural reply
• Then the listener on the left becomes the next speaker
CHANGE TALK EXERCISE

• Sit in groups of 6-8
• One person offers a change talk statement
• Person to the right responds by asking an Open-Ended Question
  • And the speaker responds naturally
• Next person responds by Reflecting
  • And the speaker responds naturally
• Next person responds by Affirming
  • And the speaker responds naturally
• Next person responds with a Summary
BRINGING IT ALL TOGETHER—SBIRT EXERCISE

**Screening** – Form partnerships & determine a client/counselor role
  - Conduct a CAGE Questionnaire using the following responses:
    - Have you ever felt you should cut down on your drinking? (YES)
    - Have people annoyed you by criticizing your drinking? (NO)
    - Have you ever felt bad or guilty about your drinking? (YES)
    - Have you ever had a drink first thing in the morning to steady your nerves or get rid of hangover (eye-opener)? (NO)

**Brief Intervention (MI)**
  - Conduct a brief demonstration of MI by using the O.S.A.R. skills

**Referral to Treatment**
  - “On a scale of 0 to 10, how ready are you to attend an appointment for referral to treatment?”
  - Will it be ok if I discuss what treatment recommendations would be, as indicated by our screening today?”
TO BILL MUST HAVE THESE COMPONENTS

• Conducted or Supervision: LPC/LCSW/Psychologist, PA, MD
  • With 4 hours of SBIRT’s Training

• Service: 15 minutes or greater

• Document 3 Components
  • Screening tool
  • Brief Intervention
  • Referral

• Service code
  • (H0049) x 2 yearly (without referral)
  • (99408) x 4 yearly(with referral)