SBIRT: Screening, Brief Intervention, and Referral to Treatment

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What is SBIRT?

Kahoot.it

https://play.kahoot.it/v2/?quizId=09552593-07f7-4f27-8134-27de2da27e83
Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services. It is used for—

- Persons with substance use disorders
- Those whose use is at a higher level of risk
Goal of SBIRT

The primary goal of SBIRT is to identify and effectively intervene with those who are at moderate or high risk for psychosocial or health-related problems associated with their substance use.
The difference between screening and assessment...

- **Screening** is a process for evaluating the possible presence of a particular problem... The outcome is normally a simple yes or no.

- **Assessment** is a process for defining the nature of that problem, determining a diagnosis, and developing specific treatment recommendations for addressing the problem or diagnosis.
Why Screen Universally?

- Detect current health problems related to at-risk alcohol and substance use at an early stage—before they result in more serious disease or other health problems.
- Detect alcohol and substance use patterns that can increase future injury or illness risks.
- Intervene and educate about at-risk alcohol and other substance use.
- Research has shown that approximately 90 percent of substance use disorders go untreated (NSDUH, 2007).
Screening:

Universal pre-screening of all patients for alcohol and other drug use is incorporated into the normal routine in healthcare settings and identifies people with risky substance use. For those with a positive screen, further screening identifies the appropriate level of intervention that is required.
Screening can be a significant step toward effective intervention:

- Early identification and intervention lead to better outcomes

- Patients/clients are often seen because of a related physical problem

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SBIRT is a Highly Flexible Intervention
What is SBIRT?

Kahoot.it

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Linking Screening and Brief Intervention

- **SBIRT is an intervention based on “motivational interviewing” strategies**

  **Screening:** Universal screening for quickly assessing use and severity of alcohol; illicit drugs; and prescription drug use, misuse, and abuse

  **Brief Intervention:** Brief motivational and awareness-raising intervention given to risky or problematic substance users

  **Referral to Treatment:** Referrals to specialty care for patients/clients with substance use disorders

- **Treatment may consist of brief treatment or specialty AOD (alcohol and other drugs) treatment**
MI Strategies Facilitate . . .

Brief Intervention

- A short conversation focused on increasing awareness of substance use and motivation toward behavioral change
  - **Finding** personal and compelling reasons to change
  - **Building** readiness to change
  - **Committing** to change
Let's Link to the SBIRT App!

Please go to the following link on your smart phone, tablet, OR computer:

https://iprc.iu.edu/sbirtapp/
What screening tool would you use?

Brian is a 16 year old African American male who has come to Eastlawn Family Services. Brian is there because there is a history of domestic violence in his home. The Smith County family court has asked that he be seen by a social worker to make sure you are doing okay.

CRAFFT

Sherry is a 28 year old White female who was recently arrested for public intoxication. You are going to meet with the social worker in the public defender’s office.

AUDIT
What screening tool would you use?

Lori is a 22 year old college senior heading to the counseling center at Northern State University. Lori has been having trouble keeping up with her studies and is stressed that she won’t be able to complete all of her assignments for the spring semester in time to graduate.

DAST Single Question Prescreen

Kevin is a 45 year old White male who is meeting with the social worker in his primary care doctor’s office. Kevin has a history of pancreatitis that has recently been bothering him. The doctor has given Kevin a prescription and a diet to help relieve his symptoms. Kevin’s doctor also told him that she believes talking with the clinic social worker might be helpful.

AUDIT
Art is a 70 year old male and a veteran of the Vietnam War. Art’s wife has insisted he go to the VA Medical Center to talk with “someone”. She says Art drinks too much in the evening and is very restless at night when he goes to bed. She’s says she’s tired of Art drinking and she needs some sleep.

AUDIT-C

Jennifer is a high school sophomore, age 15, is being sent to the school social worker by the principal. Jennifer’s algebra teacher happened to notice a bottle of tequila in her backpack this morning as she was stuffing a notebook in her backpack at the end of class.

CRAFFT
Kim is a 38-year old single mother of two teen-aged children.

She works as a full-time assistant manager at a local supermarket chain.

She tells you that she was prescribed Vicodin for some dental work she had done about 18 months ago and that she still experiences residual pain from the dental work.

Kim was referred to you by her family physician and reports that when she can, she will buy Vicodin or Percocet from a co-worker just so she can get through the day. She tells you she doesn’t have a problem, doesn’t need your help and can control this on her own.

What is your next step?
Which screening tool would you use?
Based on the score of your screening tool, what would you do next?
Alex, a 17-year-old high school junior, uses alcohol, and tobacco.

He used to be on the honor role but in the past year he is barely making Cs in school; Alex also plays drums in the high school band.

Alex tells you that he uses mainly on the weekends, and, also says the weekend sometimes begins on Thursday night.

He and his band friends hang-out after ball games and throughout the weekend.

Alex says that they drink beer, cheap vodka or whiskey, and smoke cigarettes.

He says he has tried marijuana but didn’t like how it made him feel.

He prefers parties with alcohol.

What is your next step?
Which screening tool would you use?
Based on the score of your screening tool, what would you do next?
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