IMPACT **WV** TIP SHEET

Screening, Brief Intervention and Referral to Treatment (SBIRT)

*The information in this IMPACT WV product was taken from a Community of Practice presentation by Keigan Abel-Brown, MSW.

Substance Use Disorder (SUD) is considered a brain disease because it is progressive, chronic and oftentimes fatal. It is treatable but very complex and can lead to craving of object of addiction, loss of control over use and continued use despite adverse consequences.

Stigma causes late or no prenatal care and so we need to educate, use person first and medically accurate language, be aware of how actions reduce stigma, be mindful of own biases and be an agent of change.

Screening assesses risk of substance use and you should screen everyone for both alcohol and drug use, use a validated tool (SBIRT, AUDIT, DAST, CRAFFT) and follow up on positives or red flags.

Why is SBIRT important?

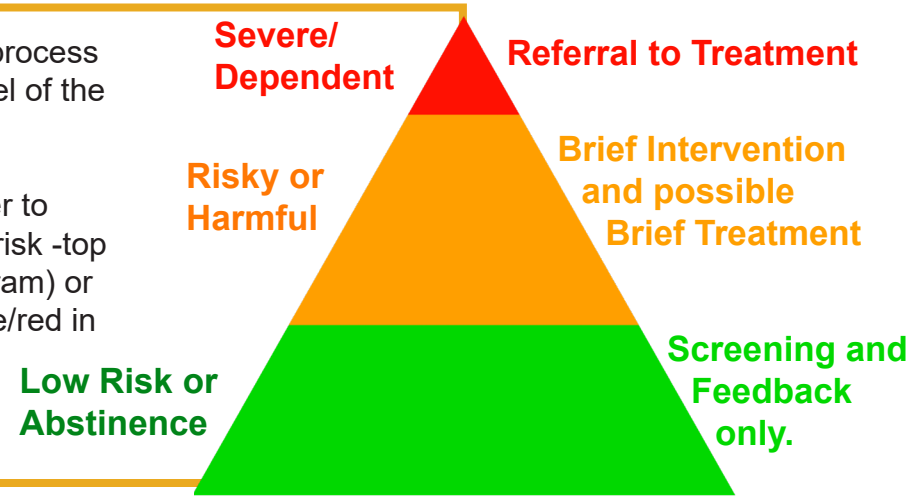
- Encourages honest and outright conversations about stigmatized topics because one of the big reasons we are so uncomfortable talking about SUD is because we do not talk about it.

Why do we not screen?

- Discomfort discussing substance use
- Fear of losing, alienating or shutting down clients
- Lack of understanding of next steps
- Lack of knowledge about valid and appropriate screening questions
- Uncertainty about referral sources

Screening is the first step of the SBIRT process and determines the severity and risk level of the client/patient's substance use.

The result of a screen allows the provider to determine if a brief intervention (reduce risk -top of green/bottom range of orange in diagram) or referral to treatment (top range of orange/red in diagram) is the necessary next step.



Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change using empathy, developing discrepancy, avoiding arguments, rolling with resistance and supporting self-efficacy. (Miller, William R., and Stephen Rollnick. Motivational interviewing: Helping people change. Guilford press, 2012.)

Open questions, affirmation, reflective listening, and summary reflections (OARS) - Open ended questions help define the need for counseling, substance use, mental health or abuse treatment. Ask why are you a 1 instead of a 0? What are some things you like about using? What are some things you do not like about using?; affirmations; reflections; summaries for next steps

Map out resources across agencies and have a resource toolkit!
Stages of change: pre-contemplation, contemplation, preparation, action, maintenance and relapse.

Why use Stages of Change?

- Understand why someone is acting the way they are
- Normalize resistance, ambivalence and 'stuckness'
- Interventions should be stage appropriate
- Change is most successful when it moves through the stages
- Gives you a step by step path or plan using MI tools

Readiness Ruler

Readiness Ruler
Importance

How **important** is this change to you right now?

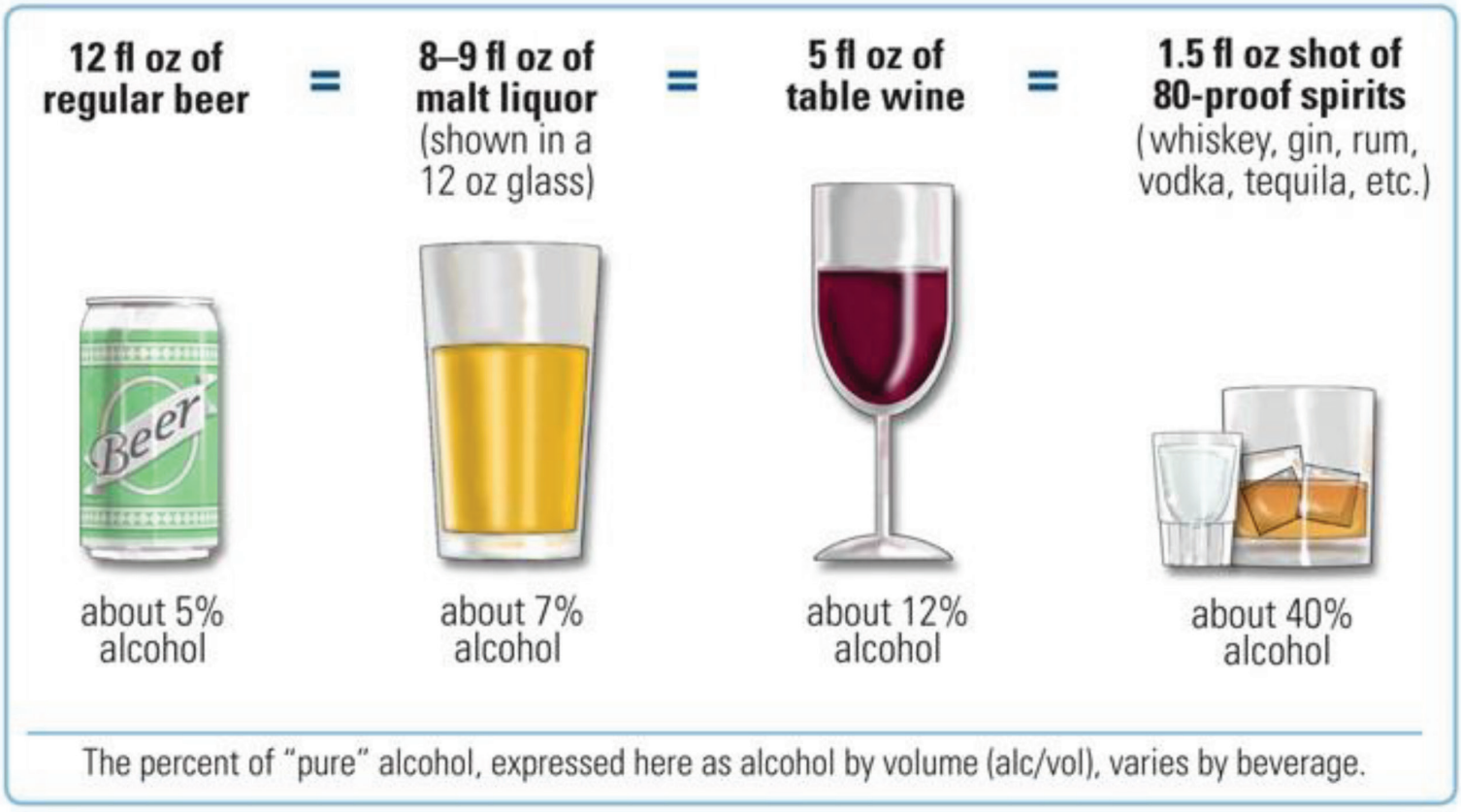
0	1	2	3	4	5	6	7	8	9	10
Not					*Somewhat*					*Very*

Produced by the Center for Evidence-Based Practices (CEBP) at Case Western Reserve University with support from the Ohio Departments of Health, Mental Health, and Alcohol & Drug Addiction Services.

Decisional Balance Chart

Not Changing Behavior	Changing Behavior
Box 1: What is something good that could come from not taking from this action?	**Box 4:** What is something good that could come from taking this action?
• No extra effort needed • I like to watch TV in my spare time • Need time to myself • I don't have to share my weight loss struggle with others (not really a "group" person)	• More energy for my kids • Lose a few pounds • Better able to catch my breath • Get healthier overall • Look better, feel more confident
Box 2: What is something bad that could come from not taking this action?	**Box 3:** What is something bad that could come from taking this action?
• I would not get healthier • Continue to gain weight • Not able to keep up with my kids • Kids embarrassed by me • I could end up like my mom (disabled)	• My schedule is already packed • I would miss some TV shows • I would have to share my struggle to lose weight with others • Weight loss groups are too expensive

One Drink Chart



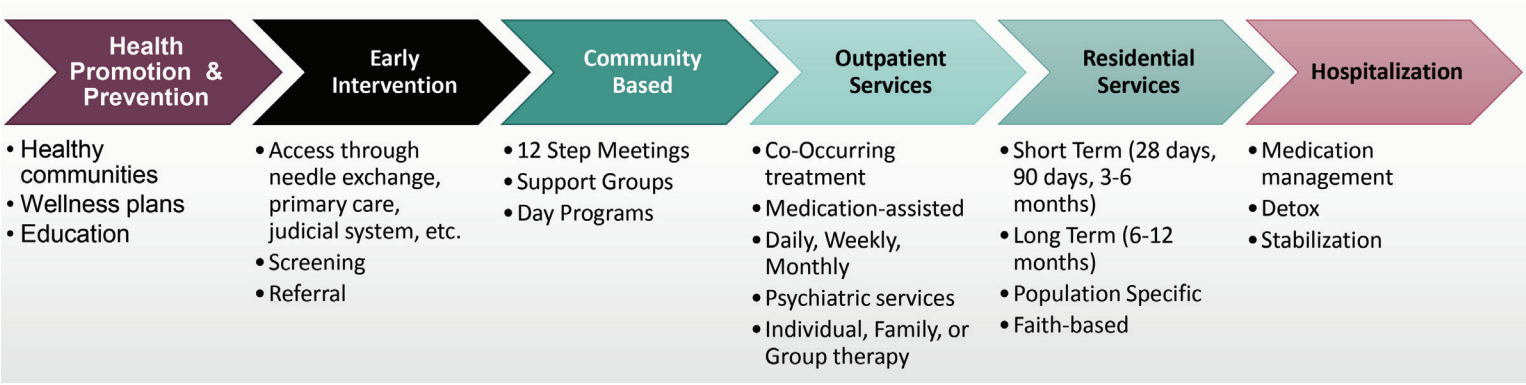
National Institute on Alcohol Abuse and Alcoholism

Brief negotiated interview as an after screening conversation

- Build rapport- raise the subject
- Provide feedback by asking permission to give information, discuss screening findings, linking substance use behaviors to any known consequences (legal, social, relational, emotional, financial) and evoke a response.
- Build a readiness to change using scaling questions
- Negotiate a plan for change to reduce down to low risk levels or an agreement to follow up with a specific treatment service.

Treatment is a team sport!

- Consider family based treatment
- Use the harm reduction principles
- Use a continuum of care



- Referral to treatment: the level of care determined by severity of problem and can include counseling, medication, self-help, health and wellness or a combination of treatments.
  - h**ttps://www.help4wv.com/**
  - 3 steps to access care SAMSHA **https://store.samhsa.gov/sites/default/files/d7/priv/pep18-treatment-loc.pdf**

SBIRT Nurse Video**: https://www.youtube.com/watch?v=9ROGM0azpMk**

THREE STEPS TO ACCESSING CARE

1. **If you have insurance:** Contact your insurer. Ask about your coverage and whether they have a network of preferred providers for you to use.

   If you don't have insurance: Each state has funding to provide treatment for people without insurance coverage. Find where to call for information about payment for services at: **samhsa.gov/sites/default/files/ssa-directory.pdf**

2. Review the websites of the providers and see if they have the five signs of quality treatment - accreditation, medication, evidence-based practices, families, and supports. **https://store.samhsa.gov/sites/default/files/d7/priv/pep18-treatment-loc.pdf**

3. Call for an appointment. If they can't see you or your family member within 48 hours, find another provider. One indicator of quality is the ability to get an appointment quickly. Many programs offer walk-in services. Look for programs that can get you or a family member into treatment quickly.

TREATMENT LOCATORS
Substance Use and Mental Health Treatment Locator:

findtreatment.samhsa.gov/
1-800-662-HELP (4357)
1-800-487-4899 (TTY)

Alcohol Treatment Navigator:
alcoholtreatment.niaaa.nih.gov/

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