

Screening Brief Intervention Referral to Treatment

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Agenda

- Why SBIRT
- SBIRT Overview
- SBIRT Workshop
- Discussion

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...

Please read the statement above

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Two Models

- **Alcoholism**
- **Alcohol misuse**

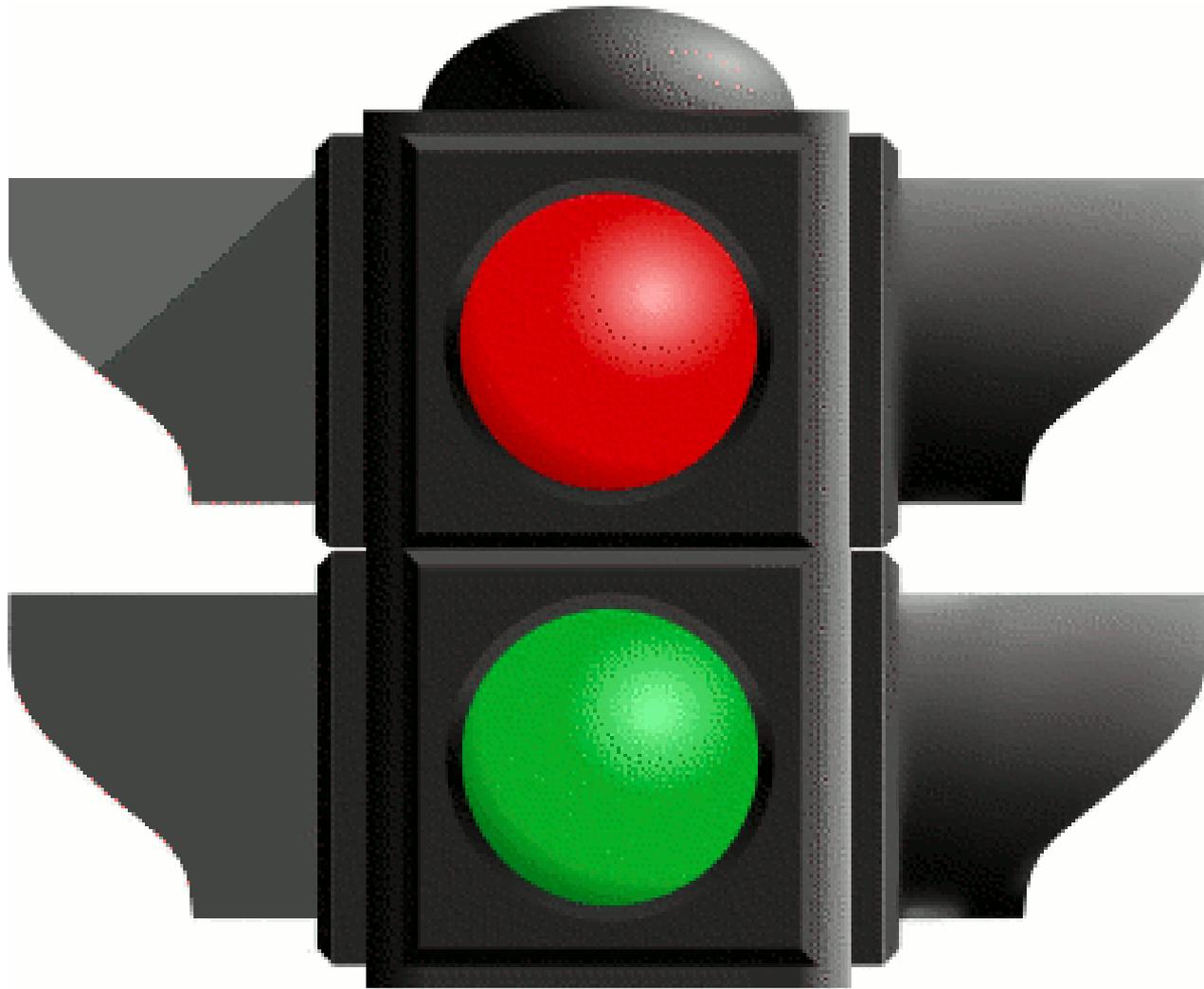
ALCOHOLICS ANONYMOUS

This is the Fourth Edition of
the Big Book, the Basic Text
for Alcoholics Anonymous



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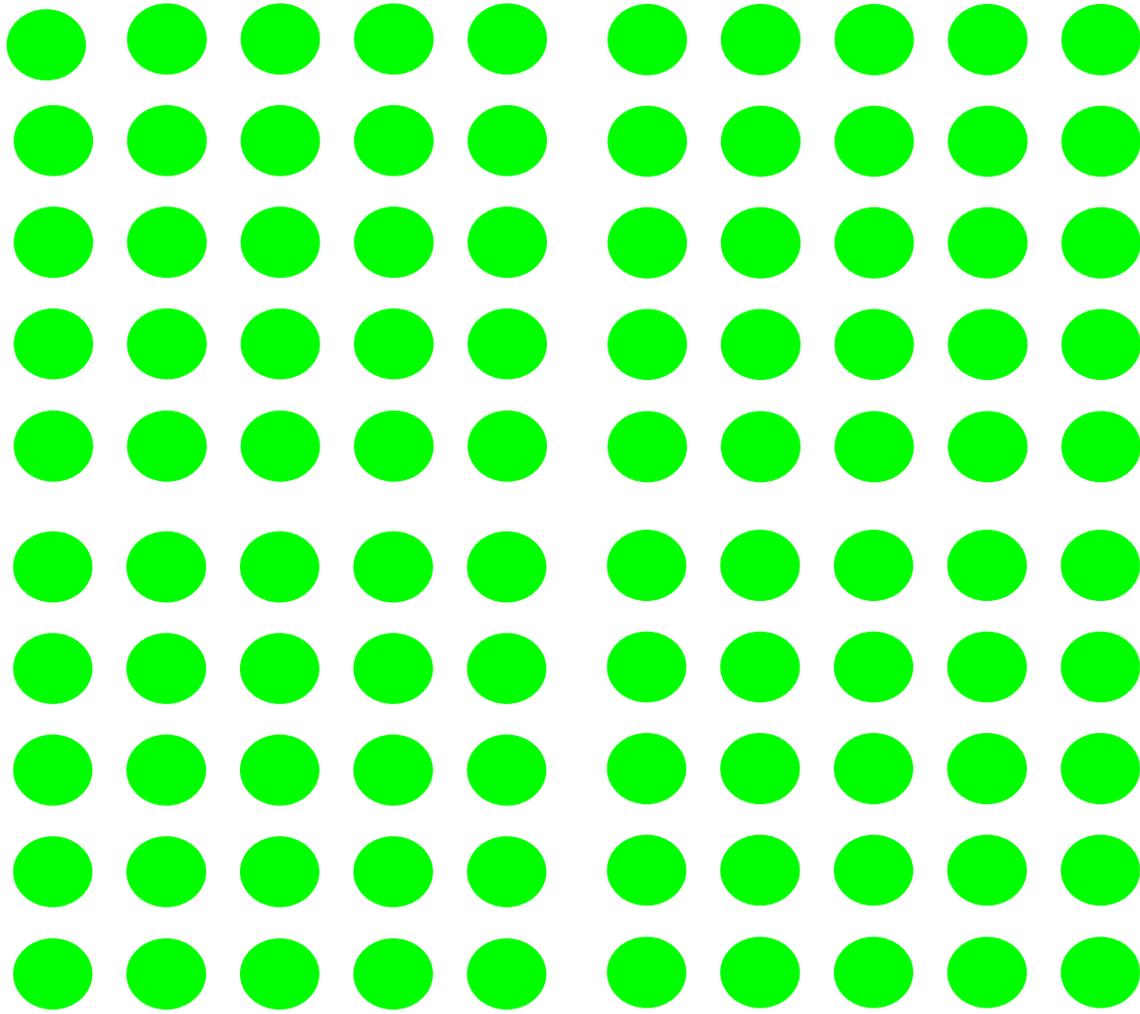
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U.S. population

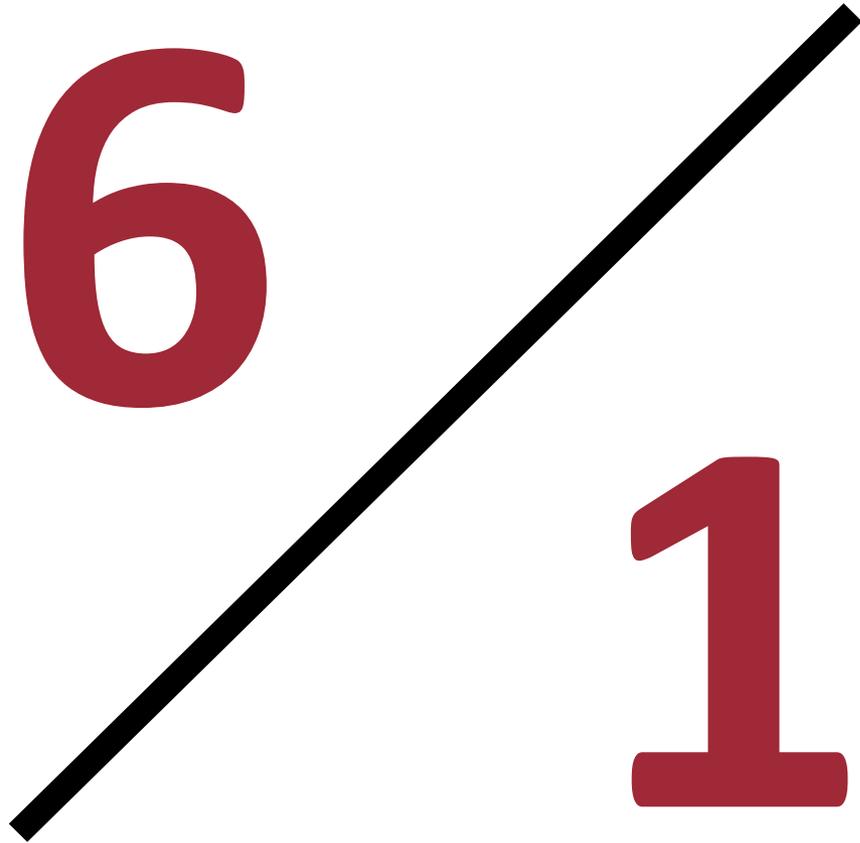


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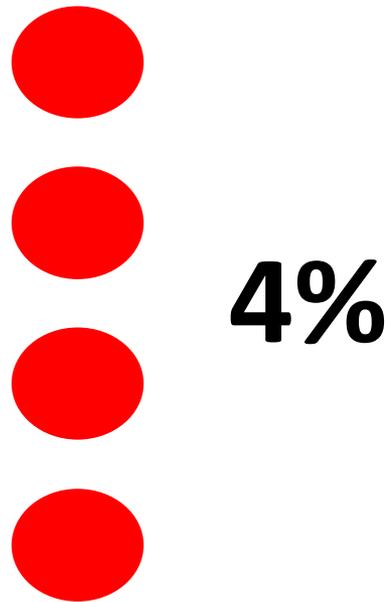


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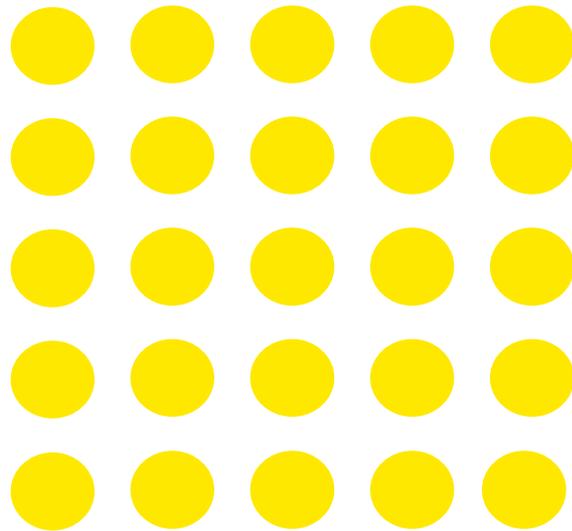
Alcohol Dependent



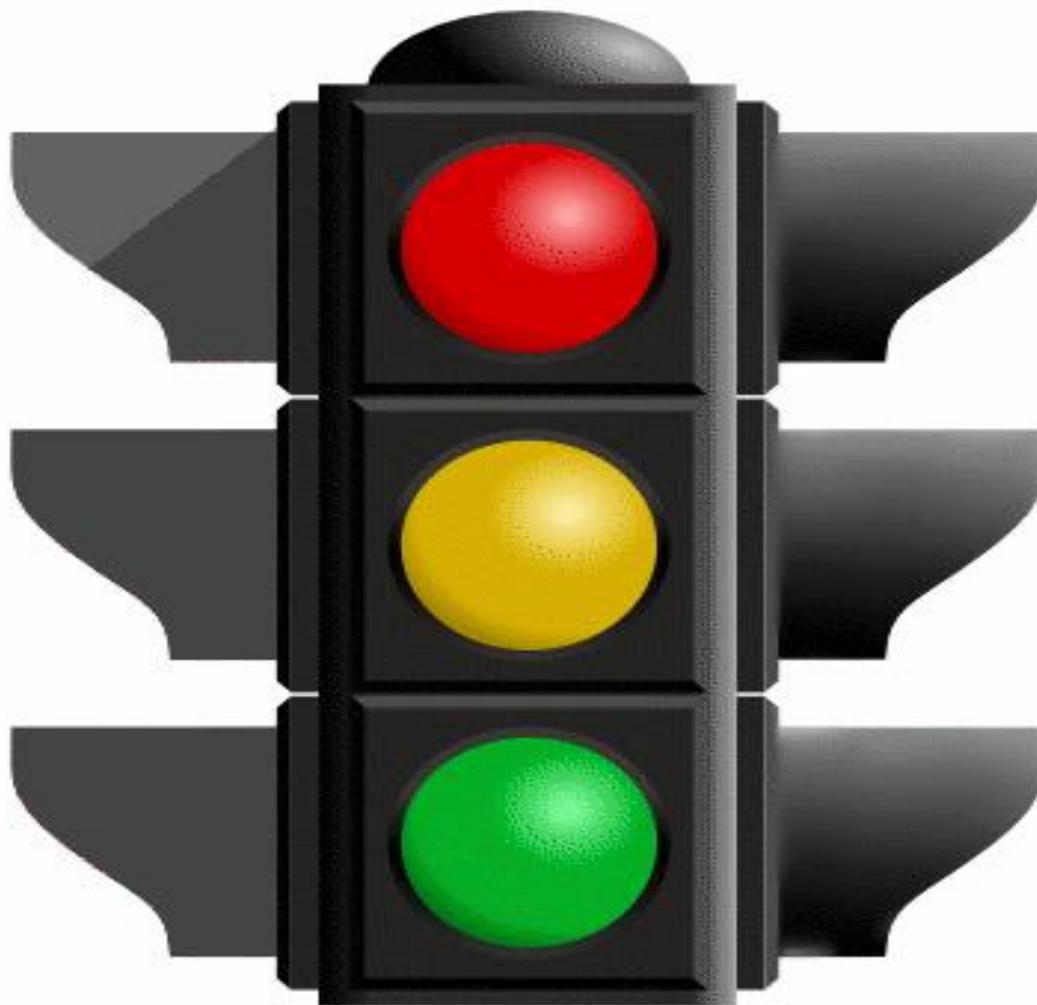
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Misuse- Not Dependent

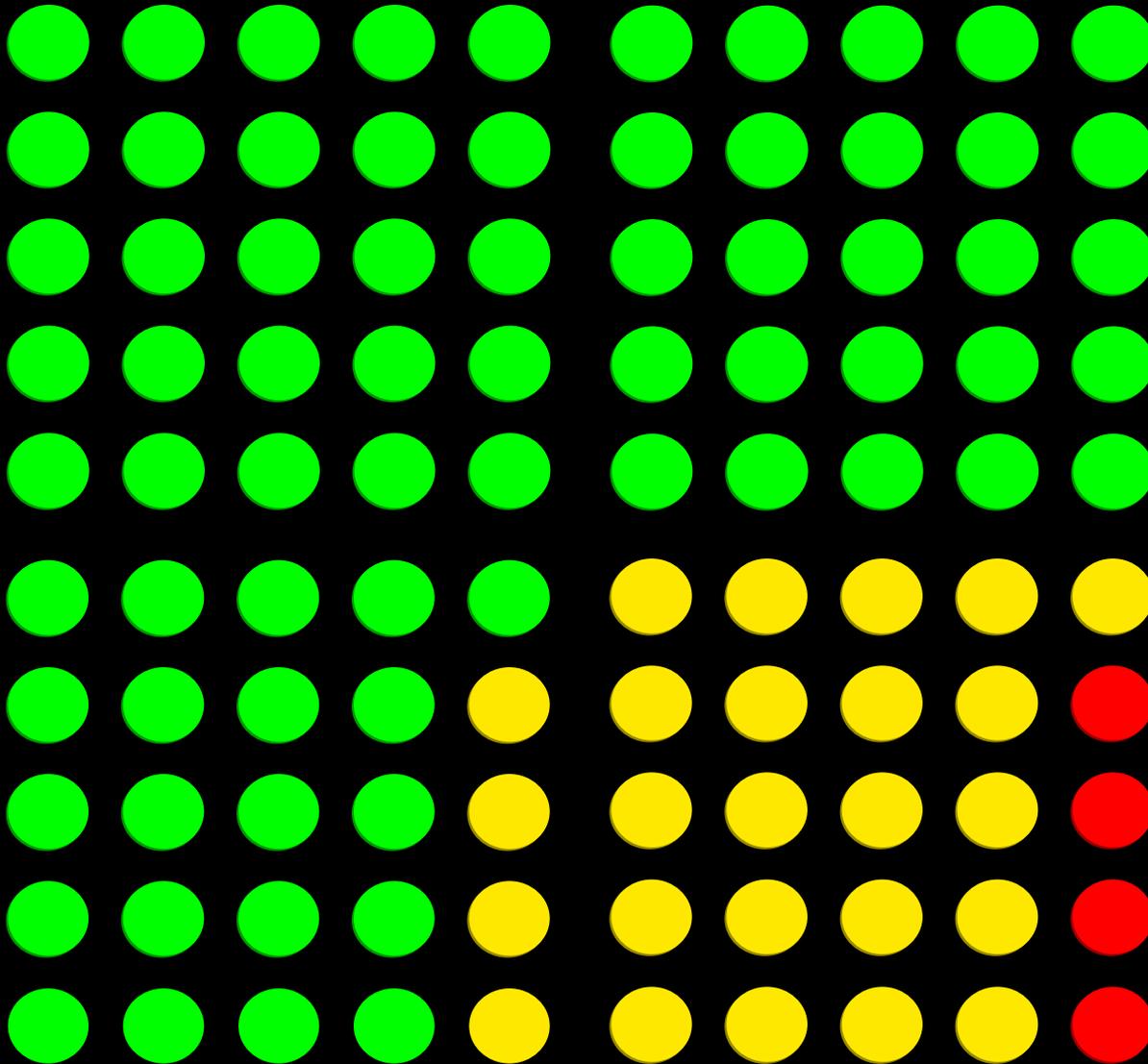


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71%
**primary
prevention**

25%
**brief
intervention**

4%
**BI + Referral
to treatment**



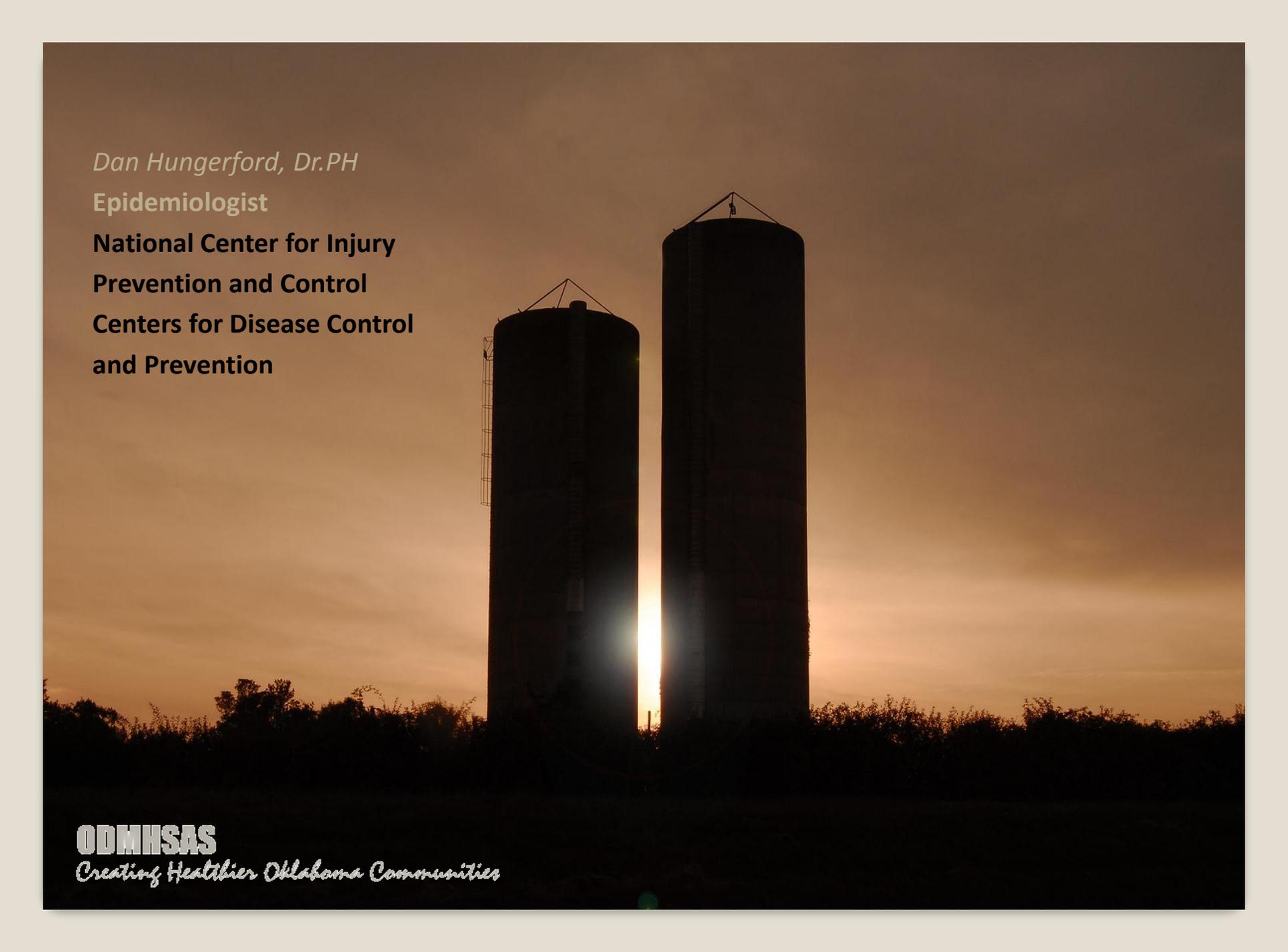
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The background of the slide is a photograph of two tall, cylindrical water towers. They are silhouetted against a bright, hazy sky at sunset or sunrise. The sun is positioned between the two towers, creating a strong backlight effect. The foreground shows the dark silhouettes of trees and bushes.

Dan Hungerford, Dr.PH

Epidemiologist

**National Center for Injury
Prevention and Control
Centers for Disease Control
and Prevention**

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Oklahoma Price Tag: \$7,000,000,000

Health Consequences

- Heart disease
- Stroke
- Cancer
- Hypertension
- High Cholesterol
- Liver Disease
- Neurologic Problems
- Dementia
- Depression

Society & Community

- Crime
- Motor Vehicle Crashes
- Children and Families
- Abuse
- Neglect
- Violence
- Emotional Strain
- Stress
- Housing
- Education

What is SBIRT

- Public Health Prevention Intervention for Alcohol Misuse and sometimes includes Drugs, Tobacco & Depression
- **Screen**
- **Intervention** (Brief)
- **Referral** (To Treatment)

Prevention Priorities

- United States Preventative Services Task Force (USPSTF)
- Recommendations vs. Physician Time
 - *1) Cost Effective*
 - *2) Clinically Preventable Burden*
 - *3) Evidence Based*

Top 25 Priorities

- USPSTF
- **Partnership for Prevention**
- Center for Disease Control and Prevention
- Agency for Health Care Research
- Volunteers

SBIRT # 4 Prevention Priority

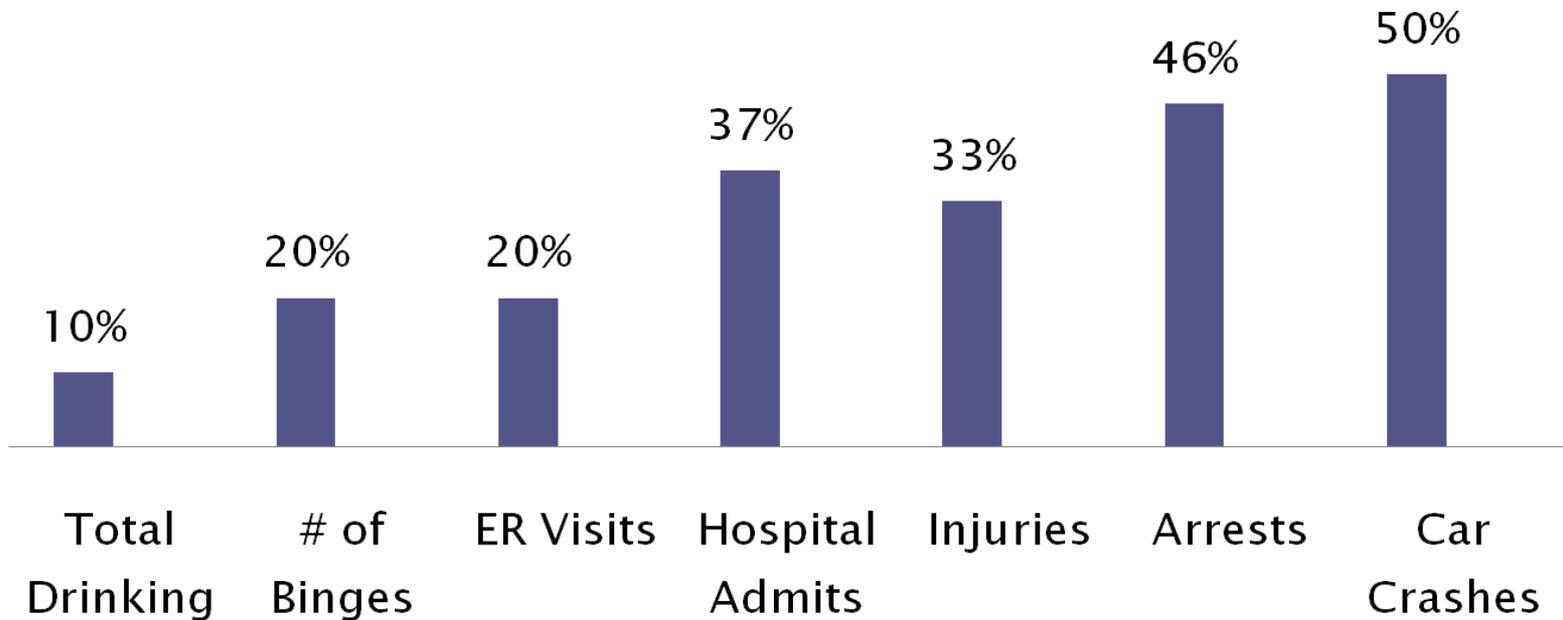
- Aspirin Discussion
- Childhood Immunizations
- Smoking Cessation Advise
- **SBIRT**
- Colorectal Cancer Screen
- Hypertension
- Flu Shots
- Vision Screening
- Cervical Cancer
- Cholesterol Screening

SBIRT Evidence & Benefits

- 50+ Published Randomized Control Studies
- Effective in Reducing Problem Drinking
- Reduces Total Healthcare Costs
- 50% Patient Reduction in ER Visits
- \$4/1 ROI
- 20 Years of Science
- Level 1 Joint Commission
- **2008 CPT Reimbursable**

SBIRT Benefits

Impact of Brief Interventions Percentage Reduction



Campbell KP, et al, editors. A Purchaser's Guide to Clinical Preventative Services: Moving Science into Coverage. Washington, DC: National Business Group on Health, 2006

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Simple Effective Pre-Screen Questions

- How many times in the past year have you used an illegal drug or a prescription medication for nonmedical reasons?
- How many times in the past 12 months have you had 4/5 or more drinks in a day?

What's a Drink?

- Beer
- Wine
- Hard liquor
- Binge Drinking Men
- Binge Drinking Woman

Misuse Guidelines

NIAAA: National Institute on Alcohol Abuse and Alcoholism

MEN

- No more than 4 drinks a day
- No more than 14 per week
- Up to age 65

WOMEN

- No more than 3 drinks a day
- No more than 7 per week

SBIRT Screen

Instruments

- Valid & Reliable
- AUDIT
- DAST
- CRAFFT
- MAST *
- CAGE*
- **4 P's**
- **TWEAK**
- **T-ACE**

Methods of Delivery

- Self Report
- Computer Delivered
- **Face to Face**
- Telemedicine
- Automated Phone
- Averages about 4 minutes

MI: Brief Intervention

- 10 minutes
- **Raise the Subject**
- **Feedback**, National Norms
- Education on Healthy Drinking Guidelines
- Link between Drinking and Injury
- Understand the Patients View
- Provide Clear Respectful Advise
- **Enhance Motivation**
- **Negotiate Plan**

Brief Intervention & Referral



Risky or Harmful (A8-19 D1-5)

- Recommend further evaluation
- Give local and national resources
- Educational Information
- Primary Care



Dependent (A20+ D6+)

- Further assessment
- Treatment
- Inpatient
- Detoxification
- Alcoholics Anonymous
- Primary Care

Implementation

Core Components

- Pre-Screen
- Screen
- Brief Intervention
- Referral

Considerations

- Generalist
- Specialist
- Reimbursement
- Follow-up
- Brief Treatment
- Documentation
- Referral sources
- 42CFR Part 2

SBIRT Evolution

- Affordable Care Act
- Every new insurance plan
- Commonplace in Primary Care

SBIRT Summary

- Re-frame 4% Problem to 25%
- Solution = Oklahoma SBIRT (\$)
- Better Health and Reduced Cost
- Free Training and Tech Assist

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