



SBIRT 101

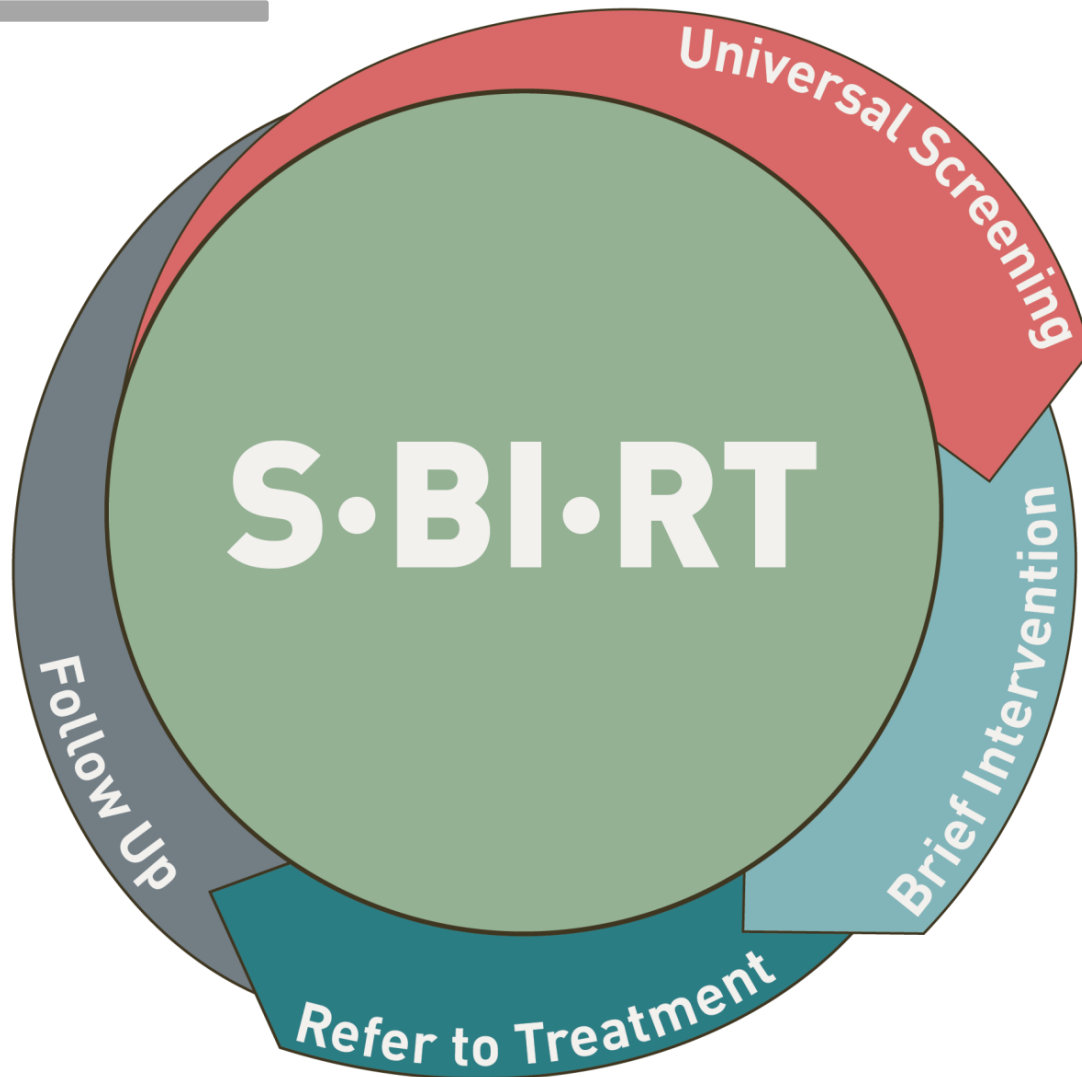
NH Center for Excellence in Alcohol and Drug Best Practices

Community Health Institute, Bow, NH

www.sbirtnh.org



The Process – Welcome Back



S|BI|RT

Screening: Very brief set of questions that identified risk of substance use related problems.

Brief **I**ntervention: Brief conversation educating about risks and motivating towards change.

Referral to **T**reatment: Steps for those who acknowledge their risks for specialized care.

Screening is NOT Diagnosis

Screening



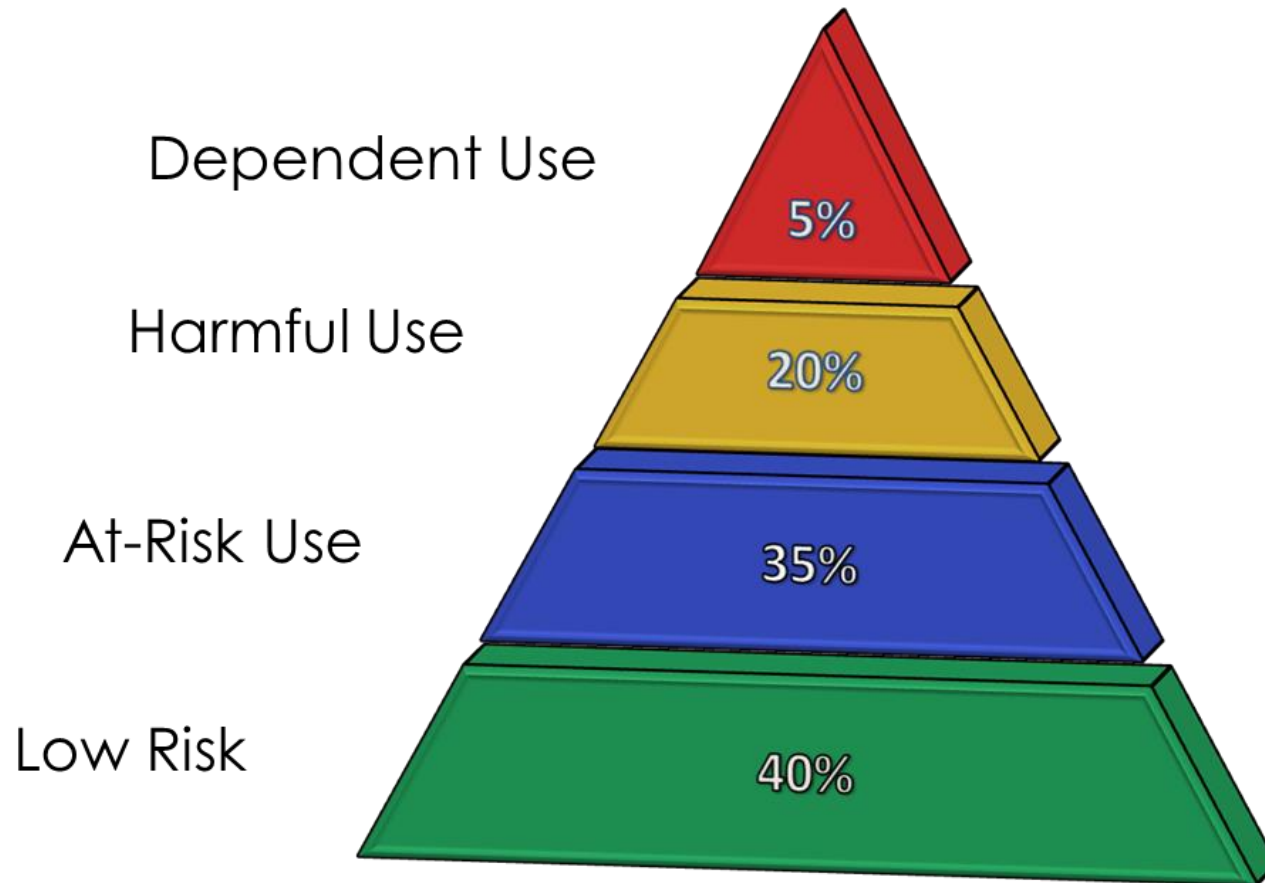
Assessment



Why Screen all Patients?

- At risk drinking problems are common
- Heavy drinking often goes unnoticed
- Patients are likely to be receptive, open and willing to modify behavior
- Primary care makes a difference

Why Screen?



Screening

SCREENING does provide

Immediate

rule-out of low/no risk patients.

identification of level of risk for patient.

Context for a discussion of substance use as part of health care.

Identification

of patients who are most likely to benefit from brief intervention.

of patients who are likely in need of referral.

Screening Tools

Youth

- S2BI
- CRAFFT

Adults

- NIDA Quick Screen & Full
- Audit - C, Audit –10
- DAST
- CAGE
- ASSIST

- TWEAK
- T-ACE

Let's Review: Screening

Screening does NOT provide a diagnosis.

Screening does provide immediate rule-out of no risk/low risk users and identification of patients risk level.

Screening does provide information to be explored further.

Brief Intervention

A patient-centered motivating response

- Reinforces no use (youth & pregnant women),
- Activates reduction of harmful use, **or**
- Facilitates access to further assessment and treatment.

Brief Intervention

A motivating conversation
in which the healthcare
provider understands

- level of risk (screening score)
- readiness to change, and
- specific needs and life circumstances.

Brief Intervention

Utilize motivational interviewing techniques to

- Educate regarding safe levels of use.
- Increase awareness of the health consequences of current use.
- Motivate towards changing risky using behavior.
- Assist the patient in making choices that reduce their risk of substance use problems.

Listen and Understand

Ambivalence
is NORMAL



Sustain Talk

“My dad is an alcoholic; I’m not like him.”

“You don’t understand, pot is the only thing that helps my nausea and helps me sleep...”

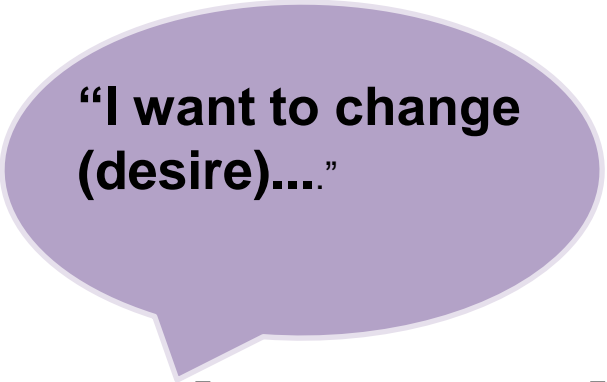
What would you say?

“Everybody drinks in college.”

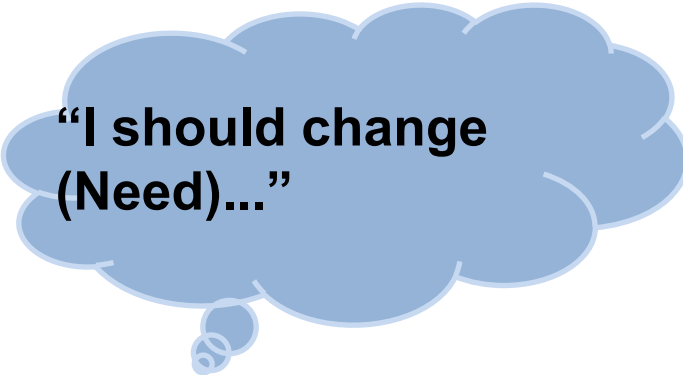
“I just like the taste.”

“I can quit using anytime I want to.”

Change Talk



**“I want to change
(desire)....”**

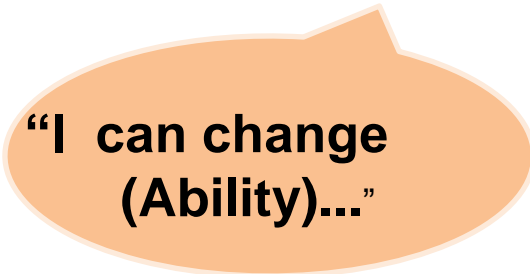


**“I should change
(Need)...”**

What does ambivalence sound like?



**“It is important to
change (Reason)...”**



**“I can change
(Ability)...”**

What ambivalence looks like...

Change Talk

- I really need to stop smoking pot because of the bad example for my kids and for my pregnancy.
- My alcohol use is really getting the best of me.

Sustain Talk

- I smoke outside and I really enjoy my time to be alone. I don't know how I am going to do without it.
- But it is the only way I can get any relief from all of this stress and relax at the end of the day.

Spirit of MI

Collaboration vs. Confrontation

Evocation or Drawing Out vs.
Imposing Ideas

Autonomy vs. Authority

MI Skills

Skills of MI

Elicit Response

Ask Permission

Ask open questions

Listen, Listen, Listen

Give Affirmations

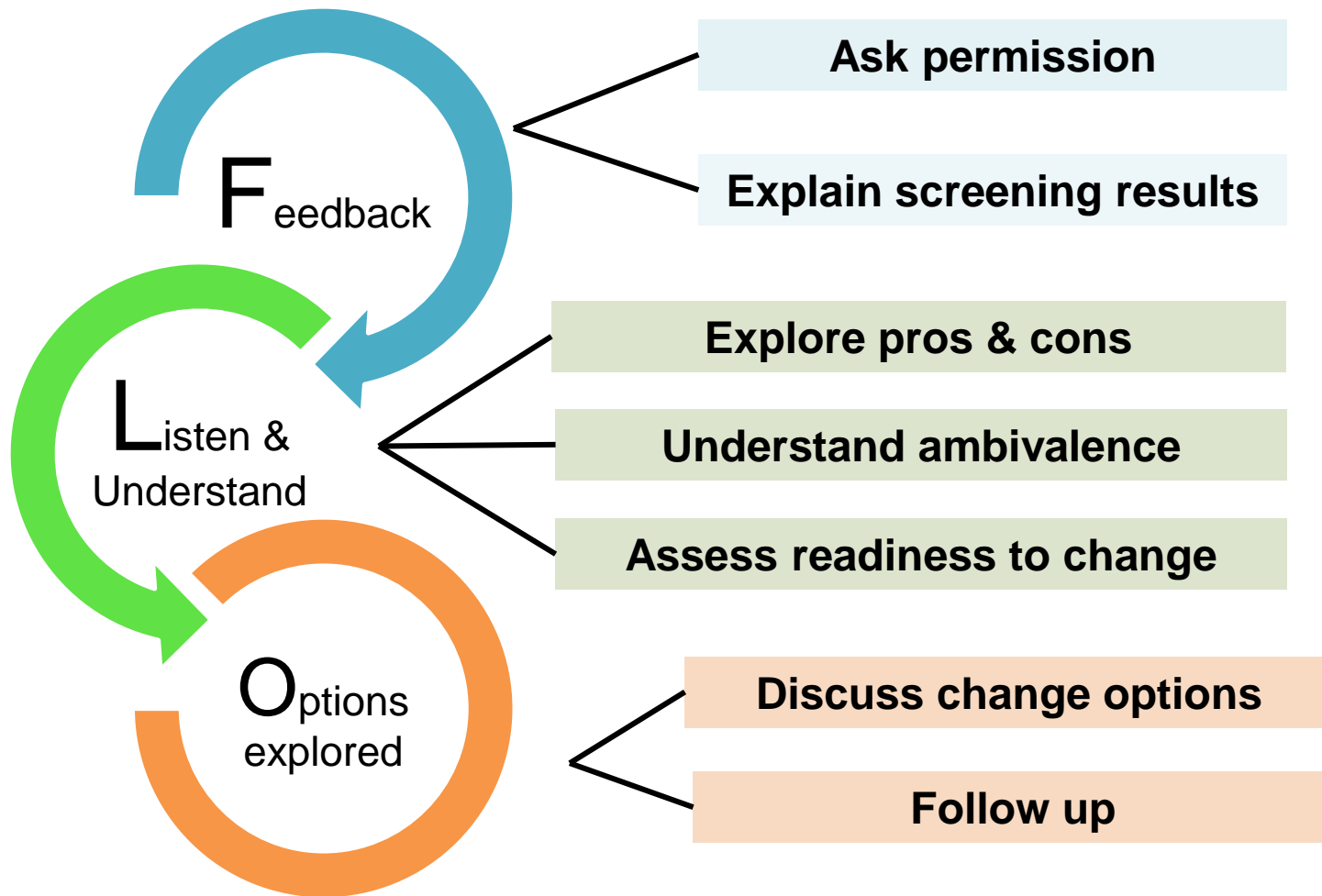
What Not To Do:

- Ordering, directing, warning, threatening
- Giving advice, making suggestions, providing the answer
- Persuading with logic, arguing, lecturing
- Moralizing, preaching,
- Judging, criticizing, blaming
- Agreeing, approving, praising
- Shaming, ridiculing, name calling
- Interpreting, analyzing
- Sympathizing
- Questioning, probing
- Withdrawing, distracting, humoring,
- Changing the subject

Listen, Listen, Listen

- Give the person your undivided attention
- Try not to make judgments about what you are hearing
- Listen for anything that indicates interest in making even a small change – baby steps are okay

Brief Intervention – 3 Tasks



FLO: Feedback



The Feedback Sandwich

- ✓ Ask Permission
- ✓ Provide Information
- ✓ Ask for Response

FLO: Educate on Safe Levels of Use

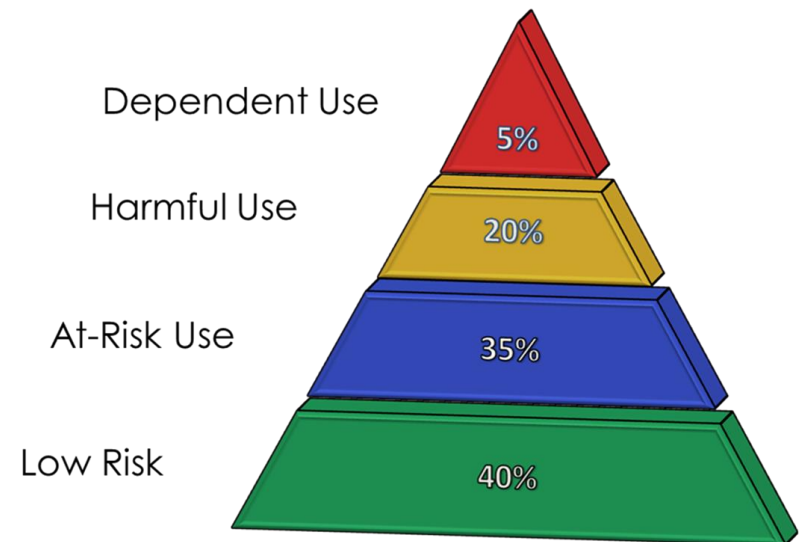
What does moderate drinking mean?

Women:

- Up to 1 drink per day for women
- No more than 3 drinks per occasion
- No more than 7 drinks per week

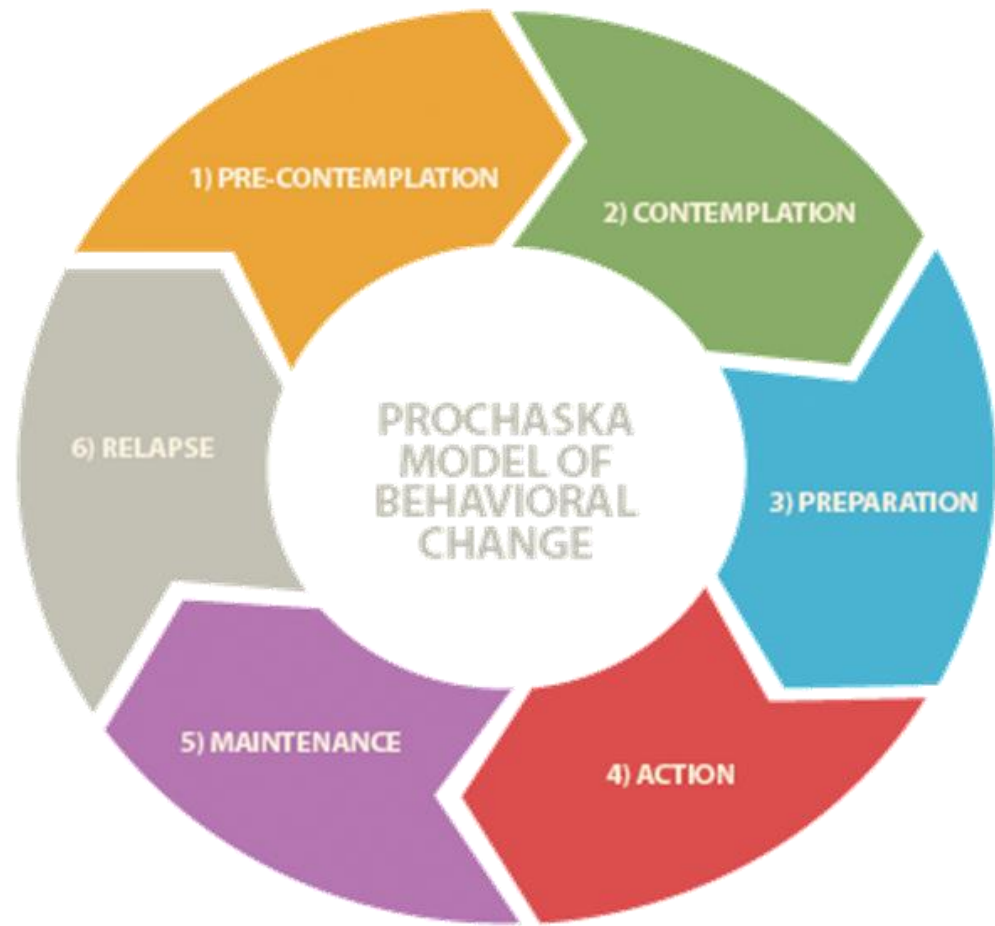
MEN:

- Up to 2 drinks per day for men
- No more than 4 drinks per occasion
- No more than 14 drinks per week



FLO: Understanding Readiness

Prochaska's Stages of Change



FLO: Listen and Understand

Explore the pros/cons
Explore Good and Not So Good
Importance/Confidence Ruler
Ask opened ended questions
Clarify or summarize
Over shoot or under shoot



FLO: Listen and Understand

Do you if we talk about your screening results?

Is it alright to take a few minutes and talk about your drinking?

Can we talk about some things others have done to cut back?

Are you open to talking about ways to cut back/quit?

I have your results from the screening before we start I wanted to ask you, “What are some changes you would like to make?”

FLO: Options Explored ~ What and How

Manage drinking/use (cut down to low-risk limits)

Eliminate your drinking/drug use (quit)

Never drink and drive (reduce harm)

Utterly nothing (no change)

Seek help (refer to treatment)

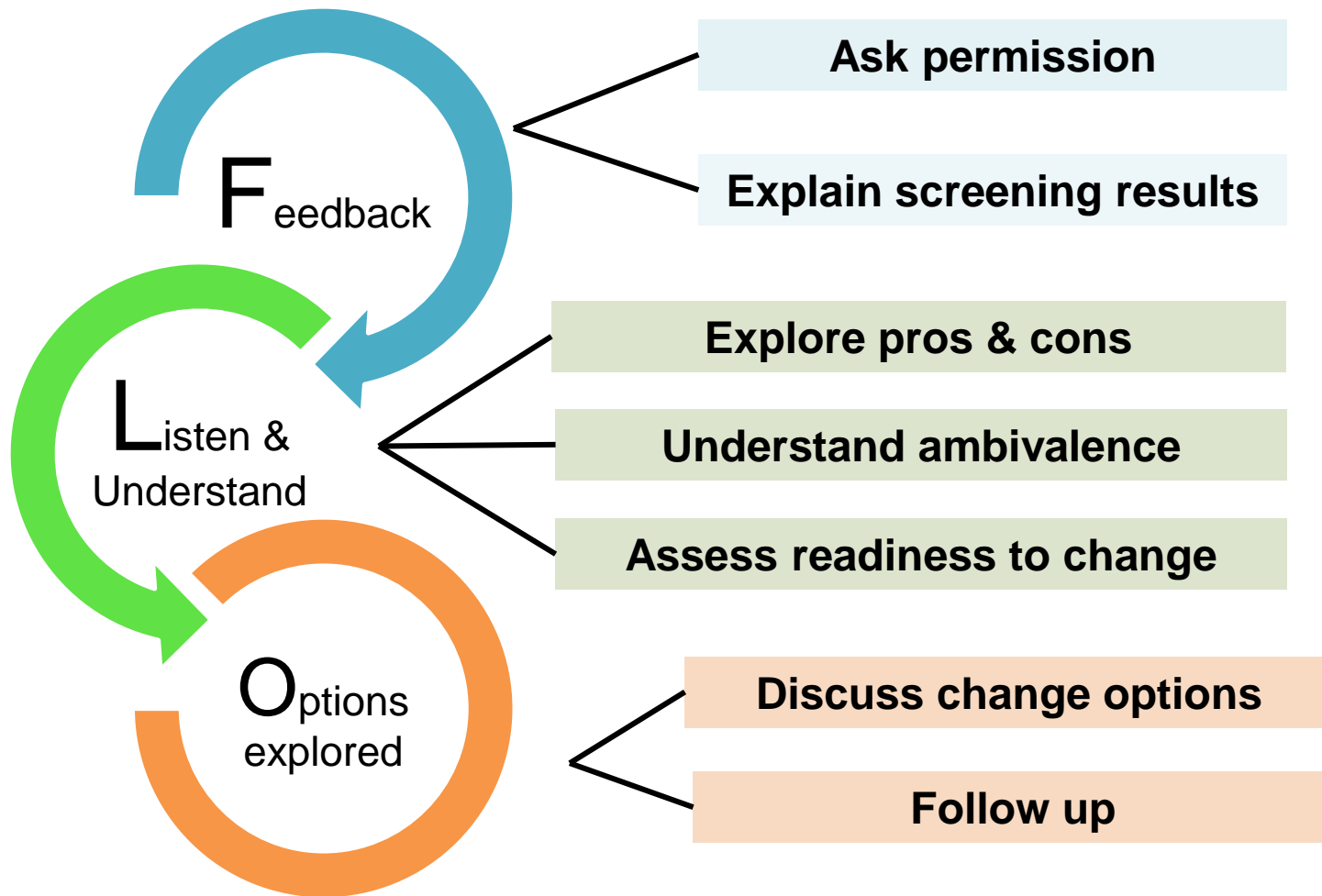


FLO: Options Explored

Giving Advice Without Telling Someone What to Do

- ✓ Ask Permission
- ✓ Provide Clear Information
 - *“What happens to some people is that...”*
 - *“Thank you for sharing so honestly what you have been dealing with. Based on what you have told me ... my recommendation would be that...”*
- ✓ Elicit their reaction
 - *“What do you think?”*
 - *“What are your thoughts?”*

How does this fit together?



S|BI|RT

Referral to Treatment

Active Referral

Warm Handoff

Scheduled Follow Up

Continuous Disease Management

Referral to Treatment



1-800-711-4357



**Can experience addiction • Can ask for help
Can recover • Can save a life**

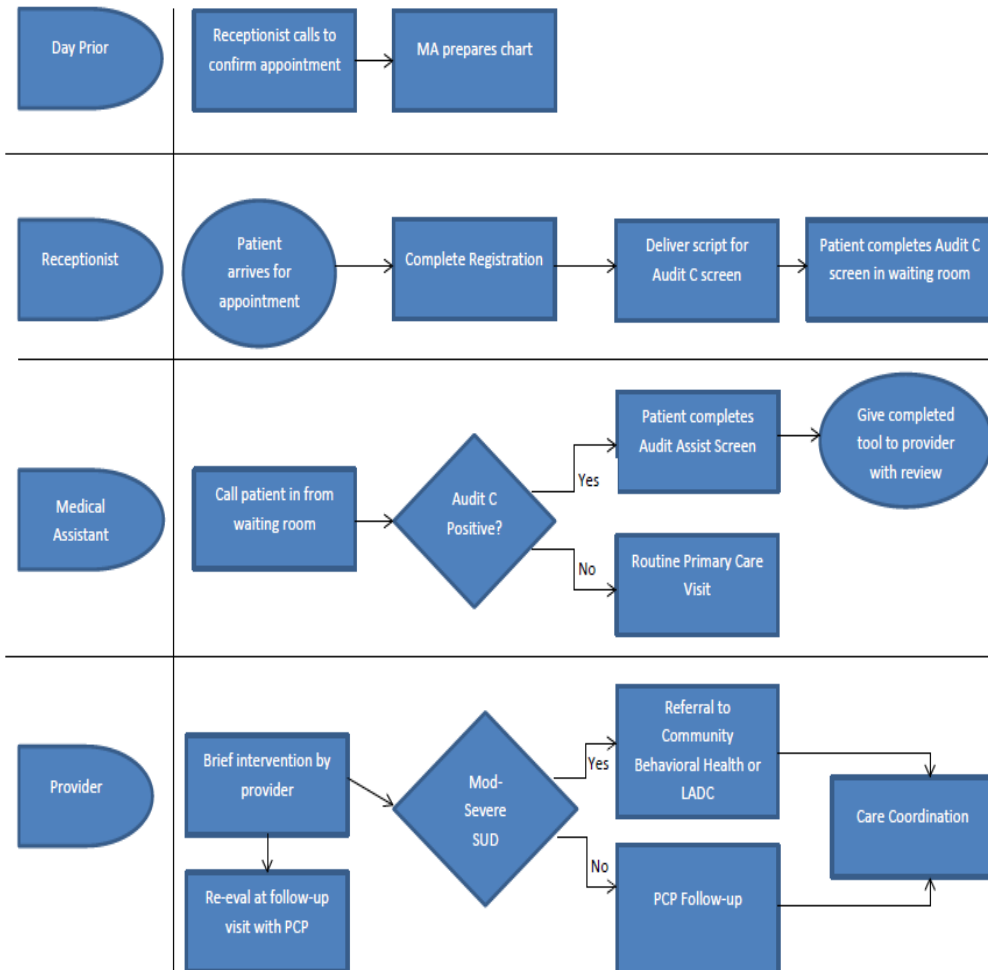
AnyoneAnytimeNH is an initiative of the New Hampshire Department of Health and Human Services

Referral to Treatment

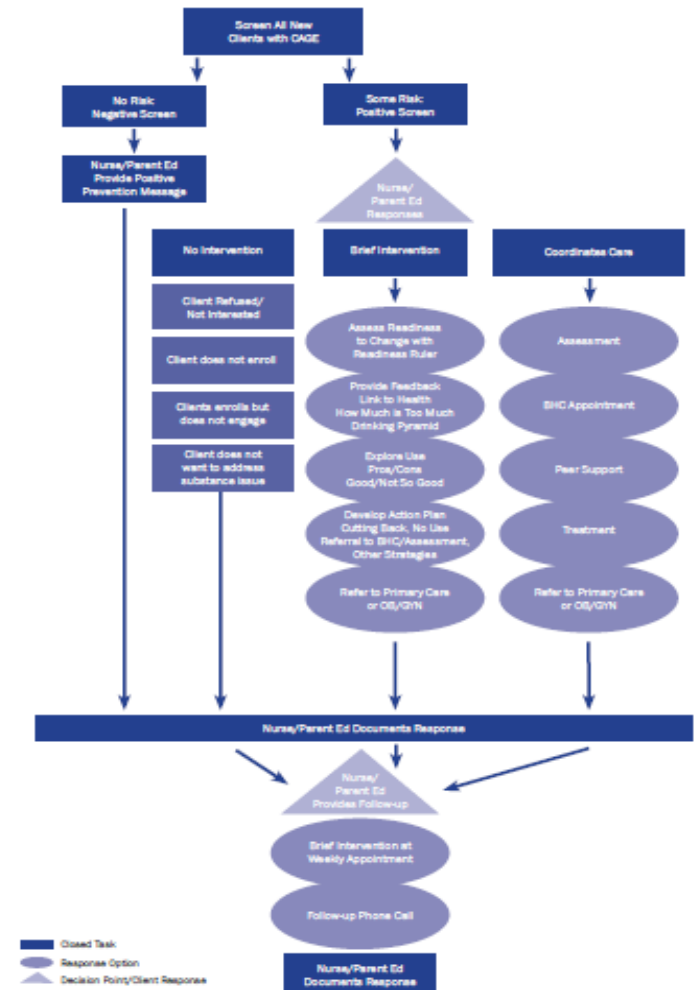
- Few patients screened will require referral to external substance use disorder assessment and treatment
- Refer when
 - S|BI indicate high risk use and/or severe consequences of use
 - Patient requests or agrees to assistance

Putting it All Together

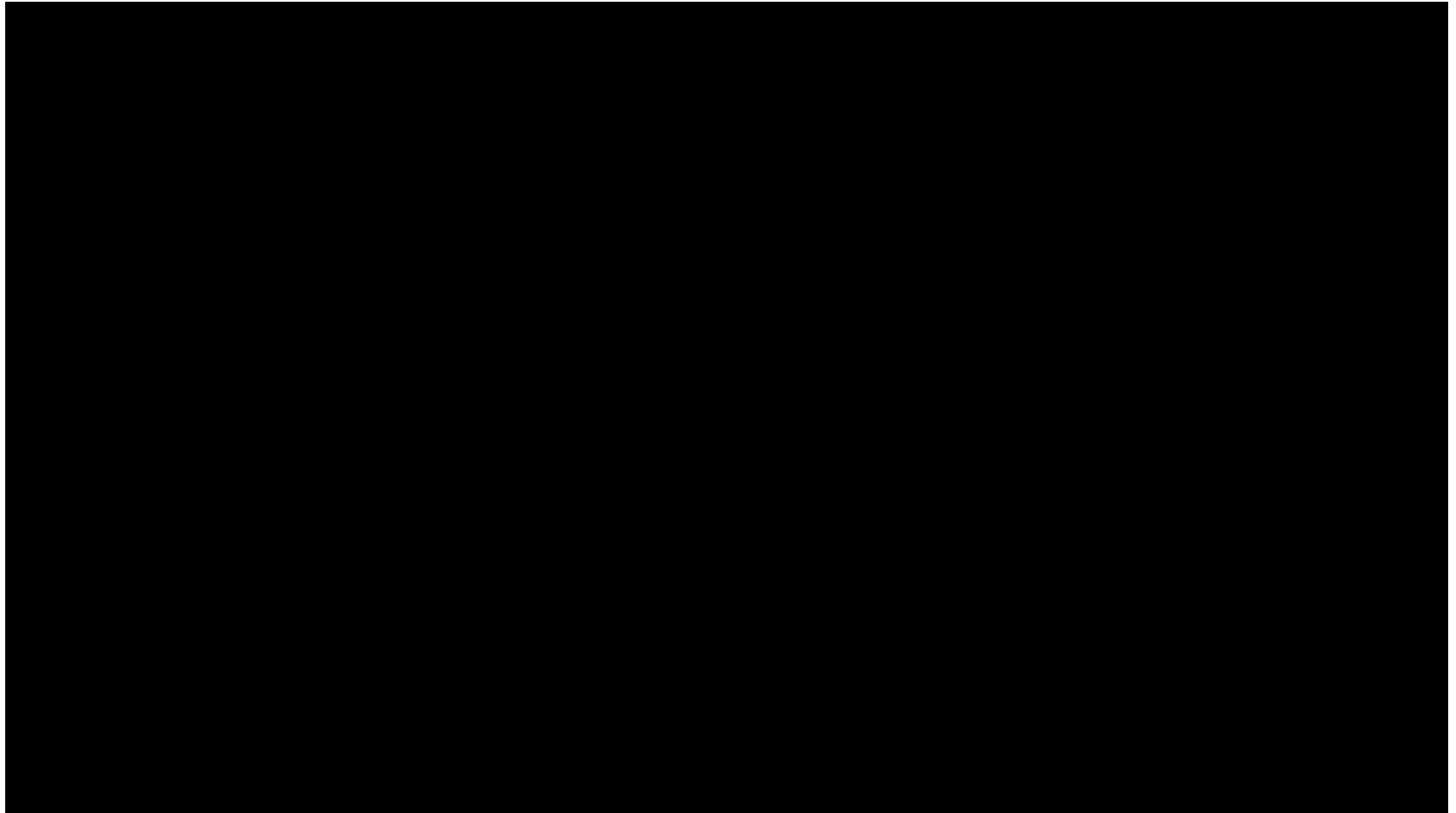
Site Flow Chart

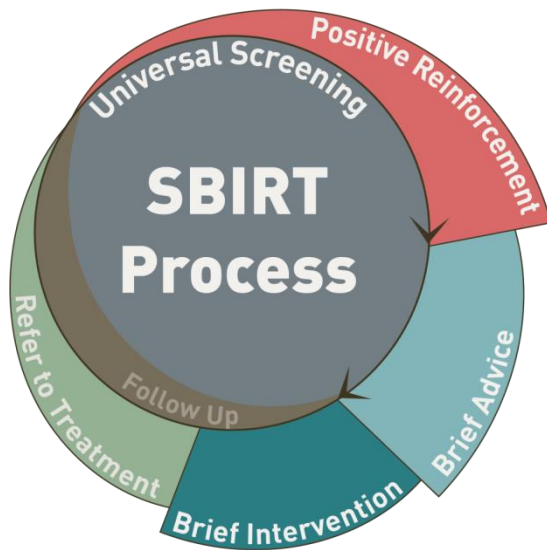


SBIRT PROCESS MAP TLC FAMILY RESOURCE CENTER



Screening: Getting Started





www.sbirtnh.org

Community Health Institute/JSI