

Adopt SBIRT

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***ENHANCED PROFESSIONAL
LEARNING SERIES***



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Overview of SBIRT

Week #1



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Agenda

Welcome

- Overview of Workwise Series
- Introductions

Presentation

- Why...A good place to start!
- Need for these Services
- Overview of SBIRT

Summary

- Preview of next week
- Assign Learning Activity
- Questions

Workwise is an online learning series that provides interactive training and consultation to professionals delivering behavioral health services on topics essential to increasing knowledge, building skills, and changing practice through the adoption of evidence-based and promising practices.

Workwise uses:

- *Virtual interactive training through real-time skill-based learning and practice*
- *Group and self- study activities*
- *Reading assignments*
- *Discussions*





Help During this Challengin g Time

Disaster Distress Helpline



1-800-985-5990



TEXT: “TalkWithUs” to 66746



DisasterDistress.samhsa.gov

SAMHSA

HHS.gov

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Week	Agenda/Topic	Assignment	DATE
	Orientation to Technology Session		DONE
One	Welcome/The “WHY” and Overview of	View Video and Review Patient Scenarios and questions	RIGHT NOW!
Two	Closer Look at Screens and Brief Interventions The steps to a Brief Intervention and the spirit of MI	View Videos with Proficiency Checklist	
Three	Referral to Treatment/Warm Handoff: Making effective referrals, Resources in your community, utilizing technology	Activity on referral options and view video and consider questions	
Four	Implementation of SBIRT into Workflow: Tips, Hurdles, Strategies on BH Integration	Watch Video Diagram workflow in your agency	
Five	Integration of SBIRT and other BH Strategies in your agency, region, and state	Read Article and Consider Questions;	
Six	Cultural Considerations/Co-Occurring Disorders Additional screening options for co-occurring disorders, prevalence of other disorders such as depression and anxiety, cultural sensitivity in the implementation process		

Introductions!

Hello
my name is

Break Out Groups!

You will introduce yourself to your peer
You will return and introduce your peer
to the group...so you will have to listen!



Something to Ponder...

How will these
services benefit the
patients that I am here
to help?



Screening

- Standardized tools to quickly assess risk level
- Pre-screen - universal
- Full Screen - targeted

Brief Intervention

- Help patients understand their substance use and health impact; motivate behavior change.

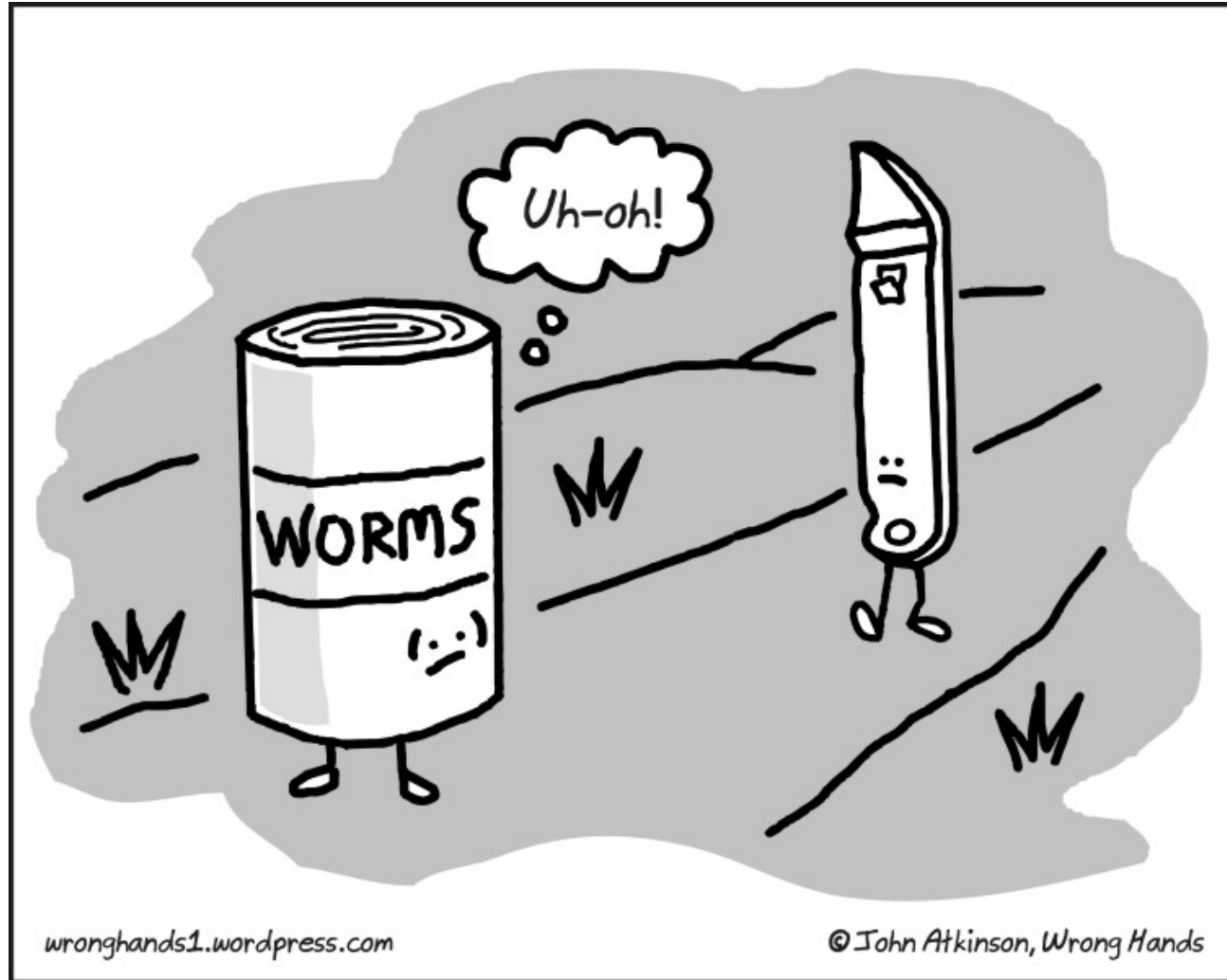
Referral to Treatment

- Help patients showing signs of a substance use disorder to access specialty care.



**POLLING
QUESTION:**
Do you have SBIRT
as part of your
current services?

What are we
really talking
about?





Payment Structures are changing...

- It is no longer a question of “IF” we go to more outcome based (value based) payment systems, but “WHEN”



The CDC Reports

A few Years Ago...



Recently Reported



Are Overdose Rates Higher in Rural Areas?

Higher rates of overdose are found in rural areas than in urban areas for particular substances like methamphetamines

(Centers for Disease Control and Prevention-Rural Overdose Deaths, 2017; Hedegaard & Spencer, 2021)



**Alcohol screening and brief intervention can help
prevent or reduce alcohol exposure during pregnancy.**



80%

**of pregnant people were asked about
recent alcohol use at their last
healthcare visit.**



Only 16%

**who reported current drinking
were advised to quit or reduce
their alcohol use.**

**We can do more to address barriers to implementing alcohol
screening and brief intervention during pregnancy.**

Luong J, Board A, Gosdin L, et al. Alcohol Use, Screening, and Brief Intervention Among Pregnant Persons — 24 U.S. Jurisdictions, 2017 and 2019. MMWR Morb Mortal Wkly Rep 2023;72:55–62.

More information on FAS can be found here:

<https://www.cdc.gov/ncbddd/fasd/data.html#Alcohol-Use-among-Pregnant-People%20>

(MMWR 2023)



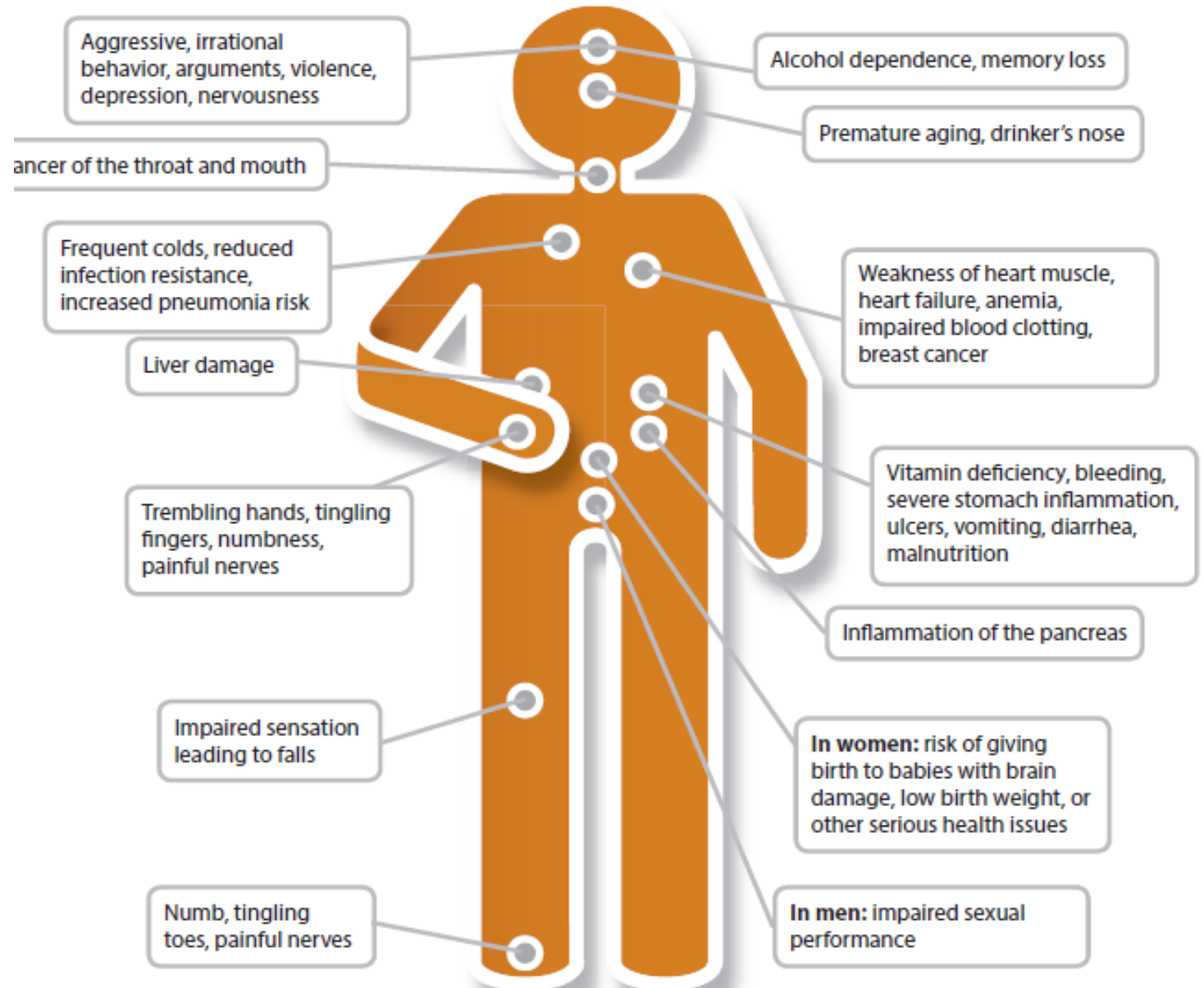
**Our brains
are not
fully
developed
in our
teenage
years**



**Physically it affects
us...**

RISKY AND HARMFUL DRINKING

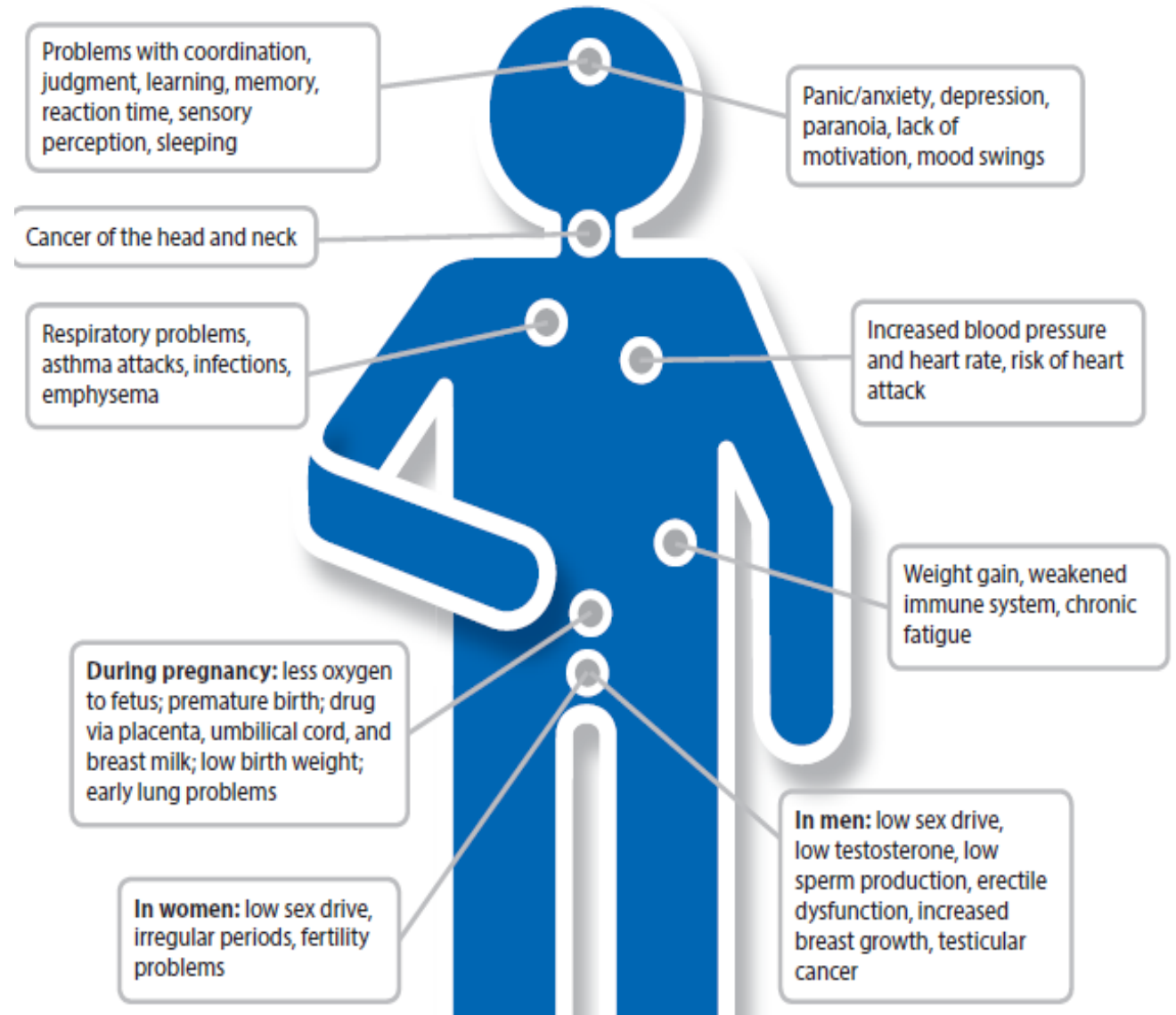
Effects on the Body



Marijuana

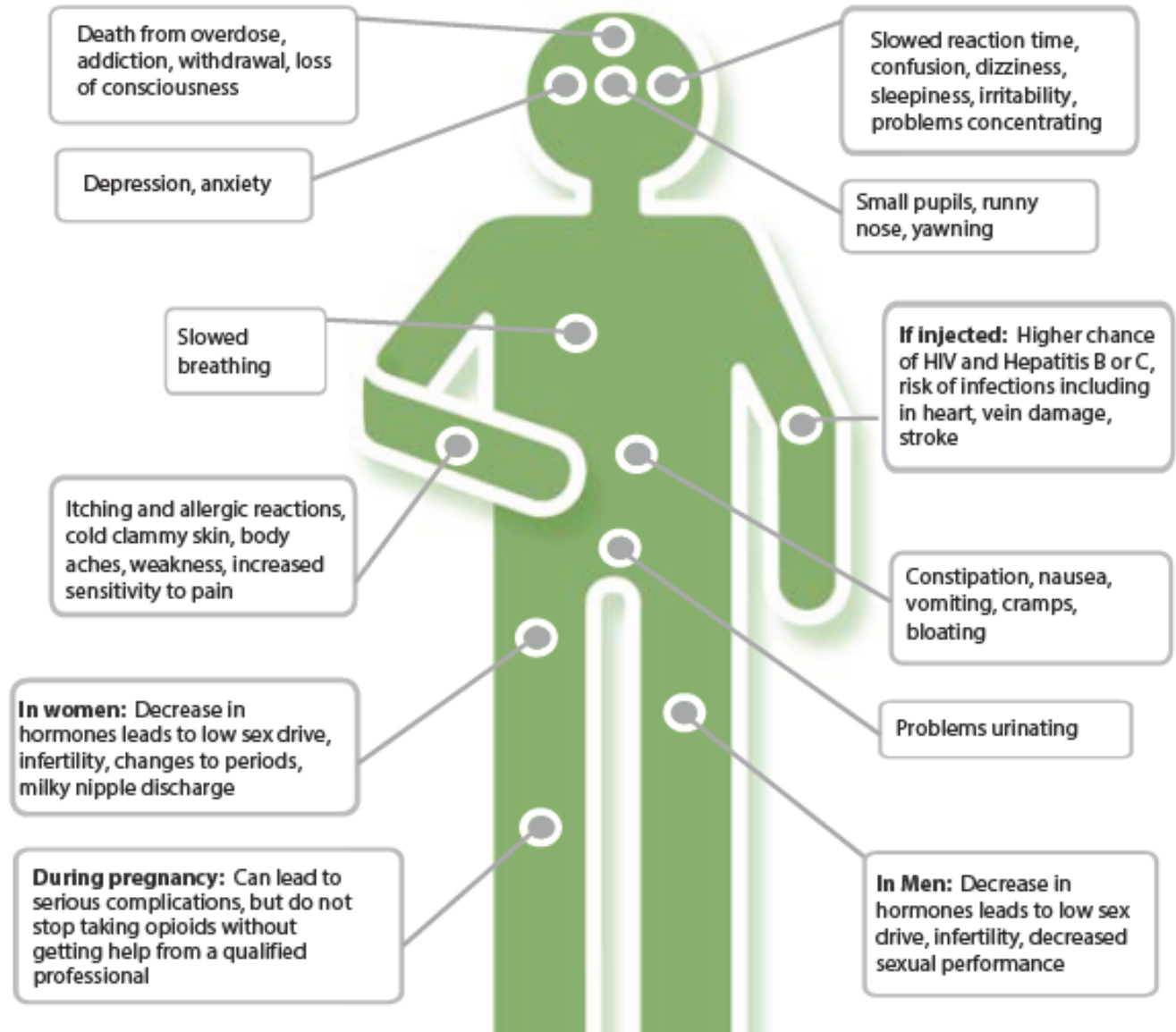
- Marijuana use also causes reproductive health issues. There is a lot of misinformation about marijuana use during pregnancy and breastfeeding.

MARIJUANA: Effects on the Body



Prescription Opioids and Heroin

Effects on the Body



The CDC logo is displayed in white, bold, serif capital letters on a blue rectangular background. The background of the logo features a pattern of white diagonal lines. The entire slide has a dark blue background with a network of white lines and stylized human figures in various shades of blue.

CDC

UPDATE

The on-going waves of the recent pandemic are being seen in a rise in behavioral health issues:

Stress During an Infectious Disease Breakout Can include...

Increased use of alcohol, tobacco, and other drugs

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Human Toll

Are the risk factors for Behavioral Health Issues higher when living in Rural Areas?

Access, availability, and acceptability issues include greater distances to services, lack of specialty care, provider shortages, and a lack of culturally competent service provision can impact behavioral health services in rural areas

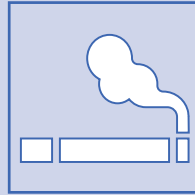




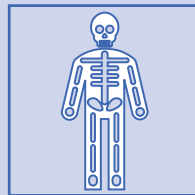
You Tell me....

***Why is this important to you /
your agency to start talking
about substance use with
patients/clients/participants?***

CONDITIONS Can be Co-Occurring



Research has also shown that mental disorders and cigarette smoking are frequently co-occurring conditions (TAP#33)



Among the adults in the U.S. who experienced a substance use disorder, 50.5% had a co-occurring mental illness (Center 2015)

Treatment needs to go hand in hand...

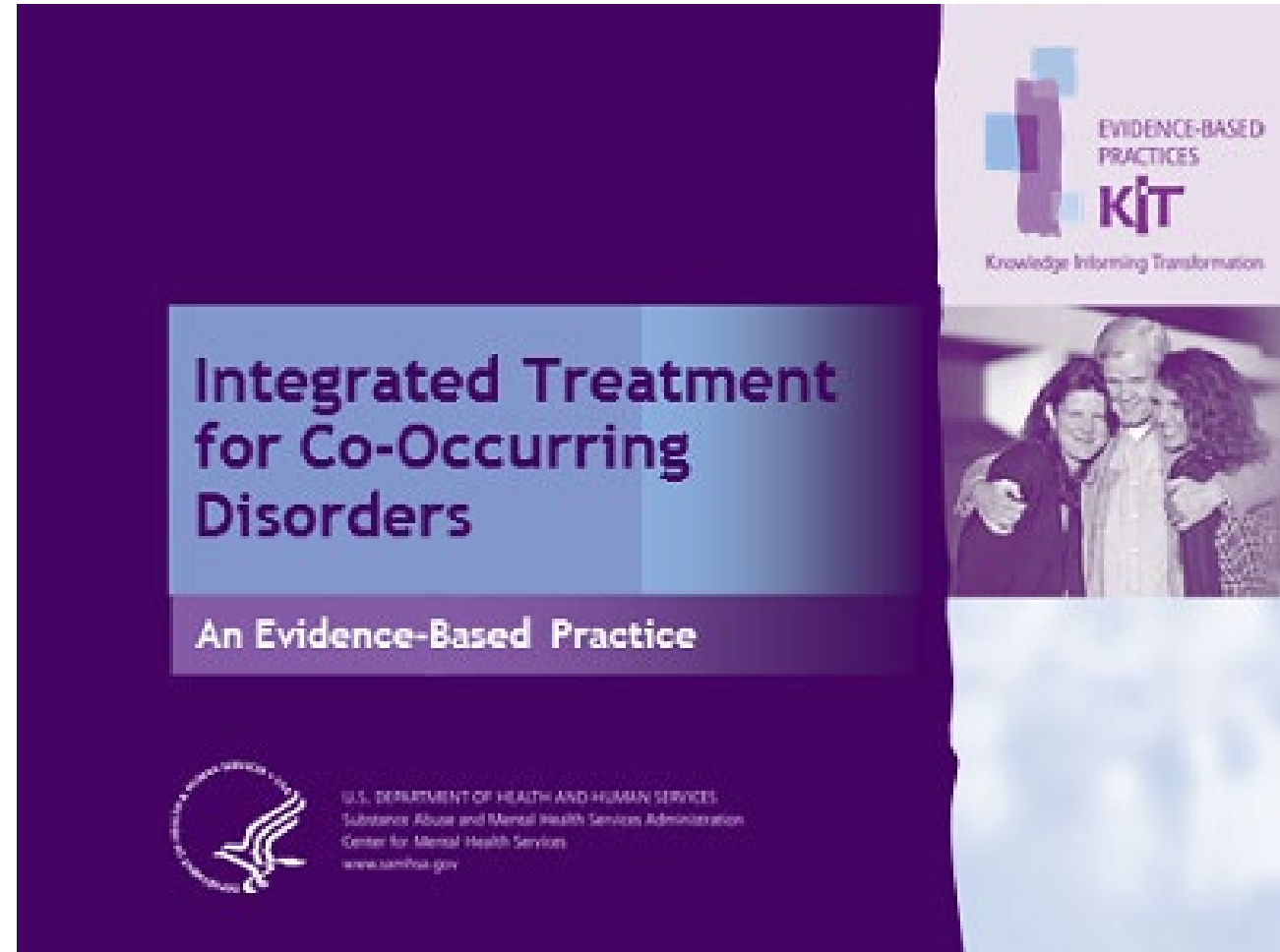
According to SAMHSA,
the most effective dual
diagnosis regimen treats
both the mental illness and
substance issues **at the
same time.**

(SAMHSA 2020)



EBP Kit- SAMHSA

<https://store.samhsa.gov/product/Integrated-Treatment-for-Co-Occurring-Disorders-Evidence-Based-Practices-EBP-KIT/SMA08-4367>





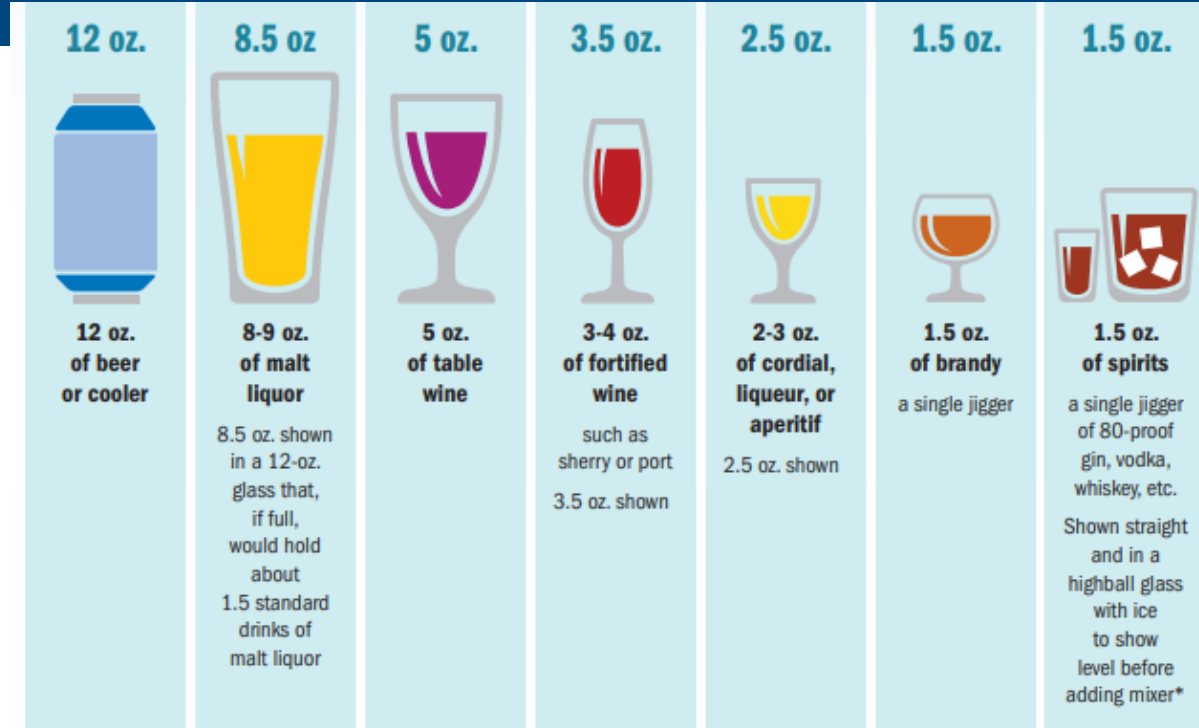
When should we try to do something?

What is ONE
drink?

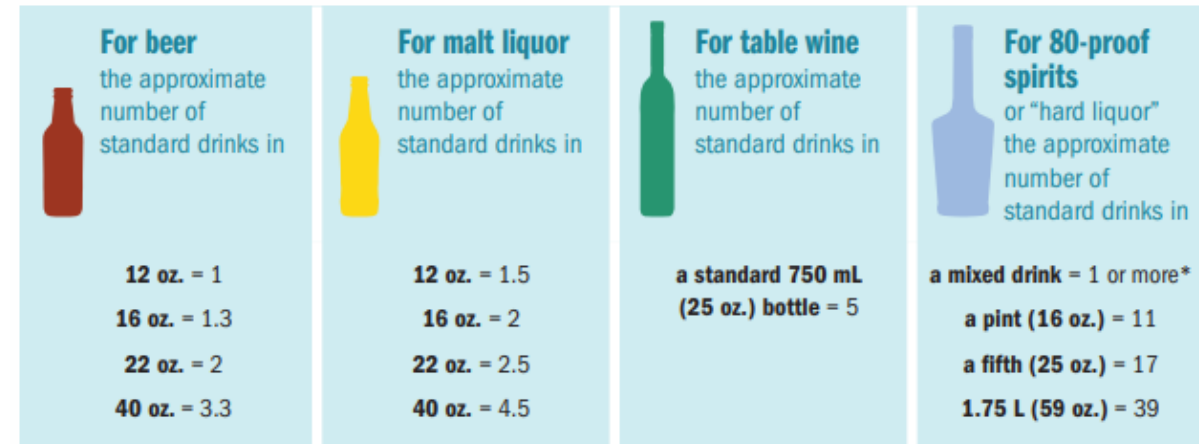


What is one drink?

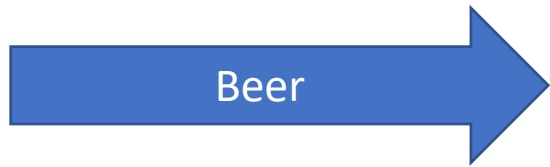
<https://www.cdc.gov/ncbddd/fasd/documents/AlcoholSBIImplementationGuide-P.pdf>



Many people don't know what counts as a standard drink and so they don't realize how many standard drinks are in the containers in which these drinks are often sold. Some examples:



Beer



Wine



Liquor



Fun Fact

Drinking in Moderation CDC-2020 Recommendation



<https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>

***Women who are pregnant or may become pregnant should not drink alcohol.**

Research has shown that:

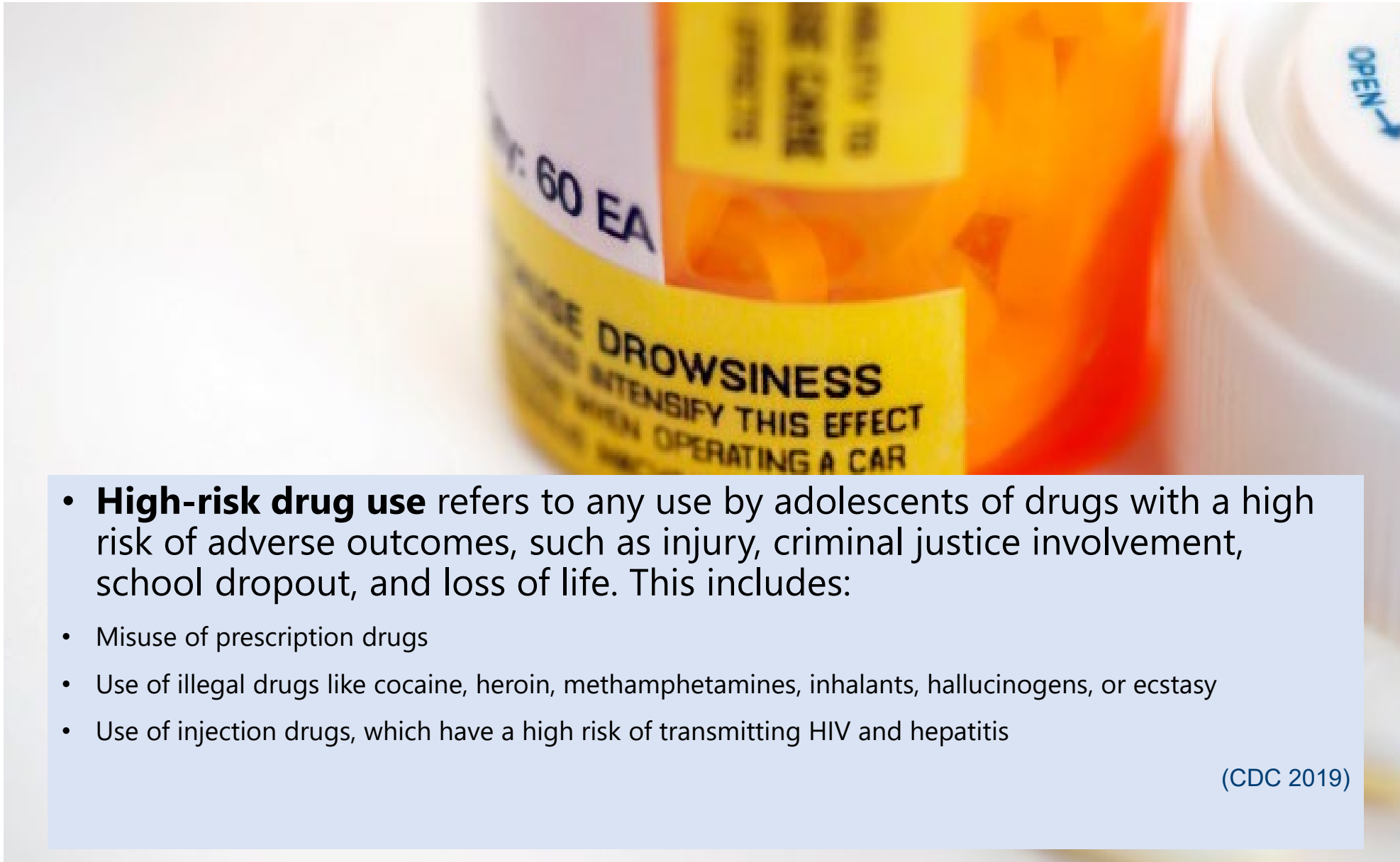
Drinking at levels above the moderate drinking guidelines significantly increases the risk of short-term harms, such as injuries, as well as the risk of long-term chronic health problems, such as some types of cancer.



Alcohol and Breast Cancer (possible resource)



<https://www.youtube.com/watch?v=JAVV-Hmp9o8>



- **High-risk drug use** refers to any use by adolescents of drugs with a high risk of adverse outcomes, such as injury, criminal justice involvement, school dropout, and loss of life. This includes:
 - Misuse of prescription drugs
 - Use of illegal drugs like cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy
 - Use of injection drugs, which have a high risk of transmitting HIV and hepatitis

(CDC 2019)

Outcomes

In a large study of SBIRT outcomes,
Over 5 years
Over 1 million People

- Provided early identification efforts for hazardous use of alcohol and illicit drugs.
- SBIRT is an innovative way to integrate the management of substance use disorders into primary care and general medicine.
- Screening, Brief Intervention and Referral to Treatment implementation was associated with improvements in treatment system equity, efficiency and economy

(Babor 2017)


Talk to Someone Simulation-CDC

<https://www.cdc.gov/cancer/survivors/life-after-cancer/talk-to-someone-simulation.htm>



**Talk to
Someone**

ALCOHOL



**SBIRT:
Screening**

The diagram features a central black circle with a white border containing the text 'SBIRT: Screening'. To the right of this circle are three stacked, rounded rectangular boxes. The top box is yellow and labeled 'Screening', the middle is green and labeled 'Brief Intervention', and the bottom is a darker green and labeled 'Referral to Treatment'. Each box is connected to a corresponding light-colored rounded rectangular box containing a list of bullet points.

Screening

- Standardized tools to quickly assess risk level
- Pre-screen - universal
- Full Screen - targeted

Brief Intervention

- Help patients understand their substance use and health impact; motivate behavior change.

Referral to Treatment

- Help patients showing signs of a substance use disorder to access specialty care.



Motivating
People to
CHANGE



Watch Video and Consider Questions



**Consider a couple of patient scenarios and
be ready to discuss all this next week!**

Learning Activity-Week #1

