

Guideline for Alcohol and Substance Use Screening, Brief Intervention, Referral to Treatment (SBIRT)

Why screen for alcohol and drug use?

Brief motivational conversations with patients can promote significant, lasting reduction in risky use of alcohol and other drugs. Nearly 30% of adult Americans engage in unhealthy use of alcohol and/or other drugs, yet very few are identified or participate in a conversation that could prevent injury, disease or more severe use disorders.*

STEP
1

Brief Screening

Frequency:

» *Alcohol and Drugs:* At least yearly; consider screening at every visit. Consider more frequent screening for women who are pregnant or who are contemplating pregnancy; adolescents; and those with high levels of psychosocial stressors.

Youth (ages 11-17 years)

See **CRAFFT Toolkit** for youth information.

Adults (18+ years old)

Substance	Questions	Positive Screen	Negative Screen
Alcohol: <i>Assess frequency and quantity</i>	1. How many drinks do you have per week?	1. All women or men >65 years: More than 7. Men ≤65 years old: More than 14. -----OR----- 2. In the past 3 months.	Reinforce healthy behaviors. See "For all patients, consider:"
	2. When was the last time you had 4 or more (for men >65 years and all women) or 5 or more (for men ≤65 years) drinks in one day?		
Drugs[†]	In the past year, have you used or experimented with an illegal drug or a prescription drug for nonmedical reasons?	Yes	

For all patients, consider:

- Any alcohol use is a positive screen for patients under 21 yrs. or pregnant women.
- Potential for alcohol-exposed pregnancy in women of childbearing age; assess for effective contraception use.
- Alcohol/medication interactions.
- Chronic disease/alcohol precautions.
- Role of substance use in depression and other mental health conditions.
- Medical marijuana use.

A standard drink is:



Positive on alcohol and/or drug brief screen: proceed to Step 2.

STEP
2

Further Screening

Patients with a positive brief screen should receive further screening/assessment using a validated screening tool. Scoring instructions are on each tool.

Screening tools: <ul style="list-style-type: none"> • AUDIT (<i>adult alcohol use</i>) • DAST-10[©] (<i>adult drug use</i>) • CRAFFT (<i>adolescent alcohol and drug use</i>) 	Low risk: Provide positive reinforcement
	Moderate risk: Provide brief intervention
	Moderate-high risk: Provide referral to brief therapy
	High risk: Refer to treatment

STEP 3 → (page 2)

*"Helping Patients Who Drink Too Much: A Clinician's Guide," U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism. Updated 2005. www.niaaa.nih.gov/guide

Brief Intervention - Brief Therapy - Referral to Treatment

A Brief Intervention is a short motivational conversation to educate and promote health behavior change.

Important: Recognize a person's readiness to change and respond accordingly.



Use OARS:

- Open-ended questions
- Affirmations
- Reflections
- Summaries

Brief Intervention (Brief Negotiated Interview model¹¹): This model may also be used to address other substance use.

1. Raise the subject.

- » "Would you mind if we talked for a few minutes about your alcohol use?"
 - › Ask permission.
 - › Avoid arguing or confrontation.

2. Provide feedback.

- » "We know that drinking above certain levels can cause problems such as..."
 - › Review reported substance use amounts and patterns.
 - › Provide information about substance use and health.
 - › Advise to cut down or abstain.
 - › Compare the person's alcohol use to general adult population (see drinking pyramid below).
- » "What do you think about this information?"
 - › Elicit patient's response.

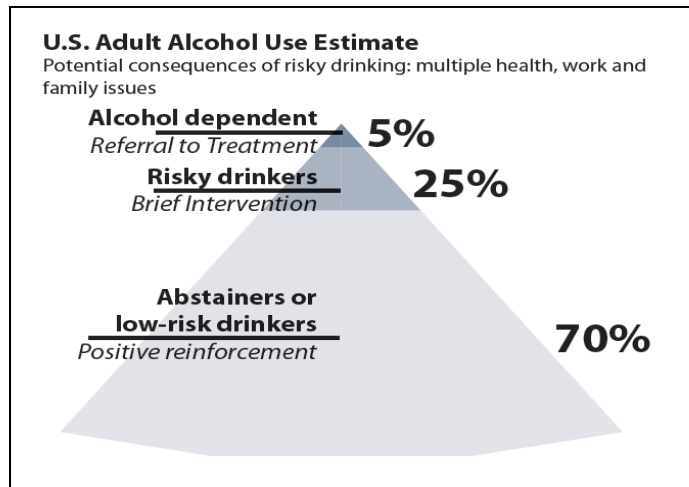
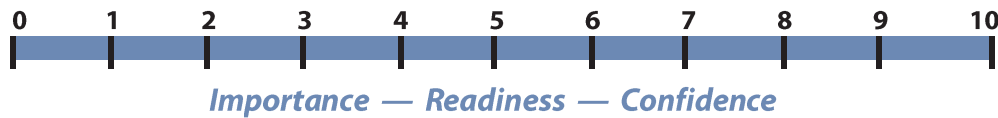
3. Enhance motivation.

- » "What do you like about your current level of drinking? What do you not like about your current level of drinking?"
- » "On a scale from 0-10, how **important** is it for you to decrease your drinking?"

- » "What makes you a 5 and not a lower number?"
- » "On a scale from 0-10, how **ready** are you to decrease your drinking?"
- » "What would make you more ready to make a change?"
 - › Assess readiness to change.
 - › Discuss pros and cons.
 - › Explore ambivalence.

4. Negotiate and advise.

- » "What's the next step?"
- » "What are the barriers you anticipate in meeting this goal? How do you plan to overcome these barriers?"
- » "On a scale from 0-10, how **confident** are you that you will be able to make this change?"
- » "What might help you feel more confident?"
 - › Negotiate goal.
 - › Provide advice and information.
 - › Summarize next steps and thank the patient.



Referral to treatment



Brief Therapy: For moderate to high risk use of alcohol or drugs

- Motivational discussion; focused on empowerment and goal setting
- Includes assessment, education, problem-solving, coping strategies, supportive social environment
- Typically 4-6 sessions, each one approached as though it could be the last

Substance Use Disorder Treatment: For high risk alcohol or drug use

- Proactive process to facilitate access to specialty care
- Focus on motivating a person to follow-up on referral for further assessment and possible treatment
- Appropriate level of care may include inpatient, outpatient, residential
- Pharmacotherapy options: www.healthteamworks.org/guidelines/sbirt.html

Referral information in Maine - <http://www.maine.gov/dhhs/samhs/osa/help> or call (207) 287-8900 or (800) 499-0027 (in Maine only) or 2-1-1

SBIRT is reimbursable if:

- A validated screening tool is used
 - It is properly documented
 - Time requirement is met
- See www.healthteamworks.org for up-to-date information.

Documentation: Key points

- SBIRT should be documented like any other healthcare service.
- These records may require special permission for release. Consult your organization's privacy policy.
- Documented use of a validated screening tool (e.g., AUDIT, DAST, CRAFFT, ASSIST) required for reimbursement.

¹¹The Yale Brief Negotiated Interview Manual. D'Onofrio, et al. New Haven, CT: Yale University School of Medicine. 2005.