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Agenda

- What is SBIRT?
- Why is it important?
- How is it done?
- How/where is it implemented?
What is SBIRT?

• **Screening:** Identify patients with unhealthy alcohol/substance use

• **Brief Intervention:** Conversation to motivate patients who screen positive to consider healthier decisions (e.g. cutting back, quitting, or seeking further assessment).

  In schools: BI for prevention for all who are screened.

• **Referral to Treatment:** Actively link patients to resources when needed
Why is it Important

• Only 1 in 6 adults talk with their doctor, nurse, or other health professional about their drinking/drug use.

• Alcohol/Drug screening and brief counseling can reduce the amount consumed on an occasion by 25% in those who drink too much.

CDC Vital Signs 2019 Alcohol Screening and Counseling
Historical Perspective on Addiction

No Problem

Problem
Prevalence

40 Million
or >1 in 7
AGES 12 AND OLDER HAVE ADDICTION...

...THIS IS MORE THAN THE NUMBER OF AMERICANS WITH:

- HEART CONDITIONS (27 Million)
- DIABETES (26 Million)
- CANCER (19 Million)
About 38 million adults in the US drink too much

Only 1 in 6 has talked about it with a health professional

For men, binge drinking is 5 or more drinks consumed on one occasion*

For women, binge drinking is 4 or more drinks consumed on one occasion*

*One occasion = within 2 to 3 hours

For men – 15 or more drinks on average per week

For women – 8 or more drinks on average per week

One Drink = 5-ounces of wine, 12-ounces of beer, or 1 ½-ounces of 80-proof distilled spirits or liquor

Drinking too much includes

Any alcohol use by pregnant women

Any alcohol use by those under age 21

University of Idaho WWAMI Medical Education
Why Screen Everybody?
Spectrum of Alcohol Use

- Abstain: 48%
- Lower risk: 29%
- At risk: 17%
- Unhealthy Alcohol Use: 6%

48% of the population is at healthy alcohol use.
Spectrum of Drug Use

- **Abstain**: 91%
- **Any Drug Use**: 7%
- **Illicit Drug Use**: 9%
SBIRT Goals

**Addiction:**
- Treat and/or refer for specialty addiction treatment

**Risky Use:**
- Educate to decrease risk of negative health & safety consequences and progression of disease

**Low/ No Risk:**
- Educate about risks and reinforce/ promote healthy norms
Health Consequences of Substance Use

- Cardiovascular disease
- Stroke
- Cardiomyopathy
- Arrhythmias
- Cancer
  - Breast
  - Throat
  - Mouth
- Esophagus
- Liver disease
  - Fibrosis
  - Cirrhosis
  - Alcoholic hepatitis
- Renal disease
- Diabetes mellitus
- Fetal Alcohol Spectrum Disorders
- Accidents/Injury
- Pancreatitis
- Osteoporosis
- Hepatitis C
- Overdose
- Depression

Source: UpToDate 2015 Mukamal KJ. Overview of the risks and benefits of alcohol consumption.
Prevalence of Lifetime DX of SUD by Age of Onset of Drinking: It’s Bad to Start Drinking Early

Percentage Lifetime Diagnosis

<table>
<thead>
<tr>
<th>Age Began Drinking</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;13</td>
<td>47</td>
</tr>
<tr>
<td>14</td>
<td>45</td>
</tr>
<tr>
<td>15</td>
<td>38</td>
</tr>
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<td>16</td>
<td>32</td>
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<td>17</td>
<td>28</td>
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<td>15</td>
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<tr>
<td>19</td>
<td>17</td>
</tr>
<tr>
<td>20</td>
<td>11</td>
</tr>
<tr>
<td>21+</td>
<td>9</td>
</tr>
</tbody>
</table>

Source: Hingson et al., 2006
Co-occurring Disorders

• Of individuals with a MH disorder:
  • 1/3 will experience unhealthy substance use at some point\(^1\)

• Of those with severe mental illness:
  • 50% will develop a substance use disorder\(^2-5\)

• Of women with unhealthy substance use:
  • As many as 2/3 of women may have a MH disorder\(^6\)

Adapted from: IHR Co-Occurrence of MH with Physical & Sexual Abuse Fact Sheet.

SBIRT Effectiveness

• SBIRT has been found to be most effective:
  • with lower severity alcohol use identified in primary care
  • may increase the percentage of patients who enter specialized care and decrease hospital days

• Ongoing research to determine effectiveness of SBIRT for drug use, other settings, severities, and adolescents
AUDIT (Alcohol Use Disorders Identification Test)

**RESPONSES:** (0) Never, (1) Less than monthly, (2) Monthly (3) Weekly, (4) Daily or almost daily

1. How often do you have a drink containing alcohol?
2. How many drinks containing alcohol do you have on a typical day when you are drinking?
   (0) 1 or 2  (1) 3 or 4  (2) 5 or 6  (3) 7 to 9  (4) 10 or more

3. How often do you have five or more drinks on one occasion?

How often during the last year have you...
4. found that you were not able to stop drinking once you had started?
5. failed to do what was normally expected from you because of drinking?
6. needed a first drink in the morning to get yourself going after a heavy drinking session?
7. had a feeling of guilt or remorse after drinking?
8. been unable to remember what happened the night before because you had been drinking?

9. Have you or someone else been injured as a result of your drinking?
   (0) No  (2) Yes, but not in the last year  (4) Yes, during the last year

10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?
    (0) No  (2) Yes, but not in the last year  (4) Yes, during the last year

The AUDIT was developed by the World Health Organization
**AUDIT Translating Scores into Practice**

Total the numeric values for each answer

<table>
<thead>
<tr>
<th>Positive AUDIT score</th>
<th>Risk Level</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-15 (♀) 8-15 (♂)</td>
<td>At Risk</td>
<td>Brief Intervention (simple advice)</td>
</tr>
<tr>
<td>16-19</td>
<td>Harmful Use</td>
<td>Brief Intervention &amp; Extended Intervention(s) or Brief Treatment</td>
</tr>
<tr>
<td>20-40</td>
<td>Likely Dependence</td>
<td>Referral to specialist for assessment and treatment</td>
</tr>
</tbody>
</table>
Single Item Drug Question

How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?*

(*because of the experience or feeling that the drug(s) caused)

None

Score of ≥ 1: continue with assessment, i.e. CAGE-AID, DAST 10

Sensitivity/Specificity: 100%/74%

DAST-10 (Drug Abuse Screening Test)

1. Have you used drugs other than those required for medical reasons?
2. Do you abuse more than one drug at a time?
3. Are you able to stop using drugs when you want to?
4. Have you ever had blackouts or flashbacks as a result of drug use?
5. Do you ever feel bad or guilty about your drug use?
6. Does your spouse (or parents) ever complain about your involvement with drugs?
7. Have you neglected your family because of your use of drugs?
8. Have you engaged in illegal activities in order to obtain drugs?
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?
10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding)?
Add 1 point for each “yes,” except for #3, for which 1 point is added for “no.”

<table>
<thead>
<tr>
<th>Positive DAST score</th>
<th>Degree of Problems Related to Drug Abuse</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Low</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>3-5</td>
<td>Moderate</td>
<td>Brief Intervention &amp; Extended Intervention</td>
</tr>
<tr>
<td>6-8</td>
<td>Substantial</td>
<td>Brief Intervention, Extended Intervention, and Referral</td>
</tr>
<tr>
<td>9-10</td>
<td>Severe</td>
<td>Referral to specialist for assessment and possible treatment</td>
</tr>
</tbody>
</table>
During the PAST 12 MONTHS,

1. Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs? No   Yes

2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in? No   Yes

3. Do you ever use alcohol or drugs while you are by yourself, or ALONE? No   Yes

4. Do you ever FORGET things you did while using alcohol or drugs? No   Yes

5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use? No   Yes

6. Have you ever gotten into TROUBLE while you were using alcohol or drugs? No   Yes
**CRAFFT Scoring**

- Each “yes” = 1 point
- A total score of **2+ is a positive screen** and indicates a need for additional assessment (brief intervention)

Source: [http://www.ceasar-boston.org/clinicians/crafft.php](http://www.ceasar-boston.org/clinicians/crafft.php)
Key Considerations for Starting SBI Program

- Identify target population and location(s)
- Develop a Screening protocol
- Develop a Brief Intervention protocol
- Identify staff to monitor and evaluate program (strong QI mgmt essential)
- Reimbursement strategy & considerations
- Staff training needs and supervision
- Program “champions” and buy-in from CEO/Admin staff
Identify Community Resources

- Hospital inpatient Centers
- Short-term and long-term residential treatment centers
- Intensive Outpatient/Outpatient Treatment Centers
- Community agencies for referrals
- Peer Recovery Centers

https://www.recoveryidaho.org/locations
Community Resources

• 211
  • https://211.idaho.gov/default.aspx

• Heath and Welfare
  • https://healthandwelfare.idaho.gov/Medical/SubstanceUseDisorders/tabid/105/Default.aspx
  • By Region
    • https://healthandwelfare.idaho.gov/Medical/MentalHealth/tabid/103/ItemId/3168/Default.aspx

• Self Help Resource Manual
  • http://nebula.wsimg.com/a199ae14c14a7a34281bb026202a3d34?AccessKeyId=B435E84EC8AED50FE21F&disposition=0&alloworigin=1 (Canyon County)

• Optum
  • https://www.optumidaho.com/

• BPA
  • https://www.bpahealth.com/
Resources

- https://www.samhsa.gov/sbirt/about
- https://www.samhsa.gov/sbirt/resources
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https://iecho.unm.edu/sites/uidaho/download.hns?i=51