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# *SBIRT*

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# *Agenda*

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





# ***What is SBIRT?***

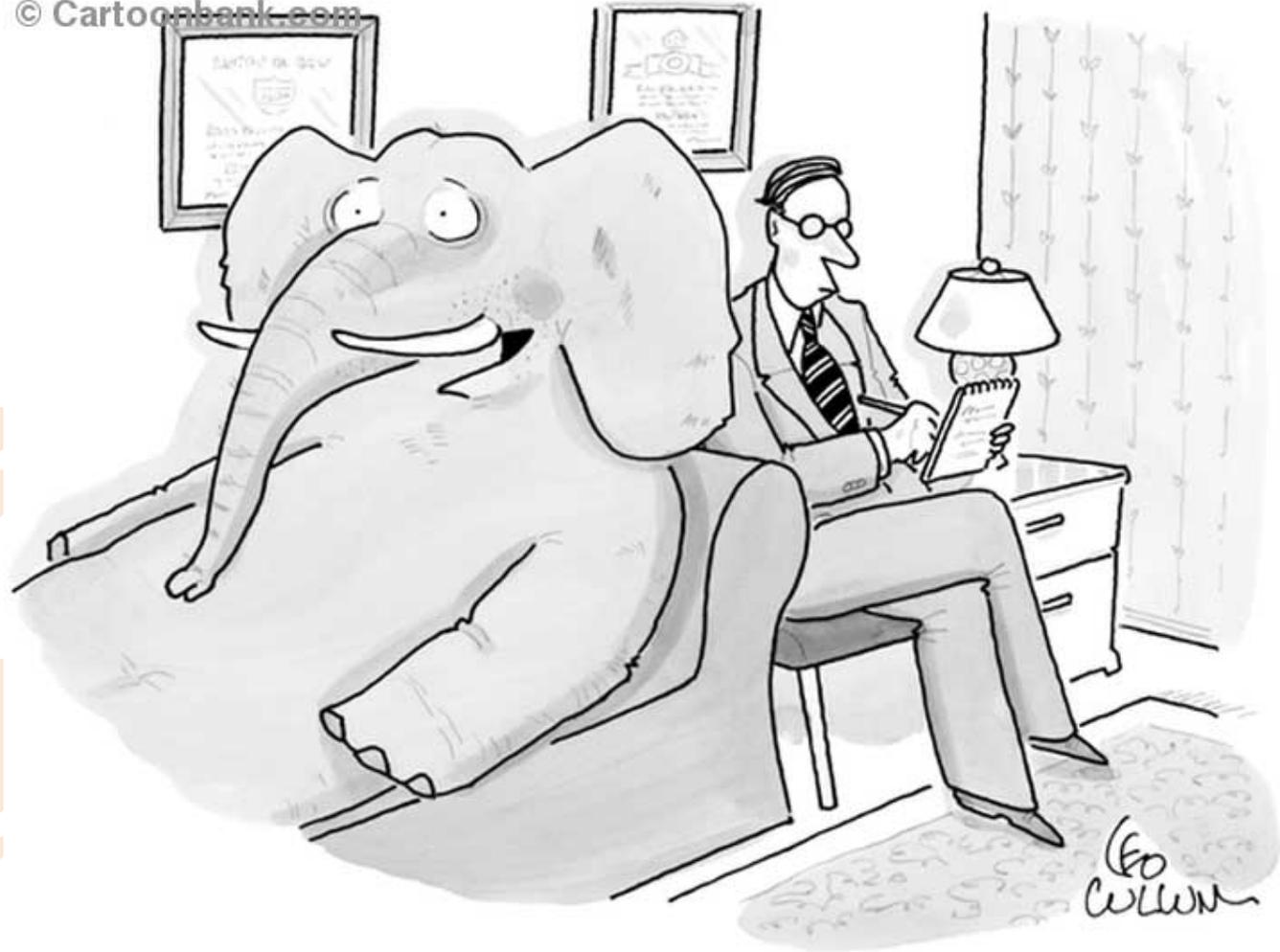
- **Screening:** Identify patients with unhealthy alcohol/substance use
- **Brief Intervention:** Conversation to motivate patients who screen positive to consider healthier decisions (e.g. cutting back, quitting, or seeking further assessment).  
In schools: BI for prevention for all who are screened.
- **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.

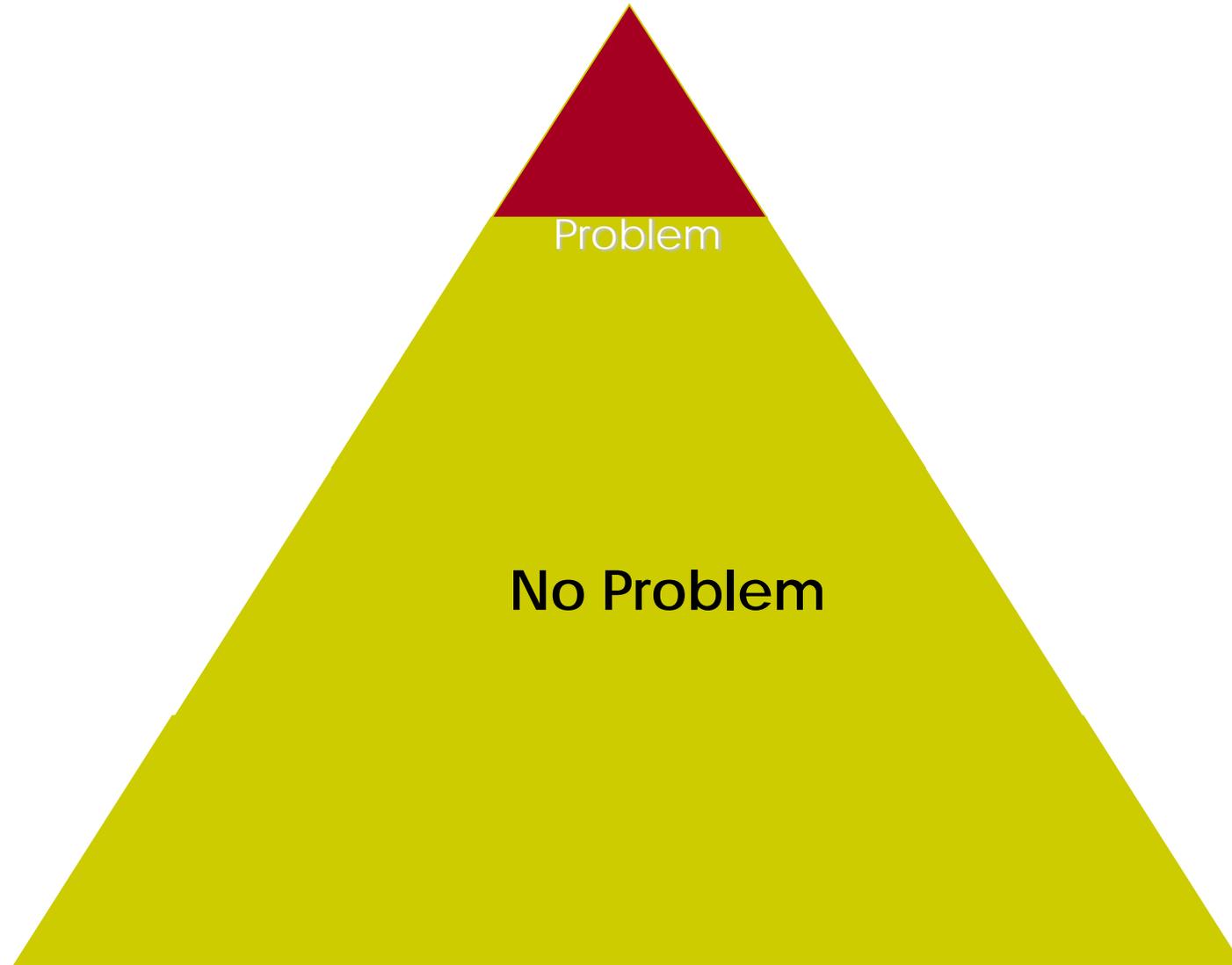
*CDC Vital Signs 2019 Alcohol Screening and Counseling*

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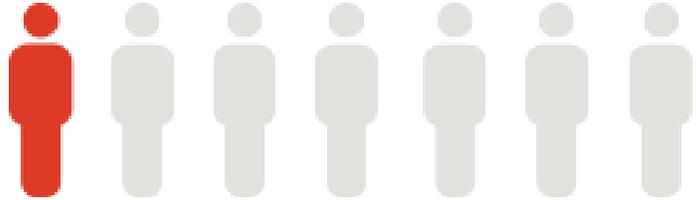


*"I'm right there in the room, and no one even acknowledges me."*

# *Historical Perspective on Addiction*



# *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

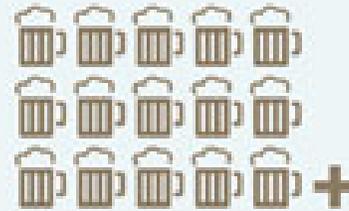


For men,  
binge drinking is  
**5 or more drinks**  
consumed on  
one occasion\*



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

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



For women –  
**8 or more drinks** on  
average per week

## Drinking too much includes

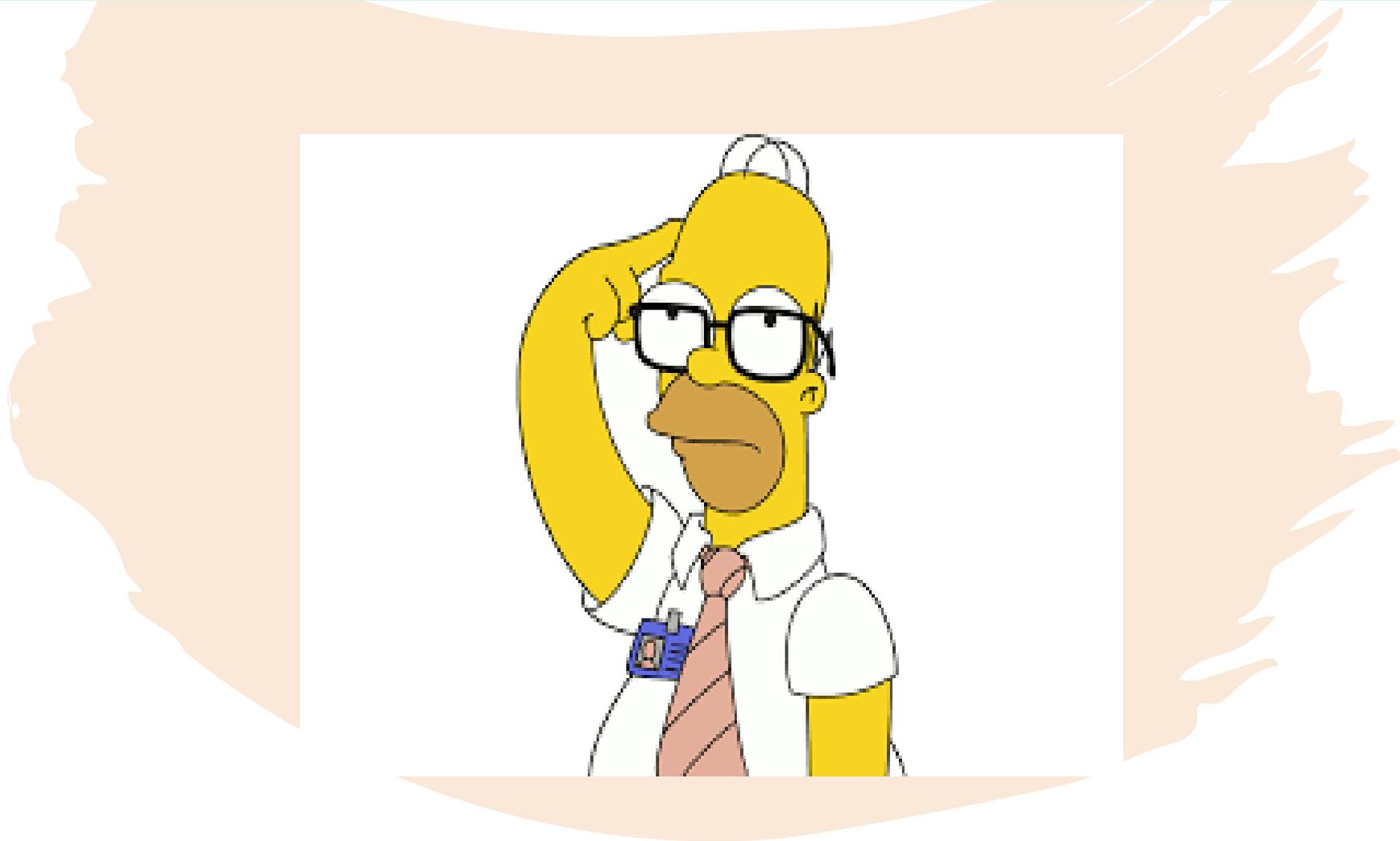


**Any alcohol use by  
pregnant women**

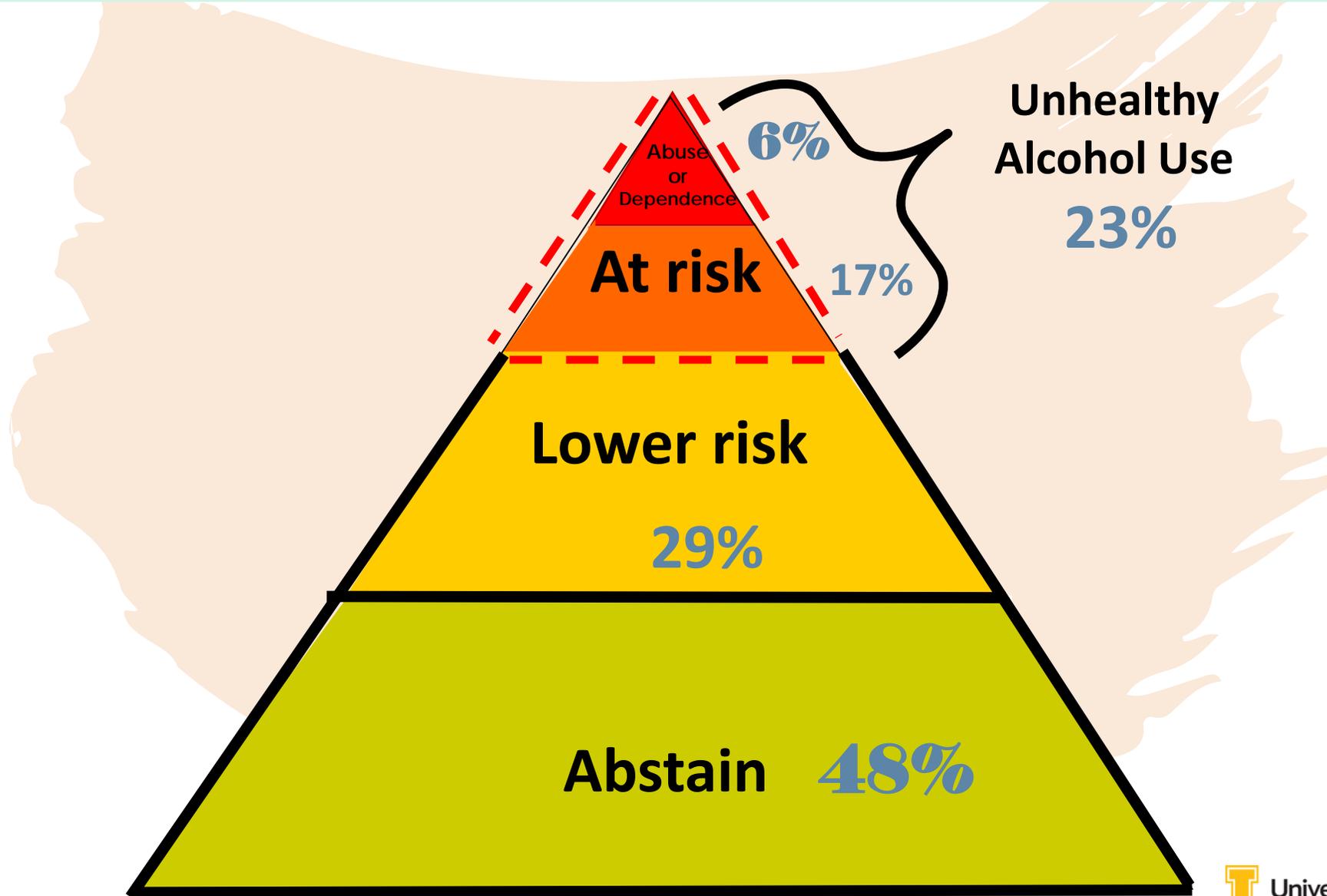


**Any alcohol use by  
those under age 21**

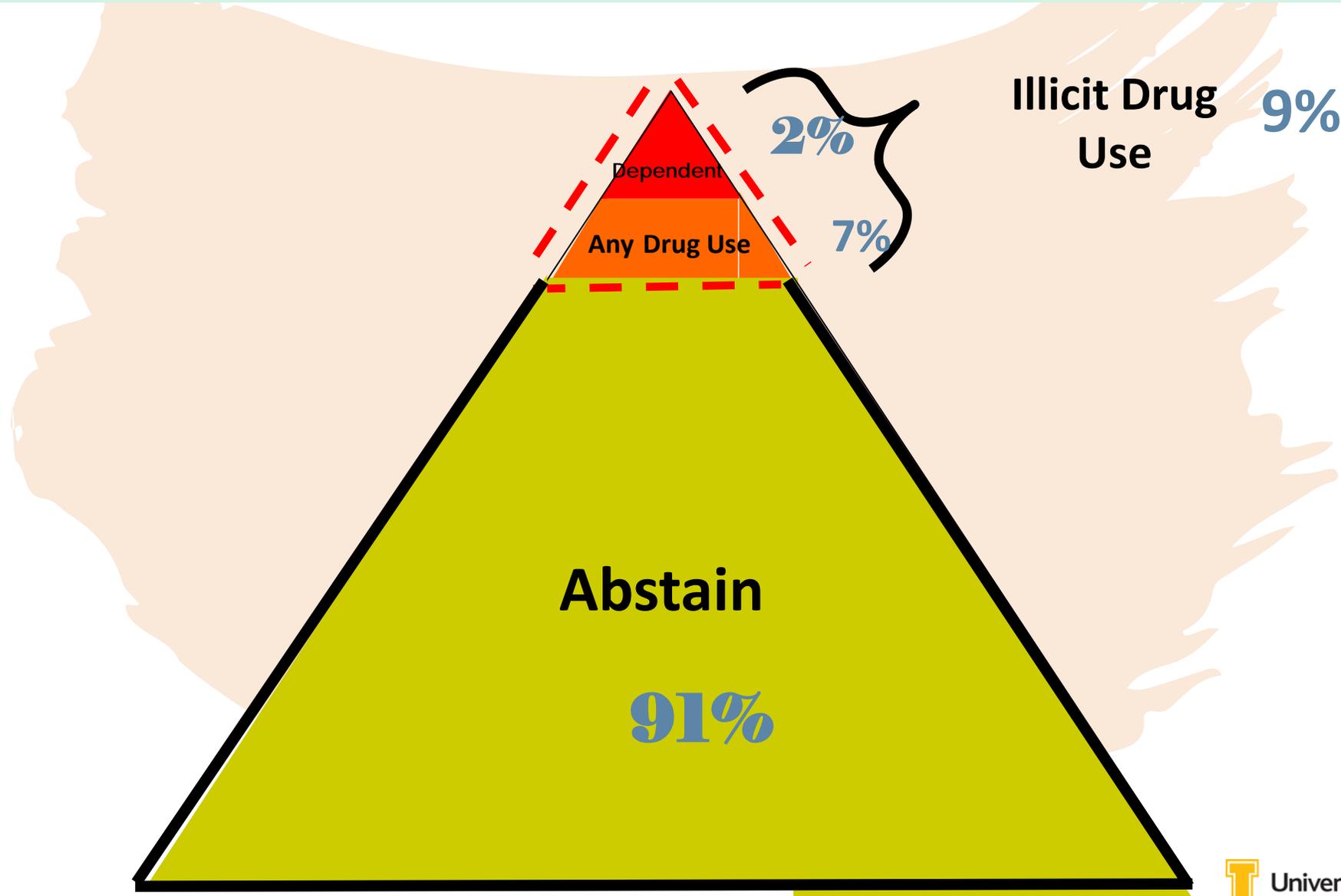
# *Why Screen Everybody?*



# *Spectrum of Alcohol Use*



# *Spectrum of Drug Use*



# ***SBIRT Goals***



## **Addiction:**

- Treat and/or refer for specialty addiction treatment



## **Risky Use:**

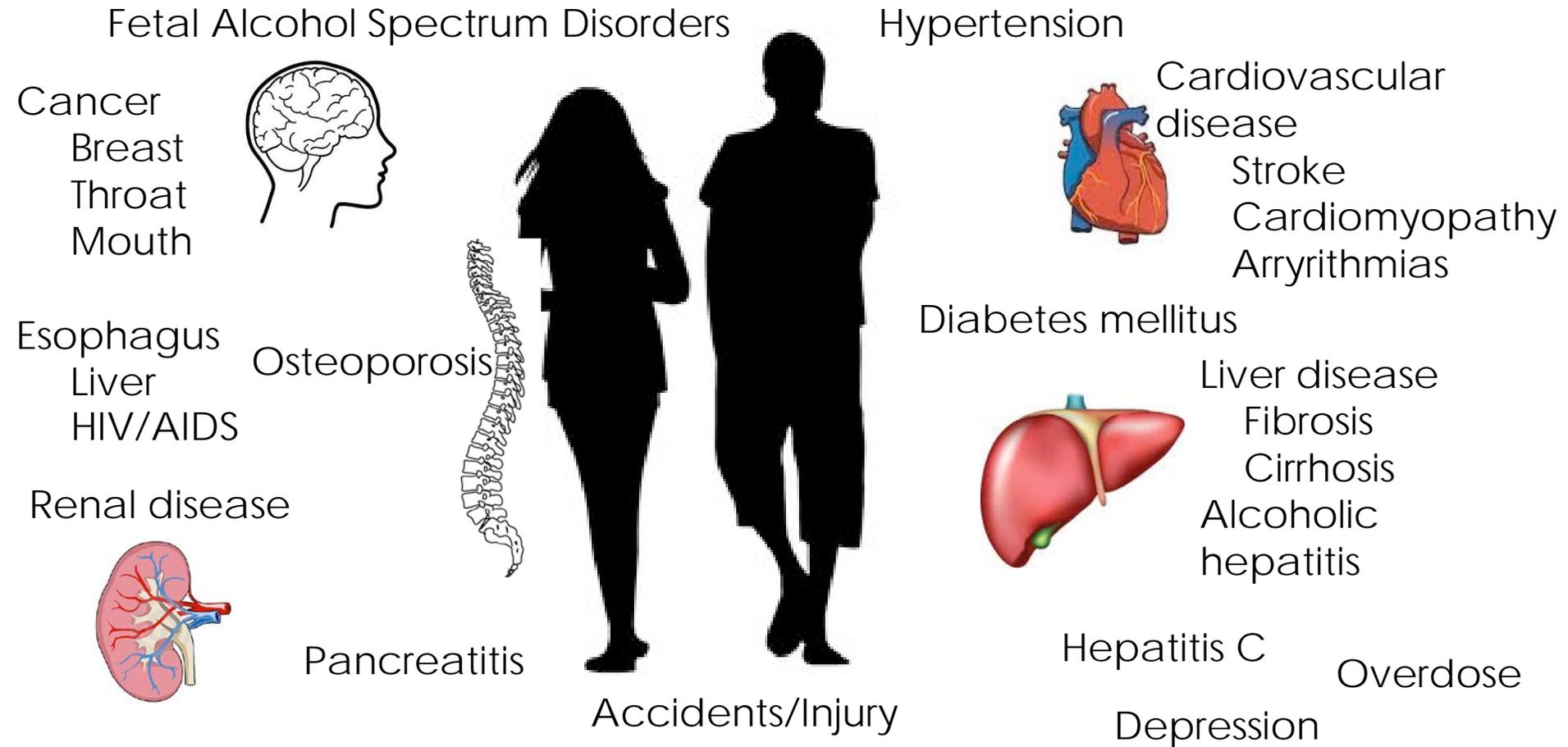
- Educate to decrease risk of negative health & safety consequences and progression of disease



## **Low/No Risk:**

- Educate about risks and reinforce/ promote healthy norms

# Health Consequences of Substance Use

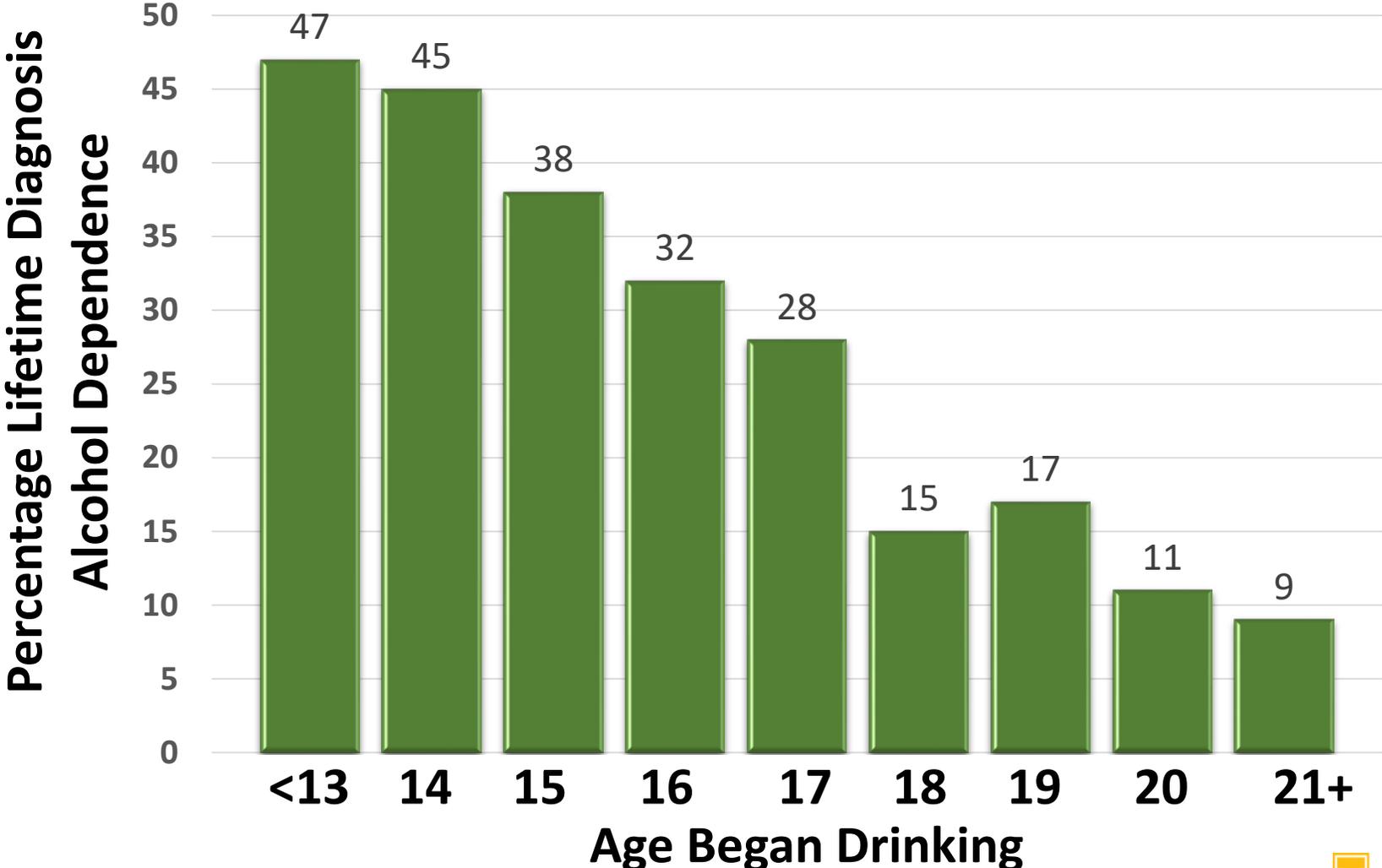


Source: UpToDate 2015 Mukamal KJ. *Overview of the risks and benefits of alcohol consumption*.

Up To Date 2015. Weaver MF, Jarvis MAE. *Substance use disorder: Principles for recognition and assessment in general medical care*.

<http://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>

# Prevalence of Lifetime DX of SUD by Age of Onset of Drinking: It's Bad to Start Drinking Early



# Co-occurring Disorders

- Of individuals with a MH disorder:
  - **1/3 will experience unhealthy substance use at some point<sup>1</sup>**
- Of those with severe mental illness:
  - **50% will develop a substance use disorder<sup>2-5</sup>**
- Of women with unhealthy substance use:
  - **As many as 2/3 of women may have a MH disorder<sup>6</sup>**

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

1. Sacks S et al. *Substance Use & Misuse* 1997. 2. Drake RE et al. *Psych Rehab Jour* 2004. 3. Barry KL et al. *Schizophrenia Bull* 1995. 4. Kessler RC et al. *Arch Gen Psych* 1997. 5. Mueser KT et al. *Acta Psychiatrica Scandinavica* 1992. 6. Alexander, M.J. *American Journal of Orthopsychiatry* 1996.

# 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

# ***AUDIT Translating Scores into Practice***

Total the numeric values for each answer

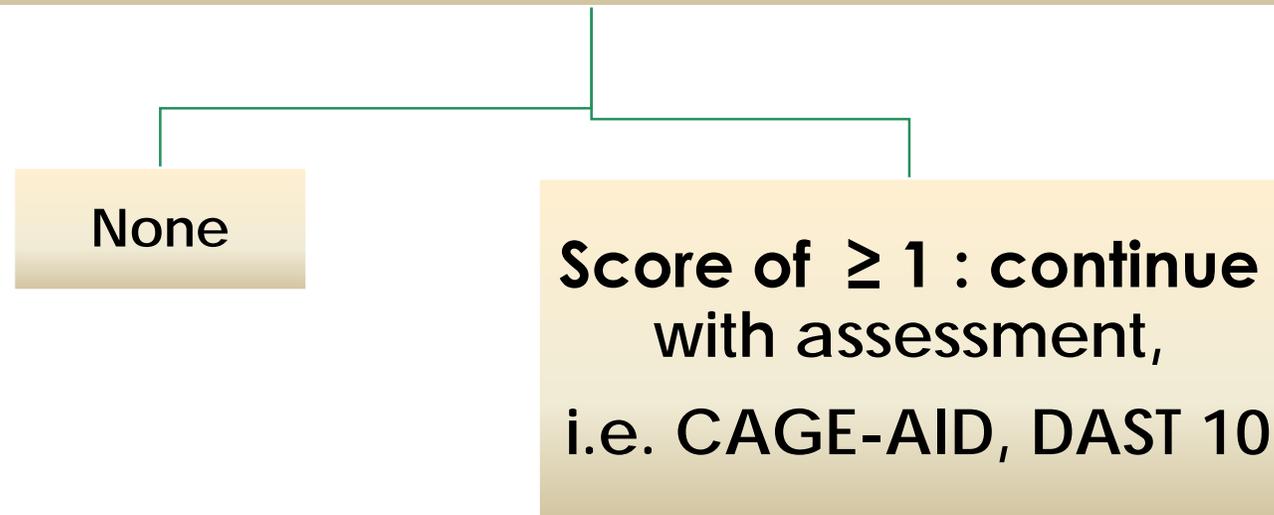
<u>Positive AUDIT score</u>	Risk Level	Recommendation
7-15 (♀) 8-15 (♂)	At Risk	Brief Intervention (simple advice)
16-19	Harmful Use	Brief Intervention & Extended Intervention(s) or Brief Treatment
20-40	Likely Dependence	Referral to specialist for assessment and treatment

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# 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)



**Sensitivity/Specificity:**  
100%/74%

# ***D.A.S.T-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)?

# ***D.AST-10 Translating Scores into Practice***

Add 1 point for each "yes," except for #3, for which 1 point is added for "no."

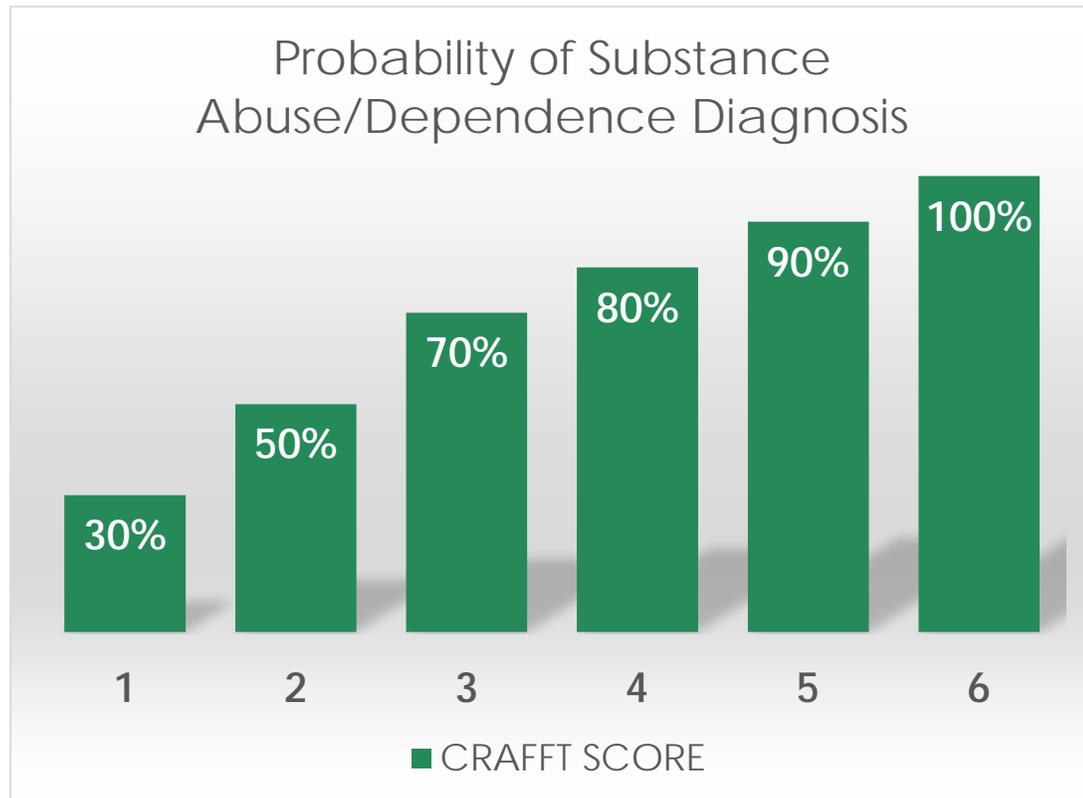
	<u>Positive</u> DAST score	Degree of Problems Related to Drug Abuse	Recommendation
+	2	Low	Brief Intervention
+	3-5	Moderate	Brief Intervention & Extended Intervention
+	6-8	Substantial	Brief Intervention, Extended Intervention, and Referral
+	9-10	Severe	Referral to specialist for assessment and possible treatment

# ***CRAFFT***

*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>

# *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 mgt 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>
- Health 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
  - <https://bcacha.org/wp-content/uploads/2018/08/Boise-Self-Rescue-Manual.pdf> (Ada County)
  - <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>

***Join us for our  
next session!***

***For information, please visit  
[uidaho.edu/echo](http://uidaho.edu/echo)***

ECHO IDAHO: OPIOID ADDICTION  
AND TREATMENT

# *Ongoing Resource List*

RESOURCES FROM TODAY'S SESSION AND PAST SESSIONS CAN BE FOUND IN OUR ONGOING RESOURCE LIST.

<https://iecho.unm.edu/sites/uidaho/download.hns?i=51>