Utilizing SBIRT in Mental Health Services

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Our Partnership
What is SBIRT?

SBIRT stands for:

- **S**creening
- **B**rief **I**ntervention
- **R**eferral to **T**reatment
Often the terms “risky drinking” and “alcohol abuse” are thought to mean the same thing:
The Range View of Alcohol Use

Alcohol use viewed as a continuum based on level/frequency of use.
Outcomes of Brief Interventions

Screening and Brief Interventions reduce...

- Drinking and illicit drug use;
- Emergency room costs;
- Injuries and emergency dept. visits;
- Length of hospital stays, sick days & mortality;
- Unnecessary risks (e.g. driving under the influence, legal consequences, physical injury).
Why Do SBIRT In Mental Health Services?
Implementation Steps

1. NEED IDENTIFICATION
2. DESIGN
3. DEVELOPMENT
4. DELIVERY
5. EVALUATION
Design

1. SBIRT Administrative Team
2. Training/Capacity building plan
3. Plan for implementing SBIRT
Flow Overview

2-Question Alcohol and Drug Pre-screen

- Negative: SBIRT Complete
- Positive: AUDIT (10 questions), DAST-10 (10 questions)

AUDIT (10 questions)

- Risky: Brief Intervention Only
- Dependent: Brief Intervention and Referral to Treatment

DAST-10 (10 questions)

- Risky: Brief Intervention Only
- Dependent: Brief Intervention and Referral to Treatment

SBIRT Complete

- No Risk: Education and Reinforcement
- Dependent: Brief Intervention and Referral to Treatment
Development

1. Electronic Health Record Modifications
2. Training of Trainers
3. Policies and Procedures
4. Client Messages
WE ASK EVERYONE.

Determining Risk
AUDIT Scores & Drinking Types

Something to think about:
20% of the population will score an 8 or above on the AUDIT. That means 1 in 4 people are probably high-risk or dependent drinkers.

ENGAGE: EMPOWER: ACHIEVE
1. Train clinical staff
2. Train case-management
3. Go LIVE!
4. Monitor and adjust
Evaluation

1. Training evaluation
2. Monthly review of aggregate data
3. Administrative review of process flow and procedures
4. Staff feedback
FCCC Data

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>% of Prescreens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescreened</td>
<td>542</td>
<td>n/a</td>
</tr>
<tr>
<td>Positive Alcohol Prescreens</td>
<td>128</td>
<td>23.6%</td>
</tr>
<tr>
<td>Positive Drug Prescreen</td>
<td>99</td>
<td>18.26%</td>
</tr>
</tbody>
</table>

*Note: Some clients screened positive for both alcohol and drugs.
Unexpected Outcomes
Questions
Contact Us!

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SBIRT Resources

Indiana SBIRT Website:
www.IndianaSBIRT.org

Indiana Prevention Resource Center Website:
www.drugs.indiana.edu
SBIRT Research


Fleming MF et al. Medical Care 2000; 26:36-43.

