

Screening, Brief Intervention, and Referral to Treatment with eSBIRT ('ēz'birt)

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Why is SBIRT Important to Us?

- Substance misuse is common, deadly, and treatable.
- The attention we give to substance misuse is not proportional to its
 - prevalence,
 - relevance to general health, or
 - our ability to intervene effectively.

Trauma is the leading cause of death (between 1 and 40)

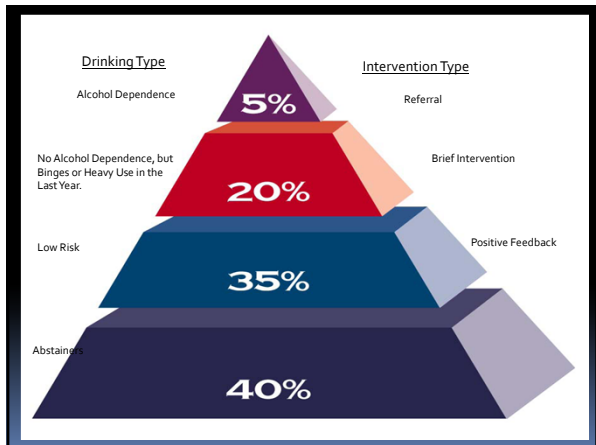
- 40% of motor vehicle crash deaths involve alcohol
- 40% of pedestrians killed had been drinking
- Trauma center patients with positive blood alcohol concentrations:
 - 50% of men
 - 40% of women

Leading Causes of Preventable Death in the United States

Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause	No. (%) in 1990*	No. (%) in 2000
Tobacco	400 000 (19)	435 000 (18.1)
Poor diet and physical inactivity	300 000 (14)	400 000 (16.6)
Alcohol consumption	100 000 (5)	85 000 (3.5)
Microbial agents	90 000 (4)	75 000 (3.1)
Toxic agents	60 000 (3)	55 000 (2.3)
Motor vehicle	25 000 (1)	43 000 (1.8)
Firearms	35 000 (2)	29 000 (1.2)
Sexual behavior	30 000 (1)	20 000 (0.8)
Illicit drug use	20 000 (<1)	17 000 (0.7)
Total	1 060 000 (50)	1 159 000 (48.2)

*Data are from McGinnis and Foege.¹ The percentages are for all deaths.



Risks higher in mental health

- Certain groups of people with mental illness (males, individuals of lower socioeconomic status, military veterans and people with other medical illnesses) are at increased risk of abusing alcohol and other drugs
- Nearly one-third of people with mental illness experience alcohol abuse
- About one-half of people with SMI experience substance abuse

<http://www.samhsa.gov/2k9/2k9samhswd.htm> and <http://www.samhsa.gov/2k9/2k9samhswd.htm>

Partnership for Prevention Ranking Ten Most Effective Prevention Services

1. Discuss daily aspirin use
2. Childhood immunizations
3. Smoking cessation advice and help to quit
4. **Alcohol screening and brief counseling**
5. Colorectal screening
6. Hypertension screening and treatment
7. Influenza immunization
8. Vision screening
9. Cervical cancer screening
10. Pneumococcal immunizations

<http://www.ppcwv.org>

What is SBIRT?

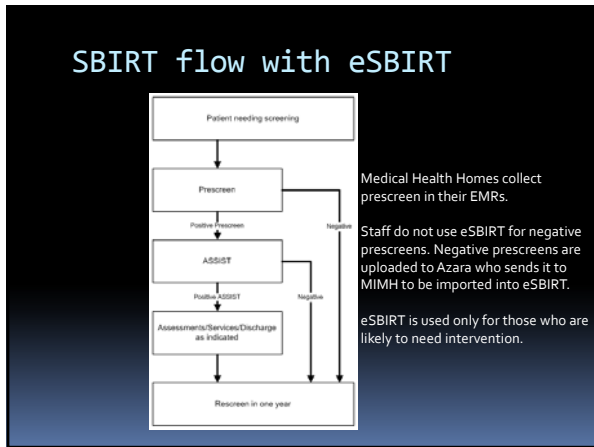
- Evidenced based indicative primary prevention program for addressing risky substance use
- Integrated into general medical and other community settings
- Key elements:
 - Screen everyone
 - Brief Intervention when indicated
 - Referral for Treatment as needed
- Uses a public health model incorporating population screening and brief interventions into routine practice
- As part of a continuum of care its primary focus is on the more common risky drinking and drug use rather than alcohol or drug dependence/addiction

Why SBIRT in Medical Settings?

- Health care providers are key gatekeepers
- Most patients with substance misuse are not detected by physicians
- Medical setting offers a “teachable moment”
- Provides the opportunity to reinforce low risk substance use
- Can help with medical management of individual cases
- Earlier intervention
 - Reduces future medical cost
 - Reduces time in more intensive care
 - Prevents health problems

eSBIRT

A performance support system to help *you* provide evidence based Screening, Brief Intervention, and Referral to Treatment (SBIRT)



Prescreen

Questions

- In the past 3 months, how often do you have a drink containing alcohol? *(Never and 2-4)*
 Never (0) Monthly or less (1) 2 to 4 times a month (2) 2 to 3 times a week (3) 4 or more times a week (4)
- In the past 3 months, how many drinks containing alcohol do you have on a typical day when you are drinking?
 1 or 2 (0) 3 or 4 (1) 5 or 6 (2) 7 to 8 (3) 10 or more (4)
- Females (and Males 65 and older)*
 In the past 3 months, how often do you have 4 or more drinks on one occasion?
Males (younger than 65)
 In the past 3 months, how often do you have 5 or more drinks on one occasion?
 Never (0) Less than monthly (1) Monthly (2) Weekly (3) Daily or almost daily (4)
- In the past 12 months, did you smoke pot, use another street drug, or use a prescription painkiller, stimulant, or sedative for a non-medical reason? Yes No

Psychometrics (prescreen score ≥ 4)

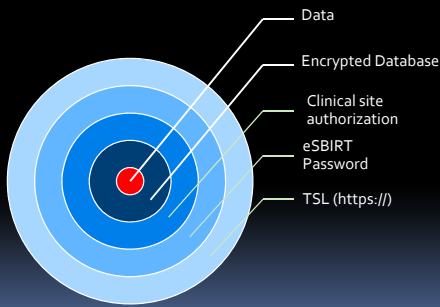
- Sensitivity 93%/91% (m/w)
- Specificity 88%/96% (m/w)
- 12% of men need ASSIST
- 4% of women need ASSIST

<http://www.esbirt.org/azara/docs/ModuleTechnicalReport2014.pdf>

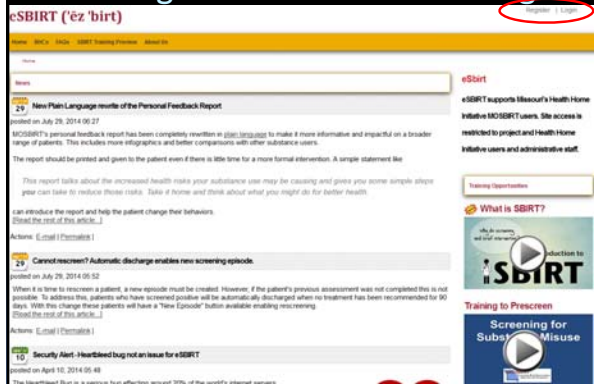
System requirements

- Connection to internet (wired or wireless)
- Tested browsers
 - Chrome
 - Firefox
 - IE (versions 8 and 9)
- Also tested on 10 inch tablets (e.g. Microsoft Surface, Apple iPad, and Samsung Galaxy Tab 10.1)

Security (the onion model)



Getting started - eSBIRT.org



Registration Process

- Register
 - User selected ID/PW
 - Verification of email address
 - Immediate access to certification training
- Site Data Access
 - Check name and email address against the health home list
 - Agency's Health Home Director contacted if not on the list
 - Email is sent when access to the clinical data has been authorized

Demonstration

Password

- Requirements
 - Nine characters
 - Upper case (at least one)
 - Lower case (at least one)
 - Number (at least one)
 - Special character (at least one)

NOTE: These requirements are included on the site's registration page.

Searching & Entering Patient

Search interface showing fields for Last Name (Test), First Name (Rajh), Location (1201260), and Site (1201260). A table below lists patient records with columns for Name, ID, Sex, DOB, Screen, Activity, Rx, and Notes.

Name	ID	Sex	DOB	Screen	Activity	Rx	Notes
Test_Test	030313	F	05-02-75	06-27-12	Discharged	BC	
Test_Test	030313	F	12-17-67	10-11-12	Discharged	BT	

Person

Person profile form for Test, Manual (1201260). Fields include SSN, Gender (Male), and Preferred Language (English). The form also includes sections for address, email, and various demographic questions.

Questions in Spanish & English

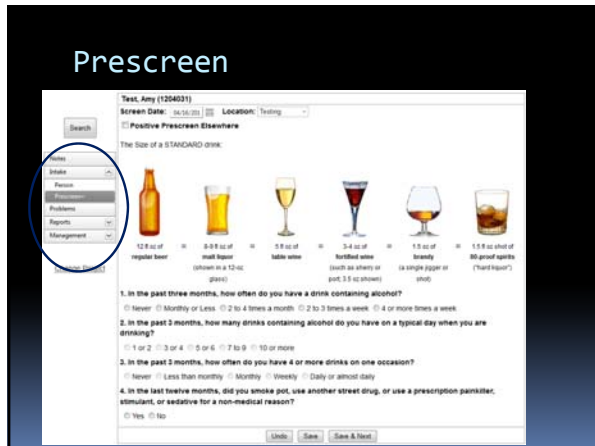
Questionnaire for Test, Amy (1200231) regarding alcohol consumption. It includes a visual aid for standard drink sizes and several multiple-choice questions in both Spanish and English.

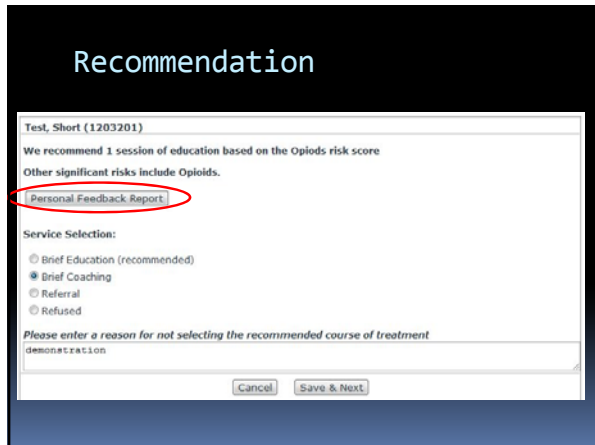
1. ¿En los últimos tres meses, que tan seguido ha consumido una bebida que contenga alcohol?
Nunca Mensualmente 2 o 3 veces al mes 2 o 3 veces a la semana 4 o más veces por semana

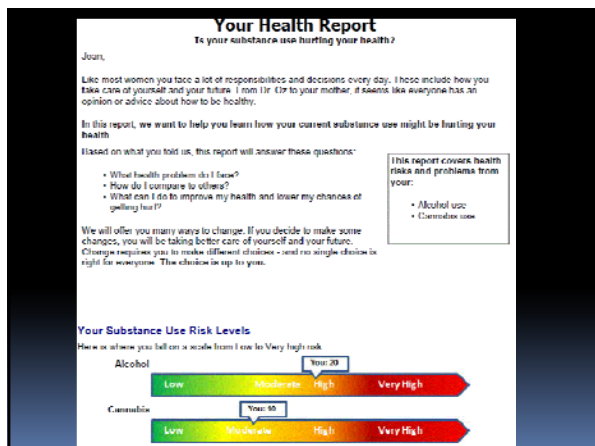
2. ¿En los últimos 2 meses, cuántas bebidas que contengan alcohol consume usted en un día cuando típicamente bebe?
 1 a 2 3 a 4 5 a 6 7 a 9 10 o más

3. ¿En los últimos 2 meses, que tan seguido bebe usted 4 bebidas en una ocasión?
Nunca Menos de una vez al mes Mensualmente Semanalmente Diario o casi diario

4. En los últimos dos meses ha fumado marihuana, usado otra droga o consumido medicación de receta médica sin ser por un médico?
 Sí No







Compare your drinking to others

Category	Average Drinks Each Day
Missouri	2
US	3
Your Estimate	5

The chart compares your drinking with women your age in Missouri and the US.

Joan, each day you drink more than most people who drink in Missouri and the US.

Based on what you have told us, you fall into the **Binge group (more than 3 drinks a day)**. In the last three months you report binge drinking weekly.

Your estimates

On average, do people really drink as much as you think they do? The chart also shows how much you think other people drink. Let's look.

- **Drinks per day** - On days that you drink, you have 4 drinks and your estimate is that others have 5 drinks. Your estimate is too high, in the US, the average female your age drinks less than 2 drinks on days that they drink.
- **Drinking days a week** - You said that you drink 6 days a week and you think that others drink 6 days a week. Your estimate is too high, in the US, the average female between the ages of 51 and 66 drinks less than 3 days a week.

So women your age drink fewer days a week and, when they do drink, they drink fewer drinks than you think they do.

Change tips for each drug

Joan's tips for safer alcohol use:

- **Pace and space.** When you do drink, pace yourself. Sip slowly. Have no more than one standard drink with alcohol per hour. Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice.
- **Keep track** of how much you drink. Note each drink right before you drink it—this may help you slow down. Find a way that works for you: carry drinking tracker cards in your wallet; make check marks on a kitchen calendar; or enter notes in a mobile phone notepad or personal digital assistant.
- **Set goals.** Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink.
- **Know your "no."** You're likely to be offered a drink at times when you don't want one. Have a polite "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to think of excuses to go along.

Readiness To Change based advice

How can I start to change my alcohol use?

You may already be taking action to change your alcohol use.

It takes time and energy to make your vision a reality. As you make changes, here are some questions that might help:

- **On what date will I start to make a change? Share that date with others.**
- How do I measure my success? Set small goals.
- What are the warning signs that a setback might happen?
- What plans do I have for situations that make me want to drink as I used to?
- What has worked to help lower or stop my drinking? Try these things again.

How can I keep up with the changes I already made to my drink use behavior?

Demonstration

Sessions

Test, Bob (293849)

Brief Education (Instructions)

FRAMES: **Feedback, Responsible** for own behavior, give clear **Advice**, provide **Menu** of change options, **Empathetic** style, support **Self-efficacy**

1. Orientation: welcome and rational
2. Administer screening tools
3. Rapport building – focus on strengths (use empathy, support self-efficacy)
4. Print & Review Personal Feedback Form
5. Feedback screening results – focus on concerns
6. Give clear advice (with permission) that the best way to reduce the risk is to cut down or stop use of substance causing risk
7. Provide and/or elicit a menu of alternatives for change
8. Summarize session
9. Emphasize that the individual is responsible for their own behavior

--- QUESTIONS TO ASK THE INTERVIEWEE ---

1. How effective do you think you will be making some changes:

2. How motivated are you to make changes:

3. Next Service Date:

Next Location:

--- QUESTIONS TO ASK YOURSELF ---

4. Current Service Type:

5. Current Service Date: 01/13/2015

6. Staff: Matthew Hise (admin)

7. Attendance: Yes

8. Location: Back-to-back

9. Participation:

10. Homework Completed:

11. Since the last meeting have they made changes in their drug or alcohol use:

12. Staff Service Notes:

SBIRT Training

- Free on-line training for any registered user
- Pay for certification

Certification Training

- Screening
 - Why and how to administer the brief screen to identify patients who need a closer look at their alcohol or substance use risks. (Two training modules and quiz, about 30 minutes.)
- Brief Education/Intervention
 - Assess patients for risky alcohol and drug use and use the personal risk assessment report to guide a brief motivational education session to those at moderate levels of risk. (Five training modules and quizzes, about 70 minutes.)
- Brief Coaching
 - Coach patients with significant alcohol and drug use risks in a 6 session manualized process using motivational enhancement and cognitive behavioral therapy techniques. (Training modules, quiz, sample recording and phone/Skype feedback session, about 4 hours.)

Certification Training

eSBIRT ('ez 'birt)

Screening Training

Why and how to administer the brief screen to identify patients who need a closer look at their alcohol or substance use risks. (Two training modules and quiz, about 30 minutes.)

Screening Training

Certification Requirements:

- Any staff
- Register/Log on this site
- Complete screening training
- \$10 certification fee

Brief Education / Intervention

Assess patients for risky alcohol and drug use and use the personal risk assessment report to guide a brief motivational education session to those at moderate levels of risk. (Five training modules and quizzes, about 70 minutes.)

Certification Requirements:

- Any staff

Certification Training process

Screening

What is SBIRT (video)

Quiz

Screening and SBIRT basics

Quiz

Register for certificate (\$10)

Certificate

Return

Screening

What is SBIRT (video)

Quiz

Screening and SBIRT basics

Quiz

Register for certificate (\$10)

Certificate

Return

Questions?

- eSBIRT.org
 - FAQs
 - BHC specific information and links
(includes these slides)
- webmaster@mimh.edu
- matthew.hile@mimh.edu

This has been an
MIMH production