

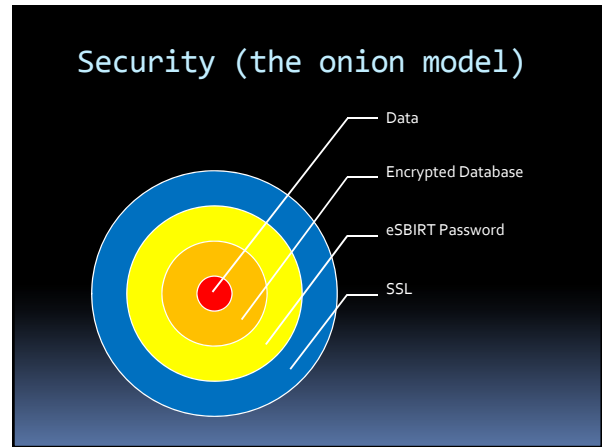
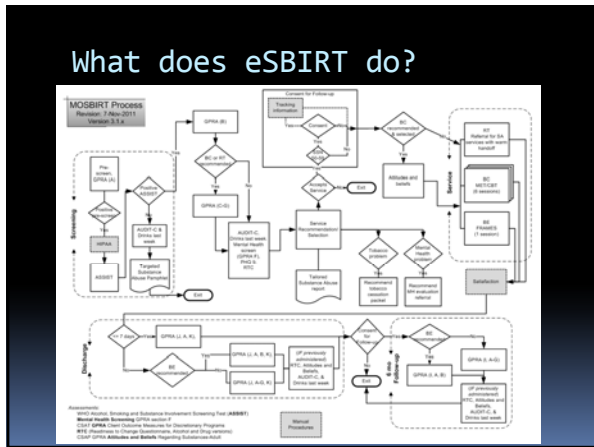
# eSBIRT ('ēz'birt)

eSBIRT (1.3.0) June 2012

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Missouri Institute of Mental Health

## Characteristics

- Web application written in .NET on a DotNetNuke platform
- Designed to support
  - Multiple computers
  - Multiple users
  - Multiple locations
  - Multiple sites
- Data stored in an encrypted database on our server
- Walks BHC (with patient) step-by-step through the MOSBIRT process



## 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. Samsung Galaxy Tab 10.1 and Apple iPad)

The screenshot shows the eSBIRT.org website. The header includes the site name and navigation links. A 'Register / Login' link is circled in red. The main content area features a news section with a post titled 'eSBIRT 1.3.0 released' dated June 08, 2012. The sidebar contains a message from eSBIRT supporting Missouri's Health Home Initiative MOSBIRT users, noting that site access is restricted to project and Health Home Initiative users and administrative staff. The footer includes logos for Missouri Institute of Mental Health and Missouri's Health Homes, along with copyright information for 2012 by The Curators of the University of Missouri.

## Registration Process

- Register

A registration form with five input fields: User Name, First Name, Last Name, Display Name, and Email Address. Each field has a small blue icon to its left and a red vertical bar to its right.

- We will check your name on the list and authorize your access.
- You will get an email when that is done.

## Password

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

## The Password Haystack

- "Rd\$3Q"
    - Offline attack 0.08 sec
    - 7,820,126,495
  - "bad....."
    - Offline attack 340 yrs
    - 106,782,520,911,927,817,025,219
- Takeaway
    - Length is your friend

<https://www.grc.com/haystack.htm>

## Good Passwords

- Long
- Multiple character types
- No dictionary words
- Easy to remember (sure!)

eSBIRT trainees are ready to rock and roll!

eSBIRT Trainees are ready 2 rock + roll!

eTar2r+r!

## MOSBIRT Flow

- Identify patient
- Prescreen
- ASSIST
- Additional measures
  - GPRAs sections (as required)
  - Readiness To Change (drug and/or alcohol)
  - Attitude questionnaire (as required)
- Share Personalized Feedback Report
- Agree on Service
- Permission to follow (if appropriate)
- Provide Service
- Discharge with GPRAs sections (as needed)

## Searching & Entering Patient

A screenshot of a patient search interface. At the top, there are input fields for Last Name (Amy), First Name, Local ID # (120452), and Address. Below this is a table with columns: Name, ID, Sex, DOB, Screen, Activity, and Notes. The first row is circled in red and contains the text 'Start Location'.

Name	ID	Sex	DOB	Screen	Activity	Notes
Test, Clean	2452	O	010100	040312	Intra-Person	
Test, Justice	2452	O	010100	040312	Intra-Person	
Test, Matthew	520220	F	030974	030912	Discharged	BE
Test, Robert	520430	M	062988	040312	Intra-Person	BE

### Person

Test, Manual (1203260)

Local ID# 1203260 **SSN\***  Other ID  OK to complete by phone?  No  Yes

Last Name\* Manual First Name\* Manual Middle Name  Preferred Language (English, es)

Address

City St. Louis State MO Zip

Home  SMS  Work  SMS

1. What is your gender?

2. Are you Hispanic or Latino?  Yes  No  REFUSED

What ethnic group do you consider yourself? Please answer yes or no for each of the following:

Central American  Yes  No  REFUSED

Cuban  Yes  No  REFUSED

Dominican  Yes  No  REFUSED

Mexican  Yes  No  REFUSED

### Prescreen

Test, Amy (1204031)

Fecha de Chequeo de Salud: 4/3/2012

Si  No 1. Ha usado algún producto de tabaco en los últimos tres meses?

El tamaño de una bebida estándar:

12 oz de Cerveza Regular = 8-9 oz de Cerveza Fuerte (aprox se muestra en un vaso de 12 oz)

5 oz de Vino de Mesa = 3-4 oz de Vinos Destilados (Jerez, Sherry, Port)

1.5 oz de Licor (Brandi, Cognac)

1.5 oz de Licor fuerte equivalente a un "shot" (Vodka, Tequila, Rum)

Si  No 2. Ha bebido 4 bebidas alcohólicas en el mismo día o noche en los últimos 3 meses?

Si  No 3. En los últimos doce meses ha bebido más que había previsto?

Si  No 4. En los últimos doce meses ha bebido, alguna vez, la impresión de que debería beber menos o parar de beber?

Si  No 5. En los últimos doce meses ha tomado marihuana, usado otra droga o consumido medicación de receta médica sin ser por un motivo médico?

Cancel Save Save & Next

### Prescreen

Test, Amy (1204031)

Screen Date: 04/03/2012

Yes  No 1. Have you used any tobacco products in the past three months?

The Size of a STANDARD drink:

12 oz of regular beer = 8-9 oz of malt liquor (shown in a 12-oz glass)

5 oz of table wine = 3-4 oz of fortified wine (such as sherry or port, 3.5 oz shown)

1.5 oz of brandy (a single jigger or shot)

1.5 oz shot of 80 proof spirits ("hard liquor")

Yes  No 2. When was the last time you had 4 standard drinks in a day or night? Was that within the last 3 months?

Yes  No 3. In the last twelve months, did you ever find yourself drinking more than you meant to?

Yes  No 4. In the last twelve months, did you ever think that maybe you should cut down on your drinking?

Yes  No 5. In the last twelve months, did you smoke pot, use another street drug, or use a prescription painkiller, stimulant, or sedative for a non-medical reason?

Cancel Save Save & Next

### MOSBIRT Menu

Notes

Intake

Person+

Prescreen

GPR A

ASSIST

GPR B+

AUDIT+

RTC-Drugs+

Reports

Notes

Intake

Person

Prescreen

GPR A

ASSIST

GPR B

AUDIT

RTC-Drugs

Recommend

Follow-up Consent

Service

Brief Education+

Discharge

Reports

### Quick number entry

1. During the past 30 days, how many days have you used the following

0 1 2 3 4 5 6 a. Any alcohol

0 7 8 9 10 11 12 13 c. Illegal drugs

14 15 16 17 18 19 20

2. During the past 30 days, how many days have you used any of the following

21 22 23 24 25 26 27

28 29 30

Close

### Recommendation

Test, Short (1203201)

We recommend 1 session of education based on the Opioids risk score

Other significant risks include Opioids.

Personal Feedback Report

Service Selection:

Brief Education (recommended)

Brief Coaching

Referral

Refused

Please enter a reason for not selecting the recommended course of treatment

demonstration

Cancel Save & Next

## Health Risk Assessment

### MOSBIRT - Personal Health Risk Assessment

Participant: Test, Tobacco (1203261)      Assessed: Monday, 26 March 2012

**About this report:** Like most men you face a lot of responsibilities and decisions every day. These include how you take care of yourself and your future. From Dr. Oz to your mother, it seems like everyone has an opinion or advice about how to be healthy.

While there are many ways to be healthy, this report focuses on helping you learn about the relationship between your current substance use and your health.

- What risks do you face (in particular for tobacco, alcohol, and cannabis)?
- How do you compare to others?
- What can you do to reduce your risk?

If you decide to make some changes to reduce your risks, you will be taking better care of yourself and your future. Change requires you to make different choices and no single choice is right for everyone. This report gives you a variety of suggestions. The choice is up to you.

**Tobacco:** Low, Moderate, High, Very High

**Alcohol:** Low, Moderate, High, Very High

**Cannabis:** Low, Moderate, High, Very High

Moderate: You run the risk of having health and other problems due to your current substance use.  
High: Your risk of having serious problems due to your substance use is high. These may be health, social, family, work

### How much is too much?

Some say any alcohol is too much. Others think you should only stop if you can not "control it." The truth is, a man is at risk for serious problems from alcohol if he drinks more than 2 drinks a day regularly. He is also at risk if he drinks more than 4 drinks at any one time.

Look at the chart to see how much you drink with people in Missouri and the U.S. Based on what you have told us, you fall into the 'Binge' group. You report binge drinking monthly.

**Average Drinks per Week**

U.S. Missouri

0 drinks Moderate Heavy Binge

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007.

The following is based on what you have told us:

- You have 88 drinks per month. You have 1,144 each year. That is more than 84% of Missourians.
- You spent between \$3,432 and \$5,720 on alcohol during the past year.
- Over five years, you have spent between \$17,160 and \$28,600 on alcohol.
- You added 13,200 calories each month. That is more than 49 pounds per year.
- To burn off these calories each week a 155 lb individual would need to walk fast (4 mph) for 4.7 hours. Or that person has to ride a bicycle between 14-15 mph for 4.7 hours each week. Or that person has to garden for 9.4 hours every week.

### Your Motivation To Change

You can change your behaviors. Based on what you have told us, in terms of alcohol use you are in the precontemplative stage of change. You are not thinking about change at the moment. In fact, you may not have realized that your alcohol use was a potential problem. In terms of your drug use, you are in the contemplative stage of change. You are thinking about change at the moment and may be interested in trying some new behaviors to reduce your drug use associated risks.

#### Action Steps Based on Your Motivation To Change

**Precontemplative (alcohol use motivation to change):** This level suggests that you may not have known about the risky alcohol use behaviors we have identified in this report. Here are some questions to ask yourself based on what you learned:

- What might happen if you don't change?
- What would be the good things about changing your risky alcohol use behaviors?
- Suppose you don't change what is the worst that might happen?
- Suppose you don't change what is the best that might happen?

**Contemplative (drug use motivation to change):** This level suggests that you are thinking about changing your risky drug use behaviors. You realize that you have drug related problems but may unclear as to what to do. Here are some questions to ask yourself to help clarify your thoughts and make specific plans.

- When you make changes what will be different in your life?
- What single drug use behavior could you change to start reducing your risks?
- If you were to decide to change that behavior, what would you need to do to make it happen?
- Who in your life could help you make these changes?
- Who will you tell about your intention to change?
- What is your next step?

## Recommendation

Test, Short (1203201)

We recommend 1 session of education based on the Opioids risk score

Other significant risks include Opioids.

Personal Feedback Report

Service Selection:

- Brief Education (recommended)
- Brief Coaching
- Referral
- Refused

Please enter a reason for not selecting the recommended course of treatment

DEMONSTRATION

Cancel Save & Next

## Sessions

Test, Short (1203201)

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 select a menu of alternatives for change
8. Summarize session
9. Emphasize that the individual is responsible for their own behavior

QUESTIONS TO ASK THE PATIENT

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: [ Brief Education ]
5. Current Service Date: [ 03/26/2012 ]
6. Staff: [ David O'Leary ]
7. Attendance: [ Yes ]
8. Location: [ face-to-face ]
9. Participation: [ ]
10. Homework Completed: [ ]
11. Since the last meeting have they made changes in their drug or alcohol use: [ ]
12. Next Service Type: [ No ]

Cancel Save Save & Next

## Discharge

Test, Short (1203201)

1. On what date was the client discharged? [ 03/26/2012 ]
- Did you conduct a discharge interview?  Yes  No
2. What is the client's discharge status?
  - Completion/Graduate
  - Termination

If the client was terminated, what was the reason for termination?

Specify: [ ]

3. Did the program test this client for HIV?  Yes  No
4. Did the program refer this client for testing?  Yes  No

Cancel Save Save & Next

## eSBIRT.org Features

## Report - Security

Staff	Email	Role/Name	Site	Days Since Use
Hile, Matthew	matthew.hile@mimh.edu	eSBIRT-Site Coach	MIMH	0

## Report - Site Performance

Site	Location	Screened	Entered	PreScreen	PreScreenPos	ASSIST	AssistPos	FederalScr	TxRecB	TxRecC	TxRecR
Total	Testing	2012-04	9	9 (100%)	8 (89%)	7 (88%)	6 (75%)	8 (89%)	2	2	2
Total	Testing	2012-05	16	16 (100%)	11 (69%)	8 (73%)	8 (73%)	13 (81%)	3	5	3
Total	Testing	2012-06	5	5 (100%)	5 (100%)	5 (100%)	3 (60%)	5 (100%)	0	1	2
Total	Testing	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7
Total	Total	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7
Total	Total	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7

## Report - Site Performance

## Report - Site Performance

Year-Month	Completed (%)
2012-04	~88%
2012-05	~73%
2012-06	100%

## Report - Site Performance

Site	Location	Screened	Entered	PreScreen	PreScreenPos	ASSIST	AssistPos	FederalScr	TxRecB	TxRecC	TxRecR
Test	Testing	2012-04	9	9 (100%)	8 (89%)	7 (88%)	6 (75%)	8 (89%)	2	2	2
Test	Testing	2012-05	16	16 (100%)	11 (69%)	8 (73%)	8 (73%)	13 (81%)	3	5	3
Test	Testing	2012-06	5	5 (100%)	5 (100%)	5 (100%)	3 (60%)	5 (100%)	0	1	2
Test	Testing	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7
Test	Total	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7
Total	Total	Total	30	30 (100%)	24 (80%)	20 (83%)	17 (71%)	26 (87%)	5	8	7

## Help

- Talk to co-workers and supervisor
- FAQs
- eSBIRT forum
- Local IT support (hardware and connections)
- Contact Sean, Keith, or Matthew
  - Sean.Power@mimh.edu (314-877-6403)
  - Keith.Eldridge@mimh.edu (314-877-6437)
  - Matthew.Hile@mimh.edu
- Twitter (Follow MOSBIRT)

This has been an  
MIMH production

