

SBIRT: The Future
How are you sustaining SBIRT
in your setting ?
National trends -
Closing thoughts!

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Group Discussion

Sustaining SBIRT

- Workflow Models
- Financial Models – CMS required to make it an hospital inpatient mandate
- Marketing – To the Broader System of Care

National Trends

Discussion:

- Diffusion of SBIRT throughout Medical Environments (Hospital, Primary Care, National Guard etc.)
- SBIRT Training Environments
- Integrated Treatment Approaches
- Court Diversion & Criminal Justice
- College Interventions

The ICT Guide includes

14 clinical sessions:

- (3) Motivational Enhancement Therapy Sessions
- (9) CBT Skills Sessions
- (1) Use of Medications
- (1) Engagement with Self Help

ICT Sessions

- Enhancing Motivation
- Personal Reflective Discussion
- Assertive Communication, Social Supports, Problem-Solving, Replacement Activities
- Anger Management
- Craving, Desire and Discomfort
- Coping with Cravings and Urges to Use
- Depression Management
- CBT Practices for Treatment of Trauma
- Managing Thoughts about Use
- Supporter Involvement (Individual session only)
- Mindfulness, Meditation, and Relaxation

Closing Thoughts

Change is inevitable – all we can hope is to embrace the negative and loss with sincerity and grace.

And welcome the opportunity with an open & mindful awareness of the differences and potential to improve
