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