

# GETTING IN FRONT OF SUBSTANCE ABUSE WITH SCREENING, BRIEF INTERVENTION AND REFERRAL TO TREATMENT



## About Screening, Brief Intervention and Referral to Treatment (SBIRT)

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and screening for individuals with risky alcohol and drug use. For these patients who are at a high-risk of developing a substance use disorder or who are already dependent upon substances, SBIRT helps get patients to more intensive substance abuse treatment quickly.

### The Substance Abuse and Mental Health Services Administration defines SBIRT as:

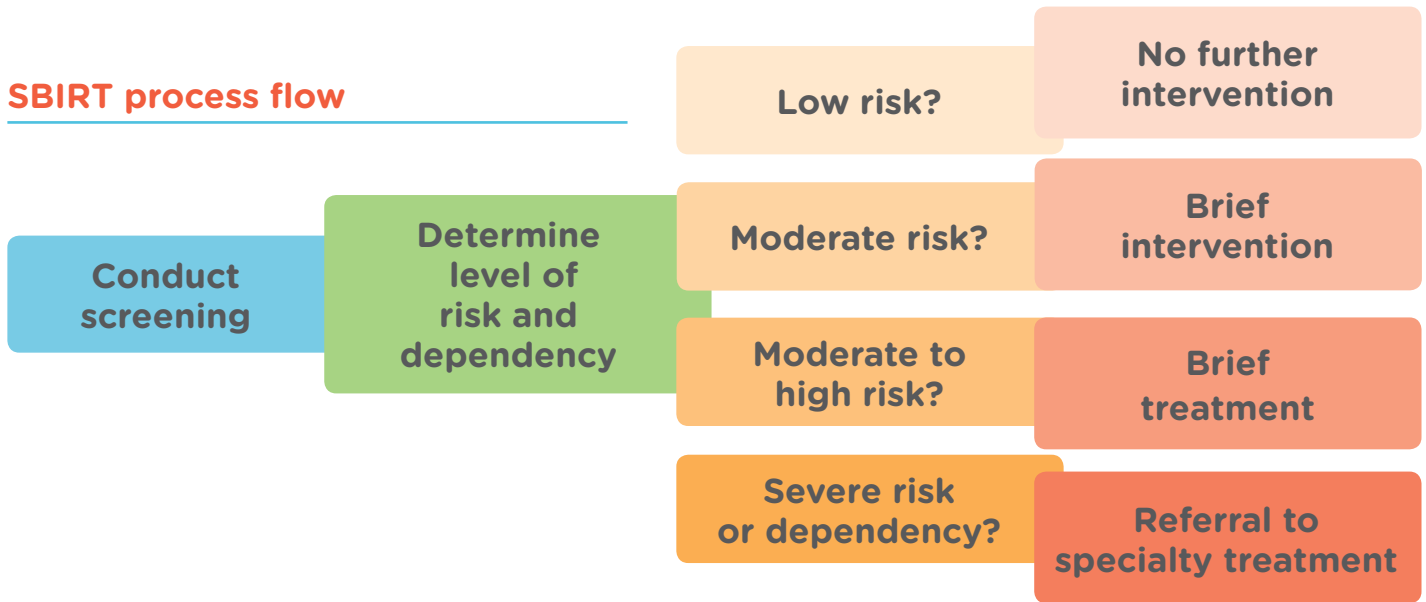
- Brief (typically 5-10 minutes for brief intervention and 5-12 minutes for brief treatment).
- Universal.
- Targeting one or more behaviors regarding risky alcohol and drug use.
- Delivered in a public health, nonsubstance abuse treatment setting.
- Comprehensive – comprised of screening and referral.
- Involving research, evaluation and collection of experiential evidence to assess the model's effectiveness.

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| <b>Screening</b>             | <ul style="list-style-type: none"> <li>• Conduct a 5-10 minute consultation to identify the right amount of treatment.</li> <li>• Use common screening tools such as the Alcohol Use Disorders Identification Test (AUDIT); the CAGE Questionnaire; and the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST).</li> <li>• Bill with code H0049.</li> </ul>  |
| <b>Brief intervention</b>    | <ul style="list-style-type: none"> <li>• Provide 1-5 sessions with each session lasting 5-60 minutes.</li> <li>• Educate patients and increase their motivation to reduce risky behavior.</li> <li>• Bill with code H0050 at chemical dependency treatment facilities only.</li> </ul>   |
| <b>Brief treatment</b>       | <ul style="list-style-type: none"> <li>• Provide 5-12 sessions.</li> <li>• During the session:             <ul style="list-style-type: none"> <li>- Change the immediate behavior or thoughts about a risky behavior.</li> <li>- Address long-standing problems with harmful drinking and drug misuse.</li> <li>- Help patients with higher levels of disorder obtain more long-term care.</li> </ul> </li> <li>• Bill with code 99408.</li> </ul> |
| <b>Referral to treatment</b> | <ul style="list-style-type: none"> <li>• If a patient meets the diagnostic criteria for substance dependence or mental illness as defined by the <i>Diagnostic and Statistical Manual of Mental Disorders—Fifth Edition</i>, we recommend you refer the patient to a specialty provider.</li> <li>• Referrals can be complex and involve coordination across different types of services and we can help! Call us at 1-888-821-1108.</li> </ul>    |

## Delivering SBIRT services

Primary care centers, hospital ERs, trauma centers and community health settings have the best chance to intervene early with at-risk substance users and prevent more severe consequences. All PCPs (as defined by state law) as well as behavioral health providers play a role in SBIRT.

### SBIRT process flow



### Implementing SBIRT into care management

- **Choose a screening tool.** We recommend the AUDIT, CAGE Questionnaire, TWEAK scale, 4P's Plus<sup>®</sup> Screening Tool, or CRAFFT Screening Tool.
- **Decide who will conduct the screening and intervention and when it will occur.** It can be as simple as a nurse performing a brief screening while taking a patient's blood pressure.
- **If needed, refer patients for further treatment.**

#### Referral assistance

Call us at 1-888-821-1108.

We're glad to help you get our members this important kind of care.



### Resources

- SBIRT: <https://www.SAMHSA.gov> > Programs & Campaigns > SBIRT
- American Public Health Association and Education Development Center, Inc. (2008). Alcohol screening and brief intervention: A guide for public health practitioners. Washington, DC: National Highway Traffic Safety Administration, U.S. Department of Transportation.

