Screening, Brief Intervention, and Referral to Treatment (SBIRT)
Part I: Introduction & Screening

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Shannon Tellier, PharmD
Objectives

- Describe SBIRT rationale and screening process
- Perform screening based on the SBIRT model
- Identify appropriate interventions based on the results of the screening
What is SBIRT?

- Screening
- Brief
- Intervention
- Referral to
- Treatment
SBIRT has been defined by the Substance Abuse and Mental Health Services Administration (SAMHSA) as a comprehensive, integrated, public health approach to the delivery of early intervention for individuals with risky alcohol and drug use, and the timely referral to more intensive substance abuse treatment for those who have substance abuse disorders.
How it Works

- Healthcare providers using SBIRT ask patients about substance use during visits
- Provide brief advice
- If appropriate, refer patients who are at risk of substance use problems to treatment
Purpose of SBIRT

While screening can identify those who are here...

It is designed to identify risky behavior before it causes serious harm.

Adapted from Indiana SBIRT
Why Use SBIRT?

- Reduction in alcohol and drug use 6 months after receiving intervention
- Improvement in quality-of-life measures, including employment/education status, housing stability, and 30-day past arrest rates
- Reduction in risky behaviors
- Reduction in time and healthcare resources caused by substance use

Unpublished data from SAMHSA's Services Accountability Improvement System, July 2012.
NY State

- 26% of adults binge drink
- 1.9 million New Yorkers have a substance abuse problem
- 10% of adults have used illegal drugs in the past month
- 13% of adults have used marijuana in the past month

https://www.oasas.ny.gov/adMed/sbirt/index.cfm#video
Nationwide Costs per Year

- Alcohol misuse: $223 billion
- Drug use & abuse: $151 billion

https://www.oasas.ny.gov/adMed/sbirt/index.cfm#video
Locating Risky and Harmful Drinkers: The Beginning of SBIRT

SBIRT is **opportunistic**. It can be integrated into existing systems.

Contact with risky/harmful drinkers might occur in a variety of locations.

These systems are ideal locations for screening.

Adapted from Indiana SBIRT
Where Can SBIRT be Implemented?

Primary care facilities

Emergency Rooms

Trauma centers

Community health settings

And many more!!
Substance/Alcohol Use Problem?

Use of illicit/illegal drug or prescription drug for non-medical purposes.
Unitary View of Alcohol/Drug Problems

Often the terms “risky drinker” and “alcoholic” are thought to mean the same thing:

Adapted from Indiana SBIRT
A New Perspective

- We now know that people can experience harm from alcohol use without:
  - Being unable to limit their drinking (a qualification of alcoholism)
  - Drinking in dangerous situations (a qualification of alcohol abuse)

- We use new vocabulary ("risky" and "harmful") to address other levels of drinking.

Adapted from Indiana SBIRT
The Range View of Risk for Alcohol Use

- Abstainer
- Occasional Drinker
- Light Social Drinker
- Risky Drinker
- Harmful Drinker
- Heavy/Binge Drinker

Low Risk

Adapted from Indiana SBIRT
Low Risk Drinking Limits

Women

- In a Single Day: No more than 3 drinks per day
- Per Week: No more than 7 drinks per week

Men

- In a Single Day: No more than 4 drinks per day
- Per Week: No more than 14 drinks per week

One Standard Drink

12 fl. oz. regular beer
8-9 fl. oz. malt liquor (shown in 12 oz. glass)
5 fl. oz. table wine
1.5 fl. oz. shot of 80-proof spirits (liquor)

Adapted from Indiana SBIRT
The Range View of Risk for Alcohol Use

SBIRT targets patients in the “yellow” zone

Adapted from Indiana SBIRT
Drinking Levels in US Society

Both are considered alcohol problems

Dependent
5%

At-risk or Harmful
20%

At-risk or harmful drinkers

At-risk drinkers haven’t had any problems

Harmful drinkers have problems that are relatively small, maybe isolated and questionably related
Risky or Harmful Drinking in Context

Overlap between substance misuse and other problems!

Adapted from Indiana SBIRT
Locating Risky and Harmful Drinkers: The Beginning of SBIRT

**SBIRT**

- **S**creening
- **B**rief
- **I**ntervention
- **R**eferral to **T**reatment

It will not always be obvious **who** is a risky or harmful drinker!

It is important to **begin at the beginning**: locating risky and harmful drinkers.

Adapted from Indiana SBIRT
Getting Started

Pre-screen: For Everyone/Universal

-One or two questions to capture patients who will “screen positive” on a full screen

-Time saving measure

-A “positive” pre-screen indicates the need to complete the full screening

Full Screening: After Positive Pre-screen

-The full screening tool informs the professional about the patient’s level of substance use risk

-Indicates appropriate next steps: Brief Intervention or Referral to Treatment

Adapted from Indiana SBIRT
Adult Pre-Screening Questions

Alcohol

- MEN: How many times in the past 12 months have you had 5 or more drinks in a day?
- WOMEN: How many times in the past 12 months have you had 4 or more drinks in a day?

Drugs

- How many times in the past 12 months have you used an illegal drug or used a prescription drug for nonmedical reasons?

* Positive if any response > 0

Adapted from Indiana SBIRT
Positive pre-screen ➔ Full screening
Adult Screening

**AUDIT-10**
- Alcohol only screening
- Validated for adults 18 and older
- 1 pre-screen question
- 10 questions on full screening

**DAST-10**
- Drug screening
- Validated for adults 18 and older
- 1 pre-screen question
- 10 questions on full screening

*AUDIT* = Alcohol Use Disorders Identification Test

*DAST* = Drug Abuse Screening Test

Adapted from Indiana SBIRT
AUDIT-10

- Designed by the World Health Organization (WHO)
- Cross-national standardization
- Identifies hazardous/harmful alcohol use and possible dependence
- Focuses on recent alcohol use
- Can be administered either as an oral interview or as a self-report questionnaire
Introducing the AUDIT-10

- Explanation should be given to patients about the content of the questions, purpose for asking them, and the need for accurate answers

“Now I am going to ask you some questions about your use of alcoholic beverages during the past year. Because alcohol use can affect many areas of health (and may interfere with certain medications), it is important for us to know how much you usually drink and whether you have experienced any problems with your drinking. Please try to be as honest and as accurate as you can be.”

World Health Organization
## Domains of the AUDIT-10

<table>
<thead>
<tr>
<th>Domains</th>
<th>Question Number</th>
<th>Item Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hazardous Alcohol Use</td>
<td>1</td>
<td>Frequency of drinking</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Typical quantity</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>Frequency of heavy drinking</td>
</tr>
<tr>
<td>Dependence Symptoms</td>
<td>4</td>
<td>Impaired control over drinking</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Increased salience of drinking</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Morning drinking</td>
</tr>
<tr>
<td>Harmful Alcohol Use</td>
<td>7</td>
<td>Guilt after drinking</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Blackouts</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>Alcohol-related injuries</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>Others concerned about drinking</td>
</tr>
</tbody>
</table>
# AUDIT-10

## QUESTIONS

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>Monthly or less</td>
<td>2-4 times a month</td>
<td>2-3 times a week</td>
</tr>
<tr>
<td>2</td>
<td>How many drinks containing alcohol do you have on a typical day you are drinking?</td>
<td>1 or 2</td>
<td>3 or 4</td>
<td>5 or 6</td>
<td>7 to 9</td>
</tr>
<tr>
<td>3</td>
<td>Women: How often do you have four or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td></td>
<td>Men: How often do you have five or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>4</td>
<td>How often during the last year have you found that you were not able to stop drinking once you had started?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>5</td>
<td>How often during the past year have you failed to do what was expected of you because of drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>6</td>
<td>How often during the past year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>7</td>
<td>How often during the past year have you had a feeling of guilt or remorse after drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>8</td>
<td>How often during the past year have you been unable to remember what happened the night before because of your drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
</tr>
<tr>
<td>9</td>
<td>Have you or someone else been injured because of your drinking?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Indiana SBIRT
### Scoring the AUDIT-10

- Based on calculating the totals of each column
- Add all of the columns for the total score
- Total score = level of risk for alcohol use

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>AUDIT Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0-7</td>
<td>Alcohol Education</td>
</tr>
<tr>
<td>II</td>
<td>8-15</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>16-19</td>
<td>Brief intervention; consider referral to treatment</td>
</tr>
<tr>
<td>IV</td>
<td>20+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>

Adapted from Indiana SBIRT
DAST-10

- Published by Harvey Skinner in 1982
- Used to measure patient’s drug use problems and related consequences
- Wide applicability with substances

Adapted from Indiana SBIRT
## DAST-10

These questions refer to the past 12 months.

<table>
<thead>
<tr>
<th>Question</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you used drugs other than those required for medical reasons?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>2. Do you abuse more than one drug at a time?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>3. Are you always able to stop using drugs when you want to? (If never use drugs, answer “Yes.”)</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>4. Have you had &quot;blackouts&quot; or &quot;flashbacks&quot; as a result of drug use?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>5. Do you ever feel bad or guilty about your drug use? If never use drugs, choose “No.”</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>6. Does your spouse (or parents) ever complain about your involvement with drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>7. Have you neglected your family because of your use of drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>8. Have you engaged in illegal activities in order to obtain drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)?</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>
Scoring the DAST-10

- Based on giving 1 point per question
- Total score = level of risk for substance abuse

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>DAST Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0</td>
<td>Education</td>
</tr>
<tr>
<td>II</td>
<td>1-2</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>3-5</td>
<td>Brief intervention; consider referral to treatment</td>
</tr>
<tr>
<td>IV</td>
<td>6+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>

Adapted from Indiana SBIRT
### St. John’s University SBIRT Pocket Card

<table>
<thead>
<tr>
<th>ZONE OF USE</th>
<th>I: Low Risk</th>
<th>II: Risky</th>
<th>III: Harmful</th>
<th>IV: Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUDIT Score</td>
<td>0-7</td>
<td>8-15</td>
<td>16-19</td>
<td>20-40</td>
</tr>
<tr>
<td>DAST Score</td>
<td>0</td>
<td>1-2</td>
<td>3-5</td>
<td>6+</td>
</tr>
<tr>
<td>Explanation of Zone</td>
<td>At low risk for health or social complications</td>
<td>May develop health problems or existing problems may worsen</td>
<td>Has experienced negative effects from substance use</td>
<td>Would likely benefit from more assessment and assistance</td>
</tr>
<tr>
<td>Intervention</td>
<td>Positive Reinforcement; Education</td>
<td>Education; Consider Brief Intervention</td>
<td>Brief Intervention; Consider Referral to Treatment; Continue to Monitor</td>
<td>Brief Intervention; Referral to Treatment</td>
</tr>
</tbody>
</table>
Adolescent Screening

- CRAFFT
  - Stands for key words on the assessment: Car, Relax, Alone, Forget, Friends, Trouble
  - Validated for adolescents 14-21
  - Used for alcohol and other substances
  - 3 pre-screen questions
  - 6 questions on full screening

- AUDIT
  - Validated for adolescents 14-18 with adjusted cut-offs
  - Alcohol only screening
  - 1 pre-screen question
  - 10 questions on full screening

- National Institute on Alcohol Abuse and Alcoholism (NIAAA) Practitioner’s Guide
  - Used for adolescents 9-18
  - Alcohol only screening
  - 2 question screening process (No pre-screening)
  - Suggests use of additional screening tools

Adapted from Indiana SBIRT
Adolescent Pre-Screening Questions

CRAFFT

- During the past 12 months, did you:
  - Drink any alcohol (More than a few sips)?
  - Smoke any marijuana or hashish?
  - Use anything else to get high?

AUDIT

- **Male:** How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day?
- **WOMEN:** How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day?

*Pre-screen is positive if any response is “Yes”.*

* Pre-screen is positive if any response is > 0 .

Adapted from Indiana SBIRT
CRAFFT

Pre-screening Questions

Part A
During the PAST 12 MONTHS, did you:

1. Drink any alcohol (more than a few sips)?
   (Do not count sips of alcohol taken during family or religious events.)
   No □ Yes □

2. Smoke any marijuana or hashish?
   No □ Yes □

3. Use anything else to get high?
   (“anything else” includes illegal drugs, over the counter and prescription drugs, and things that you sniff or “huff”)
   No □ Yes □

For clinic use only: Did the patient answer “yes” to any questions in Part A?

No □ Yes □

- Ask CAR question only, then stop
- Ask all 6 CRAFFT questions

Part B
1. Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs?
   No □ Yes □

2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
   No □ Yes □

3. Do you ever use alcohol or drugs while you are by yourself, or ALONE?
   No □ Yes □

4. Do you ever FORGET things you did while using alcohol or drugs?
   No □ Yes □

5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?
   No □ Yes □

6. Have you ever gotten into TROUBLE while you were using alcohol or drugs?
   No □ Yes □

Adapted from Indiana SBIRT
## Scoring Adolescent Screening Tools

### CRAFFT Score

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>CRAFFT Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0</td>
<td>Affirmation &amp; Education</td>
</tr>
<tr>
<td>II</td>
<td>1-2</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>3+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>

### AUDIT Score

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>AUDIT Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0-1</td>
<td>Education</td>
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<tr>
<td>II</td>
<td>2</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>3+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>

Adapted from Indiana SBIRT
NIAAA Practitioner's Guide

**Elementary School**
(ages 9-11)

- **Friends:** Do you have any friends who drank beer, wine or any drink containing alcohol in the past year?
- **Adolescent:** How about you—have you ever had more than a few sips of beer, wine or any drink containing alcohol?

**Middle School**
(ages 11-14)

- **Friends:** Do you have any friends who drank beer, wine or any drink containing alcohol in the past year?
- **Adolescent:** How about you—in the past year on how many days have you had more than a few sips of beer, wine or any drink containing alcohol?

**High School**
(ages 14-18)

- **Adolescent:** How about you—in the past year on how many days have you had more than a few sips of beer, wine or any drink containing alcohol?
- **Friends:** If your friends drink, how many drinks do they usually drink on an occasion?

Adapted from Indiana SBIRT
On how many DAYS in the past year did the adolescent drink?

Estimated risk levels by age and frequency in the past year:

- **Highest risk** (52+ days)
  - **Age**: ≤11
  - **Tx**: Brief motivational interviewing + possible referral

- **Lower risk** (1–5 days)
  - **Age**: 12–15
  - **Tx**: Brief advice

- **Moderate risk** (6–11 days)
  - **Age**: 16
  - **Tx**: Brief advice or motivational interviewing

- **Moderate risk** (12–23 days)
  - **Age**: 17

- **Low risk** (24–51 days)
  - **Age**: 18

Adapted from Indiana SBIRT
Case #1

- BD is a 50 year old female with a steady job. Her husband passed away 5 years ago and she has two adult children who don’t live at home. Almost every evening after work, she goes to the local bar to meet friends and has a few glasses of wine. Some mornings, BD has a headache when she gets up for work, but she still follows her normal routine. After taking the AUDIT, BD scored a 10.
<table>
<thead>
<tr>
<th>Question #1: ALCOHOL USE</th>
</tr>
</thead>
</table>
| **MEN:** How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day?  
  (Write # of **days** of 5 or more drinks) |
| **WOMEN:** How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day?  
  (Write # of **days** of 4 or more drinks) |

<table>
<thead>
<tr>
<th>Question #2: SUBSTANCE USE</th>
</tr>
</thead>
</table>
| How many times in the PAST 12 MONTHS have you used an illegal drug or used a prescription drug for nonmedical reasons?  
  (Write # of times) |

* Positive if any response > 0

Positive
## AUDIT-10

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>Monthly or less</td>
<td>2-4 times a month</td>
<td>2-3 times a week</td>
<td>4 or more times a week</td>
<td>4</td>
</tr>
<tr>
<td>2. How many drinks containing alcohol do you have on a typical day you are drinking?</td>
<td>1 or 2</td>
<td>3 or 4</td>
<td>5 or 6</td>
<td>7 to 9</td>
<td>10 or more</td>
<td>1</td>
</tr>
<tr>
<td>3. <strong>Women</strong>: How often do you have four or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td>2</td>
</tr>
<tr>
<td><strong>Men</strong>: How often do you have five or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
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<td>4. How often during the last year have you found that you were not able to stop drinking once you had started?</td>
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<td>5. How often during the past year have you failed to do what was expected of you because of drinking?</td>
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<td>Monthly</td>
<td>Weekly</td>
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<td>0</td>
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<tr>
<td>7. How often during the past year have you had a feeling of guilt or remorse after drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td>1</td>
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<td>8. How often during the past year have you been unable to remember what happened the night before because of your drinking?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily or almost daily</td>
<td>0</td>
</tr>
<tr>
<td>9. Have you or someone else been injured because of your drinking?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?</td>
<td>No</td>
<td>Yes, but not in the past year</td>
<td>Yes, during the past year</td>
<td></td>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>

Total = 10
<table>
<thead>
<tr>
<th>Risk Level</th>
<th>AUDIT Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0-7</td>
<td>Alcohol Education</td>
</tr>
<tr>
<td>II</td>
<td>8-15</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>16-19</td>
<td>Brief intervention; consider referral to treatment</td>
</tr>
<tr>
<td>IV</td>
<td>20+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>
Case #2

- MS is a 37 year old male who has been working in the construction business for the past twenty years and now has back problems. He started taking oxycodone-acetaminophen tablets that were left over after his daughter got her wisdom teeth removed six months ago. Now he buys the tablets on the street to help his back pain. MS scored 5 on the DAST.
## Pre-Screening

### SBIRT INTAKE AND PRE-ASSESSMENT QUESTIONNAIRE

#### Question #1: ALCOHOL USE

**MEN:** How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day?  
________________ (Write # of **days** of 5 or more drinks)

**WOMEN:** How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day?  
0 __________________ (Write # of **days** of 4 or more drinks)

#### Question #2: SUBSTANCE USE

How many times in the PAST 12 MONTHS have you used an illegal drug or used a prescription drug for nonmedical reasons?  
? **Not sure** __________________ (Write # of times)

---

* Positive if any response > 0

Positive
<table>
<thead>
<tr>
<th>These questions refer to the past 12 months.</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you used drugs other than those required for medical reasons?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>2. Do you abuse more than one drug at a time?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>3. Are you always able to stop using drugs when you want to? (If never use drugs, answer “Yes.”)</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>4. Have you had &quot;blackouts&quot; or &quot;flashbacks&quot; as a result of drug use?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>5. Do you ever feel bad or guilty about your drug use? If never use drugs, choose “No.”</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>6. Does your spouse (or parents) ever complain about your involvement with drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>7. Have you neglected your family because of your use of drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>8. Have you engaged in illegal activities in order to obtain drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)?</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>

Total = 5
## DAST-10

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>DAST Score</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>0</td>
<td>Education</td>
</tr>
<tr>
<td>II</td>
<td>1-2</td>
<td>Brief Intervention</td>
</tr>
<tr>
<td>III</td>
<td>3-5</td>
<td>Brief intervention; consider referral to treatment</td>
</tr>
<tr>
<td>IV</td>
<td>6+</td>
<td>Referral to Treatment</td>
</tr>
</tbody>
</table>
Conclusion

- SBIRT is an evidence-based model used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs
- Screening
  - Can occur in any healthcare setting
  - Identifies individuals in the “risky” zone or those already in the harmful zone
  - Suggests type of intervention based on zone

http://www.integration.samhsa.gov/clinical-practice/SBIRT
Screening, Brief Intervention, and Referral to Treatment (SBIRT)
Part I: Introduction & Screening

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Shannon Tellier, PharmD