

Screening, Brief Intervention, and Referral to Treatment (SBIRT)
Part III: Referral to Treatment &
SBIRT Outcomes

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Objectives

- Identify patients who should receive a referral to treatment
- Explain how to find treatment centers
- Summarize outcomes in SBIRT research

What is SBIRT?

S

- Screening

B

- Brief

I

- Intervention

R

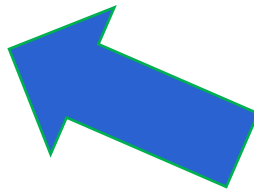
- Referral to

T

- Treatment

Referral To Treatment

Screening
Brief
Intervention
Referral to
Treatment



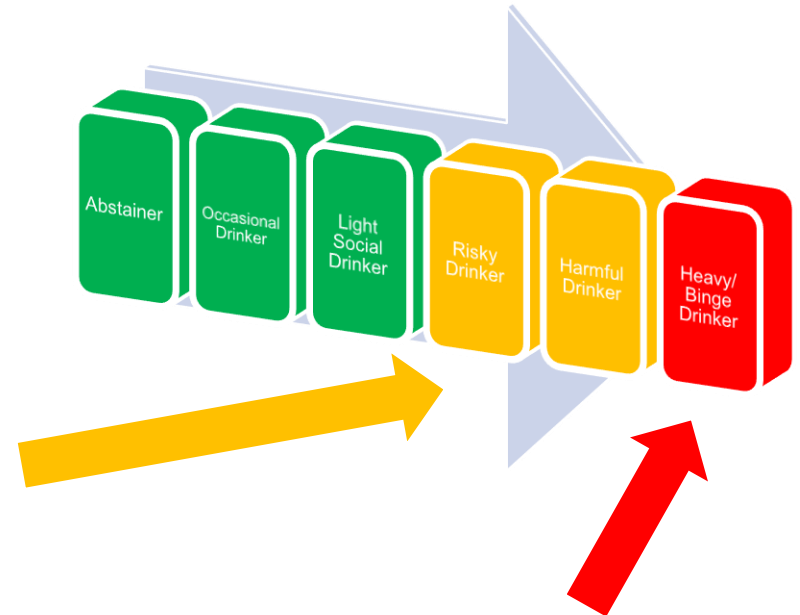
Some patients **might** receive a referral to treatment.

Referral To Treatment

Screening **locates** someone on the range of alcohol use.

Usually, a BI is used for **risky/harmful** use.

Referral to treatment occurs when a patient is a **heavy or dependent drinker**, or when a BI reveals more serious use.



St. John's University SBIRT Pocket Card

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

Referral to Treatment

- ~3-4% of screened patients in primary care settings need to be referred
- Indicates patient would benefit from more specialized services
 - Most likely outside of own organization
- Identify processes at your facility for referring patients

Types of Referrals

- Outpatient treatment
- Inpatient treatment
- Alcoholics Anonymous/Narcotics Anonymous
- Other support groups

Referral to Treatment

- Provide a “warm hand-off”
- Assist patients in finding treatment centers
- <https://findtreatment.samhsa.gov/>





Behavioral Health Links

Federal Government

[Health and Human Services Agencies](#)

[Behavioral Health Agencies](#)

[Informational Websites](#)

Self-Help, Peer Support, and Consumer Groups

[Self-Help Groups \(Addiction\)](#)

[Peer Support \(Mental Health\)](#)

[Mental Health Consumer Assistance](#)

[Consumer Advocates](#)

Children

Behavioral Health Treatment Services Locator

Welcome to the Behavioral Health Treatment Services Locator, a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

PLEASE NOTE: Your personal information and the search criteria you enter into the Locator is secure and anonymous. SAMHSA does not collect or maintain any information you provide.

Enter a starting location:

Or Call
SAMHSA's National Helpline

1-800-662-HELP (4357)
1-800-487-4889 (TDD)

Free and confidential information in English and Spanish for individuals and family members facing substance

Or Watch
Video Tutorials

Click [here](#) for instructional help using the Locator.



Click [here](#) for instructional help on Filtering and Downloading a List of



Find Help

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

24/7 Treatment Referral Line
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990
Text **TalkWithUs** to 66746

Other Treatment Program Locators

- [Find physicians and treatment programs providing buprenorphine for opioid addiction \(heroin or pain relievers\).](#)
- [Find programs providing methadone for the treatment of opioid addiction \(heroin or pain relievers\).](#)

Referral to Treatment

- What if patient doesn't want to go?
 - Be available
 - Follow-up with patient
 - Offer non-judgmental support
 - Discuss options again
 - Consider other directions

Case

- NH is a 39-year old divorced male who lost his job six months ago. He lives alone and is extremely stressed about all of the bills piling up. He is having a hard time finding a new job and now drinks most nights of the week.

Pre-Assessment Questionnaire

PRESCREENING	Question #1: ALCOHOL USE
	MEN: How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day? <u>50+</u> (Write # of <u>days</u> 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 <u>days</u> 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? <u>0</u> (Write # of times)

AUDIT-10

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

Total = 24

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SBIRT Outcomes

SBIRT is Effective

- 39% reduction in harmful alcohol use
- 68% reduction in illicit drug use
- Improvement in quality-of-life measures:
 - Employment/education status
 - Housing stability
 - 30-day past arrest rates

SBIRT is Cost Saving

- Primary Care Settings
 - Net benefit of \$546/patient who receive a brief intervention
- ED/Trauma Centers
 - Net savings of \$89/patient screened and \$330/patient offered an intervention
- Employer
 - \$771 net savings/employee (employee absenteeism and lost productivity)

Conclusion

- Small percentage of patients who are screened will require a referral to treatment
- SBIRT is an evidence-based screening process that improves quality of life and is also cost saving

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