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

Shannon Tellier, PharmD
Objectives

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

- Screening
- Brief
- Intervention
- Referral to
- Treatment
Referral To Treatment

Some patients might receive a referral to treatment.

Screening
Brief Intervention
Referral to Treatment

Adapted from Indiana SBIRT
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.

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

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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

https://www.samhsa.gov/sites/default/files/sbirtwhitepaper_0.pdf
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/](https://findtreatment.samhsa.gov/)
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:
address, city or zip code

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

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

Adapted from Indiana SBIRT
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

**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?

__________________  (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?

__________________  (Write # of times)

Adapted from Indiana SBIRT
# AUDIT-10

<table>
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<tr>
<th>QUESTIONS</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Score</th>
</tr>
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<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?</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>2</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>4</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>Weekly</td>
<td>Daily or almost daily</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. 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>
<td>Daily or almost daily</td>
<td>2</td>
</tr>
<tr>
<td>5. 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>
<td>Daily or almost daily</td>
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<tr>
<td>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?</td>
<td>Never</td>
<td>Less than monthly</td>
<td>Monthly</td>
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<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>
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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>2</td>
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<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>4</td>
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<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>
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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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