

SBIRT

Screening, Brief Intervention, Referral to Treatment



SBIRT is a comprehensive and integrated public health approach to the delivery of early intervention and treatment services through universal screening for persons with substance use disorders (SUD) and those at risk of developing these disorders.

Screening

The use of validated procedures to quickly assess patient substance use risk and select appropriate care.

- Screening seeks to identify patterns and prevalence related to substance use in a variety of clinical settings such as Primary Care and Emergency Departments.
- **Universal screening** for substance use identifies patterns that commonly put an individual at increased risk for harm, including elevated quantity and frequency of use, loss of self-control when it comes to using substances, family and/or friends who express concern about the patient's substance use, signs of dependence on a substance, social and/or relationship problems due to substance use, physical injury due to substance use and memory loss or "blacking out" due to substance use.

Brief Intervention

A brief dialogue with a patient to explore the consequences of substance use with the intent to strengthen the patient's own motivation and commitment to positive behavior change.

Components of BIs are **Feedback** on the risks associated with substance use;

Exploration of behaviors related to substance use; and **Strategy** with set goals and specific action steps.

Feedback:

- Ask for permission to enter into discussion.
- Pause for reaction.
- Provide a simple, factual statement about the individual's risk for harm.

Listening

- Understanding of risk level
- Responsibility for personal choices
- Ability to choose different behaviors
- Relative importance of new behaviors
- Level of confidence in achieving specific behaviors.

Options

- Explore different/safer choices regarding substance use
- Commit to the most important and realistic options for behavior change.

Referral to Treatment

Actively assisting or linking patients to the appropriate level of substance use disorder treatment and/or recovery support when warranted.

Identify Patient

- The following patients may be identified through routine screening as being in need of a referral to treatment
- Patients who meet diagnostic criteria for substance use disorder.
- Patients with co-occurring/additional mental or physical health problems.

Introduce Need for Referral

- Connect the patient's screening results and current office visit to the need for specialized treatment.
- Set the tone by displaying genuine interest with active listening.
- Display a non-judgmental demeanor.
- Explain your role and concern as the patient's healthcare provider.

Contact Information

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