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NATIONAL ASSOCIATION OF
Community Health Centers

**Implementing SBIRT in Community Health and
Community Behavioral Health Centers**

Eric Goplerud, Ph.D., Bill McFeature, Ph.D.
SAMHSA/HRSA Primary Health/Behavioral Health
Integration Project Seminar
April 25, 2011



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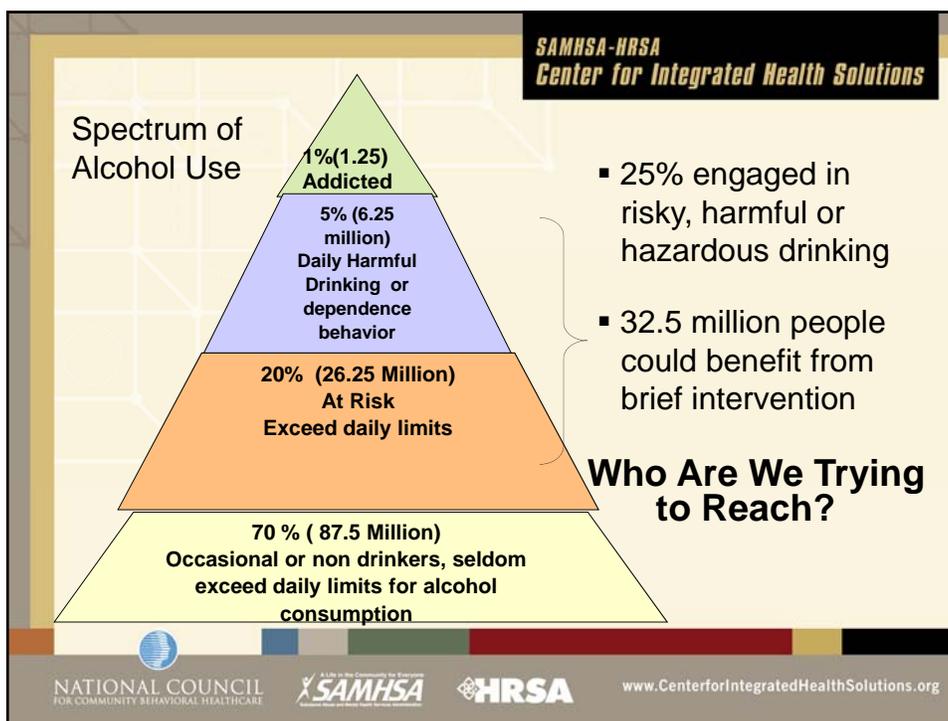
SBIRT – its not...

<http://www.yale.edu/sbirt/video.html>

http://www.youtube.com/watch?v=ZGETDcFcAbI&feature=player_embedded#at=31



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Medical Consequences of Alcohol Abuse

Normal 43-year-old Alcoholic 43-year-old

- Brain damage
- Liver disease
- Ulcers
- Cancers
- Esophageal hemorrhage
- Kidney damage
- Fetal alcohol syndrome
- Alcohol related accidents
- Etc..

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Medical Consequences of Drug Abuse

**DECREASED DOPAMINE TRANSPORTERS
IN A METHAMPHETAMINE ABUSER**

Healthy Control Drug Abuser

Methamphetamine abusers have significant reductions in dopamine transporters.
Source: *Am J Psychiatry* 158:377-382, 2001.

- Brain damage
- Cancer
- Heart damage
- Lung disease
- Nervous system
- Digestive system
- Drug exposed infants and children
- Drug related accidents

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NIDA Single-Item Drug Use

"How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?"

- Identifies overall drug use
- Positive screen = 1 or more
- Provide BI /RT

Barclay, Laurie (2010). Single Screening Question May Identify Drug Use in Primary Care. *Arch Intern Med.* 2010;170:1155-1160

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NIAAA Single-Item Alcohol Use

"How many times in the past year have you had X or more drinks in a day?"

- X = 5 for men, 4 for women
- Identifies unhealthy alcohol use
- Positive screen = 1 or more (provide BI)

Barclay, Laura (2009). Single Screening Question May Accurately Identify Unhealthy Alcohol Use. J Gen Intern Med.


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AUDIT-C

Read questions as written. Record answers carefully. Begin the AUDIT by saying "Now I am going to ask you some questions about your use of alcoholic beverages during this past year." Explain what is meant by "alcoholic beverages" by using local examples of beer, wine, vodka, etc. (see below, What is a Standard Drink?) Code answers in terms of "standard drinks". Place the correct answer number in the box at the right.

Questions*	0	1	2	3	4	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4 or more times per week	
2. How many drinks containing alcohol do you have on a typical day of drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 +	
3. How often do you have five or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
AUDIT-C Score (add items 1-3) <i>Positive screen=4 men/3 women and adults over age 65</i>						


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Box 10

The Alcohol Use Disorders Identification Test: Self-Report Version

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest.
Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4
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
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have six 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
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last 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
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
					Total

AUDIT*

Alcohol Use Disorder Identification Test

Developed by WHO

English: http://whqlibdoc.who.int/hq/2001/WHO_MSD_MSB_01.6a.pdf

Spanish: http://www.who.int/substance_abuse/activities/en/AUDITmanualSpanish.pdf

Detects Alcohol Problems in the Last Year

AUDIT-C <2 min
AUDIT <5 min



AUDIT Online

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AlcoholScreening.org for EAP Programs

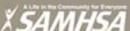
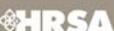


AlcoholScreening.org is a service of the Boston University School of Public Health. The site helps individuals anonymously assess their own alcohol consumption patterns to determine if their drinking is likely to be harming their health or increasing their risk for future harm. Through education, brief intervention and referral to help, the site urges those whose drinking is harmful or hazardous to take positive action. **More than one million people** have completed the screening questionnaire and received scientifically-based feedback on their drinking patterns.

Here's how AlcoholScreening.org can be used to support EAP programs:

EAPs can sponsor a specialized version of the website which identifies the EAP at the top of every web page. The EAP can promote the service through a unique URL on its own website and through materials it distributes to its members.



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NIDAMED – <http://ww1.drugabuse.gov/nmassist/>

NIDA QUICK SCREEN +

Clinician's Screening Tool for Drug Use in General Medical Settings*

[Hide Instructions](#) | [Print this Page](#)

Note: This website collects no personally identifiable information and does not store your responses to any of the following questions.

Instructions: Ask your patient each question, then mark answers affirmative when appropriate (the default setting is a negative response). At the end of the survey, the screening tool will tally the responses to generate a substance involvement score, determine risk and recommended level of intervention, and provide additional resources.

Quick Screen Start Quick Results ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ Results

In the *past year*, how many times have you used the following?

Drug Type	Never	Once or Twice	Monthly	Weekly	Daily or Almost Daily
Alcohol For Men more than 5 drinks in a day	<input type="radio"/>				
Tobacco products	<input type="radio"/>				
Prescription Drugs for Non-Medical Reasons	<input type="radio"/>				
Illegal drugs	<input type="radio"/>				

[Give Feedback](#)
Next ▶

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RETHINKING DRINKING

Alcohol and your health

<http://rethinkingdrinking.niaaa.nih.gov/>

Research-based information from the
National Institutes of Health
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

RETHINKING DRINKING

Alcohol and your health

Search

HOW MUCH IS TOO MUCH?

- > What counts as a drink?
- > Is your drinking pattern risky?
- > What's the harm?

THINKING ABOUT A CHANGE?

- > It's up to you
- > Strategies for cutting down
- > Support for quitting
- > Tools & resources

QUESTIONS?

Q & As

DO YOU KNOW...

THE SIGNS THAT ALCOHOL IS CAUSING HARM?



Do you enjoy a drink **now and then**? Many of us do, often when socializing with friends and family. Drinking can be beneficial or harmful, depending on your age and health status, and, of course, how much you drink.

For anyone who drinks, this site offers valuable, research-based information. What do you think about taking a look at your drinking habits and how they may affect your health? *Rethinking Drinking* can help you [get started](#).

"Sometimes we do things out of habit and we don't really stop to think about it. This made me think about my choices."

"It emphasized that drinking is not bad in and of itself—it's how much you're doing it and how it's affecting your life."

"I thought the strategies for cutting down were really good. It gives you tools to help yourself."

These are comments from social drinkers who reviewed the *Rethinking Drinking* [booklet](#) in focus testing. We welcome your comments on the booklet and this Web site as well. Send us an [email](#).

Is your "lite" beer light in alcohol?



How strong is your mixed drink?

TRY THE COCKTAIL CONTENT CALCULATOR



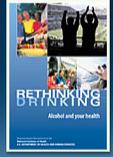
How many "drinks" are in a bottle of wine?



Quick links

- Check your drinking pattern
- See signs of a problem
- Get tools to make a change

TAKE IT with you



Download or order

this 16-page booklet, *Rethinking Drinking: Alcohol and Your Health*

<http://rethinkingdrinking.niaaa.nih.gov/>

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What is Brief Intervention?



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A Life in the Community for Everyone



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....IT'S NOT THIS!



"It's some new thing called an intervention."

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BI: Definition & Implications

- A practice to identify a real or potential substance use problem, and to motivate an individual to do something about it.
- Non-confrontational, short health counseling technique.
- Not a quick fix treatment.

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Elements of BI Protocol

- Screening score feedback
- Education (risks, guidelines)
- Normative feedback
- Simple advice and expression of clinical concern
- Provide resources
- Close on good terms
- Make referral linkage for high risk of dependency or complicated cases



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Screening Score Feedback

- **Using a non-judgmental tone...**
"From your responses, your drinking puts you at higher risk for many health and emotional concerns than those who drink at lower ranges. These questions have been given to thousands of people, so you can compare your drinking to others. Your score was [#]...on a scale of 0-40 which places you in the category of [moderate or high] risk."

72% of adults do not drink or drink at low risk levels, 20% drink at moderate risk levels, and 8% drink at the high risk levels



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Education

- **Discuss health risks of alcohol and other substances**

“Unhealthy alcohol use can put you at risk for injury, accidents, and health problems such as depression, diabetes, cancer, insomnia, high blood pressure, stroke, heart and gastrointestinal problems, and other conditions.”

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Review drinking guidelines

“The recommended guidelines for healthy adults are no more than 1 drink per day (or 7 drinks per week) for women and adults over age 65, and no more than 2 drinks per day (or 14 drinks per week) for men.”

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Simple Advice and Expression of Clinical Concern

- “Reducing your consumption to safer drinking levels can decrease your risk of health problems.”
- “I advise you to Cut Back your (alcohol/drug) consumption.” 

10-30% clients will significantly reduce (alcohol/tobacco/diabetic) risky behavior.

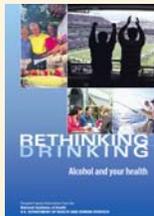


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Provide Resources

- *Rethinking Drinking* (booklet, online) <http://rethinkingdrinking.niaaa.nih.gov/>
- *Tips for Cutting Down on Your Drinking* <http://pubs.niaaa.nih.gov/publications/Tips/tips.pdf>
- *Harmful Interactions: Mixing Alcohol with Medications* [http://pubs.niaaa.nih.gov/publications/Medicine/Harmful Interactions.pdf](http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf)





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Exploring Motivation using MI and CBT Strategies

- Explore Ambivalence
 - Pros and Cons of Alcohol Use
- Explore Readiness
 - Importance and Confidence Rulers
- Explore Goals
 - quit, cut down, make no change?
- Elicit Change Talk – *“I really want to cut-back on drinking with the guys after work.”*

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC





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Exploring Pros/Cons

- *What are the good things about your ____?*
- *What are some of the less good things?*
- *What concerns do you have about your ____?*
- *If you were to change, what would it be like?*
- *Where does this leave you now?*

Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010





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Importance Ruler

*“How important is it to you to ____ (e.g., quit using, begin treatment)?
If 0 was “not important,” and 10 was “very important,” what number would you give yourself?”*



0 10

Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010


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Exploring Importance

- *Why are you at x and not y?*
(always start with the higher number)
- *What would have to happen for it to become much more important for you to change?*

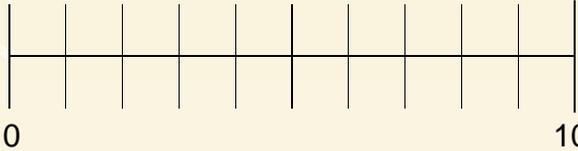
Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010


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Confidence Ruler

*“If you decided right now to ___ (e.g., stop drinking, using drugs, enter treatment), how confident do you feel about succeeding with this?
If 0 was ‘not confident’ and 10 was ‘very confident’, what number would you give yourself?”*



Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010


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Building Confidence

- *What would make you more confident about making these changes?*
- *Why have you given yourself such a high score on confidence?*
- *How could you move up higher, so that your score goes from x to ?*
- *How can I help you succeed?*

Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010


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Assist with Action Plan

- *If you were to decide to change, what might your options be?*
- *What is your next step?*
- *How will you do that?*
- *Are there any ways you know about that have worked for other people?*
- *Is there anything you found helpful in any previous attempts to change?*

Source: Mary Velasquez, HOT EAPA Motivational Interviewing Training, September 1, 2010





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Close on Good Terms

- Say “Thank You”

“Thank you for taking a few minutes to talk with me about your alcohol/drug use. I appreciate your openness and sharing your experiences/thoughts with me today.”





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Provide Referral

- *“Based on the information you provided, I would encourage you to consider getting additional help for dealing with issues related to [alcohol/drugs].”*
- *“I would like to refer you to...”*

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Putting it all together, what does it look like?

http://www.youtube.com/watch?v=TGHj06-sM2Y&feature=player_embedded

Showing that you truly hear and care:

<http://www.youtube.com/watch?v=4smHqphkBg> (4:25-5:00)

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AMA Approved Billing Codes



Providers can be reimbursed for SBI

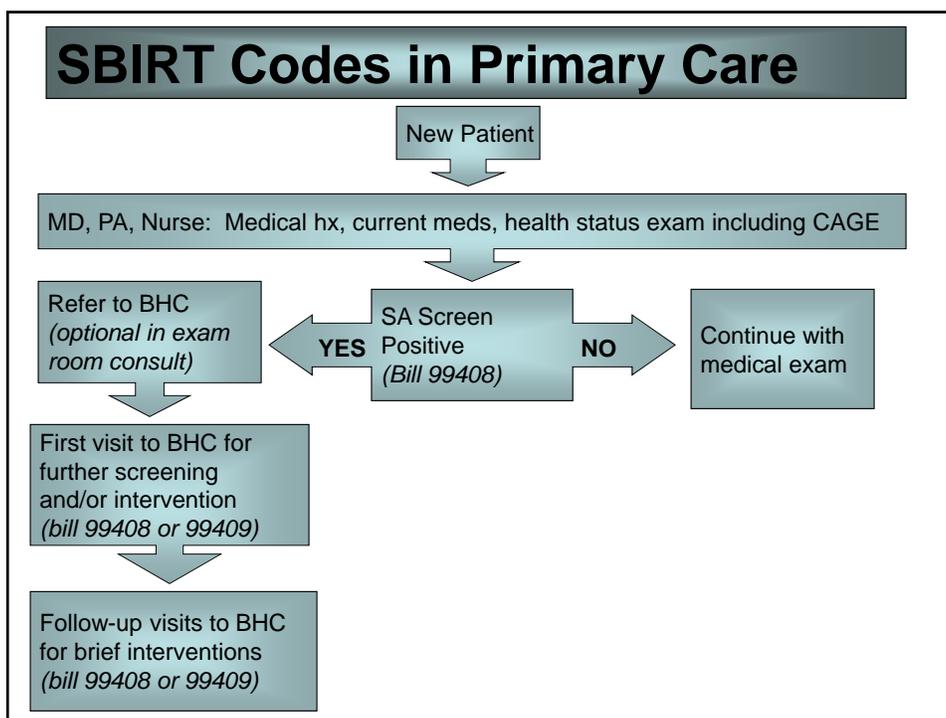
http://www.ensuringsolutions.org/resources/resources_show.htm?doc_id=385233&cat_id=2005





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Reimbursement for SBI			
Payer	Code	Description	Fee Schedule
Commercial Insurance	CPT 99408	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30min	\$33.41
	CPT 99409	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30min	\$65.51
Medicare	G0396	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30min	\$29.42
	G0397	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30min	\$57.69
Medicaid	H0049	Alcohol and/or drug screening	\$24.00
	H0050	Alcohol and/or drug service, brief intervention, per 15 min	\$48.00



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Complexity of Intersecting Diagnoses

Patient visits PCP for high blood pressure.

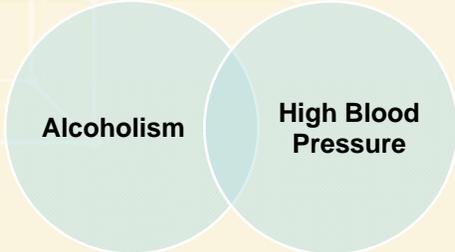
**High
Blood
Pressure**

Nurse used AUDIT or CAGE screen which is positive. PCP refers patient to BHC for SA assessment.

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Patient visits BHC for SA assessment.

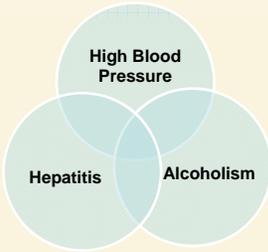


- BHC assessment reveals patient has Alcoholism.
- BHC assessment identifies symptoms of depression both current and prior to Alcohol abuse and a family hx of thyroid disease.
- BHC refers patient to PCP for thyroid testing and other possible medical conditions that may cause depression.


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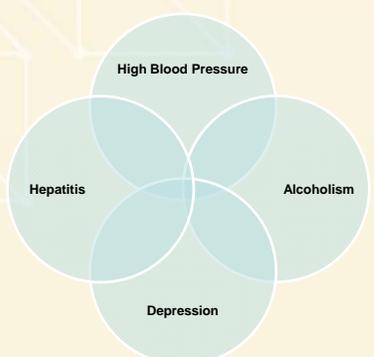
Patient visits PCP to screen for thyroid disease and other illnesses that may contribute to depression.



- PCP orders labs that reveal no thyroid disease, but evidence of hepatitis. Patient referred out to specialist for his hepatitis.


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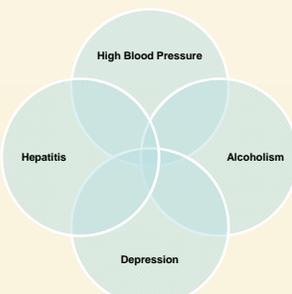


- BHC uses Beck Depression Screen that is positive for depression.
- Dx patient with Depression based on Beck, psychosocial assessment, family hx, and symptoms prior to alcohol abuse.
- BHC refers patient to PCP to consider antidepressant therapy.


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BHC to PCP for consideration of antidepressant therapy.



Patient receives antidepressant from PCP
and alcohol use monitored by both PCP and BHC.


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Patient with intersecting disorders and Tx

Xanax Abuse

- Patient reveals a hx of witnessing family trauma and has nightmares and flashbacks of the event. "Occasionally" takes un-prescribed Xanax to help deal with these symptoms.
- BHC dx patient with PTSD and Xanax abuse and refers patient to CSB for PTSD group.
- BHC sends note to PCP about new dx and Xanax use by patient.

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Helping Patients Who Drink Too Much

A CLINICIAN'S GUIDE

http://pubs.niaaa.nih.gov/publications/Practitioner/CliniciansGuide2005/clinicians_guide.htm

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NIAAA NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM
of the NATIONAL INSTITUTES OF HEALTH

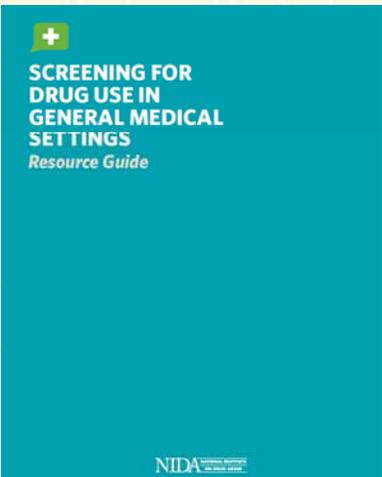
- Free Online Training
- Video Cases:
Helping Patients
Who Drink Too
Much
- Free CME/CE credit
for physicians or
nurses



[http://www.niaaa.nih.gov/Publications/
EducationTrainingMaterials/CME_CE.htm](http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/CME_CE.htm)

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[http://www.nida.nih.gov/nidamed/
resguide/resourceguide.pdf](http://www.nida.nih.gov/nidamed/resguide/resourceguide.pdf)

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Why do people abuse alcohol and other drugs?

Benefits

Feels good: self medicating emotionally and physically

VS

Consequences





Desire to feel better outweighs perceived consequences of use.




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Concluding Comments

Alcohol and Other Drug abuse/addiction are medical conditions. Substance abuse services can effectively be provided in health care setting.

Many benefits to integrative PCP and BHC services.

SBIRT codes now provide financial support to health care settings using behavioral health care.

Screenings, interventions, and referrals are the tools used for integrative substance abuse services.

Co-occurring disorders are more effectively treated with integrative health care services.

Ultimately, the patients' care and treatment experience are enhanced.




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THANK YOU for your Time and Attention!




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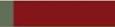
If you dialed in to this webinar on your phone please use the “raise your hand” button and we will open up your lines for you to ask your question to the group. **(left)**

If you are listening to this webinar from your computer speakers, please type your questions into the question box and we will address your questions. **(right)**








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