

# Getting in front of substance abuse with **Screening, Brief Intervention and Referral to Treatment**



What is Screening, Brief Intervention and Referral to Treatment (SBIRT)? SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and screening for individuals with risky alcohol and drug use. SBIRT also helps get patients to more intensive substance abuse treatment quickly if they're at high-risk for developing a substance use disorder or already dependent upon substances.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines SBIRT as:

- Brief (typically about 5–10 minutes for brief intervention; about 5–12 minutes for brief treatment)
- Universal
- Targeting one or more behaviors regarding risky alcohol and drug use
- Delivered in a public health, nonsubstance abuse treatment setting
- Comprehensive, comprising screening and referral
- Involving research, evaluation and collection of experiential evidence to assess the model's effectiveness

When we say ...	... this is what we mean.
<b>Screening</b>	<ul style="list-style-type: none"> <li>■ A 5–10 minute consultation to identify the right amount of treatment</li> <li>■ Commonly used screening tools: AUDIT, CAGE and ASSIST</li> <li>■ Bill with code H0049</li> </ul>
<b>Brief Intervention</b>	<ul style="list-style-type: none"> <li>■ One to five sessions</li> <li>■ Each session lasts five minutes to one hour</li> <li>■ Goals: Educate patients and increase motivation to reduce risky behavior</li> <li>■ Bill with code H0050</li> </ul>
<b>Brief Treatment</b>	<ul style="list-style-type: none"> <li>■ Five to 12 sessions</li> <li>■ Goals:                             <ul style="list-style-type: none"> <li>■ Change the immediate behavior or thoughts about a risky behavior</li> <li>■ Address longstanding problems with harmful drinking and drug misuse</li> <li>■ Help patients with higher levels of disorder obtain more long-term care</li> </ul> </li> <li>■ Bill with code 99409</li> </ul>
<b>Referral to Treatment</b>	<p>If a patient meets the diagnostic criteria for substance dependence or other mental illnesses as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV), we recommend you refer him or her to a specialty provider. Referrals can be complex and involve coordination across different types of services — we can help! Call us at 1-888-830-4300.</p>



**Call us at 1-888-830-4300.**

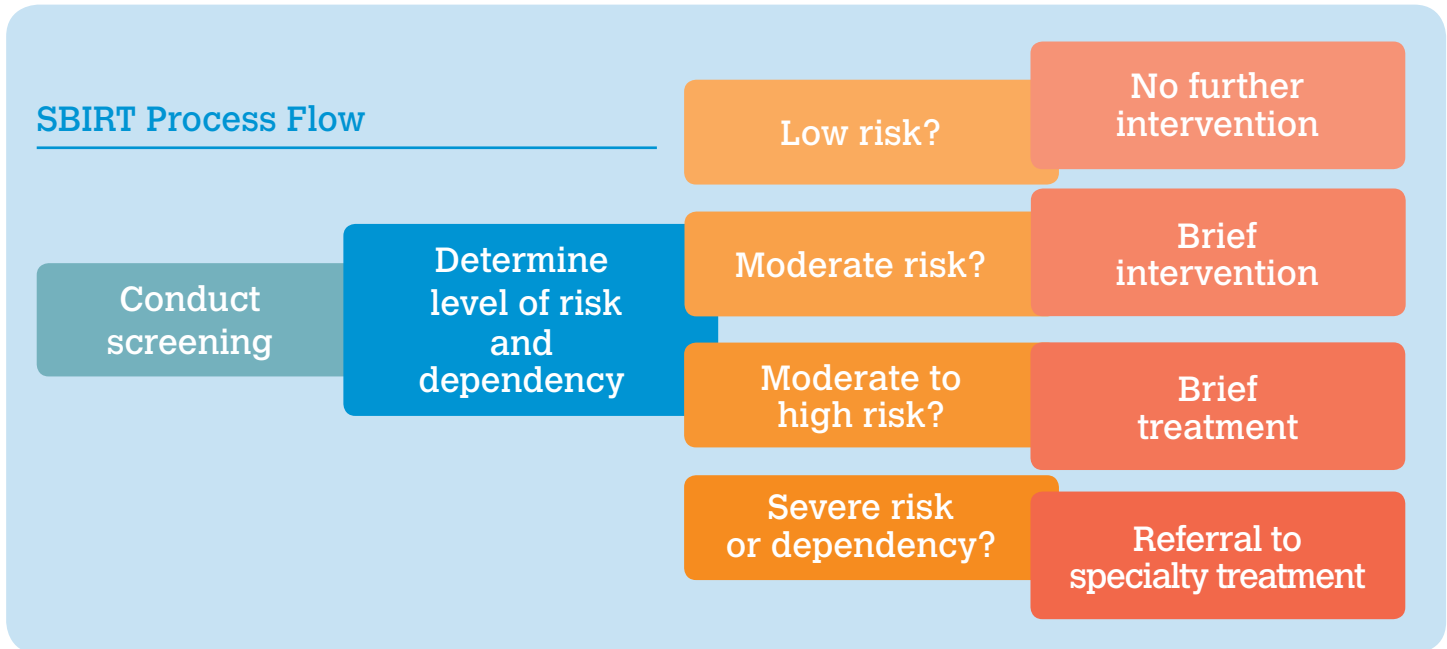
We're glad to help you get our members this important kind of care.

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## Who delivers SBIRT services?

Primary care centers, hospital emergency rooms, trauma centers and community health settings have the best chance to intervene early with at-risk substance users

and prevent more severe consequences. Primary care providers and physician assistants as well as behavioral health providers play a role in SBIRT.



## Implementing SBIRT into care management

- ❑ Choose a screening tool. We recommend the AUDIT, CAGE, TWEAK, 4P's, or CRAFFT screening tools. More information about these tools can be found online or at our website, [providers.amerigroup.com](http://providers.amerigroup.com).
- ❑ Decide who will conduct the screening and intervention and when it will occur. It can be as simple as a nurse performing a brief screening while taking a patient's blood pressure.
- ❑ If needed, refer patients for further treatment.



**Need help with a referral to a behavioral health specialist?**

**Call us at 1-888-830-4300.**

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### Sources

1. Screening, Brief Intervention and Referral to Treatment (SBIRT) in Behavioral Healthcare, 4/1/2011, [www.SAMHSA.gov](http://www.SAMHSA.gov).
2. Alcohol Screening and Brief Intervention: A Guide for Public Health Practitioners, American Public Health Association, Page 8.