

Getting in Front of Substance Abuse with Screening, Brief Intervention and Referral to Treatment



About 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. For these patients who are at a high-risk of developing a substance use disorder or who are already dependent upon substances, SBIRT helps get patients to more intensive substance abuse treatment quickly.

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

- Brief (typically 5-10 minutes for brief intervention and 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 – comprised of screening and referral.
- Involving research, evaluation and collection of experiential evidence to assess the model’s effectiveness.

Screening	<ul style="list-style-type: none"> ■ Conduct a 5-10 minute consultation to identify the right amount of treatment. ■ Use common screening tools such as the Alcohol Use Disorders Identification Test (AUDIT); the CAGE Questionnaire; and the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST). ■ Bill with code H0049.
Brief intervention	<ul style="list-style-type: none"> ■ Provide 1-5 sessions with each session lasting 5-60 minutes. ■ Educate patients and increase their motivation to reduce risky behavior. ■ Bill with code H0050 at chemical dependency treatment facilities only.
Brief treatment	<ul style="list-style-type: none"> ■ Provide 5-12 sessions. ■ During the session: <ul style="list-style-type: none"> ■ Change the immediate behavior or thoughts about a risky behavior. ■ Address long-standing problems with harmful drinking and drug misuse. ■ Help patients with higher levels of disorder obtain more long-term care. ■ Bill with code 99408.
Referral to treatment	<ul style="list-style-type: none"> ■ If a patient meets the diagnostic criteria for substance dependence or mental illness as defined by the <i>Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition</i>, we recommend you refer the patient to a specialty provider. ■ Referrals can be complex and involve coordination across different types of services, and we can help! Call us at 1-800-454-3730.



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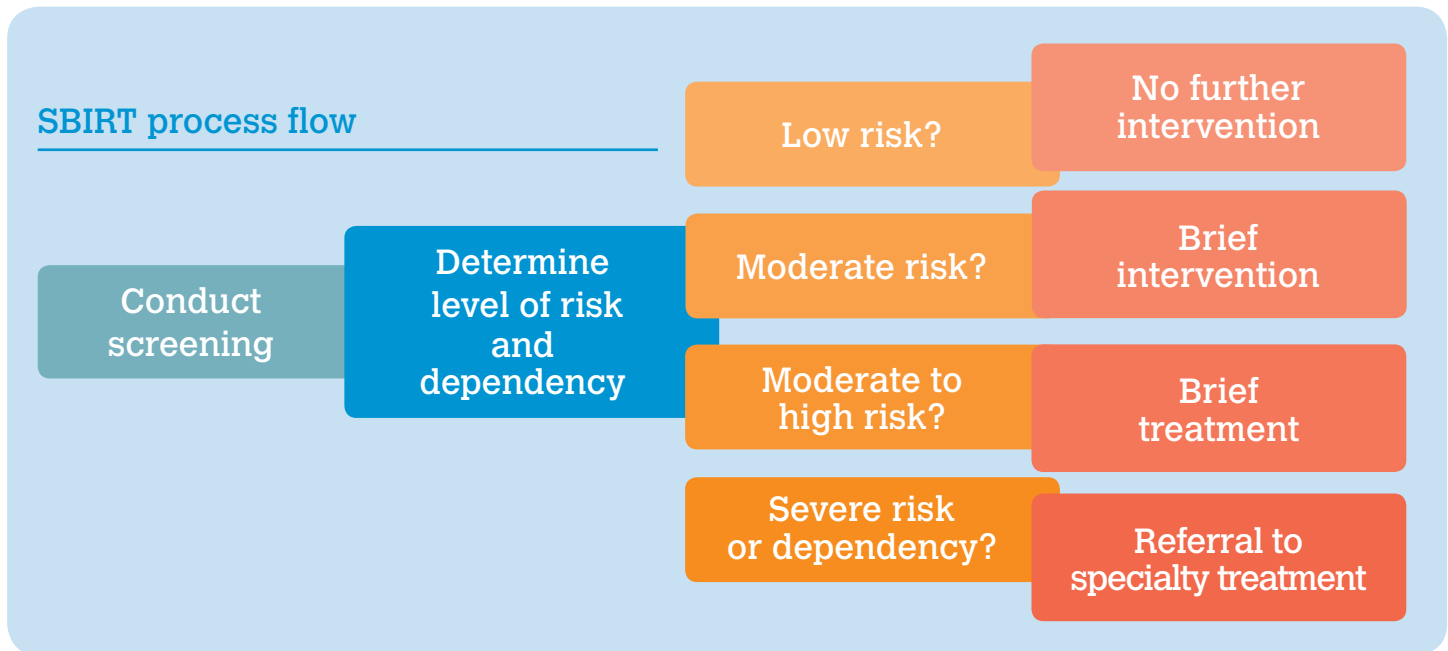
We're glad to help you get our members this important kind of care.

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Delivering SBIRT services

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

more severe consequences. All PCPs (as defined by state law) 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 Questionnaire, TWEAK scale, 4P's Plus® Screening Tool or CRAFFT Screening Tool.
- **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.**



Referral assistance

Call us at 1-800-454-3730.

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Resources

- SBIRT: <https://www.SAMHSA.gov> > Programs & Campaigns > SBIRT
- American Public Health Association and Education Development Center, Inc. (2008). Alcohol screening and brief intervention: A guide for public health practitioners. Washington, DC: National Highway Traffic Safety Administration, U.S. Department of Transportation.

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