

# Screening, Brief Intervention and Referral to Treatment (SBIRT)

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Mountain Plains ATTC (HHS Region 8)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration



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# Thank you for joining us today!

**Please Note:**

- All attendees are muted
- Today's session will be recorded

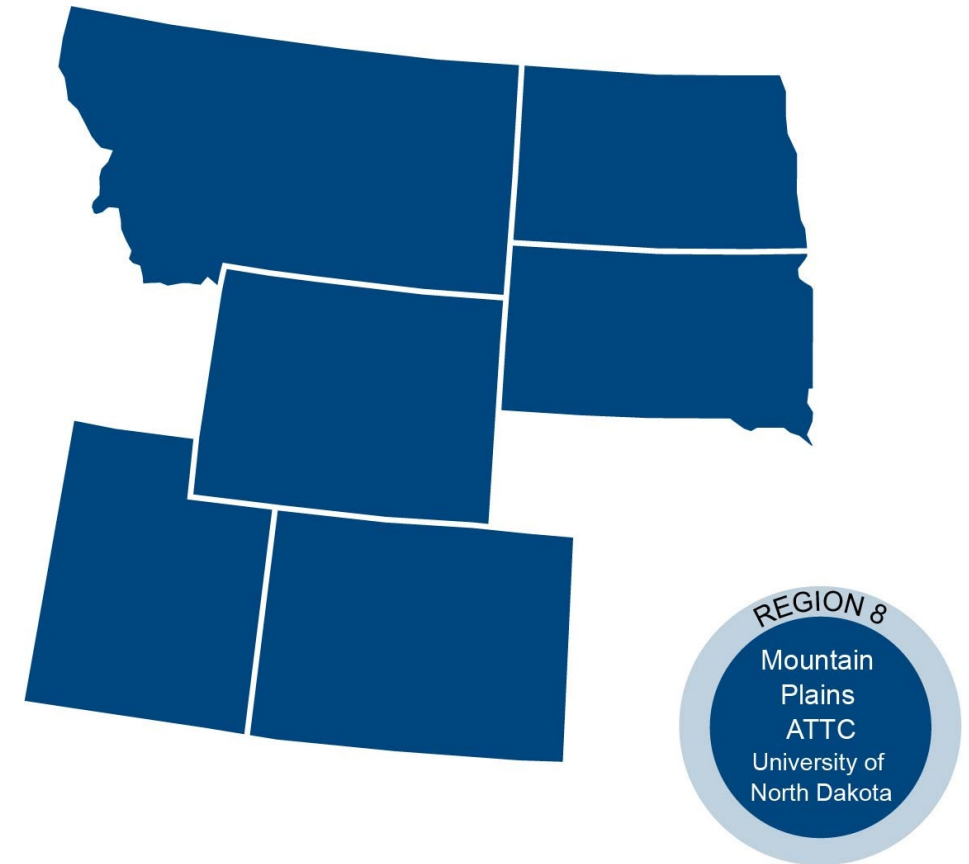
# The Mountain Plains Addiction Technology Transfer Center

The Mountain Plains Addiction Technology Transfer Center (Mountain Plains ATTC) supports and enhances substance use disorder treatment and recovery services for individuals and family members throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).

Twitter: [@MT\\_Plains\\_ATTC](https://twitter.com/MT_Plains_ATTC)

Website: <https://attcnetwork.org/centers/mountain-plains-attc/home>



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At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D, served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Victoria Anderson and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The use of affirming language inspires hope and advances recovery.

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LANGUAGE MATTERS.

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**Words have power.**

**PEOPLE FIRST.**

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



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# Evaluation Information

The AHTTC is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.

# Screening, Brief Intervention and Referral to Treatment (SBIRT)

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# Objectives



Provide psychoeducation regarding Screening, Brief Intervention and Referral to Treatment (SBIRT) tools.



Learn how to complete and implement SBIRT assessment tools for both adolescents and adults.



Assess and address drug and alcohol use.



# What is SBIRT?

- Evidence-based early intervention strategy.
- Simple and brief screening to determine if a patient has problematic drug use.
- Primary goal is to identify alcohol and/or drug dependent individual to deliver brief intervention services and make referral to treatment.

# Basics

Who?

Adolescents and Adults

What?

Determine if a patient has problematic drug and/or alcohol use.

Where?

Healthcare, emergency room, detox, hospital settings and other community settings.

When?

Every visits, regularly and/or annually. No more than once per month.

Why?

Prevent and reduce risk of medical conditions and deterioration with life.

Other:

Free.  
Accessible.

# Tips

Self Administration

Offers greater comfort.

Higher likelihood of honesty.

Paper or Electronic

Ensure Confidentiality

Be mindful of abilities to read and/or write.

# Screening

# Assessment Tools

## Adults

- DAST-10
- CAGE-AID

## Adolescents

- CRAFT
- S2BI

# Adult: CAGE-ID

Cut, Annoyed, Guilty, and Eye – Includes Drugs

Have you ever felt you ought to <u>cut down</u> on your drinking or drug use?	<input type="checkbox"/> No <input type="checkbox"/> Yes (+1)
Have people <u>annoyed</u> you by criticizing your drinking or drug use?	<input type="checkbox"/> No <input type="checkbox"/> Yes (+1)
Have you felt bad or <u>guilty</u> about your drinking or drug use?	<input type="checkbox"/> No <input type="checkbox"/> Yes (+1)
Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover ( <u>eye opener</u> )?	<input type="checkbox"/> No <input type="checkbox"/> Yes (+1)
Score	

0 = No Concerning Use  
>2 = Significant Concerns



Brief Intervention AND Referral

## Drug Abuse Screening Test with 10 questions

### Drug Abuse

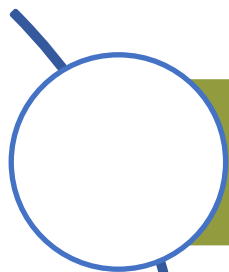
- Prescribed and/or Over the Counter
- More than directions note.
- Non-Medical Use of Drugs

### Examples

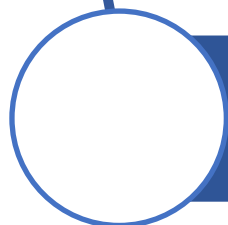
- Cannabis
- Opiates
- Pain Medications
- Adderall/Vyvanse
- Heroin
- Methamphetamines
- Cough Medicine/Cough Syrup (AKA Triple C's)

<https://gwep.usc.edu/wp-content/uploads/2019/11/DAST-10-drug-abuse-screening-test.pdf>

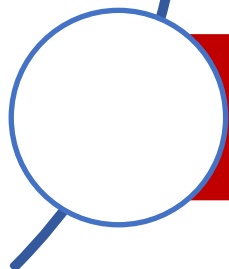
# Adolescent: CRAFFT 2.1



Car, Relax, Alone, Forget, Friends, Trouble



Includes tobacco and vaping.



12–21-year-olds

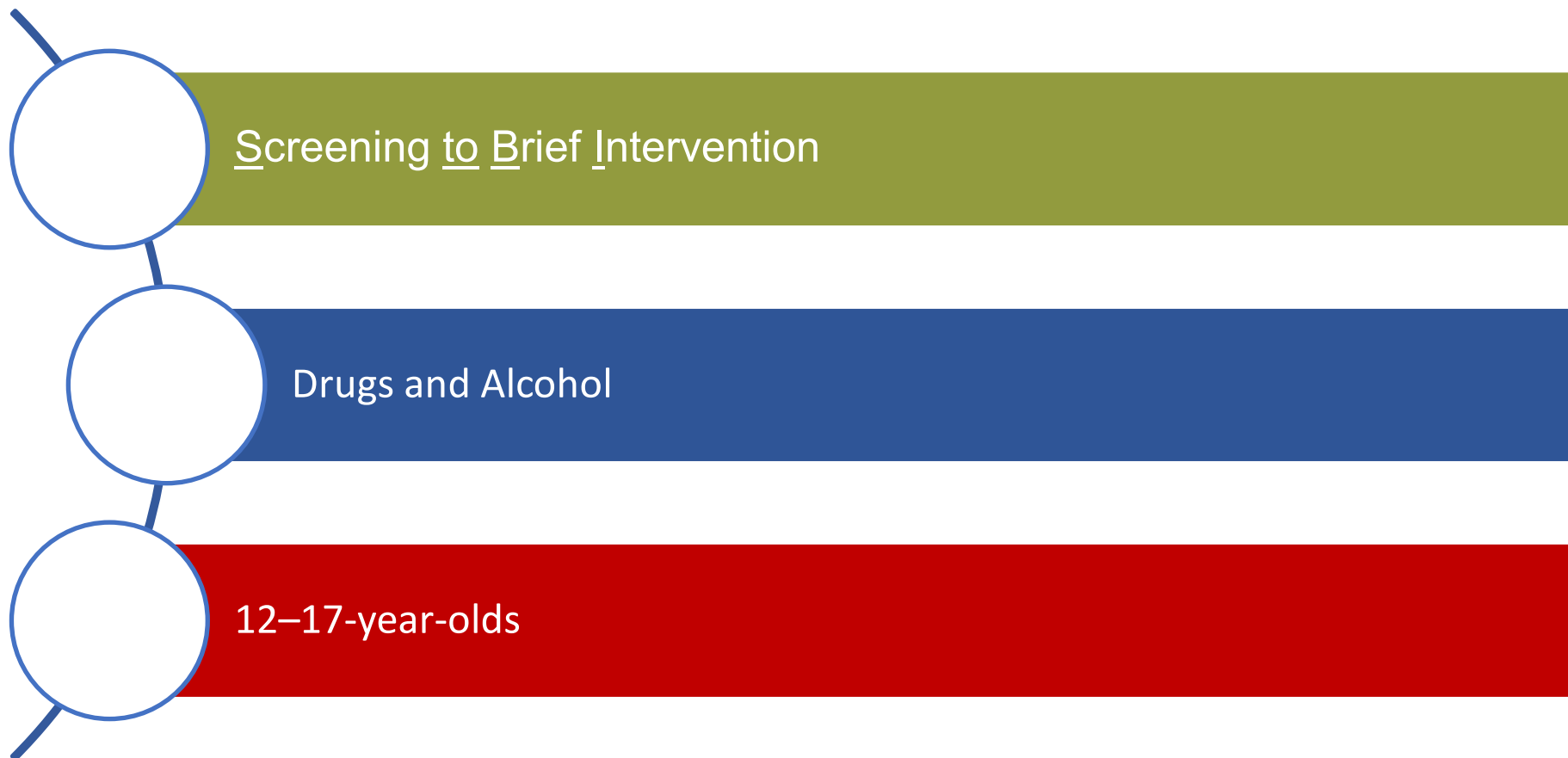
[https://www.unitedforyouth.org/sites/default/files/2020-08/CRAFFT-2.1\\_Self-Admin\\_Clinician-Interview\\_Risk-Assess-Guide\\_1.pdf](https://www.unitedforyouth.org/sites/default/files/2020-08/CRAFFT-2.1_Self-Admin_Clinician-Interview_Risk-Assess-Guide_1.pdf)

Get the CRAFFT – CRAFFT. (n.d.). <https://craftt.org/get-the-craftt/>

CRAFFT-2.1 Self-Administered Clinician Interview Risk Assessment Guide. (n.d.). United for Youth. <https://www.unitedforyouth.org/resources/craftt-21-self-administered-clinician-interview-risk-assessment-guide-0>



# Adolescent: S2BI



[http://sbirtnh.org/wp-content/uploads/2016/09/S2BI\\_2014-4-1.pdf](http://sbirtnh.org/wp-content/uploads/2016/09/S2BI_2014-4-1.pdf)

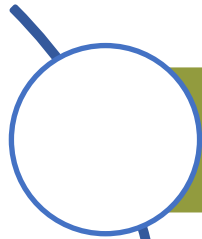
# Brief Intervention

# Brief Intervention Verbiage

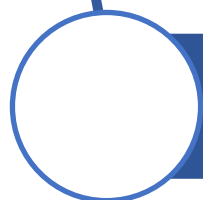
- I see on here you marked \_\_\_\_, can you help me understand what you meant by this?
- Can you tell me more about that?
- Help me understand. On the one hand you... and the other hand you...
- I appreciate your willingness to meet with me today.
- I am proud of you for your honesty on this tool.
- It seem as if ....
- It sounds like...
- Is it ok if I educate you on a few things regarding you use?
- When looking at these tools, it looks like you could benefit from meeting a substance use professional. What are your thoughts on this?

Refer to Treatment

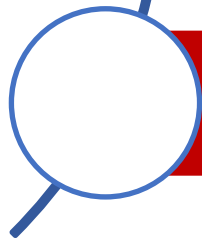
# Treatment



External or Internal Referrals



Substance Use Professionals to further assess.



Offer options

# What should I do now?

## Select

- What tool are you going to use?
- Ensure you are using a tool that is in accordance with age.

## Integrate

- What staff is going to give the tool to clients?
- Who will put the scoring in the EHR?

## Prepare

- What is the process going to be in your setting?
- What is your intervention going to be?

## Referrals

- Who are you going to refer to?
- If external, what community providers are there?
- If internal, could that appointment be set up while client is at the clinic?

# Case Scenario

# Adult Case Scenario : Justin

34yo Caucasian male who is seen in the clinic for his semi-annual appointment for his Type 2 Diabetes.

Your clinic has him complete the CAGE-ID assessment tool.

He reports to sometimes questioning if he should not drink as many beers he has. He denies anybody being concerned about his alcohol consumption. He reports not feeling guilty about his use. He denies his alcohol consumption resuming first thing in the mornings.



ONE criteria met.  
TWO needed to intervene  
or refer.

Continue to  
monitor at  
future  
appointment.

# Adolescent Case Scenario : Addy

15yo adolescent female who you are seeing in the primary care clinic as her Mom has noticed she has been more depressed and anxious.

Your clinic has her complete the DAST-10.

Addy reports to smoking Marijuana a couple times per day for the last year. She does not use tobacco. She does vape here and there when her friends offer them their pen. A couple months ago, her friend offered her a couple Adderall from her own prescription. She has never used any other illegal drugs.



Briefly intervene with  
above noted questions  
and explore use.

Refer to a  
substance use  
professional to  
further assess.



Questions

# Contact

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