



# Screening Brief Intervention and Referral to Treatment (SBIRT) - Update



## Screening

Short, well-tested questionnaire identifies risk

## Brief Intervention

Short, structured conversations feature feedback and options for change

## Referral

For in-depth assessment and/or diagnosis and/or treatment, if needed

## Treatment

Up to 10% of those screened may need some level of treatment

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## Questions?

### Contact:

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This is the first of what we hope will be a regular communication about new Screening, Brief Interventions, Referrals and Treatment resources and about the important, ongoing efforts here in Massachusetts.

This first effort focuses on several of the new SBIRT resources that have been made available in the past few months.

### Brief Interventions:

Massachusetts has a wealth of researchers and practitioners doing groundbreaking work in addictions prevention, intervention, treatment and recovery. The recent **Innovations in Addictions: Research to Recovery Conference** provided a venue to highlight these efforts and to share best practices. Two SBIRT workshops focused on projects around the state. The technology used by the MASBIRT project was presented in a third workshop and that project's use of Brief Treatment was presented in another.

A participant in one workshop asked about how to do a brief intervention. Fortunately several examples are available on the internet:

The BNI ART Institute has a [series of videos](#) showing brief interventions -- along with lots of other good information about SBIRT



The online version of the NIAAA toolkit [Helping Patients Who Drink Too Much: A Clinician's Guide](#) includes several videos showing brief interventions.

The Emergency Nurses Association SBIRT Toolkit can be [downloaded from their website](#). The video portion of the toolkit is also available in 3 parts on *You Tube* ([Part 1](#), [Part 2](#), and [Part 3](#)). The second clip shows a somewhat long brief intervention.

**New SBIRT Publications:** Several recent publications can be downloaded or ordered. Any of them may help you "build a case" for instituting or maintaining SBIRT programs.

**Rethinking Drinking** is a NIAAA site for anyone who drinks. It describes "a drink," provides a cocktail calculator, and more. You can download the Rethinking Drinking booklet which walks people through thinking about their alcohol use and, perhaps, making changes.

[[Download Rethinking Drinking](#)]



### Screening and Brief Intervention: Making a Public Health

**Difference** is Join Together's policy report and primer. It reviews screening tools and barriers, and makes recommendations for implementation.

[[Read the report and primer](#)]



**Alcohol Screening and Brief Intervention: A Guide for Public Health Practitioners** was recently released by the American Public Health Association. This manual for public health professionals provides the information, skills and tools needed to conduct screening and brief intervention to help at-risk drinkers reduce their alcohol use.

[[Download the PDF](#)]

**Physicians' Outreach Initiative, NIDAMED** was produced by the National Institute on Drug Abuse of the National Institutes of Health. It provides tools and resources for medical professionals to screen patients for tobacco, alcohol, illicit and non-medical prescription drug use. Resources include an online screening tool, a companion quick reference guide, and a comprehensive resource guide for clinicians.

[[Review the resources](#)]



**Provider Guide: Adolescent Screening, Brief Intervention, and Referral to Treatment Using the CRAFFT Screening Tool** is a joint effort between the MA Department of Public Health Bureau of Substance Abuse Services, MA Behavioral Health Partnership, Children's Hospital Boston's Center for Adolescent Substance Abuse Research, and MassHealth. It helps providers comply with required behavioral health screening components of Early and Periodic Screening, Diagnosis, and Treatment and Preventative Pediatric Healthcare Screening and Diagnosis for MassHealth members under age 21 (except those with MassHealth Limited). The CRAFFT is one of the approved screening tools. [[Download the PDF](#)]

**At Risk Drinking and illicit Drug Use: Ethical Issues in Obstetric and Gynecologic Practice** The American College of Obstetricians and Gynecologists' Committee on Ethics presents an ethical rationale for universal screening, brief interventions and referrals - when appropriate. [[Download the PDF](#)]

**NPR's Weekend Edition Sunday** featured Gail D'Onofrio, ED Chief at Yale University Hospital. Yale uses a variation of the Bernsteins' Brief Negotiated Interview model and this interview reviews that process.

[[Read or Listen to the story](#)]

**Shoveling Up II: The Impact of Substance Abuse on Federal, State and Local Budgets** is a major report from The National Center on Addiction and Substance Abuse (CASA) at Columbia University and shows what federal and state governments spend, as part of their entire budgets, on the consequences of substance abuse and addiction compared with the much smaller amounts spent for prevention, intervention, treatment and research. [[Read the Report](#)]

**Alcohol, Other Drugs, and Health: Current Evidence** is available online at [www.aodhealth.org](http://www.aodhealth.org).

You can subscribe to this e-publication for regular updates of SBIRT and other alcohol and drug research. Also available are free Continuing Education opportunities for physicians, nurse practitioners, and counselors, as well as downloadable and modifiable teaching slide presentations.

**Comprehensive Addiction Treatment: A cognitive-behavioral approach to treating substance use disorders.** This workbook, developed for the MASBIRT project, helps counselors provide Brief Treatment – a short treatment course using MI and CBT. To order e-mail Kyle Marshall at BSAS ([kyle.marshall@state.ma.us](mailto:kyle.marshall@state.ma.us)).

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#### Updates:

**Reimbursement Code Update** Conversations with MassHealth about reimbursement codes are underway. The mechanics of getting codes approved at state and federal levels are daunting and will take time. We've been asked to clarify – in the meantime - that Mass Health does NOT currently reimburse for codes H0049 and H0059, OR for CPT codes 99409 or 99409. If you plan to bill for time taken to do a brief intervention or for a referral to specialty treatment, you can use appropriate E&M codes.