



National Screening, Brief Intervention & Referral to Treatment

ATTC

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

National Screening, Brief Intervention and Referral to Treatment (SBIRT) ATTC

Substance Use Screening, Brief Intervention, and Referral to Treatment



Learning from Public Health

- The public health system of care regularly screens for potential medical problems (cancer, diabetes, hypertension, tuberculosis, vitamin deficiencies, renal function), provides preventative services prior to the onset of acute symptoms, and delays or precludes the development of chronic conditions.



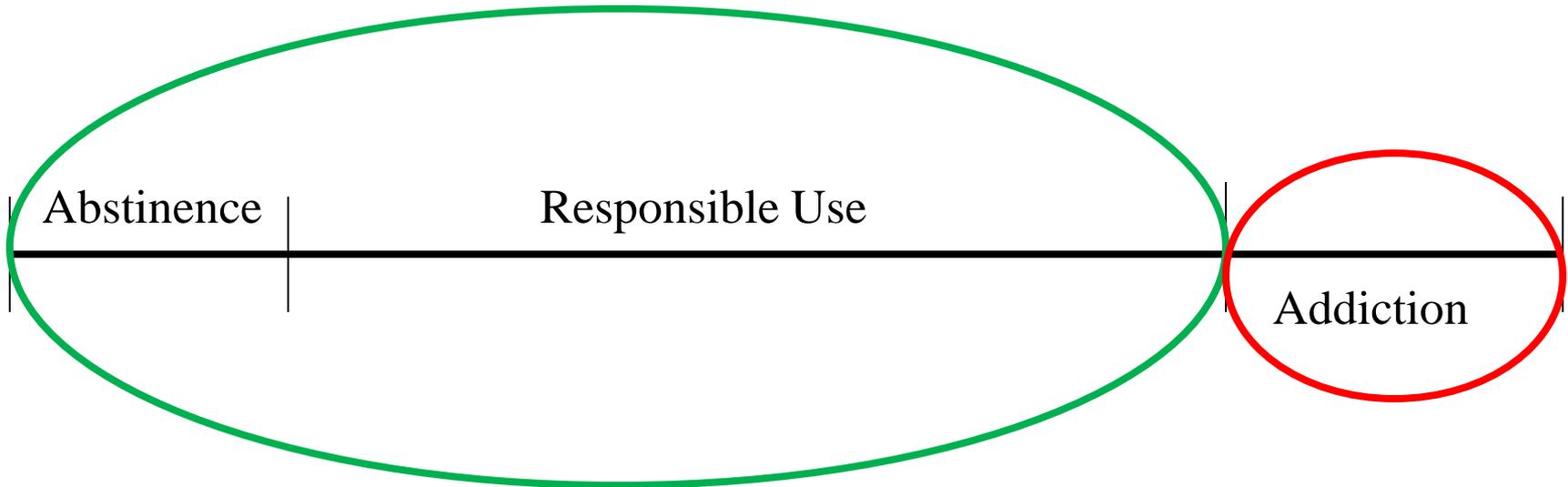
Historically

- Substance Use Services have been bifurcated, focusing on two areas only:
 - Primary Prevention – Precluding or delaying the onset of substance use.
 - Tertiary Treatment – Providing time, cost, and labor intensive care to patients who are acutely or chronically ill with a substance use disorder.



The Current Model

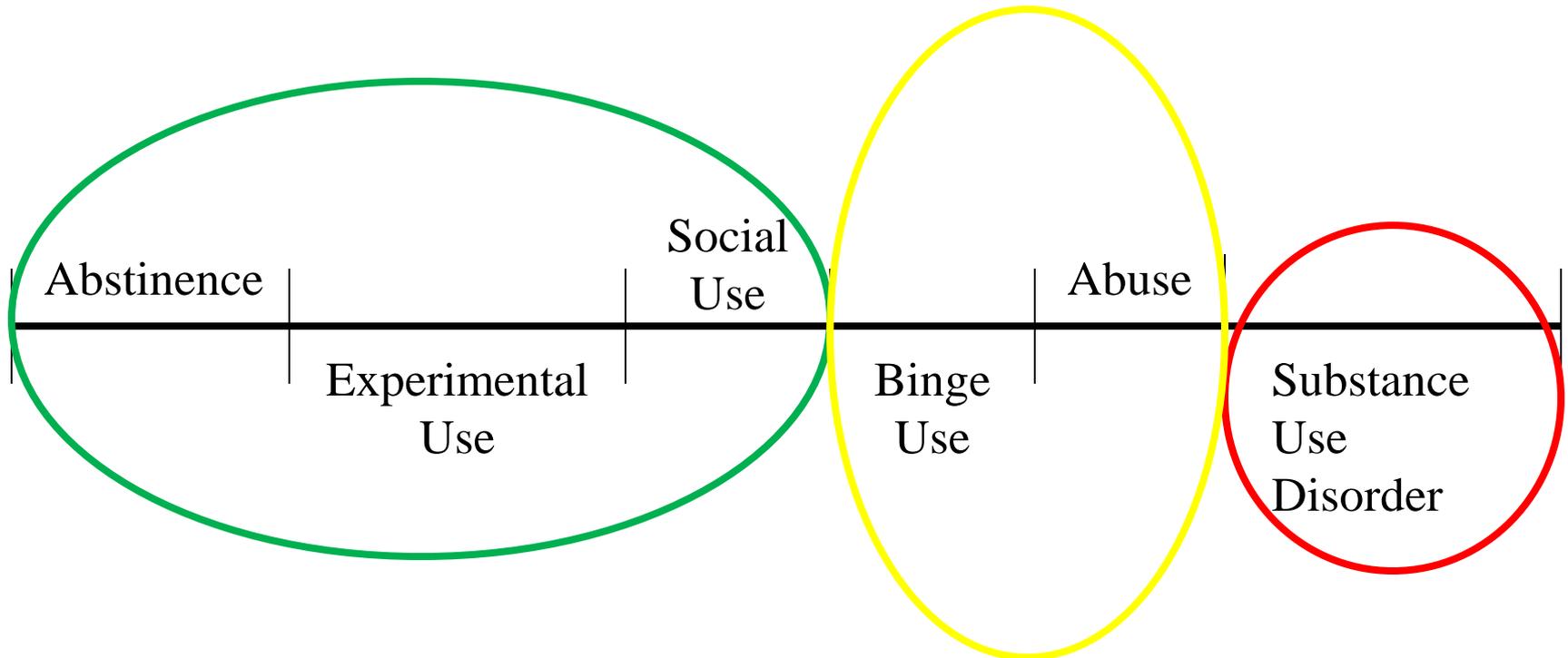
A Continuum of Substance Use

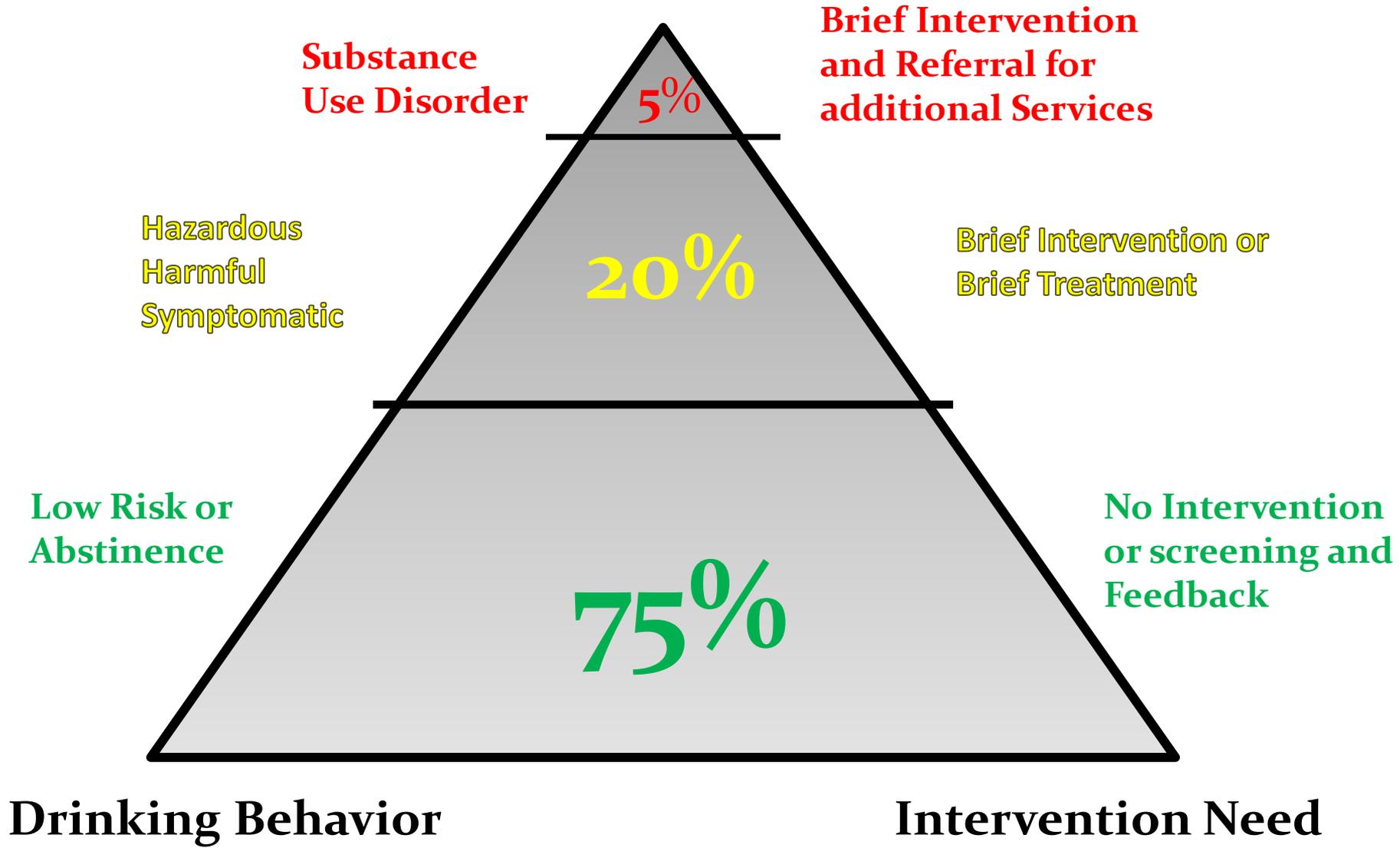




The SBIRT Model

A Continuum of Substance Use







The SBIRT Model

A Continuum of Interventions

- Primary Prevention – Precluding or delaying the onset of substance use.
- Secondary Prevention and Intervention – Providing time, cost, and labor sensitive care to patients who are at risk for psycho-social or healthcare problems related to their substance use choices.
- Tertiary Treatment – Providing time, cost, and labor intensive care to patients who are acutely or chronically ill with a substance use disorder.



Primary Goal

- The primary goal of SBIRT **is not** to identify those who are have a substance use disorder and need further assessment.
- The primary goal of SBIRT **is to** identify those who are at moderate or high risk for psycho-social or health care problems related to their substance use choices.



The SBIRT Concept

- SBIRT uses a public health approach to universal screening for substance use problems.
 - SBIRT provides:
 - Immediate rule out of non-problem users;
 - Identification of levels of risk;
 - Identification of patients who would benefit from brief advise;
 - Identification of patients who would benefit from further assessment, and;
 - Progressive levels of clinical interventions based on need and motivation for change.



The Moving Parts

- Pre-screening (universal).
- Full screening (for those with a positive pre-screen).
- Brief Intervention (for those scoring over the cut off point).
- Extended Brief Interventions or Brief Treatment or (for those who have moderate risk or high risk use of substances would benefit from ongoing, targeted interventions, and are willing to engage).
- Traditional Treatment (for those who have a substance use disorder (after further assessment) and are willing to engage).