

Introduction to SBIRT

Screening, Brief Intervention,
and Referral to Treatment



**Early Detection of
Substance Misuse Disorders**



When your health is inTM
question, Care Matters.

caremattersllc.com

What is SBIRT?

**Screening, Brief Intervention, and
Referral to Treatment**

SBIRT is an evidence based, integrated, and comprehensive public health approach to the delivery of early identification, intervention, and referral to treatment for individuals with substance use disorders and those at risk of developing such disorders.

**SBIRT has been proven so effective
in primary care and other health
care settings that:**

- Medicare entitles beneficiaries to yearly alcohol screenings by a PCP and up to 4 behavior counseling interventions.
- Since 2004, the U.S. Prevention Service Task Force has recommended that SBIRT be provided to each patient in general medical settings.
- Federal agencies including the Substance Abuse and Mental Health Services Administration, Veterans Administration, Department of Defense, White House Office of National Drug Control Policy, and the Centers for Medicare and Medicaid Services have recommended SBIRT for routine use.
- The Centers for Medicare and Medicaid Services concluded SBIRT to be reasonable and necessary for the prevention or early detection of illness or disability.



**Drug and alcohol abuse is a serious
problem affecting your patients.**

Alcohol misuse accounts for 1 in 10 deaths of U.S. adults age 20 to 64 and is a critical factor in a wide range of health conditions such as hypertension, gastritis, liver disease and cirrhosis, pancreatitis, cancer, cognitive impairment, anxiety, and depression.

Substance abuse is a major risk factor for physical trauma including falls, drowning, vehicle accidents, homicide, and suicide.

SBIRT Solution

Screening tools such as AUDIT, CRAFFT, and DAST-10 quickly assess the severity of substance use and identifies the appropriate level of treatment.

Brief intervention, interviewing, and education increase insight and awareness regarding substance use and motivates patients toward behavioral change.

Referral to treatment is provided to those identified as needing more extensive treatment.

Value of SBIRT to PCPs

- Qualified non-physician practitioners such as LSWs are eligible to provide SBIRT which is a popular and cost-effective option for early intervention.
- Screening patients for risky alcohol and drug use, providing brief therapeutic intervention, and referring to treatment when indicated has been proven very effective in addressing unhealthy alcohol use and education within the primary care setting.
- SBIRT can be easily and quickly facilitated (20 minutes on average) in primary care settings enabling healthcare professionals to systematically screen, educate, and assist people whose drinking or drug use is complicating their ability to successfully handle health, work, or family issues.

Benefits of SBIRT for Patients

- Improved physical and mental health
- 20% fewer ER visits
- Lower healthcare costs
- 37% fewer hospitalizations
- 50% fewer motor vehicle accidents
- 33% fewer non-fatal injuries
- Increased work productivity
- Better family relationships
- 46% fewer arrests

SBIRT Resources

Substance Abuse and Mental Health Services Administration

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov/sbirt

Centers for Medicare & Medicaid Services (CMS)

The Centers for Medicare & Medicaid Services, CMS, is part of the Department of Health and Human Services (HHS) that administers public health programs including Medicare, Medicaid, Children's Health Insurance Program (CHIP), and the Health Insurance Marketplace.

www.cms.gov

U.S. Preventive Services Task Force

The USPSTF is an independent, volunteer panel of national experts in prevention and evidence-based medicine. The Task Force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications.

www.uspreventiveservicestaskforce.org



Care Matters, LLC

550 Stephenson Hwy, Suite 250
Troy, Michigan 48083

Phone: (248) 691-9034

Monday - Friday
9:00am - 5:00pm

Care Matters provides SBIRT screening as a cost-effective solution for early detection of risky alcohol and drug use, depression, trauma, gambling, prescription medication abuse, and tobacco use.