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LA SBIRT

Expanding Capacity and Building Indigenous SBIRT Expertise Through a Training-of-Trainer Program

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Learning Objectives

- Describe SBIRT and its value as a public health approach in diverse settings
- Increase knowledge of and skill in culturally-sensitive screening practices
- Implement a SBIRT ToT program via:
 - Locating and securing appropriate, nationally-recognized trainers for a SBIRT ToT program
 - Recruiting and selecting prospective ToT participants through a competitive application process
 - Implementing the administrative infrastructure needed to oversee statewide SBIRT training events
 - Accessing all forms and documents needed to coordinate and implement the ToT model
- Evaluate the effectiveness of a SBIRT ToT program on a variety of relevant educational outcomes

LA SBIRT Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), the Health Resources and Services Administration (HRSA), or the U.S. Department of Health and Human Services (HHS).



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What Does the Acronym "SBIRT" Mean?

- Screening
- Brief Intervention
- Referral
- Treatment

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Definition of SBIRT

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services. It is used for:

- Persons with substance use disorders
- Those whose use is at higher levels of risk

Primary care centers, hospitals, and other community settings provide excellent opportunities for early intervention with at-risk substance users and for intervention for persons with substance use disorders (SUDs).

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What is SBIRT?

An intervention based on Motivational Interviewing strategies


- **S**creening: Universal screening for quickly assessing use and severity of alcohol; illicit drugs; and prescription drug use, misuse, and abuse
- **B**rief Intervention: Brief motivational and awareness-raising intervention given to risky or problematic substance users
- **R**eferral to **T**reatment: Referrals to specialty care for patients with substance use disorders

Treatment may consist of brief treatment or specialty alcohol and other drugs (AOD) treatment.

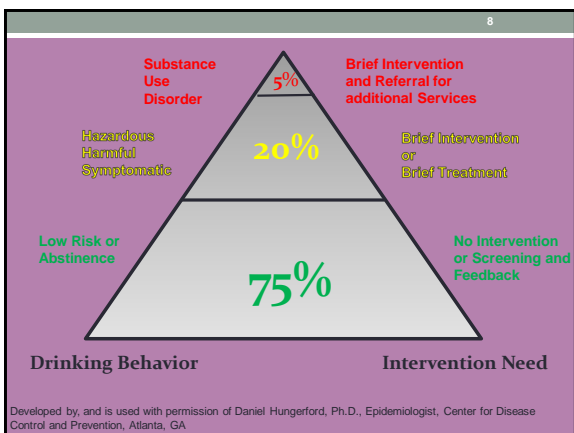
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Overall Goal of SBIRT

The primary goal of SBIRT is to identify and effectively intervene with those who are at moderate or high risk for psychosocial or health care problems related to their substance use.



SBIRT traverses the prevention and treatment boundary in integrated care, enabling healthcare systems to address health disparities and focus resources where they are needed



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SBIRT: A New Initiative

SBIRT is a systems change initiative. As such, we are required to shift our view toward a new paradigm, and:

- *Re-conceptualize* how we understand substance use problems
- *Re-define* how we identify substance use problems
- *Re-design* how we treat substance use problems

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SBIRT: Making a Measurable Difference

- Since 2003, SAMHSA has supported SBIRT programs, with more than 1.5 million persons screened
- Outcome data confirm a 40% reduction in harmful use of alcohol by those drinking at risky levels and a 55% reduction in negative social consequences.
- Outcome data also demonstrate positive benefits for reduced illicit substance use

Based on review of SBIRT GPRA data (2003–2011)

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Goals of the LA-SBIRT Project

- *Goal 1.* To increase the skilled professional workforce in medical, health-related, and other settings throughout Louisiana to address the needs of individuals who are at risk of developing a SUD
- *Goal 2.* To cultivate leadership needed to ensure that SBIRT practice is integrated and sustained in healthcare settings and systems throughout the state

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2015-2016 LA-SBIRT Training-of-Trainer (ToT) Program

- Specifically targeted licensed behavioral health professionals from diverse backgrounds
- Interdisciplinary collaboration reflected in ToT composition and in characteristics of student and professional trainees
- LA-SBIRT (ToT) curriculum draws from both primary and behavioral health care content

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LA-SBIRT ToT Program Process

- Competitive application process
- Rubric for rating and ranking
- Consultant (Dr. Robert Hazlett) secured via National SBIRT ATTC & IRETA
- Overview of 3-day training
- Logistics and internal processes for providing LA-SBIRT trainings

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LA-SBIRT ToT Program Outcomes

- Characteristics of ToT cohort participants
- SBIRT post-test knowledge outcomes
- Training satisfaction: Post-training & follow-up outcomes
- *Basecamp* as command central
- Challenges & successes

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The S in SBIRT: Experiential Opportunity

- Screening Tools
 - AUDIT
 - DAST
 - PHQ-9
 - GAD-7
 - Patient Stress Questionnaire
- LA-SBIRT Reference Card
- Hands-on practice with standardized patient(s)
- The BIRT in SBIRT

LA-SBIRT



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