

Definition

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an approach to the delivery of early intervention and treatment for people with substance use disorders and those at risk of developing these disorders.

SBIRT is an evidence-based practice that uses universal screening to identify those at risk for substance use issues, followed by a brief discussion between an individual and SBIRT-trained staff, with referral to specialized treatment as needed.

Prevalence

Substance use disorders affect people of all classes, genders, races, and ethnicities. The pyramid shows the percentage of the U.S. population that comprise the continuum of substance use, ranging from no use to substance use disorder.



SBIRT is effective

- Patients who received SBIRT services in 6 SAMHSA-funded states experienced a 21% reduction in health care costs and a significant reduction in 1-year ED visits.¹
- Research has found a reduction of 39% in alcohol use and a 68% in drug use at 6-month follow-up among those who receive SBIRT services.²



SBIRT is flexible

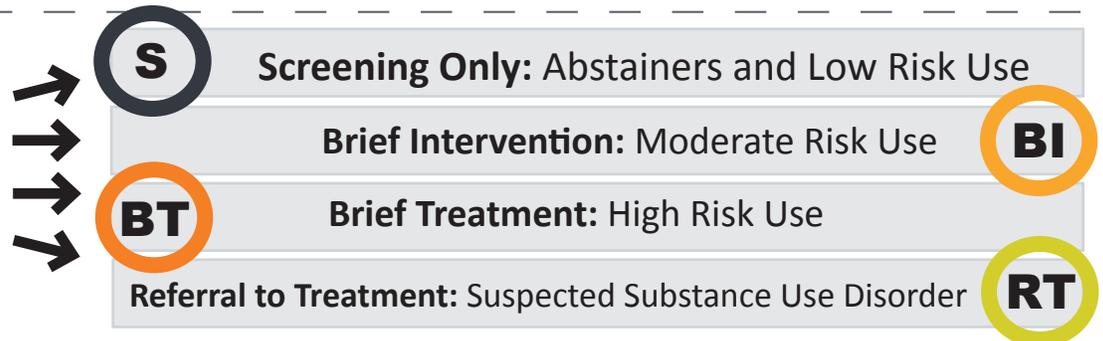
- SBIRT can be implemented in both clinical and non-clinical settings. SBIRT is suitable anywhere a private conversation can be held.
- SBIRT can be delivered by anyone who has been trained. Free SBIRT training is available in Rhode Island to those interested (see bottom for details).



SBIRT is necessary

- Fewer than 1 in 6 Americans report being asked about their substance use.³
- 92% of patients said they would be honest if their doctor asked about their substance use.³
- Over 75% of these individuals said they would not be embarrassed or annoyed if they were asked about their substance use.³

The Process...



Brief Intervention

- One session, 10-15 minutes
- Involves motivational discussion aimed at raising individuals' awareness of their substance use and its consequences

Brief Treatment

- One session, time varies by setting
- Similar to BI, but also includes assessment, education, problem solving, coping mechanisms, and building a supportive social environment

Referral to Treatment

- Time varies by setting
- Consists of brief intervention and discussions to gauge an individual's willingness to initiate substance use treatment. SBIRT staff may coordinate substance use referrals.