

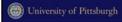


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# **SBIRT: An Effective Approach**

- Screening
- Brief Intervention
- Referral
- Treatment

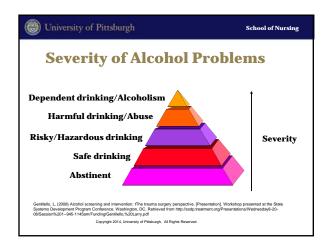
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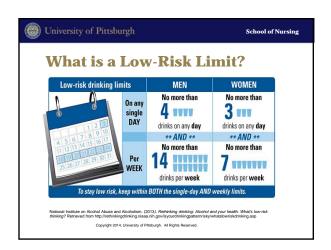


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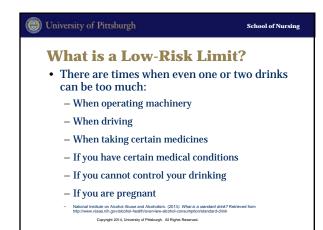
# **Think-Pair-Share Group Activity**

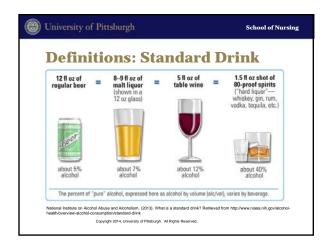
- $\bullet \ \ Think- Silently \ read \ your \ handout$
- Pair After everyone in your group has reviewed the handout identify and discuss as a group the main topic of the handout and complete the worksheet (one worksheet per group)
- **Share** each group should elect a spokesperson to share an overview of your topic with the large group

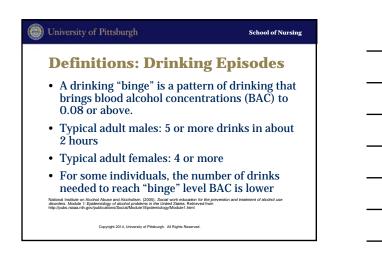


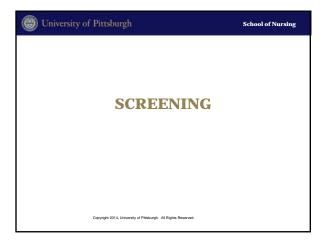


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What is Low-Risk Drinking	
Anyone age 65 or over: no more drinks per week or consuming r than 3 drinks per occasion	
National Institute on Alcohol Abuse and Alcoholism. (2013). Rethinking drinking: Alcohol and your health. Vi Retrieved from http://rethinking.drinking.niasa.nih.gov/isyourdrinkingsattemrisky/whatslow/iskdrinking.asp	Vhat's low-risk thinking?
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# What barriers get in the way of screening?

 Ask students to talk about the barriers to screening that they have observed in their work settings, and possible ways to overcome these

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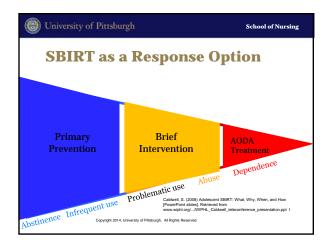


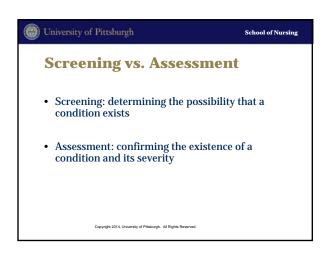
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# Role of Healthcare Profession in Drug and Alcohol Use—What Can We Do to Help?

- Identify use, misuse, and problematic use; screen with simple direct methods
- Connect use/misuse to health related issues
- Encourage consumption reduction
- Conduct a Brief Intervention
- Refer for formal assessment









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# Alcohol Use Disorders Test -AUDIT

- Full AUDIT 10 question instrument
- Brief 3 question version
- Screens for hazardous drinking, harmful use and alcohol dependency

Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., Maristela G. Monteiro, M.G. (2001). The alcohol use disorders identification test quidelines for use in primary care. (2nd ed.). World Health Organization, Department of Mental Health and Substance Dependence. Retrieved from http://whichidoc.who.inth/p/20/10/HVHO, MSD. MSB. 01.6a.pdf.

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# **The AUDIT—3 Question Version**

Add the number for each question to get the total score for items 1, 2, & 3  $\,$ 

A score of 4 or more for men and 3 or more for women is considered positive.

(Generally, the higher the score the more likely it is that the patient's drinking is affecting his/her health and safety)

 $1. \ How often \ do \ you \ drink \ anything \ containing \ alcohol?$ 

(0)Never (1) Less than monthly (2) Monthly

(3) Weekly (4) 2-3 times a week (5) 4-6 times a week (6) Daily

2. How many drinks do you have on a typical day when you are drinking?

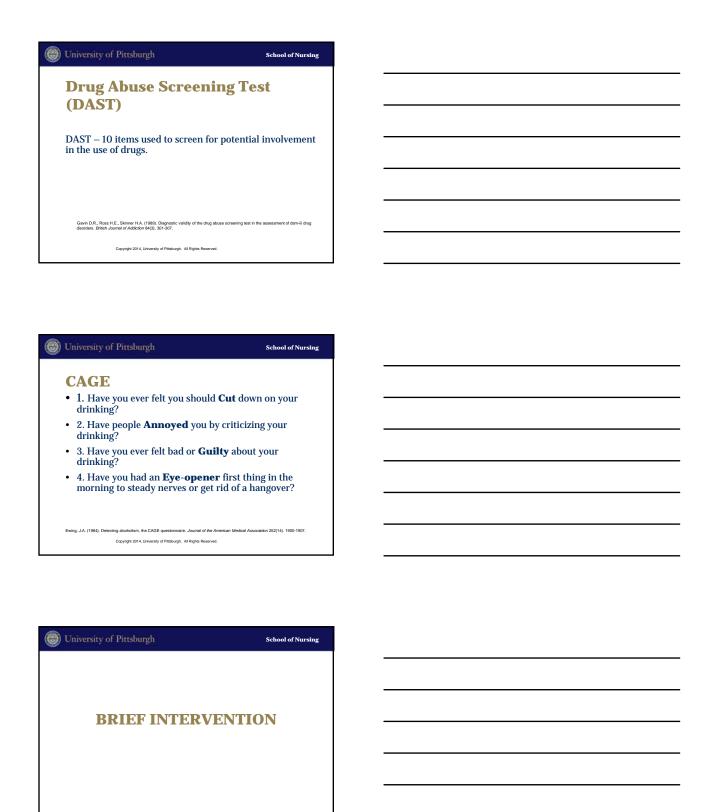
 $(0)\ 1\ drink\ (1)\ 2\ drinks\ (2)\ 3\ drinks$ 

(3) 4 drinks (4) 5-6 drinks (5) 7-9 drinks (6) 10 or more 3. How often do you have four or more drinks on one occasion?

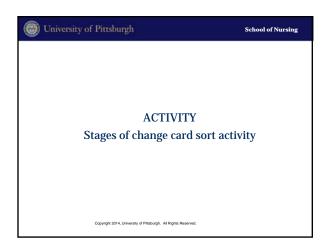
(0) Never (1) Less than monthly (2) Monthly

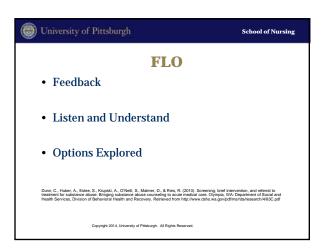
(3) Weekly (4) 2-3 times a week (5) 4-6 times a week (6) Daily

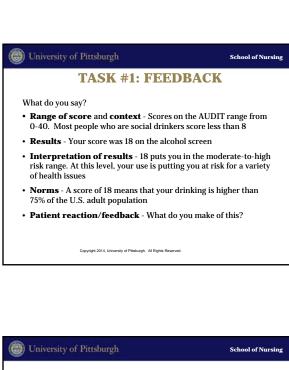
Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., Maristela G. Monteiro, M.G. (2001). The alcohol use disorders identification test guistelines for use in primary care. (2nd ed.). World Health Organization, Department of Mental Health and Substance Dependence. Retrieved from Intig-



# Assessing Readiness Stages of Change Precontemplation: The client is not yet considering change or is unwilling or unable to change Contemplation: The client acknowledges concerns and is considering the possibility of change but is ambivalent and uncertain Preparation: The client is committed to and planning to make a change in the near future but is still considering what to do Action: The client is actively taking steps to change but has not yet reached a stable state Maintenance: The client has achieved initial goals such as abstinence and is now working to maintain gains Prochasta, J.O., & DiChemeile, CC, (1985). Transherostical therapy toward a more integrative model of change. Psychotherapy: Theory, Research and Phasers, 19(3), 278-281.



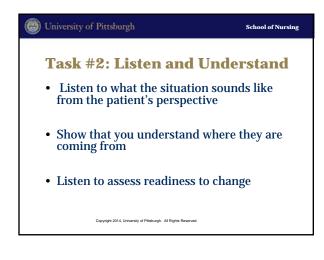


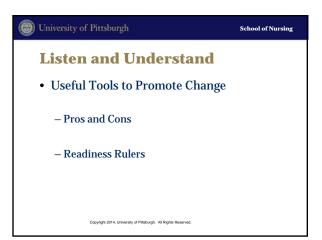


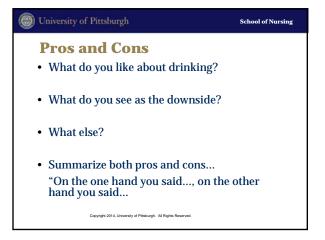
# **Feedback**

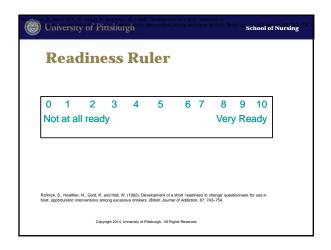
- Your job is to deliver the feedback
- Just bringing up the subject is helpful
- Let the patient decide where to go with it

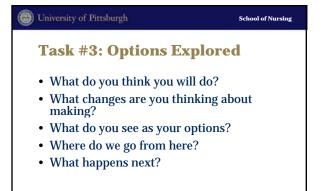
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Feedback	
• Easy Ways to Let Go	
– I'd really like to hear your though	nts
– I'd just like to give you some info	rmation
– What you do is up to you	

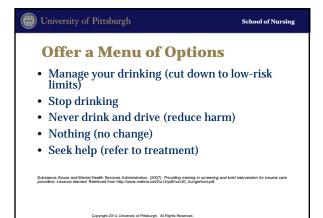


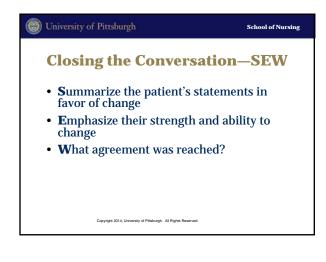


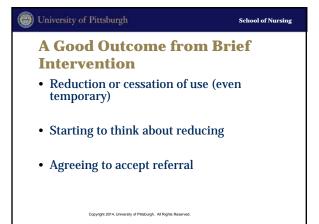


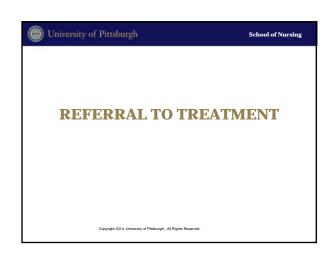














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# **Specialty Treatment Near You**

- Do you have a current listing of substance abuse treatment centers?
- Have you developed a referral relationship with them?
- Are you able to do a "warm handoff"?
- Do you have information about 12-Step and other recovery programs in your area?

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#### **Additional Resources**

Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., Maristela G. Monteiro, M.G. Gaudi, 1.F., nigginis-baudie, 3.C., Sautiletis, 3.E., Maistelia G., Montelio, M.G. (2001). The alcohol use disorders identification test guidelines for use in primary care. (2nd ed.). World Health Organization, Department of Mental Health and Substance Dependence. Retrieved from http://whqlibdoc.who.int/hq/2001/WHO\_MSD\_MSB\_01.6a.pdf

Babor, T. F., Higgins-Biddle, J. C. (2002) *Brief intervention for hazardous and harmful drinking: a manual for use in primary care*. World Health Organization. Retrieved from <a href="http://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/d

ments/dev\_013199.pdf.

D'Amico, E. J., Miles, J. N. V., Stern, S. A., & Meredith, L. S. (2008). Brief motivational interviewing for teens at risk of substance use consequences: A randomized pilot study in a primary care clinic. Journal of Substance Abuse Treatment (35), 53-61,

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### **Additional Resources**

Fornill, K., Virginia. (2004). Substance abuse tool box: information for primary care providers. Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services. (2nd ed.).

Miller, W.R. & Rollnick, S. (2002) Motivational interviewing: preparing people for change. New York, NY: The Guilford Press.

Miller, W. R., & Wilbourne, P. L. (2002). Mesa Grande: A methodological analysis of clinical trials of treatments for alcohol use disorders. *Addiction*, 97(3), 265-277.

Monti, P. M., Colby, S. M., & O'Leary, T. A. (Eds.). (2001). Adolescents, alcohol, and substance abuse: Reaching teens through brief interventions. New York: Guilford Press.

