The Genesee County SBIRT Project: Evaluation

What is SBIRT?

- Screening
- Brief Intervention
- Brief Treatment
- Referral to Treatment

A comprehensive, integrated, public health approach conducted by health and social service providers to:
  - Screen patients for alcohol/substance abuse problems
  - Deliver early intervention and treatment
Target Specialties

- Clinics:
  - 2 Family Medicine clinics
  - 1 OB/GYN clinic
  - Urban Health & Wellness Center

- Contact/Physicians:
  - **McLaren**: Ken Deighton & Dr. Barbara Wolf
  - **Genesys**: Dr. Mark Vogel
  - **Hurley**: Dr. Vickie Mello & Renay Gagleard
  - **U of M–Flint**: Susan Schneberger & Sandy Manssur

Target Population

- All patients, age 18 years and older, at the pilot clinics
- Screen each patient annually
- Written informed consent will be obtained to include patient data in evaluation
  - All data will be reported in aggregate form
  - Patients will be identified by a study identifier number on data collection sheets
- Six-month follow-up will be sought for every patient receiving brief intervention, brief treatment, or referral to treatment
The SBIRT Method

Health Behavior Assessment

- How often do you have a drink containing alcohol?
- How many drinks containing alcohol do you have on a typical day when you are drinking?
- Women: How often do you have 4 or more drinks on one occasion? Men: How often do you have 5 or more drinks on one occasion?
- How many times in the past year have you used a recreational drug?
- How many times in the past year have you used a prescription medication for nonmedical reasons?
- How many times in the past year have you used an over-the-counter drug for nonmedical reasons?

Health Behavior Assessment

- Brief intervention
- Full screen (AUDIT and/or DAST-10)
- Brief treatment
- Referral to treatment

Alcohol: One drink = 12 oz. beer, 5 oz. wine, 1.5 oz. liquor (one shot)
Questions #1–3 are alcohol use (AUDIT–C)
  ◦ Positive if:
    • ≥3 for women and persons age 65 and older
    • ≥4 for men
  ◦ If positive, person should complete full screen

Questions #4–6 are drug use
  ◦ Positive if score is >0 (any drug use in past year)
  ◦ If positive, person should complete full screen

Full Screen

AUDIT (alcohol)  DAST–10 (drugs)

10 questions, multiple choice
Each question has 5 answer choices
Answers assigned points & totaled

10 questions, Yes/No
Answers assigned points & totaled
AUDIT Scoring

- Possible score ranges from 0 to 40
- The higher the score, the more likely to indicate hazardous or harmful drinking
- Zone 1: Low-risk/abstain
  - Score 0–6/7
- Zone II: Risky
  - Score 7/8–15
- Zone III: Harmful
  - Score 16–19
- Zone IV: Dependent
  - Score ≥20

DAST–10 Scoring

- Possible score ranges from 0 to 10
- The higher the score, the higher the likelihood of a substance use disorder
- Zone 1: Low-risk/abstain
  - Score 0
- Zone II: Risky
  - Score 1–2
- Zone III: Harmful
  - Score 3–5
- Zone IV: Dependent
  - Score ≥6
## Evaluation

<table>
<thead>
<tr>
<th>Measures Collected:</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Screening only</td>
</tr>
<tr>
<td>Screening tool scores</td>
<td>x</td>
</tr>
<tr>
<td>Demographics</td>
<td>x</td>
</tr>
<tr>
<td>Patient satisfaction with screening/initial visit</td>
<td>x</td>
</tr>
<tr>
<td>Service(s) received</td>
<td>x</td>
</tr>
<tr>
<td>National outcome measures</td>
<td>x</td>
</tr>
<tr>
<td>Screening for co-occurring disorders (ACORN)</td>
<td></td>
</tr>
<tr>
<td>Six-month follow-up (screening tools, satisfaction, national outcome measures)</td>
<td>x</td>
</tr>
</tbody>
</table>
National Outcome Measures

- Housing stability
- Education level and status
- Employment status
- Overall health perspective
- Social support
- Criminal justice status

Health Care Provider

- Pre- and post-questionnaire on knowledge, attitude, behavior, and satisfaction of SBIRT
- 6-month and 12-month follow-up
- Identify additional training needs, barriers, and sustainability efforts
Health Care Provider Knowledge

- Importance of screening
- Identifying patient risk level
- SBIRT model
- Brief intervention
- Motivational interviewing

Health Care Provider Attitudes

- Attitudes around substance use disorders
- Attitudes around screening patients
- Readiness to implement SBIRT
- Post-training:
  - Attitudes around SBIRT process
  - Challenges/barriers perceived and/or encountered
Health Care Provider Behaviors

- Are they currently:
  - Screening for alcohol and drug use
  - Re-screening annually
  - Providing brief interventions
  - Using motivational interviewing techniques
  - Referring for treatment services

Health Care Provider Satisfaction

- Training satisfaction
  - In-person training on SBIRT and Motivational Interviewing
  - Simmersion training modules (online role playing)

- Process satisfaction
  - Screening process
  - Behavioral health consultant
  - Referral process
  - Time required
Process Outcomes

- Number individuals screened
- Number individuals that received 1) brief intervention, 2) brief treatment, or 3) referral to treatment
- Number of sessions each patient completes
- Number of health care providers trained

Measuring Success

- Decreased AUDIT and DAST–10 score at 6-month follow-up
- Positive patient satisfaction
- Increased health care provider knowledge of substance use screening and SBIRT
- Increased number of health care providers screening patients for substance use and intervening
- Positive health care provider attitudes around SBIRT
“SBIRT -- Screening, Brief Intervention and Referral for Treatment -- is a recognized, proven and even reimbursed medical procedure that awaits general use despite the consequences of not using it.”

- Dr. Lloyd I. Sederer, MD
Medical director, New York State Office of Mental Health