



# 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



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## Target Population

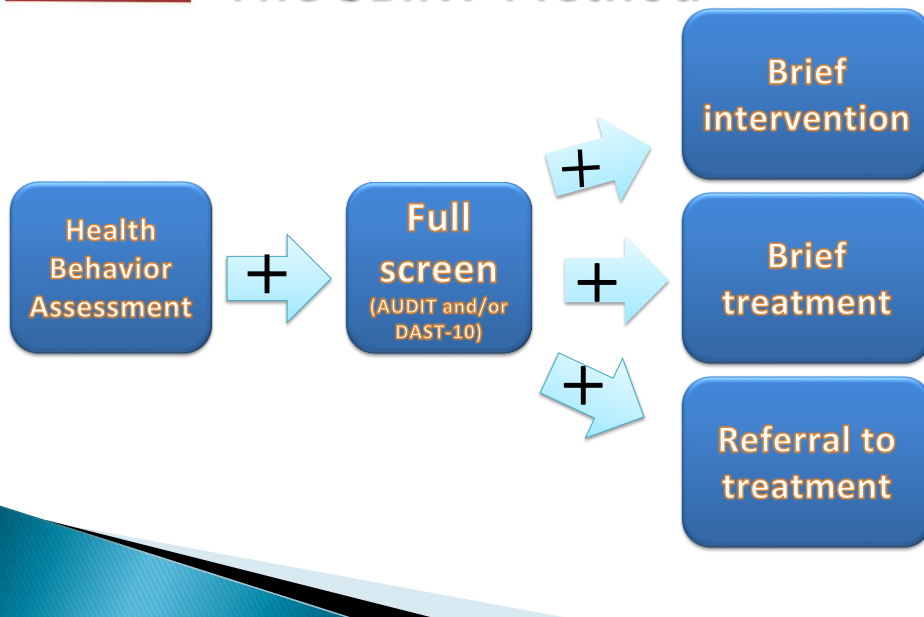
- ▶ All patients, age 18 years and older, at the pilot clinics
- ▶ Screen each patient annually
- ▶ Written informed consent will be obtained to include patient data in evaluation
  - All data will be reported in aggregate form
  - Patients will be identified by a study identifier number on data collection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



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## The SBIRT Method

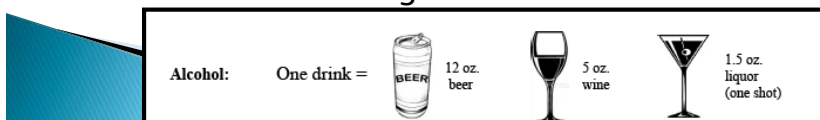


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## Health Behavior Assessment

- ▶ 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?



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# Health Behavior Assessment Scoring

- ▶ 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



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# Full Screen

## ▶ AUDIT (alcohol)

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

## ▶ DAST-10 (drugs)

10 questions, Yes/No  
 Answers assigned points & totaled



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## AUDIT Scoring

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

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## DAST-10 Scoring

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

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# Evaluation

Measures Collected:	Intervention			
	Screening only	Brief Intervention	Brief Treatment	Referral to Treatment
Screening tool scores	x	x	x	x
Demographics		x	x	x
Patient satisfaction with screening/initial visit		x	x	x
Service(s) received		x	x	x
National outcome measures			x	x
Screening for co-occurring disorders (ACORN)				x
Six-month follow-up (screening tools, satisfaction, national outcome measures)		x	x	x



# Demographics

- ▶ Clinic location
- ▶ Gender
- ▶ Race/ethnicity
- ▶ Age
- ▶ Insurance status
- ▶ Pregnancy status (for women)



## National Outcome Measures

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



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## 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



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## Health Care Provider Knowledge

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



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## 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



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## 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



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## Health Care Provider Satisfaction

- ▶ Training satisfaction
  - In-person training on SBIRT and Motivational Interviewing
  - Immersion training modules (online role playing)
- ▶ Process satisfaction
  - Screening process
  - Behavioral health consultant
  - Referral process
  - Time required



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## 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



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## 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



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# Thank you!

“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

