

Screening, Brief Intervention and Referral to Substance Abuse Treatment - "SBIRT"

SBIRT is an intervention for early identification of adults and adolescents at risk for alcohol or drug misuse or abuse. The SBIRT model incorporates the use of validated screening instruments and evidence-based interventions.

Screening: for risky alcohol or drug use includes asking questions of all patients to identify those who may misuse alcohol or drugs or are at risk of developing a problem.



Screening Tools:

Modified-Audit C: https://www.integration.samhsa.gov/images/res/tool_auditc.pdf

- The Audit C is a three-question alcohol screen that can help identify **adult patients** who are hazardous drinkers or have active alcohol use disorders. It has been modified to also ask about substance abuse and prescription drug abuse.

CRAFFT: https://www.integration.samhsa.gov/clinical-practice/sbirt/CRAFFT_Screening_interview.pdf

- A nine-question clinical assessment tool to screen for substance-related risks in **adolescents**.



Brief Intervention:

Brief Intervention Basics

- Ask permission - tell the patient you are asking because of concern for his/her health.
- Provide feedback and avoid labeling the patient with terms such as: addict or alcoholic.
- Have a non-judgmental approach and aware of any personal bias.
- Acknowledge this is difficult to talk about, exercise empathy, and show compassion.
- Enhance motivation and assess readiness to change: Use open dialogue – ask open ended questions.
- Discuss next steps – may need to negotiate – explore patient goals and values to change.
- Close on positive terms and schedule a follow-up appointment.

Brief Intervention Example:



Brief Intervention	Recommended Response
Raise the Subject	"I appreciate your answering those drug and alcohol questions. I would like to go over your answers with you. Remember everything we discuss is confidential."
Provide Feedback	Tell me more about your use of _____. When did you begin using? What is your use like now?
Enhance Motivation	"I am concerned that your alcohol/drug use will interfere with your plans or lead to some additional problems for you."
Assess Readiness to Change	On a scale of 0-10, with 0 being not at all ready and 10 being very ready, how ready are you to change any aspect of your substance use?"
Negotiate a Plan	"What steps can you take to start making a change?"

Plan Follow-up/Refer to treatment if indicated. "We will see you back in 4 weeks to see how you are doing"

For more information and examples visit the following website:
www.MarylandSBIRT.org

Collaborative Care Network Expert Clinical Recommendation



Refer to One Call Care Management for assistance with linkage to a treatment program: 443-481-5652

If you decide treatment is needed you can use one call care management or other available resources:

Referral to Treatment:

Treatment Resources

AAMC Pathways: (410) 573-5400 or (800) 322-5858

Health Department: <https://health.maryland.gov/Pages/departments.ASPX>

Maryland Crisis Hotline: 1-800-422-0009 <http://beforeitstoolate.maryland.gov/maryland-crisis-hotline/>

Maryland Behavioral Health Admin.: State-certified treatment programs: 410-402-8600
<http://BHA.Maryland.org>

Maryland 211: Information on substance use, mental health and various human services: Dial 211

Maryland Community Locator: treatment and recovery services- www.mdcsi.org

Safe Stations: In Anne Arundel county a patient can go to any fire house of police station to get help:

<https://www.aacounty.org/departments/sao/rehab-programs/safe-stations/index.html>



Screening and Intervention Coding/SBIRT Reimbursement







Reimbursement can vary for commercial payers. Remember to document time spent in your note.

Note Medicaid also has a screening code W7000 for screening only.



Additional Resources:

Payor	Code	Description
Commercial Insurance, Medicaid	99408	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30 minutes
Commercial Insurance, Medicaid	99409	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30 minutes
Medicare	G0396	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30 minutes
Medicare	G0397	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30 minutes

A "STANDARD DRINK" (A standard drink contains approximately 12-14 grams or 0.5-0.6 oz. of pure alcohol)					
BEER 4-5% (Budweiser, Miller, Coors, Michelob, Heineken, Corona)	MALT LIQUOR 7-10% (Steele Reserve, Colt 45, King Cobra, Camo 40, Black Bull, Hurricane, Mickey's, Private Stock)	TABLE WINE 12-13% (Chardonnay, Merlot, Pinot Grigio, Riesling, Sangria)	FORTIFIED WINE (FW) Port, Sherry 17-20% (Mad Dog 20/20, Night Train Express, Richard's Wild Irish Rose, Thunderbird)	BRANDY 37-40% (Cognac, Martell, Hennessy, E & J, Courvoisier, Remy Martin)	DISTILLED "SPIRITS" LIQUOR 40% (Vodka, Gin, Rum, Scotch, Whiskey, Bourbon, Tequila)
 12 oz.	 6-8 oz.	 5 oz.	 3.5 oz.	 1.5 oz.	 1.5 oz.
"Double Deuce" = 2 drinks "Quart" = 2 $\frac{2}{3}$ drinks "40" of beer = 3 $\frac{1}{3}$ drinks "40" of malt liquor = 6-8 drinks		"Pint" = 2 $\frac{1}{2}$ drinks "Pint" of FW = 4 drinks "Fifth" = 5 drinks "Fifth of FW" = 7 $\frac{1}{5}$ drinks		"Half Pint" = 4 $\frac{1}{2}$ drinks "Pint" = 8 $\frac{1}{2}$ drinks "Fifth" = 17 drinks "Handle" = 40 drink	

DRINK LIMIT FOR LOW-RISK DRINKING		
	Per Week	Per Day
Men	14	4
Women	7	3
All Age > 65	7	3

Resources:

MD SBIRT: <http://www.marylandsbirt.org/>

www.cms.gov

<https://www.integration.samhsa.gov/sbirt/reimbursement-for-sbirt.pdf>