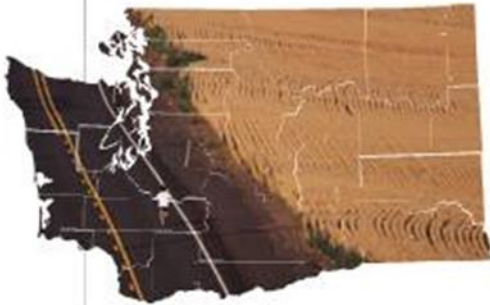


**wasbirt·pci**

■ *Improving health  
through substance abuse  
intervention in primary  
care settings*



Screening, Brief Intervention  
and Referral to Treatment

**Primary Care Integration**

# Information Session

## Thomas Fuchs, M.Ed

### June 14, 2017

PROVIDED IN COLLABORATION WITH THE WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICE'S DIVISION OF BEHAVIORAL HEALTH AND RECOVERY & THE RESEARCH AND DATA ANALYSIS DIVISION.  
FUNDED THROUGH A FEDERAL GRANT FROM SAMHSA, CFDA #93.243.

# What is **Screening Brief Intervention, and Referral to Treatment (SBIRT)**?

- **SBIRT** is a comprehensive, integrated, public health approach used to identify, reduce, and prevent problematic alcohol use and alcohol use disorder
  - While SBIRT has been used to address illicit drug and marijuana use, evidence for its effectiveness is lacking
- Primary care, EDs, trauma centers, community health settings provide an excellent opportunity for early intervention

# SBIRT Model

Transforming  
Lives

## S creening (Pre-screen)

- Quickly assess the severity of substance use



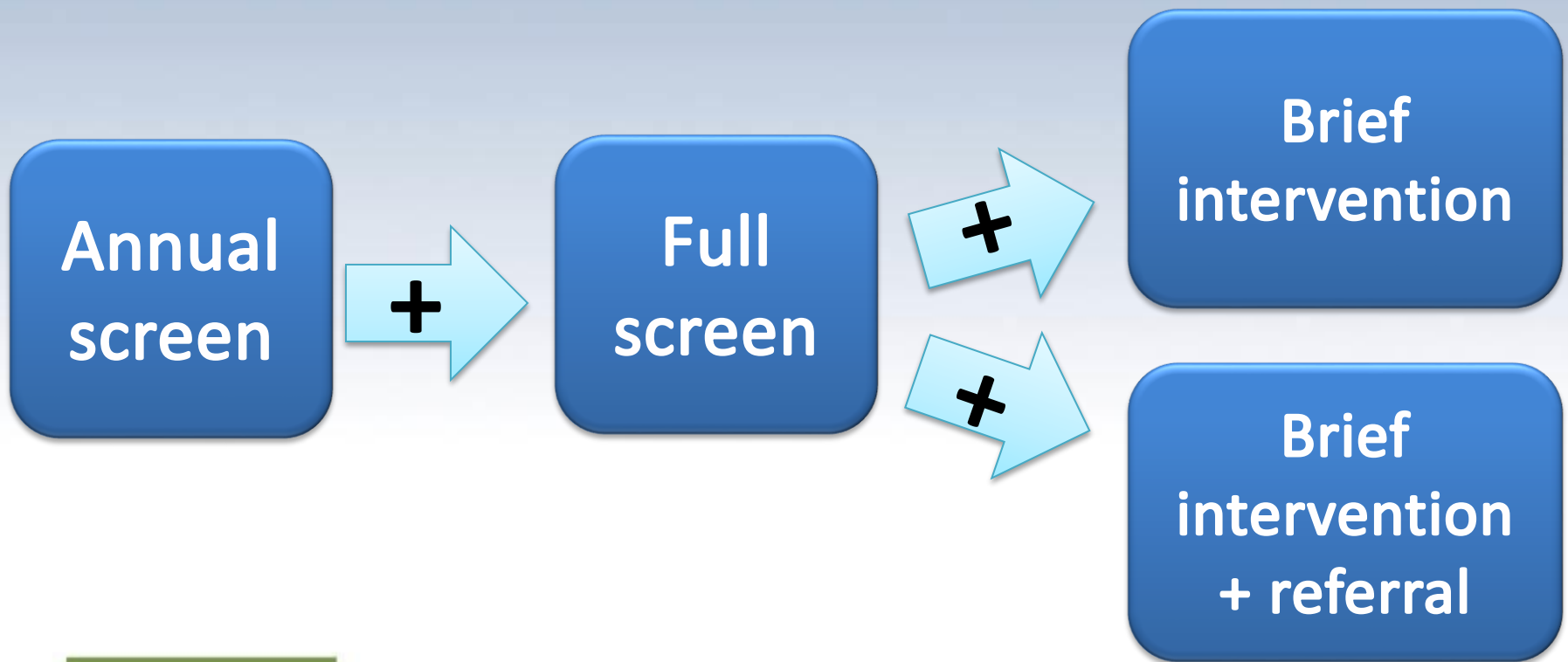
## B rief I ntervention

- Help patient understand their substance use/possible health impact; motivate behavior change.

## R eferral to T reatment

- Provide patients showing signs of substance use problem with access to specialty care.

# SBIRT Model



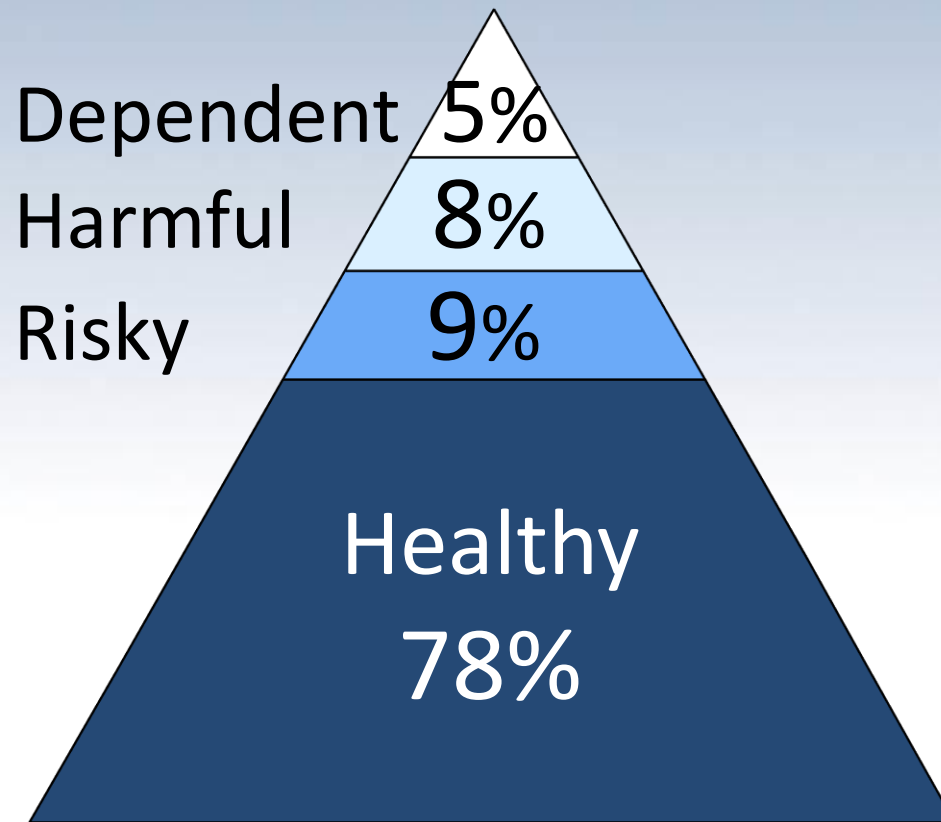
# Goal

The primary goal of SBIRT is to identify and effectively intervene with those who are at moderate or high risk for psycho-social or health care problems related to their substance use.

SAMHSA Delivering SBIRT module 1. 2012

## Why SBIRT?

- Prevalence of alcohol use among Primary Care Patients



Manwell, Journal of Addictive Disease, 1998

PO Box 45050, Olympia, WA 98504 | [www.dshs.wa.gov](http://www.dshs.wa.gov)

## Why SBIRT?

- **SBIRT** to address alcohol use ranks in the top 4 of preventive health services, based on health impact and cost effectiveness
  - As effective, if not more, as flu shots and cholesterol screening (USPSTF, 2004)
- Increases abstinence, improves quality of life, reduces risky behavior, reduces health care costs (SAMHSA, 2012; Estee et al, 2006 & 2010)
  - Improvements in general health, mental health, employment, housing status, and criminal behavior

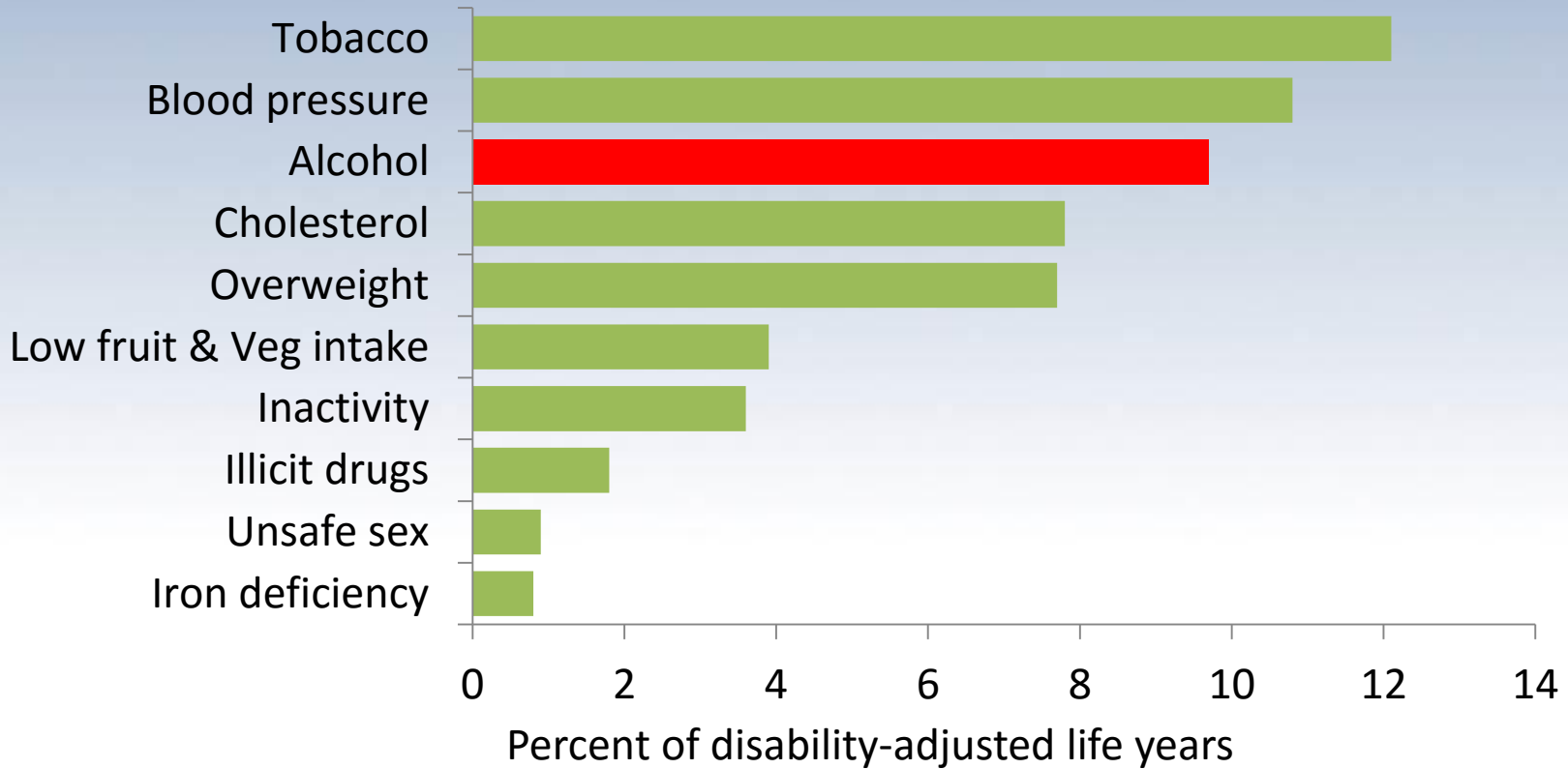
## Why SBIRT?

- Alcohol misuse associated with...
  - **Chronic liver disease & cirrhosis**
  - **Eight specific cancers**
  - **Heart disease**
  - **Pancreatitis**
  - **Stroke**
  - **Injuries**
  - **Pneumonia**
  - **Gastritis/PUD**
  - **Alcoholic Cardiomyopathy**
  - **Interacting with many medications**
  - **Exacerbating numerous chronic medical conditions (HTN, DM, PUD, etc.)**
  - **Seizures**

MMWR Weekly, 2004, Naimi, 2002



# The 10 Leading Risk Factors for Disease In Developed Countries



# SBIRT Effectiveness Example

If you see on average, 40 patients per week.



Four to eight of these patients are at risk (10-20%).



With brief intervention, 1-3 patients weekly are likely to lower their risk.

# Evaluations of SBIRT

- Meta-analyses and reviews:
  - More than 34 randomized controlled trials
  - Focused primarily on at-risk and problem drinkers
- Result: 10-20% reduction in alcohol consumption at 12 months

## Missed opportunities in Primary Care

- Most patients (68-98%) with alcohol use disorder are not detected by physicians
- Physicians are less likely to detect alcohol problems:
  - When screening tools are not used universally
  - In patients who they do not expect to have alcohol problems: whites, women, higher SES

Buchsbaum et al., 1992; Yersin et al., 1995; Dawson et al., 1992;  
Volk et al., 1996; Vinson, et al., 2013.

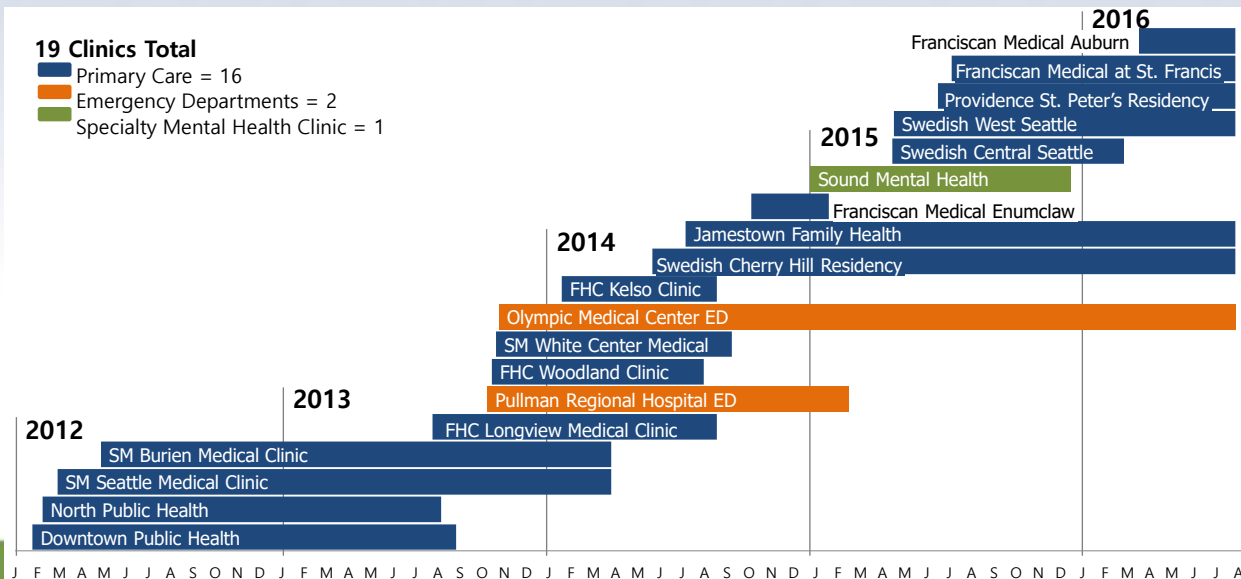
## Washington **SBIRT-Primary Care Integration**

WA State was awarded a five year federal grant (2011-2016) to implement **SBIRT** services in primary care throughout the state (**WASBIRT-PCI**)

Conducted **93,229** total screens from **January 2012 – August 2016**

# Implementation Timeline

- 19 healthcare facilities implemented SBIRT
  - Primary Care (16), Emergency Departments (2), and specialty community mental health clinic (1)
- WASBIRT-PCI healthcare facilities received grant funding for an average of 17 Months

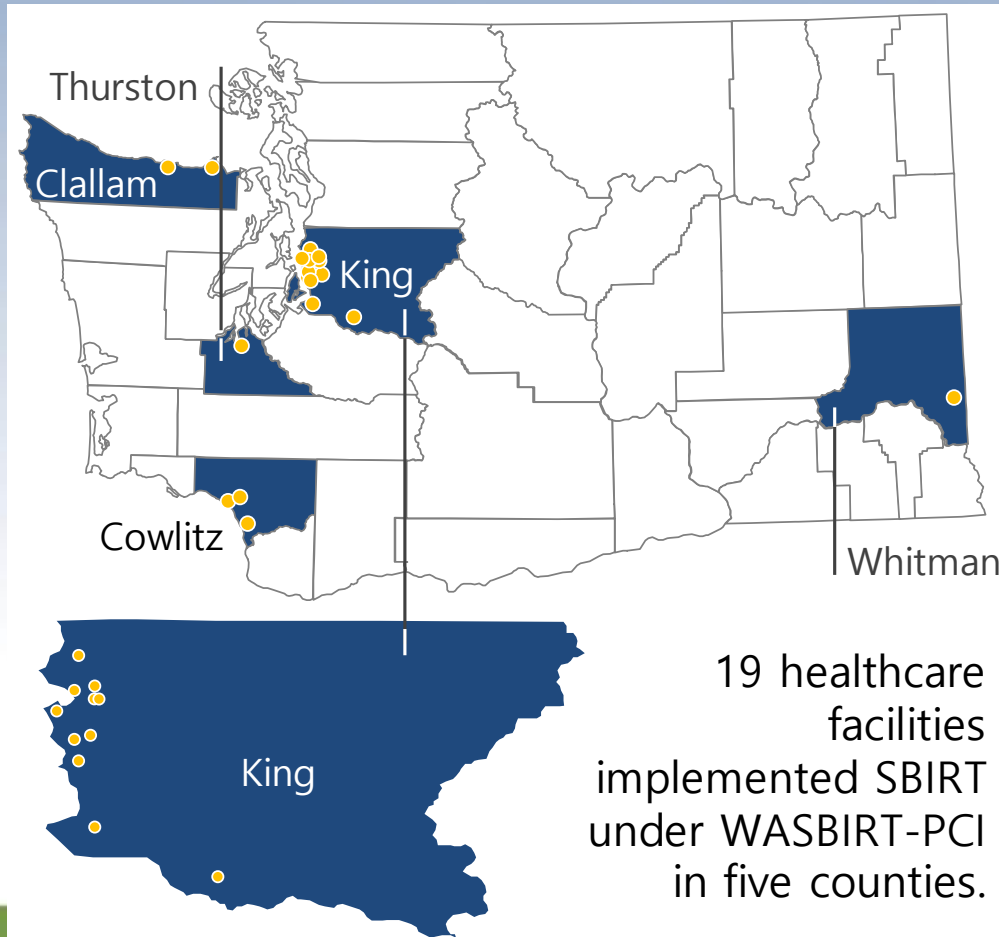


Speaker, Mayfield, Yakup, & Felver, 2017



# WASBIRT-PCI Clinical Sites

Transforming  
Lives



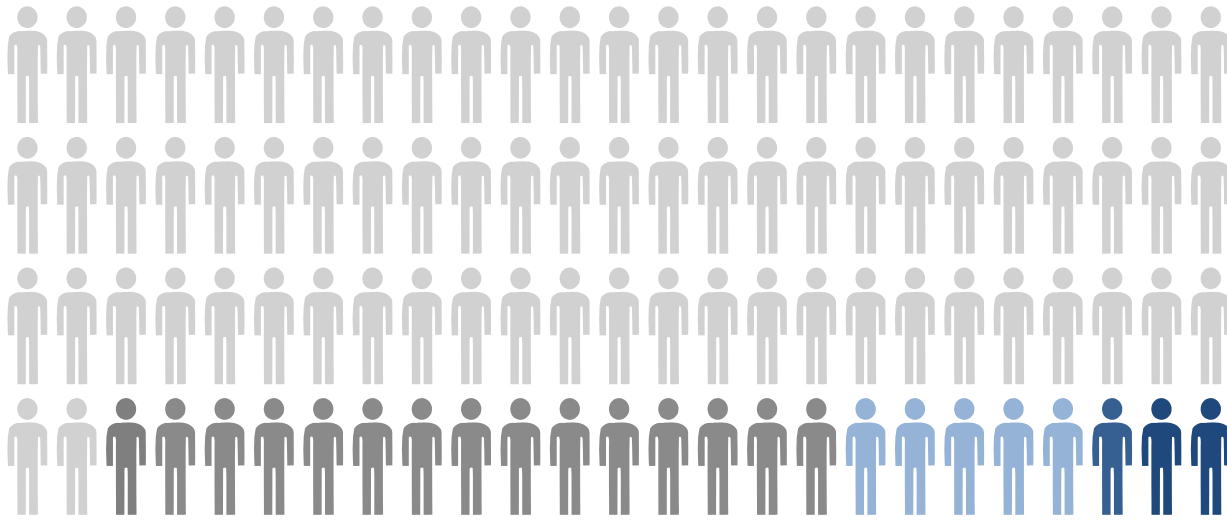
19 healthcare facilities implemented SBIRT under WASBIRT-PCI in five counties.

Speaker, et. al., 2017

# WASBIRT-PCI Screening Outcomes

**100 people will enter a community clinic**

**ALL will get a prescreen**



**23**  
will require  
a full screen

**8**  
will get a brief  
intervention

**3**  
will be referred  
to treatment



# WASBIRT-PCI Video

## Olympic Medical Center

[https://www.youtube.com/watch?v=WMkx2s--  
SpU](https://www.youtube.com/watch?v=WMkx2s--SpU)

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