

SBIRT savings can be enormous!

“For every dollar invested in SBIRT, there is a savings of \$4.30 in future health care costs.” - SAMHSA 2008

SBIRT Screening Tools

The Alcohol Use Disorders Identification Test (AUDIT)

Alcohol Screening for Adults

<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/Documents/Audit.pdf>

Drug Abuse Screening Test (DAST) *Drug and Alcohol Screening for Adults*

http://www.drtepp.com/pdf/substance_abuse.pdf

CRAFFT

Drug and Alcohol Screening for Youth
http://www.ceasar-boston.org/CRAFFT/pdf/CRAFFT_SA_English.pdf

TWEAK

Alcohol Screening for Pregnant Women
<http://fasd.brighttomorrow.com/Files/tweakTest.pdf>

Publically Funded Substance Abuse and Mental Health Treatment Programs in Utah

Visit the **Utah Division of Substance Abuse and Mental Health** website:
www.dsamh.utah.gov

Or call:
2-1-1

Utah Addiction Center **(801) 581-8216**

www.healthsciences.utah.edu/utahaddictioncenter/

Nationwide Programs

Substance Abuse Treatment
www.findtreatment.samhsa.gov

Mental Health Treatment
www.store.samhsa.gov/mhlocator

Or call:
1-800-662-HELP (4357)



Utah Division of Substance Abuse
and Mental Health Services
195 North 1950 West
Salt Lake City, Utah 84116
Phone: (801) 538-3939
Fax: (801) 538-4696
www.dsamh.utah.gov

Screening, Brief Intervention and Referral to Treatment **(SBIRT)**

A Resource Guide



**for Medical and
Treatment Providers**

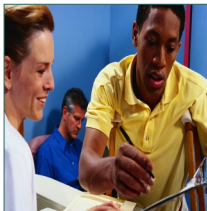
Screening, Brief Intervention and Referral to Treatment (SBIRT)

A Public Health Approach

Research shows, at critical moments, just a brief screening and intervention can help someone reduce or stop risky substance use. In some cases, before misuse crosses into addiction.

Substance use is one of America's Top Preventable Health Issues....

“SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance



Screening can be done via a variety of methods and only takes a few minutes

use disorders, as well as those who are at risk of developing these disorders.”
- SAMHSA 2010

Defining SBIRT

Screening refers to using a validated instrument to quickly assess the “risk level” of substance use and identify individuals who might benefit from intervention.



SBIRT not only prevents substance use problems, it saves lives

Brief Intervention (BI) occurs when initial screening indicates a risk level as moderate to high; the focus is on increasing insight and awareness regarding substance use and motivation toward behavioral change.

Brief Treatment (BT) is similar to BI in emphasizing motivation to change and client empowerment. It may be used for those with moderate to high risk and be conducted over three or more sessions.

Referral to Treatment (RT) provides those at highest risk with access to specialty care.

SBIRT Resources

Brief Intervention for Hazardous Drinkers
http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6b.pdf

A Pocket Guide for Alcohol Screening & Brief Intervention
<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/Documents/pocket.pdf>

SBIRT and Brief Intervention
<http://www.integration.samhsa.gov/clinical-practice/resources>

SBIRT Training Videos
<http://medicine.yale.edu/sbirt/curriculum/video/index.aspx>

SBIRT Resource List
<http://www.ena.org/IQSIP/Injury%20Prevention/SBIRT/EDResources/Documents/Resources.pdf>

Reimbursement and Coding for Screening and Brief Intervention
www.samhsa.gov/prevention/sbirt