

SBIRT

Module One

Re-conceptualizing Our Understanding
of Substance Use Problems

A New Initiative

- Substance use screening, brief intervention, and referral to treatment (SBIRT) is a systems change initiative. As such, we are required to shift our view toward a new paradigm, and;
 - Re-conceptualize how we understand substance use problems.
 - Re-define how we identify substance use problems.
 - Re-design how we treat substance use problems.

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Forget Everything You Know

- About what constitutes a substance use problem.
- About how substance use problems are identified.
- About how to treat substance use problems.


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Historically

- Society has viewed substance use as:
 - A moral problem
 - An individual problem
 - A family problem
 - A social problem
 - A criminal justice problem
 - A combination of one or more
- The solution to any problem must be driven by its presumed cause.
 - If substance use is caused by a moral problem...
....what is its solution?
 - If substance use is caused by a criminal justice problem.....what is its solution?

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Substance Use Is



A Public Health Problem

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Learning from Public Health

- The public health system of care routinely screens for potential medical problems (cancer, diabetes, hypertension, tuberculosis, vitamin deficiencies, renal function), provides preventative services prior to the onset of acute symptoms, and delays or precludes the development of chronic conditions.

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Historically

- Substance Use Services have been bifurcated, focusing on two areas only:
 - Primary Prevention – Precluding or delaying the onset of substance use.
 - Tertiary Treatment – Providing time, cost, and labor intensive care to patients who are acutely or chronically ill with a substance use disorder.

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Substance Dependent

Traditional Treatment
Abstinence

No Problem

Primary Prevention
No Intervention
Drink Responsibly

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The Current Model

A Continuum of Substance Use

Abstinence

Responsible Use

Dependence

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An Outdated Model

- This model (paradigm) of substance use:
 - Fails to recognize a full continuum of substance use behavior.
 - Fails to recognize a full continuum of substance use problems.
 - Fails to provide a full continuum of substance use interventions.

WHY?

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The outdated model defines a substance use problem as...



Dependence

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By failing to recognize a full continuum of substance use behavior, a full continuum of substance use problems, and not providing a full continuum of substance use interventions the outdated model has failed to provide resources in the area of greatest need.

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The SBIRT model defines a substance use problem as...



Excessive Use

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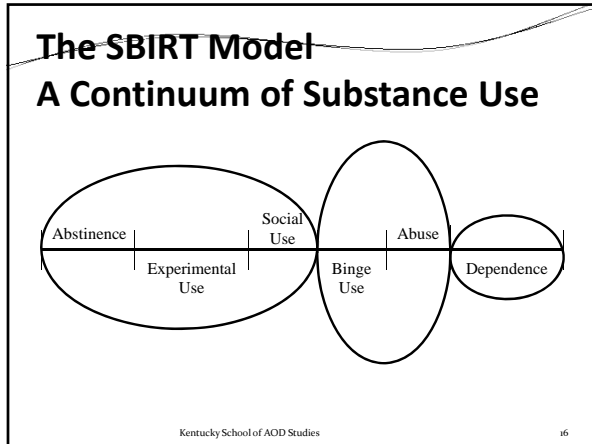
Excessive Use Results In

- Trauma and trauma recidivism.
- Causation or exacerbation of health conditions.
- Exacerbation of mental health conditions.
- Alcohol poisoning.
- DUI.
- Date rape.
- Domestic and other forms of violence.
- Transmission of sexually transmitted diseases.
- Unintended pregnancies.
- Substance Dependence.

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By recognizing a full continuum of substance use behavior, a full continuum of substance use problems, and by providing a full continuum of substance use interventions the SBIRT model can provide resources in the area of greatest need.

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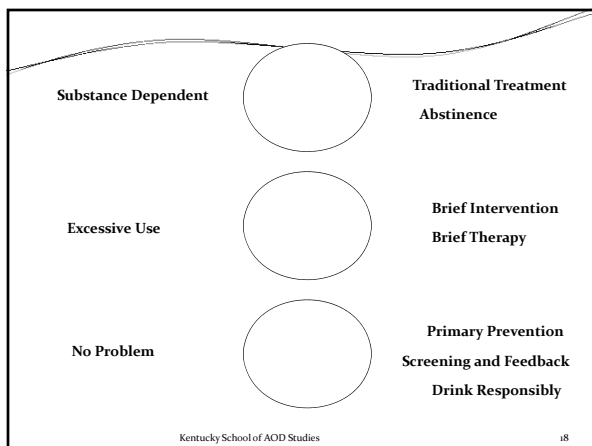


The SBIRT Model

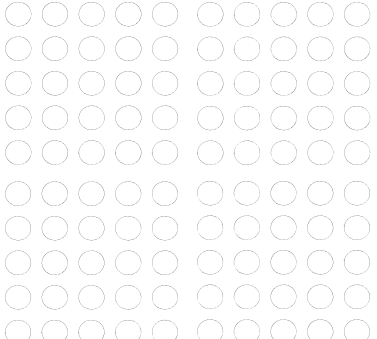
A Continuum of Interventions

- Primary Prevention – Precluding or delaying the onset of substance use.
- Secondary Prevention and Intervention – Providing time, cost, and labor sensitive care to patients who are at risk for psycho-social or healthcare problems related to their substance use choices.
- Tertiary Treatment – Providing time, cost, and labor intensive care to patients who are acutely or chronically ill with a substance use disorder.

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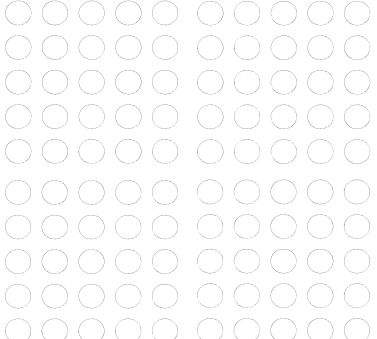


U.S. Population



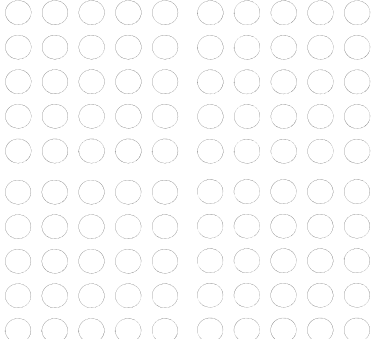
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Dependent

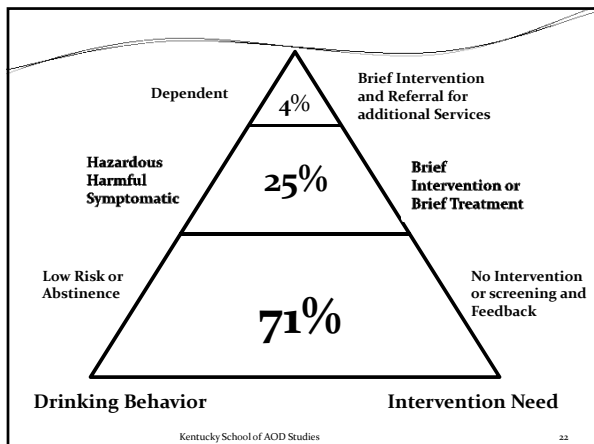


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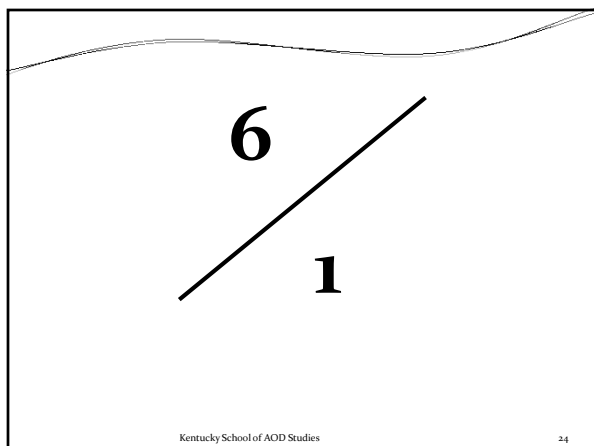
Excessive



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- ### NIAAA Definitions
- Low Risk:
 - Healthy Men < 65
 - ≤ 4 drinks per day → AND
 - ≤ 14 drinks per week
 - Healthy Women & Men ≥ 65
 - ≤ 3 drinks per day → AND
 - ≤ 7 drinks per week
 - Hazardous:
 - Pattern that increases risk for adverse consequences.
 - Harmful:
 - Negative consequences have already occurred.
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The Costs of Substance Use

- The bulk of the societal, personal, and health care related costs are not a result of substance dependence but of excessive substance use. Until such time as we acknowledge this fact, and address it appropriately, we are unlikely to make significant progress towards a solution.

Consider This

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If

We could provide a 100% cure to every substance dependent person in the United States we wouldn't be close to solving most of the substance related problems in our country.

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Primary Goal

- The primary goal of SBIRT is not to identify those who are dependent and need higher levels of care.
- The primary goal of SBIRT is to identify those who are at moderate or high risk for psycho-social or health care problems related to their substance use choices.

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The SBIRT Concept

- SBIRT uses a public health approach to universal screening for substance use problems.
 - SBIRT provides:
 - Immediate rule out of non-problem users;
 - Identification of levels of risk;
 - Identification of patients who would benefit from brief advise, and;
 - Identification of patients who would benefit from higher levels of care.
 - Progressive levels of clinical interventions based on need and motivation for change.

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The Moving Parts

- Pre-screening (universal).
- Full screening (for those with a positive pre-screen).
- Brief Intervention (for those scoring over the cut off point).
- Extended Brief Interventions or Brief Treatment or (for those who have moderate risk, high risk, abuse, or dependence, would benefit from ongoing, targeted interventions, and are willing to engage).
- Traditional Treatment (for those who are dependent and are willing to engage).

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Let's Review

- SBIRT is a systems change initiative requiring us to re-conceptualize, re-define, and re-design our entire approach to substance use problems and services.
- SBIRT uses a public health approach.
- The current model defines the problem as dependence.
- The SBIRT model defines the problem as excessive use.
- SBIRT recognizes a continuum of substance use behavior, a continuum of substance use problems, and a continuum of substance use interventions.

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