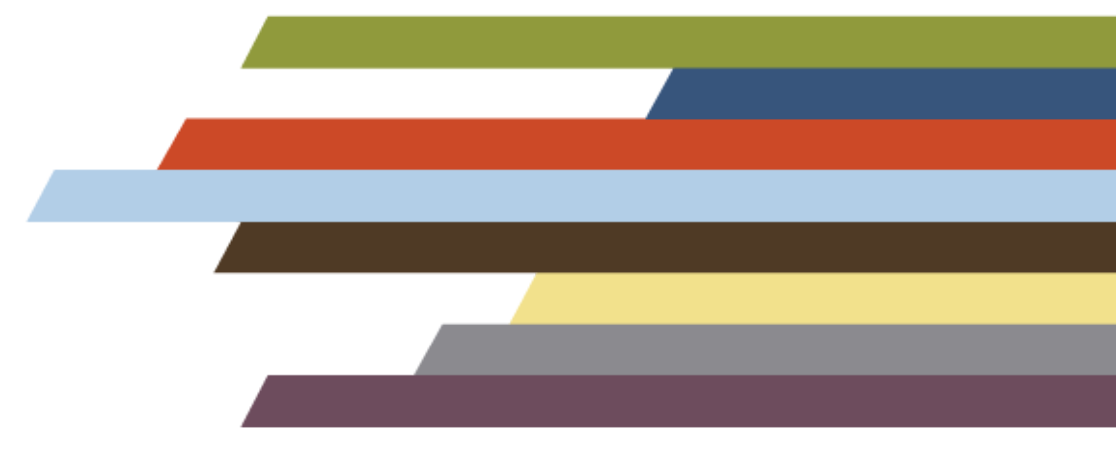




Mountain Plains (HHS Region 8)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SBIRT BASICS

What is **SBIRT**?

SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic substance use.

SBIRT can be implemented in a wide range of settings to intervene with those who are at moderate or high risk for psychosocial and health problems related to their use of substances.



SBIRT is an acronym for Screening, Brief Intervention, and Referral to Treatment:

Screening:

The process of identifying individuals who may be **at-risk for alcohol or other substance-use disorder** through universal screening.



Brief Intervention:

A behavior change strategy focused on helping an individual **reduce or stop** their use of alcohol or other substances.



Referral to **T**reatment:

When appropriate, referral of an individual for **further assessment** to determine if specialized substance use treatment is needed.

When conducting SBIRT virtually, **specific considerations** should be made in general and for each component of SBIRT.



CONSIDERATIONS FOR PROVIDING SBIRT VIRTUALLY



When providing any psychological service virtually, a provider should always **confirm the physical location and contact information of the client** they are working with. This is necessary in order to reconnect if disconnected and summon emergency services in the event of an emergency.



Considerations for Screening

Ensure that screening procedures are HIPAA compliant.

The majority of free online survey services are not HIPAA compliant, but most platforms have options to upgrade a user's account to a HIPAA compliant version. Understanding the **requirements for HIPAA compliance** is essential when considering which software to use and what type of account settings are necessary.

Whether or not to use automatic scoring for screening questionnaires.

While automatic scoring is convenient, it may reduce the amount of information available to the provider for brief intervention. Providers are encouraged to **review a client's answers to individual screening items** before proceeding to deliver a brief intervention.

Protect the fidelity of screening questionnaires.

Screening questionnaires are validated with a specific wording. Whichever method a provider decides to use to conduct the screening, the **fidelity of the questionnaire must be maintained.**

Considerations for Brief Intervention

Providing the client with additional resources to bolster and support their commitment to reduce substance use.

One of the most easily accessed resources is **behavioral health apps**, which clients can download onto their smartphones. There are **many apps available**, some for free and some not, with a wide range of styles, focuses, and tools. It may be helpful to provide clients with a **list of apps and other resources your organization approves of** and encourage them to try out different apps until they find one that they find helpful.

Refer to an outside service provider to perform brief interventions.

Depending on the restrictions of your organization or school, providing a brief intervention, virtually, may not be an option. If this is the case, it is still important to conduct universal screening and **have a referral process in place with provider(s) in your community, for those at moderate and high risk.**

Considerations for Referral to Treatment

The list of referral resources should include providers who conduct telemental health services.

This list may be harder to maintain and keep current than a list of local resources, but clients should have **access to these resources.**

Facilitating a warm hand-off virtually may be harder to do than facilitating one with a local provider.

Just as with facilitating a warm hand-off with a local provider, a **relationship between providers** makes the process much easier. It may be easier to form relationships with a couple select providers, rather than trying to form relationships with a long list of providers.

